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# What will you *RESOLVE* to do in 2016?

By Joseph Magnant, MD, FACS, RPVI

**A**s each New Year dawns, many of us spend the weeks or months preceding the turning of the calendar contemplating potential New Year resolutions. Most resolutions can be categorized into discrete compartments. Spiritual/religious, professional development, strengthening and renewing family and other relationships, and improving our health are the top ones I generally consider. From a professional and educational perspective I have resolved to renew and further my commitment to the education of the general public and physician community regarding the wide variety of presentations of correctable superficial venous insufficiency. We have extended the opportunity for patients to be screened for venous disease by offering an online interactive vein screening questionnaire, e-vein screening, accessible to the public from the home page of our website, [weknowveins.com](http://weknowveins.com).

It is estimated that 35-40 million adult Americans suffer from significant superficial venous insufficiency, or venous reflux disease, the majority of whom do not present with ulceration or external bleeding as their initial complaint. In addition to these more urgent presentations, many patients present with other symptoms such as painful varicose veins, skin discoloration, and a host of other symptoms related to and caused by leaky veins including swollen legs, restless legs syndrome, nocturnal leg cramps and frequent nighttime urination. Until the year 2000, the only treatments for venous insufficiency (manifest as large varicose veins, skin ulcerations or bleeding varicose veins) were compression hose or vein stripping. Due to the invasive and painful nature of vein stripping, surgical treatment for venous insufficiency was limited to patients with recurrent ulcerations around the ankles or varicose vein related bleeding episodes.

**Endovenous closure**, which was introduced in 2000, has significantly changed the landscape for patients with venous insufficiency. Since introduced, endovenous closure (sealing of the leaky veins with a small catheter) has been used successfully to treat hundreds of thousands of patients, relieving their disabling symptoms prior to developing venous ulcers or bleeding. The availability of this minimally invasive and very effective procedure for patients with symptomatic venous insufficiency has resulted in a surge in the number of patients being referred to Vein Specialists for venous insufficiency evaluation. Sources of referrals include primary care physicians, specialists in orthopedics, cardiology, podiatry, dermatology, neurology, urology and others, as well as direct referrals from satisfied patients who have had the procedure. Since the superficial venous system (rather than the deep system) is responsible for the

majority of patients' problems with advanced signs and symptoms of venous insufficiency, it seems only appropriate to offer patients thorough venous evaluation and definitive therapy earlier in the course of the disease process rather than making them suffer the pain and discomfort of untreated venous insufficiency. Complications such as bleeding, ulceration and cellulitis require frequent emergency room visits and hospitalizations. The goal should be the avoidance of these serious complications. I would like to highlight a number of interesting patients that made a resolution to make their leg vein problems a priority and who were treated in the past year.

K.S. is a 66 year old female who was referred for evaluation of a non-healing and painful left lateral ankle ulcer which had been present for 12 (yes... twelve) **YEARS**. Previous evaluation

had included compression hose, elevation, extensive wound care center treatments and previous vein evaluation. She and her husband made a **RESOLUTION** to obtain a second opinion to see if anything else could be done for her as she had failed to make significant progress. Ultrasound revealed severe superficial insufficiency of the great saphenous vein, a few connecting (perforating) veins as well as a cluster of varicose veins in the margin of the ulceration. She underwent staged treatment with endovenous ablation (sealing) of the main superficial veins and the connecting veins followed by ultrasound directed foam injection sclerotherapy of the marginal veins. Her ulcer is now well healed and her pain resolved and she has a beaming smile on her face as she can go about her days without pain and without the burden of caring for an open wound

and without the additional infection risk an open skin wound poses.

C. D. is a 58 year old female who presented through a podiatrist (the 8th physician she had seen for her legs) for evaluation of venous insufficiency. She had been told by a number of physicians that she had "fat and swollen legs" but that since she did not have any visible varicose veins bulging out of the skin, **Venous Insufficiency** was not a consideration. Clinically, her legs were swollen, red, tender and extremely tight to the point that she could not

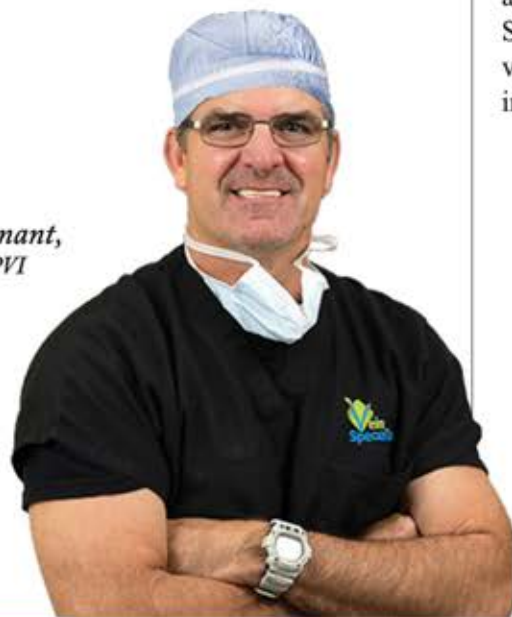




perform activities of daily living over the previous nine months. She **RESOLVED** to search further for a curable cause and her podiatrist, Dr. Doerr, referred her for venous evaluation. Her ultrasound subsequently confirmed severe superficial venous insufficiency. Other symptoms included severe leg cramps and nighttime urination. Endovenous closure was performed on both legs, 2 weeks apart and she returned for her post-op follow-up, smiling from ear to ear, with ankle bones she could actually see (as the swelling had resolved) and remarked that she was wearing shoes (as opposed to flip flops) for the first time in nine months.

M.T. is a 52 year male whose wife researched the internet to see what might be causing the severe swelling, skin discoloration and ulcerations of his lower legs. He had noted varicose veins and leg swelling for many years prior and had seen a number of primary care physicians who were not familiar with presentations of venous insufficiency *other than varicose veins*. His wife had **RESOLVED** to educate herself through the internet and find the right specialist for her husband. Ultrasound evaluation confirmed severe bilateral great saphenous vein insufficiency and he underwent endovenous ablation with rapid improvement and subsequent closure of the ulcer within one month of his procedure. Years of open ulcers, daily wound care, severe swelling of the legs, nighttime urination 3-4 times per night and daytime narcolepsy are now all things of the past.

S. G. is a 41 year old mother of two who underwent endovenous ablation of her left anterior accessory and great saphenous veins as well as varicose vein



Joseph Magnant,  
MD, FACS, RPVI



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The modern evaluation and treatment of venous insufficiency is the singular focus of Dr. Magnant and his professional and compassionate staff at Vein Specialists at Royal Palm Square in Fort Myers, FL. He can be contacted either by calling **239-694-8346** or through his website, [www.weknowveins.com](http://www.weknowveins.com), where patients can submit their request for an appointment. He encourages readers to review his website which is specifically written for his patients and also take the time to view his photo gallery. Venous disease is not a laughing matter, but sometimes it is only through humor that some of us are motivated to act.

removal through two tiny incisions. Her procedure was performed under local anesthesia in less than one hour and she returned to work in 24 hours. Her **RESOLUTION** to find the cause of her swollen achy legs and varicose veins took her to Vein Specialists for her initial evaluation three months prior. She underwent ultrasound evaluation which confirmed severe leakiness in the above veins and she completed a three month trial of compression hose and elevation with improvement of her symptoms. She desired a long term, definitive therapy for her venous insufficiency rather than the less practical, ineffective compression hose option.

*So...in 2016, will you **RESOLVE** to address your leg complaints? **RESOLVE** yourself to live without swollen achy legs, tight and red legs, nocturnal leg cramps and urination, or restless legs syndrome.*

**RESOLVE** to have your large bulging veins evaluated earlier for the underlying cause and possible treatment options rather than waiting for the veins to clot off on an airplane or car ride.

**RESOLVE** to minimize your risk of deep vein thrombosis by seeking evaluation of your swollen legs for deep vein clots or leaking veins.

**RESOLVE** to empower and educate yourself through all available resources, health screenings, educational articles and materials or internet resources and be persistent in your search for the cause of and cure for your leg problems.

Our collective **RESOLVE** in medicine should be to improve the well being and functional quality of life of our patients by offering evidence based treatments directed at prevention of the end complications of disease processes. Endovenous ablation is the treatment ticket to the improvement of millions of Americans being held back by the lifestyle limiting symptoms of venous insufficiency.

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# Could Stem Cells be the Next Penicillin?

By David Ebner - Staff Writer

Chances are that you have heard about stem cells—they have been in the news for years. But did you know that stem cells are being used right now in the United States to treat debilitating lung diseases? Sufferers of diseases like COPD and pulmonary fibrosis are receiving life changing stem cell treatments that just a few short years ago had not yet been thought of as possible.

With further advancements in the study of stem cells, the question is posed: are stem cells the next penicillin? Stem cells and penicillin both come from humble beginnings and accidental discovery, they are both used to treat life threatening conditions and diseases and, just like penicillin, stem cell biologists have won Nobel Prizes due to the practical uses of their discoveries.

Consider the history of penicillin. Originally discovered in 1928 by the Scottish biologist, Sir Alexander Fleming, the full potential of the medication was not seen until its wide use in WWII. It wasn't until 1945, 17 years after its discovery, that Sir Fleming received the Nobel Prize. By that time, the medication had saved millions of lives.

Stem cells have also been studied extensively over time and have crept into the national dialogue as a buzzword, particularly the stem cells found in fetuses. However, the actual stem cells that are now being used to treat diseases in the United States, and the same cells that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This type of stem cell is found in fully developed individuals and flourish in all people—regardless of age or health.

Most cells found in the body have developed into a specific type of cell, like a skin cell or a brain cell. At the turn of the 20th century, biologists discovered that some cells that reside in the body have not yet been assigned as a certain type of cell. Stem cells are

simply blank cells standing by to meet your body's needs. The use of these cells to treat diseases traces back to 1968 when the first bone marrow transplant was performed. The result of placing healthy stem cells into a sick individual's body is the creation of healthy blood cells that are not infected with the disease. In turn, these cells replace the diseased ones and start to heal the patient.

Today, a clinic called the Lung Institute is using adult stem cells harvested from the patient's own fat, blood or bone marrow to provide similar healing results for people with lung diseases. Their website, [lunginstitute.com](http://lunginstitute.com), states that they have treated over 1500 patients to date. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells and extracts the stem cells

from the patient, then they separate the cells and reintroduce them into the patient's body. The result is that the healthy cells replace the damaged ones found in the lungs. Not only can this slow the progression of the disease, but it also works to restore lung function.

Just as penicillin was recognized by the scientists that award the Nobel Prize in Medicine, so have stem cell developments. If the number of people



who have already been successfully treated with stem cells is any indication of the future, then it will undoubtedly be heralded as one of the groundbreaking medical technologies of its time.

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



# SAY "HO, HO, NO" TO SEASONAL STRESS AND WEIGHT GAIN

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

**I**s the holiday season weighing you down? With the holidays upon us, we are preparing for parties, family gatherings and gift giving, but what many do not realize is that the physical and financial demands can be very taxing on our bodies, inevitably leading to stress and weight gain. Do not let seasonal stress and weight gain put a damper on your holiday spirit. Instead, consider taking preventative measures to make the most of your holidays, while keeping your body happy and healthy.

When bombarded with countless sugary drinks and desserts that are commonplace during the holidays, it is important to understand the impact that these unhealthy foods will have on the body. This awareness is particularly important for those with osteoarthritis, because weight gain can have an extensive effect on the health and comfort of your joints. Excess weight puts stress on weight-bearing joints, such as the knees, hips, feet, ankles and spine, putting your body at risk for further wear and tear. Lowering caloric intake and increasing physical activity can promote weight loss, reduce the pain caused by osteoarthritis and limit additional joint damage. Swearing off sweets altogether during the holiday season can result in binge eating or increased feelings of anxiety. However, while it is perfectly acceptable to indulge your sweet tooth at a holiday party, remember that moderation is key to maintaining a healthy weight, and preventing joint damage. Instead of lingering by the desserts table, try to focus on socializing with friends and family, and make an effort to maintain a balanced diet throughout this season by making smarter eating choices on a daily basis.

While this time of year can be very hectic, do not let the holiday chaos disrupt your exercise routine. According to the Arthritis Foundation, physical activity and healthy weight are key to



managing symptoms of osteoarthritis, and the U.S. Department of Health and Human Services recommends completing 150 minutes of moderate exercise per week. Staying active is key to maintaining a positive attitude and healthy body, so use this season as motivation to add aerobic, strengthening and range-of-motion exercises to your regular routine to mix up your routine and combat those extra calories.

With your busy holiday schedule in full swing, you may be letting preparation and social gatherings take precedence over getting the amount of sleep that your body needs. However, it is important to make sleep a priority in your life in order to ensure that you will awake refreshed and ready to face the day. The National Sleep Foundation recommends that adults should get a minimum of seven hours of sleep each night, so ensure that you are setting aside enough time in the evening to get the amount of sleep that you need to stay at the top of your game. The Arthritis Foundation encourages individuals with osteoarthritis to improve sleep by maintaining proper sleep hygiene, which includes not consuming a heavy meal, caffeine or alcohol before bed, not watching

television in the bedroom and keeping your room at a comfortable temperature, dark and quiet to promote sleep. It is also advantageous to maintain a regular sleep schedule, and incorporate relaxing activities into your evening routine, such as taking a warm bath, listening to soothing music or playing an audio book.

If you are experiencing joint pain this holiday season, it is important to speak with a doctor to discuss your options for pain relief. Before starting a new fitness routine, consult an orthopedic surgeon who can help design a fitness routine to promote wellness, minimize the chance of injury and reduce joint pain caused by osteoarthritis. Dr. John C. Kagan and his

staff are ready to answer all of your questions. Dr. Kagan has more than 30 years of experience as an orthopedic surgeon and sports medicine specialist treating patients in Southwest Florida. He specializes in treating patients with knee, shoulder and hip pain, as well as general orthopedics and hand surgery. For more information, visit [www.kaganortho.com](http://www.kaganortho.com) or call 239-936-6778.



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# Natural Vitamins & Supplements Fill Diet Deficiencies to Help Reduce Stress

**W**henver a person does not get enough of essential nutrients from their daily diet, they are at risk for developing a dietary deficiency. Most dietary deficiencies are caused by a lack of vitamins or minerals. Generally speaking, vitamin and mineral deficiencies are due to diets that lack some of the nutrients found in fresh vegetables and fruit, as well as milk, cheese, or eggs. In some cases, genetic disorders, metabolic disorders, or illnesses that prevent the body from digesting or absorbing particular nutrients will cause the deficiencies.

When the food on the plate falls short and doesn't include essential nutrients like vitamin B, vitamin C, and vitamin D, some of the nutrients many Americans don't get enough of, a supplement can help take up the nutritional slack. Vitamin and mineral supplements can help prevent deficiencies that can contribute to many health conditions, including stress.

Numerous studies have shown the health benefits and effectiveness of supplementing missing nutrients in the diet.

Diet deficiencies are the reason more and more people are using supplements to help them get some relief from stress and anxiety, especially during the holiday season. Modern living has made it difficult to avoid stress.

Even for those that don't usually fall victim to stress, it's likely that they will experience some form of nutrient insufficiency, leading to stress or other conditions, during the holidays and seasonal rush.

This is a list of supplements that can compensate for insufficiencies and protect your body by helping reduce stress.

## Melatonin

Melatonin is a natural hormone found in the body, and it is primarily associated with regulation of the sleep/wake cycle. When stressors begin taking a toll on the body, this hormone's production can be altered in a significant way, making it incredibly hard for a person to get a restful night of sleep. In some cases,



altered melatonin production can keep a person from falling asleep at all. In this case, melatonin should be restored in the body to continue a normal cycle of rest. This can be achieved with melatonin supplements.

## Vitamin B-complex

The vitamin B complex is a group of 8 different vitamins (B1, B2, B3, B5, B6, B7, B9, B12), and they are essential for keeping many of the biological processes in the body running smoothly. Specifically, the B1, B5, and B6 vitamins all have a hand in keeping stress levels neutral and under control. The vitamin B complex comes packed with a slew of health advantages, so it's likely that other additional health benefits will be noticed alongside the reduction in stress.

## Omega 3 Fatty Acids

Omega 3 fatty acids are popular for helping with lowering blood pressure levels and even battling rheumatoid arthritis. However, they are also becoming more popular with those that seek help with their stress. Omega 3 fatty acids do a wonderful job of keeping cortisol levels and other hormones under control, and they are also useful for regulating adrenaline.

## Vitamin C

When the body is exposed to significant amounts of stress, it releases the hormone, cortisol. Cortisol is directly linked to the release of insulin, immune processes, and other pertinent bodily functions. When there is an over-saturation of cortisol in the body, muscle tissue can decrease in mass, cognitive processes are hindered, and other important bodily processes take a toll. According to Livestrong.com,

studies suggest that healthy vitamin C supplementation can neutralize the amount of cortisol being produced by the body.

## Vitamin E

Because stress is hard on the body, it's likely that a person's immune system and physical muscle mass will take a hit when they're dealing with a lot at one time. Many people, in this case, turn to vitamin E to help keep their immune systems and muscle structures in tact and functioning properly during periods of high anxiety. Don't forget that vitamin E also has a wide span of other medicinal benefits as well!

## Lemon Balm

As people age, they become more vulnerable to conditions such as heart disease, obesity, insomnia, high blood pressure, and so on. All of these conditions are common symptoms and byproducts of high levels of stress. Lemon balm has been used for hundreds of years to treat these symptoms easily and effectively, and it is still one of the most popular options for stress reduction.

## Valerian

The number one recommended supplement for stress is valerian. Valerian is most useful for treating stress symptoms such as general restlessness, anxiety, and insomnia, all commonly felt during periods of high tension and stress. Scientists have speculated that valerian works by increasing the "GABA" (gamma aminobutyric acid) chemical in the brain. This chemical can ease nerves and produce a sense of calm when anxiety is high.

When beginning a supplement plan, it's always a good idea to use only supplements that will fill the gaps in your diet and target the existing symptoms at hand. This prevents an oversaturation of nutrients that the body doesn't already need.

If you have any questions about the vitamins and supplements mentioned above, stop by and talk with one of the helpful associates at Ada's Market. We would be happy to assist you in choosing the best product for your specific needs.

\*This information is not meant to diagnose or treat health conditions. As always, talk with your primary care physician before taking any supplements because some may interact with certain medications you are taking.

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# Exercise Stress!

**A**s children, the holidays were always looked forward to as an enjoyable time where we had the opportunity to see family and friends with a few days off school. We prepared for this time of year by creating wish lists and getting anxious for that last day so we could sleep in and spend the entire day not going to class. Unfortunately as we grow, the holidays become filled with to-do lists that continue to grow to a point where they never seem like they'll be completely finished. Long gone are the days off school and sleeping in. They are replaced by finding the time to fit everything into our schedule. In addition to scheduling, we prepare for everything to take longer than it would any other time of the year as traffic on the roads and in the stores, making those to-do lists even more of a challenge.

Soon, all the joy and excitement we used to have turns into stress, frustration and even depression. We begin changing our priorities – some of the things at the top of our list begin to slide back and find themselves put on the back burner. One of those should remain at the top, but is generally one of the first ones to find its way to the bottom.

Taking the time to take care of ourselves, especially during times of high stress can help us to relieve a lot of the tension that occurs. There are many forms of exercise that have been shown to reduce stress, but one of the reasons we allow this exercise to fall to the bottom of our priority list is because we don't always have someone there to hold us accountable. This is where OrangeTheory Fitness is taking it to the next level. Unlike many facilities, OrangeTheory wants to see you walk in through the doors. Their staff will give you a call if they haven't seen you in a couple weeks and they will contact you to confirm your appointments to ensure you will be coming to class.

During the holiday seasons, it's especially important for you to schedule your classes – whether it's for the next day, the week, or for the entire month. When you schedule your class, just like you would a visit to the doctor or the dentist, you are more likely to follow through and continue coming.

If you've already had the opportunity to experience the workout, you know that one hour will allow you

to enjoy the effects for up to 36 – 48 hours after class! You will boost your endorphins. Your coach will make sure you're getting the most out of those sixty minutes. Even better, it's a time that you can go in and forget about that to-do list, and use the frustration from the day as motivation to earn your "Splat Points" and get in a good calorie burn!

So as the holiday season quickly approaches and your regular daily schedule begins to get disrupted, don't forget about keeping yourself at the top of your priority list, because if you don't, everything from your mood to your mind can begin to suffer. Don't worry, OrangeTheory is there to keep you on track and to help you manage your stress level through exercise – one class at a time!



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# KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

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

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

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

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

## What are Hyalgan Injections?

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

## What's the process?

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

## When will I feel results?

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



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

## Will my insurance cover this treatment?

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

## What are other people saying about it?

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

## So what are you waiting for?

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



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# OSTEOARTHRITIS: A PERVASIVE AND PAINFUL JOINT CONDITION

## FIND RELIEF WITH PROLOTHERAPY

By Debra K. Brinker, RN

**O**steoarthritis is a debilitating joint condition that affects people around the world. In fact, it is the most common joint disease globally. Since it is so vast and pervasive, symptomatic osteoarthritis (OA) causes substantial physical and psychosocial disability. OA limits millions of people in their daily activities due to its characteristic symptoms of chronic pain and joint stiffness from damage to joint structures. In addition, there is a huge economic impact from hours of work lost and cost for surgery, rehabilitation, variable treatments, pain medications and disability. As the population increases, the number of those affected with arthritis also increases, making osteoarthritis a pressing individual and public health concern. [See Figure 1.]

### Defining Osteoarthritis

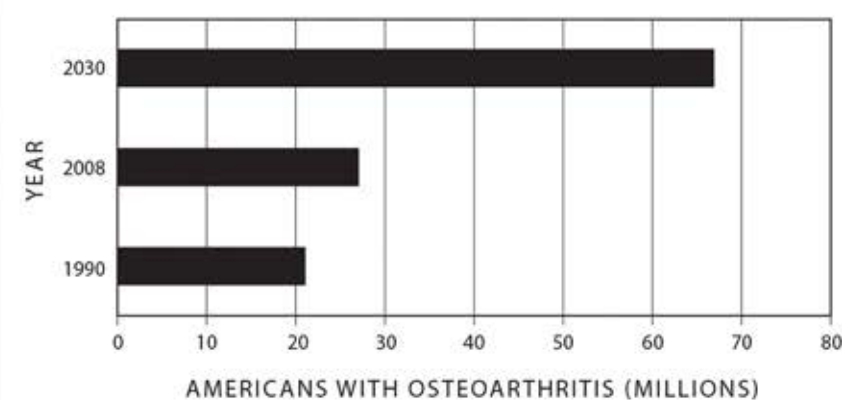
Osteoarthritis results from a sequence of events that changes the structure and function of the joint. Although progressive cartilage loss with its inhibition of joint motion plays a central role in OA, injury to or failure of other joint structures actually initiates the change in equilibrium that leads to this breakdown of cartilage. Osteoarthritis almost always begins with ligament weakness or injury. Ligaments hold the bones together, and along with healthy cartilage and other soft tissue, allow for smooth joint motion. When the ligaments are weak due to injury, the motion becomes uneven, putting stress on other areas of the joint, which causes one area of bone to bear additional weight on the articular cartilage. This uneven distribution expands with ongoing joint stress, weakening the ligaments further, and causing additional instability of the joint. The increase in abnormal weight distribution inside the joint leads to a breakdown of the articular cartilage which causes a loss of smooth gliding motion and limitations in joint function. The unstable bony surfaces continue to rub roughly and unevenly, causing bone loss. This bony loss leads to joint space narrowing, exposure of the underlying subchondral bone and precipitates a process of bone remodeling, in which the subchondral bone thickens. This accumulated or thickened bony overgrowth is called osteoarthritis. [See Figure 2.]

### Diagnosing Osteoarthritis

Diagnosis of osteoarthritis is made after a thorough history and physical examination. Radiography can be utilized to confirm the presence of joint space narrowing and osteophytes, and to rule out the presence of other conditions.

Figure 1


**Osteoarthritis incidence in the United States.** By the year 2030 it is estimated that the number of Americans suffering from osteoarthritis could reach as high as 67 million.



**Thumb basal joint osteoarthritis.** Severe osteoarthritis (arrow) is evidenced by a lack of cartilage in the thumb carpometacarpal joint.



Figure 2



**PROLOTHERAPY SPECIALISTS:**

Ross A. Hauser, MD.  
Danielle R. Steilen, MMS, PA-C  
Timothy L. Speciale, DO

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### What Is the Source of Pain in Osteoarthritis?

Interestingly, the pain in osteoarthritis is not coming from the cartilage! There are no nerve fibers or blood vessels in cartilage tissue, and therefore it is incapable of generating pain or inflammation or any of the symptoms commonly described with OA. Conversely, structures such as the ligaments, tendons and their insertion sites or entheses at the bone, are all highly innervated. [See Figure 3.]

The progressive joint failure involved in OA typically causes pain, but not everyone is symptomatic. When pain does arise, it generally occurs with activity and is relieved by rest. As the condition progresses, pain is present at rest, and is commonly experienced as a non-localized deep, aching pain accompanied by joint stiffness, eventually precipitating the curtailment of activity and function. Psychological distress is understandably another associated factor endured by those who suffer from osteoarthritis.

### Prolotherapy and Stem Cell Therapy Target Repair at the Source of Injury

Prolotherapy, a regenerative injection therapy, targets the ligaments, tendons and their insertion sites, and has been shown to successfully alleviate pain and improve function. There have been a number of studies and controlled trials which have demonstrated the efficacy of dextrose prolotherapy, in relieving the pain of osteoarthritis. Dextrose prolotherapy involves the injection of a hyperosmolar dextrose solution into an injury site to elicit localized inflammation, which is the first step in healing the damaged area. The dextrose solution acts as a proliferant via the induction of local inflammatory and wound healing cascades, including fibroblast cells that make collagen, resulting in strengthening and repair of the injured joint structures. Prolotherapy offers benefits in terms of pain relief, regenerative properties, and cartilage repair for people affected by osteoarthritis.

In more advanced osteoarthritic conditions, a person's own stem cells can be utilized to enhance the effects of dextrose Prolotherapy. Stem cells and growth factors are in abundance in our bone marrow, blood, and fat tissues. Injecting these cells into the degenerated joint supports chondrogenesis, which is the process by which cartilage is developed. [See Figure 4.]

**Entheses are the point at which a structure attaches to the bone.**

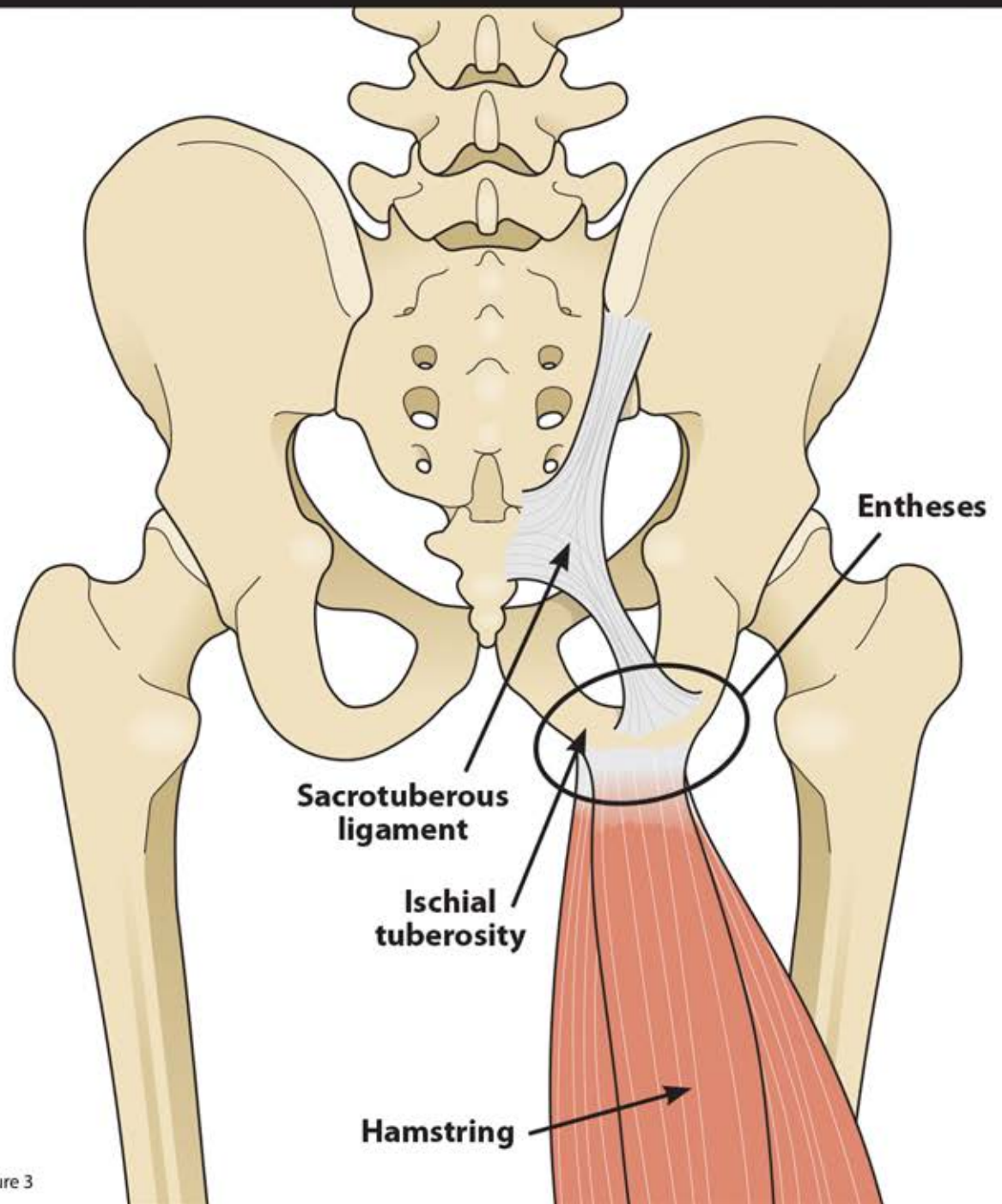


Figure 3

Chronic pain from osteoarthritis is a complex and unique condition, affecting individuals and those they love. In a time when healthcare providers have limited options for effective OA treatment and pain resolution, Prolotherapy is a promising treatment option to aid in relief of pain, offering the opportunity for healing and return to function for those suffering from the chronic pain and disability of osteoarthritis.



Figure 4

**Direct bone marrow injection to the ankle.**



# Speech, More Than Just Talk

**M**ost people associate speech therapy with the ability or lack thereof to speak, and therapy associated with that. Speech rehabilitation is only a small part of what speech therapists do. In fact, speech-language therapists have many responsibilities in acute-care settings, medical inpatient rehabilitation, outpatient rehabilitation and rehabilitation in the home care setting.

Speech Therapists work closely with physician specialists (ENTs, neurologists, neurosurgeons, physiatrists, internists, family practitioners) to diagnose a range of problems, and initiate treatment. Speech Therapists also play a role in hearing conservation. They are qualified to screen patients' hearing to determine if a referral to an audiologist is necessary.

One of the more common clinical uses of speech therapy, especially in the homecare setting is in the diagnosis of neurological conditions. Speech Therapists are often asked to evaluate both cognitive (thinking, knowing, perceiving) and physiological (physical) problems. The way in which a person speaks and uses language reveals a great deal about thought-processing skills, memory deficits, and the ability to focus attention. Deficits in these areas can indicate brain injury, stroke, Alzheimer's disease, Parkinson's disease, and a host of other neurologic conditions. Because Speech Therapists are trained to identify unusual patterns in speech, their assessment can be extremely important to an accurate diagnosis and an effective treatment plan.

Speech Therapy is highly effective with those who have difficulty in swallowing. Difficulty in swallowing is common among patients who have suffered a stroke or who have other neurological diseases, like multiple sclerosis and amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease). Speech Therapists use a variety of diagnostic tools to detect swallowing problems and treat patients to overcome swallowing difficulties associated with their disease.

One of the most under utilized uses for speech therapy in Home Care is for cognitive uses. Often patients have difficulty retrieving words, sequencing activities, and understanding what they hear and



what they read. Cognitive therapy is designed to provide clients with strategies to improve their thinking skills and their every-day functioning.

At Nurse On Call we utilize speech therapists for more than just talking, we utilize their expertise for all forms of communication. The ability to communicate is more than just talking. It involves listening, understanding, reading, and writing. For communication to make sense it also involves being able to think clearly and remember information. Speech Therapy is covered at 100% to those who meet the Medicare guidelines for home health, and we have a therapist for that!

For more information on speech therapy and other home health services, please call your local Nurse On Call branch.



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## PELVIC FLOOR DISORDER: ARE YOU AT RISK?

**A**n achy back, incontinence, and pelvic pain may all have one sneaky cause. And your doctor has probably never mentioned it.

For a condition so hard to diagnose, Pelvic Floor Disorder, PFD, is surprisingly common. By some estimates, it affects one in three American women. Giving birth boosts your chances of developing a pelvic-floor issue by 18 percent if you've had one child and 32 percent if you've had three or more.

Hormonal declines in menopause and loss of muscle mass with age are among other culprits for women. Surgery or an accident (like falling on your hip or tailbone) may play a role, as can obesity. In your 50s and 60s, your PFD risk nearly triples, compared with in your 20s or 30s.

Though pelvic floor disorder is less prevalent in men, it's still underdiagnosed. Some 90 percent of chronic prostate infections, for example, are not caused by bacteria; experts suspect a weak pelvic floor may be a factor. Surgery, injury, obesity, and chronic constipation can damage the pelvic floor in men, leading to incontinence, pain, and problems with sexual performance. Men may be embarrassed to seek treatment—and, like women, they are often misdiagnosed if they do.

For many patients PFD manifests as pain in the vulva. In others, it presents as a bowel disorder; endometriosis; or bladder, hip, back, or abdominal pain. Often, doctors treat symptoms in the affected organ or joint rather than find the real cause. Sometimes, doctors try to treat just the vulva pain, the constipation, or the hip joints. But when you miss the cause, you can't really fix the problem.



Knowing the risk factors can decrease your chances of experiencing PFD.

### The Path to Real Relief

PFD is gaining recognition among pelvic-pain specialists, gastroenterologists, urologists, gynecologists, colorectal doctors, and urogynecologists, who have expertise in both bladder and pelvic health. The first step to relief is a pelvic-floor evaluation, followed by physical therapy.

The exam is a lot like the gloved internal check a gynecologist does, although with more focus on muscle function. The specialist will look for tenderness, pain, and tension in the muscles. Men are diagnosed by a urologist or other specialist after a thorough examination of the groin and a rectal exam.

This should be frontline treatment. If you're not seeing a specialist who understands the impact these muscles have on pain, you may not be getting the best care. Less than half the women who would benefit from a pelvic-floor evaluation get one.

While there are drugs for and surgical solutions to some pelvic-floor problems, physical therapy plus home routines may help many patients feel better. A 2014 study of nearly 800 women with PFD found that most

saw incontinence, constipation, and/or pain improve by at least 80 percent with pelvic-floor physical therapy. In another study, people with lower-back pain got extra relief when they added pelvic-floor exercises to back exercises and ultrasound.

Other treatments include massage-like work inside the vagina by a therapist to release tight spots, with biofeedback to train a patient to tighten and relax the muscles herself. It's not weird. Treatments are very professional. Patients also do daily exercises at home, including Kegels to strengthen weak muscles and relaxation exercises for tense muscles, hip flexors, and glutes.

### 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.*

Smoking increases your risk for pelvic floor disorders

**True.** Research links cigarette smoking with UI. Plus, the greater the number of cigarettes smoked, the higher your risk.

If you smoke, quit: [smokefree.gov](http://smokefree.gov).

Losing weight may help control urinary incontinence

**True.** Being overweight puts added pressure on your pelvic organs. By losing as little as 5 to 10 pounds, you can help combat PFDs, such as UI.

Find a nutritionist: [www.eatright.org](http://www.eatright.org).

Couch potatoes are at greater risk for incontinence

**True.** Research shows that ongoing, moderate levels of activity may help to reduce the number of episodes of UI.

Get moving: [www.letsmove.gov](http://www.letsmove.gov).

High-impact sports reduce your risk for incontinence

**False.** High-impact activities, such as jump-roping and intensive weight training, may strain the pelvic floor and increase your risk for PFDs.

Exercise safely: [www.helpguide.org](http://www.helpguide.org).

Keeping diabetes in control helps to reduce risk for UI

**True.** For women with diabetes, uncontrolled blood glucose levels can increase their risk for urinary incontinence.

Learn more: [www.diabetes.org](http://www.diabetes.org).



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# ULTRAFAST CT LUNG SCREENING

## Frequently Asked Questions



### What is an Ultrafast CT Lung Screening?

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

### Why is there a need? What are the benefits?

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

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

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

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

### Is this exam covered by insurance?

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

### What should I expect from the exam?

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



### How much radiation is used?

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

### Where can I get screened?

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



**Radiology Regional Center**  
is pleased to offer you  
**CT LUNG CANCER SCREENINGS!**

### If you...

You are eligible if you meet the following criteria:

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

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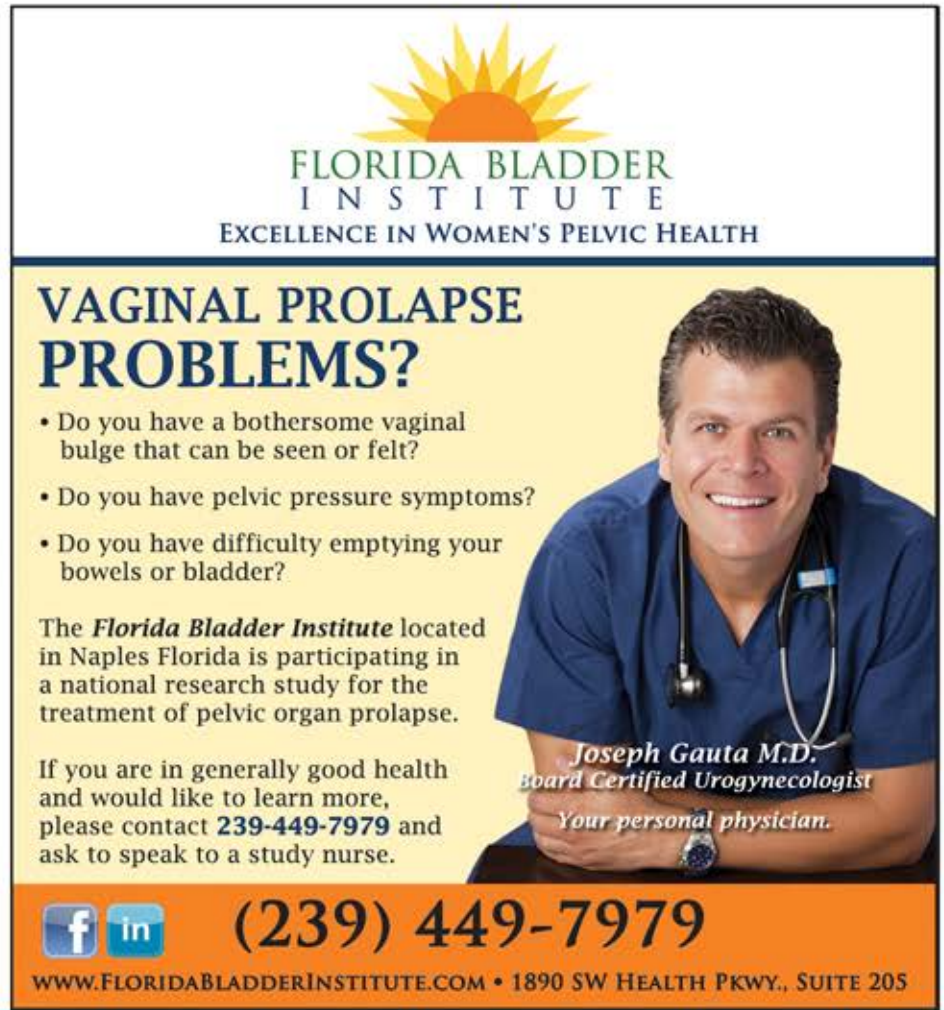
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# Life Care Center of Estero Earns 5 out of 5 Stars

**L**ife Care Center of Estero is pleased to announce earning 5 Stars with the Centers for Medicare & Medicaid Services' (CMS) quality rating system. In 2008 CMS developed a star rating for skilled nursing facilities to help consumers make informed decisions regarding healthcare facilities in their area ([www.medicare.gov/nursinghomecompare](http://www.medicare.gov/nursinghomecompare)). The classification system looks at health inspections, staffing ratios (nursing and support staff) and quality measures. Earning a 5 star rating is considered to be much above the average with only the top 10% facilities in the state earning this level. Life Care of Estero is thrilled to achieve the 5 star rating and has a history of excellence with other accomplishments including being a Rehab Center of Excellence and establishing an orthopedic specialty program for total joint replacements.

"I am very excited to receive this quality rating for CMS," remarks Jim Breuler, Executive Director of Life Care Center of Estero since its opening in 2003. "It is a positive affirmation that confirms that we want to be the best that we can be in our community. I'm very proud of all of the associates for the work that they do in caring for seniors in our community." If you would like to learn more about our programs a Life Care Center of Estero or for a tour please call us at 239-495-4000 or visit our website: [www.lifecarecenterofestero.com](http://www.lifecarecenterofestero.com).



## Increasing Your Leg Strength = Less Fall Risk!

A study published in the March 2012 Annals of Rehabilitation Medicine written by Cho, Kok, Kim and Hwang looked at community-dwelling adults who were classified as "fallers" and "non-fallers". Leg strength was found to be the most significant difference with "Non-Fallers" scoring better with Chair Rise (leg strength) test, with less obvious differences with balance tests and questionnaires. This is an example of why it is so important to assess leg strength with adults who fall and why it is essential to exercise as we age.

Have you had falls recently? Please consult with your physician. Talk to your doctor about appropriate exercise and about options for improving physical activity. A physical or occupational therapy evaluation may be indicated to customize a program for you to help reduce your risk for future falls. Other options for leg exercise may include community programs, health clubs or home exercise programs.

The benefits of an exercise program go beyond reducing fall risk. Improved physical activity can help reduce your risk for heart disease, colon/breast cancer, strokes, depression and osteoarthritis.



# Reduce Your Holiday Stress, Keep Your Home Organized During The Busy Holidays

By DeAnn Kamp, Realtor®

**T**he holiday season comes with a myriad of parties, traveling, shopping, deadlines and more. These extra commitments bring extra clutter, to even the most meticulously kept homes. Use these tips to keep each room of your home organized during the hectic holiday season.

## Entryway, Mudroom, Foyer

With everyone coming and going, it's easy for your entryway to become cluttered easily. Install a shoe, coat and bag storage system to bring a sense of order to a space that can unravel quickly. A vertical storage solution, will create an organized space for backpacks, umbrellas, boots, shoes and sports equipment.

## Kitchen

The kitchen often becomes a home's go-to catch-all spot. An increase in holiday mail means an increase in piles of paper - usually on the counter or kitchen table. As soon as you receive the mail, make a decision to immediately recycle, file or display it. Store papers you need to access in the near future (i.e. earmarked catalogs, bills, etc.) in a central location, and designate a spot to hang incoming greeting cards or upcoming holiday invites. A set of stackable desktop drawers is a great way to temporarily store papers, and you can move it to storage or another room after the influx of holiday mail slows down.

## Garage

Keep your garage well stocked with the items necessary to cope with the winter ahead. Keep items like salt, firewood, windshield de-icer, construction gloves and shovels in an easy to access location. Many people use a pegboard system, a hanging system that lets you store all your winter survival tools in one central space.



## Living Room

As you unpack your holiday decorations, identify the items that you didn't display last year and won't display this year. Those items should be donated. When it's time to repack, make a note on the items that you didn't display. If you don't display them next year, mark that they should be donated next year. Store your decorations in a clear plastic container to easily identify its contents.

To keep your gift wrap materials under control, use a gift wrap storage system. There are different systems available in local stores.

## Bedroom

Don't let the holiday grind take its toll on your bedroom. Maintain your bedroom as your home's sanctuary and instill a sense of order in a space that can become messy quickly. Here are many options that provide a space to store shoes, folded clothes and accessories.

## (Un)expected guests coming over?

If guests throw you a curve ball by announcing a last-minute visit, take time to walk through your house and look at it as if you were a stranger. Focus on the main areas your guests will occupy, such as the living room, bathroom, kitchen and guest bedroom.

Just putting things where they belong will go a long way in making your home clutter free.

Pay attention to floors and clear the surfaces of tabletops and dressers. Make sure you have enough seating and put out fresh towels for overnight guests. Take a quick inventory in any bathroom your guest might use and clear out any items you don't want rummaged through.

## Call professional help if you feel overwhelmed.

If organizing your home feels like an overwhelming task with the holidays looming, consider hiring a professional organizer for an objective approach. Sometimes, a consultation helps give homeowners the kick-start they need to finish the task. Rates for an organizer generally range from about \$50 to \$100 an hour, and most have a 2-3 hour minimum requirement. During the holiday season, some organizers can play more of a "personal assistant" role and help with event planning, party preparation, buying and wrapping gifts or delivering donated items.

Look for a highly-rated organizer with whom you feel comfortable. Many professionals stay up on the latest industry trends and follow a code of ethics by belonging to the National Association of Professional Organizers. Whether you try to organize on your own or bring in some extra help, our experts say homeowners should keep calm about the clutter.

Take time to enjoy the holidays. With all of the chaos and to-do lists, it's important to throw it all out at some point and enjoy your friends and family.

*This information brought to you by:*



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# LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

**T**he 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.

## 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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# "Medical Breakthrough Has Changed Lives For Those Suffering From Back Pain... Without Drugs or Surgery!"

For a limited time experience this medical marvel for FREE as part of an exclusive trial offer.

**T**here are precious few medical breakthroughs so amazing that they literally change the established course of an entire field of medicine. But just as LASIK surgery revolutionized optometry, there is a procedure called Vax-D Therapy that has revolutionizing the field of spinal care. Vax-D Therapy is possibly the most significant medical breakthrough in the treatment of chronic low back and neck pain, ever. You might be asking yourself already "will this help me". It's highly likely that it could. But before we discuss Vax-D Therapy further, let us consider the conditions it has already proven so effective for: chronic low-back and neck pain.

- Back pain is the leading cause of physical disability in the United States.
- Experts estimate that 80% of the population will experience back pain at some point.
- At any given moment, over 50 million Americans suffer from back pain.
- Back pain accounts for 550 million sick days a year.
- Back pain is the second leading reason for emergency room visits (*pregnancy is first*).

Back pain has already reached epidemic proportions in the United States. Research into the care of back pain garners countless amounts of time, energy, and money from both the government and the medical community. Even with those expenditures of resources, long-term successful treatment options have remained largely ineffective. Until the advent of Vax-D Therapy, options for treating those who suffer chronic back and neck pain were largely limited to:

**Drugs:** Physical Therapy can actually increase pressure on the intervertebral disc. When PT does not provide pain relief, many seek help from the field of pharmacology in hopes that a "magic pill" might provide relief. Many over the counter and prescription drugs have been proven to reduce pain and decrease inflammation in back pain sufferers. Unfortunately, these results are oftentimes only temporary because the drug is treating the symptoms and not the actual root cause of the pain. In addition to this, many drugs used to treat back pain have severe side effects such as: kidney failure, stomach ulceration, liver toxicity and even risk of addiction. Also, many of these drugs should not be taken if you have high blood pressure, diabetes or osteoporosis. If you are using drugs to control your back pain or neck pain and would prefer a safe, effective, natural solution you may be a candidate for Vax-D Therapy.



**Surgery:** When less invasive alternatives fail, many are told surgery is their only option. Common spinal surgeries can cost tens of thousands of dollars despite their poor outcomes. There is research stating that as little as 14 of back surgeries are actually effective in significantly reducing pain. Additionally, *The New England Journal of Medicine reported that 51% of all back surgery in unnecessary.* \*If you are scheduled for back surgery, or worse, have had back surgery that was unsuccessful, you still may be a candidate for Vax-D Therapy.

The magnitude of back pain is clear, as well as the poor outcomes to common available treatments. But before we discuss the medical breakthrough that just may save you from surgery, let's consider another important factor, the cost. *The Journal of The American Medical Association reports that US back pain sufferers spend \$85.9 billion a year on the treatment of their back pain and related symptoms!* Additionally, JAMA reports that the average American suffering from back pain spends \$6,090 a year in out of pocket costs for the treatment and care of their pain!

Now what if I told you that you could try this medical miracle for FREE? That's right, FREE with no obligation. There is a local clinic that like you is also fed up with the high costs and low success rates associated with the traditional treatment options for chronic back pain. Simply Spine Centers is a state-of-the-art spinal wellness center right here in Bonita Springs and it focuses on one thing, Making Spinal Care Simple for its patients.

Vax-D Therapy is just one of over 18 healing amenities Simply Spine has in its treatment arsenal but it is the only one that's been shown to successfully decompress spinal discs. Vax-D Therapy is 86% effective in treating herniated or ruptured discs according to the American Journal of Pain Management (AJPM).

Vax-D stands for Vertebral Axial Decompression and it has helped hundreds of doctors around the world successfully reduce and even eliminate chronic back and neck pain that so many suffer with. Vax-D Therapy is a gentle, safe alternative to injections and surgery and yields tremendously positive results for most. The treatment session works by lying down on a table that you are harnessed to, the table then gently pulls your upper and lower body apart relieving pressure on the spinal discs. This approach decompresses the spine reversing the negative effects that injury, disease and especially compression from gravity may cause over time. It is relaxing and so comfortable that most patients fall asleep right on the table. We even have a private suite and play music during the treatment to offer a completely stress free environment.

You may have heard of traction before being utilized by doctors. But, traction typically does not work well in relieving spinal pain. In many instances, traction has been reported to actually increase back pain. Vax-D Therapy is not traction! Traction pulls on the body in a linear, constant fashion causing the muscles of the back to go into spasm, a natural reflex designed to alert you that further injury may occur. Vax-D is different because it uses an advanced computer system and bio-feedback look to apply exact amounts of distraction at exact angles and with intermittent pulling cycles. It is technically called a logarithmic curve. This logarithmic curve out-smarts the muscles natural reflex in your back or neck and tricks those tissues into relaxing while the therapy is applied allowing your body to heal naturally.

Simply Spine Centers would like to share this amazing technology with the southwest Florida community. We welcome the opportunity to show you just how Vax-D works and how it can help you once again live your life free of back pain. We are now offering to demonstrate it to you completely free of charge. For a limited time, we are accepting applicants to participate in a free trial program to determine if Vax-D Therapy is right for them.

But there is one small catch. Even though this technology has helped thousands, it is not a panacea and unfortunately cannot help everyone. For this reason, we must perform a thorough consultation and MRI review with all applicants for this trial to determine if they are viable candidates for the procedure and likely to respond to the treatment. At Simply Spine Centers, we only accept those we truly believe we can help.





## Life Is Better Without Back Pain.

**Simply Spine**  
centers  
Spinal Care Made Simple.

Because health care has become so expensive and so many Americans remain uninsured, and because some are still struggling with the weak economy, Simply Spine Centers would like to take this opportunity to give back to its community. For a limited time only, the first 17 patients that are accepted as candidates for this procedure will receive a Three-Session Free Trial of Vax-D Therapy.

There are no hidden fees, no bait and switch tactics, and no cost to you what-so-ever for your Three-Session Free Trial under this exclusive offer. This will allow you a rare opportunity to experience this non-surgical, drug free medical breakthrough first hand and see for yourself if this therapy will work for you before you spend one dollar of your hard earned money. There is hardly a better way to know for sure if something is the right fit for you than by trying it on first.

If you suffer from chronic back pain related to a herniated or bulging disc, sciatica, stenosis, facet arthrosis or simply have not been able to find a long-term solution with other treatments, you need to pick up the phone and call Simply Spine Centers at 1-800-596-3083 right now! When we answer the phone, simply tell us you would like to receive your Three-Session Free Trial of Vax-D Therapy. If you are one of the first 17 we will schedule you for a consultation with one of our doctors to determine if you are a candidate. If you are in severe pain or you are currently scheduled to have spine surgery, please tell us and we will do our best to schedule you as soon as possible.

Your consultation should take about 40 minutes. During this time you will have all of your questions answered in a warm, friendly environment. We will make sure you are informed of the exact cause of your pain and your best option for care, even in the best option for you is not Vax-D Therapy. During your visit, you are encouraged to ask questions and seek clarification for

any term you may not understand. We want you to become completely educated on your specific case so that you can make an active decision regarding the care you elect for your health. Then if you qualify for Vax-D Therapy, you will be given the opportunity to experience your Three-Session Free Trial with no commitment for you to try.

Unfortunately, we do have to limit the number of candidates that we accept for this exclusive free trial program to 17. Though we do firmly believe that every patient should experience quality health care and receive the personal attention and respect that they truly deserve. No one is treated like a number at Simply Spine Centers. We strive to treat every visitor to our clinic like family. The decision to begin treatment is a crucial one and is left with you, the patient, where it belongs. Never accept an ultimatum from a health care provider and remember that any good physician always offers all of the available options. If you or a loved one has been given an ultimatum by another doctor, please do not worry. You may have more choices than you are aware of. Feel free to call Simply Spine Center doctors anytime at 1-800-596-3083 and ask for a free second opinion.

If you are not sure if calling for your case to be evaluated by our doctors is worth your time, maybe reading how Vax-D Therapy has impacted the lives of so many will give you additional confidence to do so. Patients like Carol:

*"I suffered from chronic back pain for nearly 11 years. I tried everything from Chiropractors, Acupuncture, Epidural Steroid Injections and Physical Therapy. While some things helped temporarily, nothing eased my pain for long. I heard about Vax-D Therapy from a co-worker who also suffered from debilitating lower back pain and he felt normal again after treatment, so when I saw a brochure, I figured I'd give it a try. I was a little skeptical, but I tried to remain open-minded and I was more than ready for something that would help me now. Now I am at the end of my treatment*

*and I feel great. I can get out of bed in the morning and I'm pain free. I can stand and sit for longer periods of time and enjoy many of the things I previously couldn't. All in all, I feel like a new person!" ~ Carol D.*

We remember how moved we were when Walter shared his story with us:

*"I picked up the Sunday paper and saw an advertisement in it that you can do something for pain in the back and in the legs. I decided to give you a call and from then on we started to do this treatment. When I first came here, I had to use a cane. I had pain in my legs and in my back. Now, I feel like a million dollars. I can walk long distance without using a cane. In fact, I haven't used a cane in a couple of weeks already. I feel real good. I am proud of you. You did a real good job on me." ~ Walter D.*

Carol & Walter got to once again experience a life free from back pain following their Vax-D Therapy. It is typical that most of our patients thank us for helping them. In fact, we experience the gratification of hearing great stories like these all of the time and the genuine appreciation that is given to us. Offering this free trial is our way of saying "THANK YOU" to those that have trusted us with their care over the years and to this great community that supports us.

One last thing, ever since adding Vax-D Therapy to Simply Spine Centers' treatment amenities, our phones have been ringing off the hook. We added extra lines to try and accommodate the additional traffic, but sometimes it is just too much to handle. For that reason, if you call and the line is busy or if you receive voice mail please keep calling back. The possibility of living pain free again and getting your quality of life back is well worth the time and effort it might take to get a hold of us so that we can schedule your consultation. Help is just one phone call away... 1-800-596-3083. While you are trying to reach is if you have a computer visit [SimplySpineCenters.com](http://SimplySpineCenters.com) where you can learn more about Vax-D Therapy and read even more success stories from people just like you. You can also e-mail us at [DrC@SimplySpineCenters.com](mailto:DrC@SimplySpineCenters.com).

\*This three-session free trial of Vax-D Therapy is valued over \$600 and is available only on a first-come, first-serve basis for the first 17 candidates. Unfortunately, not all individuals will qualify for Vax-D Therapy.

\*\*Due to federal law some Medicare recipients may not be eligible for this offer.

\*\*\*Testimonials appearing in this advertisement represent typical outcomes, which have been mostly favorable. However, there is no guarantee that this procedure will work for everyone. Non-Surgical Spinal Decompression is an adjunctive procedure to chiropractic adjustments. At Simply Spine Centers, we only accept patients that are candidates for the procedure and who we truly believe we can help.

**Simply Spine**  
centers

**24870 S. Tamiami Trail, Suite 3  
Bonita Springs  
1-800-596-3083**



## IN THE NEWS

### Turning Back the Clock on Aging Just Got Easier with Liquid BioCell

According to the Centers for Disease Control and Prevention (CDC), around 30 percent of the adult population reports that they suffer from joint discomfort. While the reasons people have it may vary, there is now a new product on the market that will help them take on their joint problems, as well as turn back the clock on aging, so they not only feel younger, but look younger, too.

"Everyone wants to look and feel younger, be active, improve their mobility, and reduce wrinkles," explained Asma Ishaq, president of Jusuru International, a company that develops nutraceuticals and dietary supplements. "We have created something that's changing the way people age, and it's worked time after time in clinical studies."

The new super ingredient scientifically developed by the company is called Liquid BioCell™, which is a naturally occurring matrix of hydrolyzed collagen, hyaluronic acid (HA), and chondroitin sulfate, all key components of healthy joints and supple skin. The patented formula has been brought to the market in a liquid, highly absorbable dietary supplement called Liquid BioCell™ Life, which also includes the age-defying power of 13 antioxidant phytonutrient fruits and resveratrol, a compound that is well known for its role in longevity and cardiovascular health.

Backed by multiple human clinical trials, Liquid BioCell™ has been shown to improve joint mobility and lubrication of joints, reduce discomfort, and promote healthy cartilage and connective tissue. Additionally, it helps turn back the clock on aging by taking on wrinkles from the inside out. For example, in one 12-week human bioavailability study, researchers found that within 28 days, daily intake of Liquid BioCell™ led to a 6000 percent increase of hyaluronic acid (HA) in the body, decreasing wrinkles without cosmetic injections.

The advanced science of Liquid BioCell™ also focuses on the HA and collagen that is so important to knees, elbows, wrists, and the spine, helping to reduce discomfort, improve cartilage and connective tissues, and promote joint lubrication and mobility. In one study, 90 percent of subjects with chronic joint discomfort experienced a 40 percent improvement in physical activity.

"Whether you want to have an advantage to your golf or tennis game, move about more easily, or reduce wrinkles and fine lines to look younger longer, Liquid BioCell will get you there," added Ishaq. "We are happy to be the ones to bring this great product to the market, helping so many people reach their health and fitness goals."

Liquid BioCell™ Life is gluten and GMO free, and the bottles are made from recycled glass. Along with Liquid BioCell™, the formulation includes 13 antioxidant potent superfruits and resveratrol in a unique liquid delivery system for unsurpassed absorption and fast results.

For more information contact Neil & Barb Ellis at (239) 822-1106 [www.healthyjointsandskin.com](http://www.healthyjointsandskin.com)



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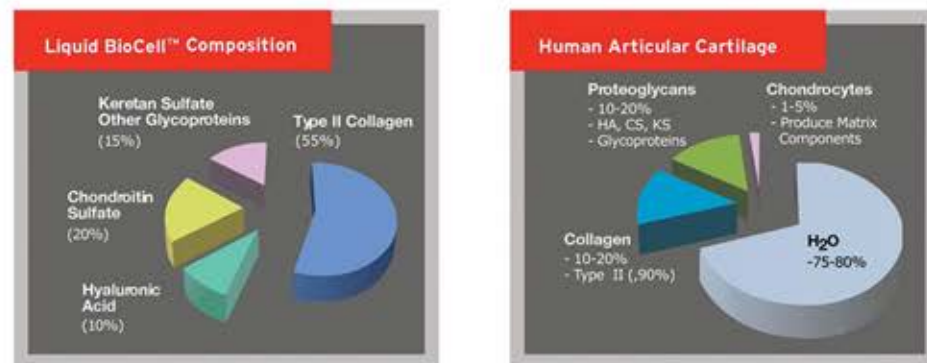
There are many different types of collagen found in the body, and type II is the most abundant (>90% of collagens) in the cartilage of the synovial joint, the most common and movable joint (4). Type II collagen forms a fibrillar network to provide tensile strength to the cartilage. Proteoglycans (PGs) such as aggrecans are another key component of articular cartilage, and comprise a core protein linked with various GAGs such as HA and CS (5).



◀ This diagram demonstrates how Liquid BioCell™ mirrors the joint composition, a key reason why the body readily accepts it.

PGs are immobilized into the collagen fibrillar network to provide resistance to compression. The contents of these structural components and the integrity of the cartilage matrix decrease due to aging or degenerative conditions. Liquid BioCell™'s composition in terms of type II collagen and proteoglycans mirrors that of human articular cartilage and can support healthy joints by supplementing these molecules (Figure 1).

Figure 1. Comparison of composition of Liquid BioCell™ and human articular cartilage.



Multiple clinical studies demonstrate the safety and beneficial effects of collagen and GAGs toward various joint conditions (6; 7; 8). A double-blind, placebo-controlled trial of Liquid BioCell™ also revealed statistically significant efficiency in supporting joint health, leading to a decrease in difficulty carrying out physical activities.

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We believe in the power of giving

We take great pride in being a socially responsible organization. Jusuru International is a proud supporter of Vitamin Angels and is helping to provide lifesaving vitamins to undernourished children.



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



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

**S**wan 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.

## SOME SWAN TREATMENT OPTIONS: SKIN TIGHTENING & WRINKLE REDUCTION



### Swan-Freeze™

Swan Freeze™ a state-of-the art, Skin Tightening, Wrinkle Reduction, Cellulite Smoothing device that is exclusive to only Swan Age Reversal Centers. Swan-Freeze™ creates radio frequency waves to penetrate and tighten the skin, reduce wrinkles, and has numerous anti-aging benefits. The treatments use radio frequency to consistently and uniformly heat the skin from the inside out. The collagen fibers heat up resulting in skin tightening to attain exceptional results. Swan-Freeze™ treatments are effective in circumference reduction, improving the appearance of cellulite, skin tightening and reducing the appearance of wrinkles. They deliver a safe, pleasant, pain-free experience in treatments for the body including arms, belly, hands, thighs, buttocks, décolleté, neck and face.



### FAT REDUCTION

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

### Swan-Lipo™ & Swan-Cavi™

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



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

**1-800-965-6640**

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

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Bonita Springs, FL 34134

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

141 10th Street South  
Naples, FL 34103

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Venice, FL 34292

These treatments are a safe and effective way to lose inches of fat without surgery, with no pain, no bruising and no recovery time needed! The treatments help to contour your body, to lose inches and reduce stubborn body fat without having painful plastic surgery procedures! Swan-Lipo™ and Swan-Cavi™ works by painlessly creating a small pore in the wall of the fat cells to start the inch loss process. While the cells remain healthy and alive, the fat is emptied out of the cells through the open pore.

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



### 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.





# HOLIDAY TRAVEL: LEAVE YOUR BACK PAIN AT HOME!

By Joseph Kandel, M.D.

**T**he holidays are a magical time of year. But if you have a history of low back pain, this can be a very challenging time of year as well. People with back pain need to take special precautions when they travel. With travel you have a higher risk of new injuries to your back as well as an aggravation of your chronic pain. After all, you may have to carry luggage, sit for a long time in the seat with poor support, or sleep on an uncomfortable bed.

The way to travel this holiday season without pain is to do some thinking and planning before you leave home. Here are some helpful suggestions:

## TRAVEL WITH YOUR MEDICAL RECORDS.

This may sound simple, but there's a right way and a wrong way to take your records with you. I suggest you go to Office Depot, get an old-fashioned chart with multiple tabs, and a pocket on one side. Each tab can represent different physician's notes, as well as a tab for diagnostic tests, laboratories, medications, and one tab for an overview or summary of your health history. The pocket on the other side of the chart is to store all of the CDs of imaging studies and diagnostic tests that have been performed. This simple act can quite literally be a lifesaver. If you have to go to an urgent care center or the emergency room, having this information is absolutely invaluable.

## PACK INTELLIGENTLY.

How you pack can make a huge difference in how you feel during your journey. Traveling with two small suitcases instead of one large, overstuffed suitcase can keep you from injury. Luggage that is easy to transport, one with wheels that work, can make all the difference what it comes to moving 30 or 40 pounds. Lifting that heavy weight is the wrong thing for someone who has low back pain. With twisting and lifting, it is easy to herniate a lumbar disc.

## ASK FOR HELP!

While this might seem difficult for some (especially husbands!), asking for help from the Skycap at the airport or the bellhop at the hotel can save a lot of aggravation. Remember, this is their job. They know how to lift and use proper body mechanics without injuring themselves. With the excitement and rushing about, this is one of the simplest ways to avoid spine injuries.



## CHANGE YOUR POSITION FREQUENTLY.

Even individuals who should know better, who have had back pain for a long period of time, will often sit through a three hour plane trip without getting up once. It is important to change positions every 20 to 30 minutes. Sitting with proper body posture will help. Airplane seats are designed for maximum seating capacity, not for ergonomic comfort. Get up, stretch, walk up and down the aisle, bend, and make sure that you are maintaining a healthy spine during your travels. A rolled up hand towel in the hollow of your back for 20 to 30 minutes can be very effective to help change your spine alignment. If it is a particularly long flight, you could even purchase a special orthopedic back rest which can help to maintain proper spinal alignment.

## EXERCISE WHILE YOU ARE AWAY.

We've all heard that an ounce of prevention is worth a pound of cure. This is especially accurate with dealing with spine disorders. Doing exercise to maintain the strength and flexibility of your spine muscles, even while on the road, can be extremely important. Just because you're on vacation does not mean that you can take a vacation from exercise. You will not enjoy family, friends, or activities if you're lying on your back because of spasm or pain. In fact, my patients have told me that they feel better in general if they do their exercises, and even if they take a swimsuit or an exercise band so they can keep in the habit of being active. Staying healthy helps them enjoy their vacation even more.

## GIVE YOURSELF TIME.

Although individuals are excited to get to family and friends, the constant rushing increases the stress of the holiday season. With this increased stress comes increased low back pain and spasm. Therefore, it is important to be mindful of the physical and emotional stressors that you are under when you travel. Allow yourself plenty of time for everything! Leave for the airport earlier than you normally would. Try to avoid

scheduling flights with only short intervals of time to catch the next flight. Call for taxis 30 to 45 minutes before you actually need them. And remember, you are on vacation. Relax. Don't spend all of your free time running around from place to place; rushing from one "fun activity" to the next is a surefire way to limit your enjoyment of each activity and increase your holiday stress!

**FROM EVERYONE AT NEUROLOGY  
OFFICE, JOSEPH KANDEL, M.D. AND  
ASSOCIATES, TRAVEL SAFE AND  
TRAVEL HEALTHY.**

**WISHING YOU AND YOUR FAMILY  
HAPPY HOLIDAYS AND A NEW YEAR  
OF GREAT GOODNESS!**

For more information about back pain 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](http://www.NeurologyOffice.com)

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**JOSEPH KANDEL, M.D.**  
& ASSOCIATES

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or check out the web site:  
[www.NeurologyOffice.com](http://www.NeurologyOffice.com)



# Heel Pain Interfering with Your **Holiday** Activities?

Learn about the most common cause of heel pain and how to get lasting relief.

**B**etween parties, dancing the night away in uncomfortable shoes, and hours of shopping, your feet might not be feeling quite as festive during the holidays. One of the most common issues that can dampen your spirits, not only during the holidays but throughout the year, is heel pain.

Heel pain is generally the result of faulty biomechanics (walking gait abnormalities) that place too much stress on the heel bone and the soft tissues that attach to it. The stress may also result from a bruise or injury incurred while walking, running, or jumping on hard surfaces; wearing poorly constructed footwear (such as flimsy flip-flops); or being overweight.

## **Plantar Fasciitis is the most common cause of heel pain.**

### **What is Plantar Fasciitis?**

Plantar Fasciitis (pronounced plan-tar fash-ee-eye-tis) is a common cause of heel and foot pain in adults. "Plantar" means the bottom of the foot; "fascia" is a type of connective tissue, and "itis" means "inflammation." Plantar fascia is a layer of tough fibrous tissue that runs along the bottom of your foot and supports your arch. This is one of the longest and strongest ligaments in the body.

The condition occurs when the plantar fascia is strained over time beyond its normal extension, causing the soft tissue fibers of the fascia to tear or stretch at points along its length; this leads to inflammation, pain, and possibly the growth of a bone spur where the plantar fascia attaches to the heel bone. As the plantar fascia pulls on the heel, your body will respond by laying down more bone in the area.

The classic symptoms of plantar fasciitis include heel pain that is usually most severe first thing in the morning. This condition is characterized by inflammation at the insertion point of the plantar fascia on the heel bone. The inflammation may be aggravated by shoes that lack appropriate support, especially in the arch area, and by the chronic irritation that sometimes accompanies an athletic lifestyle.

Resting provides only temporary relief. When you resume walking, particularly after a night's sleep, you may experience a sudden elongation of the fascia band, which stretches and pulls on the heel. As you walk, the heel pain may lessen or even disappear, but that may be just a false sense of relief. The pain often returns after prolonged rest or extensive walking.



### **What Causes Plantar Fasciitis?**

Common contributors to this condition include: progressive flattening of the arches over time (primary reason); lack of flexibility in the calf muscles; changes in activity levels; overuse; and weight gain. When your arch drops, the plantar fascia begins to tear away from its insertion at your heel. When this happens over a long period of time, it can overcome the body's ability to repair itself.

### **How is Plantar Fasciitis treated?**

If left alone, plantar fasciitis can take from 6 to 18 months to heal. This can be frustrating, interfere with your ability to work and other activities, and the problem can come back. With proper treatment and orthotic use, you can expect up to 100% pain relief within 3 months. There are two main concepts in the treatment of plantar fasciitis: 1) the decrease of inflammation and 2) addressing the cause of the condition.

**Stretching and Exercises** aimed at lengthening the plantar fascia can lessen the pull on your heel. Increasing the length of the calf muscles is a very important part of any treatment. Tightness in this muscle group can cause excess pronation (arch drop), which may contribute to plantar fasciitis.

**Specialty Footwear** - Popular brands of stylish shoes and sandals are custom fit to function perfectly with your unique feet and help with issues such as Plantar Fasciitis. (Yes!...it is possible to look good and be comfortable.)

**Plantar Fasciitis Sleeve** with graduated compression provides 6 zones of support to improve circulation and decrease swelling. The sleeve is convenient to use because it can be worn both day and night whenever heel or arch pain occurs.

**Foot Solutions Custom Arch Supports** - This is the most effective treatment. Visit Chris and his team in Estero to have these custom fitted to your feet.

**Custom Foot Orthotics** are often the best defense in the prevention of plantar fasciitis and the most reliable long-term cure for existing conditions. A Foot Solutions Custom Biomechanical Arch Support™, unlike typical custom orthotics, is designed to completely support the corrected arch of your foot, determined by a unique way of capturing your optimal foot position. A restored arch significantly reduces the daily pull on the plantar fascia by relaxing the "bowstring" function of the fascia. It is the only practical way to address both the symptoms AND the cause of your problem.

Foot Solutions carries a wide selection of specialty footwear from popular brands in various shoe and sandal styles that are custom fit to enable proper function relieving heel pain. Living in Florida, it is not surprising that many people prefer to wear flip flops, which unfortunately do not offer much support to allow for proper movement while walking. If you must wear flip flops Foot Solutions carries specialty lines like Oofos and Orthaheel that provide better support and cushioning.

Don't spend another day walking around in pain when there are options that can offer you complete relief. Stop in or call Foot Solutions to learn more about treating your painful feet. Corner of US 41 & Corkscrew Rd. Next to Publix. (239) 495-8911

### **Christopher M. Cole, L.Ped**



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



# 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](http://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**  
**239-362-0855**

[www.Logicalinsurance.com](http://www.Logicalinsurance.com)  
[Dee@Logicalinsurance.com](mailto: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 1st 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](http://www.Logicalinsurance.com) 239-362-0855**



# Oxygen, Alkalinity and Your Health

By Yollo Wellness

**T**he most important factor in creating proper pH is increasing oxygen because no wastes or toxins can leave the body without first combining with oxygen. The more alkaline you are, the more oxygen your fluids can hold and keep. Oxygen also buffers/oxidizes metabolic waste acids helping to keep you more alkaline. "The Secret of Life is both to feed and nourish the cells and let them flush their waste and toxins", according to Dr. Alexis Carrell, Nobel Prize recipient in 1912. Dr. Otto Warburg, also a Nobel Prize recipient in 1931 & 1944, said "If our internal environment was changed from an acidic oxygen deprived environment to an alkaline environment full of oxygen, viruses, bacteria and fungus cannot live." The position of the oxygen disassociation curve (ODC) is influenced directly by pH, core body temperature and carbon dioxide pressure. According to Warburg, it is the increased amounts of carcinogens, toxicity and pollution that cause cells to be unable to uptake oxygen efficiently. This is connected with over-acidity, which itself is created principally under low oxygen conditions.

Currently people depend on water ionizers and alkaline water as well as the best health foods to remain alkaline but all of these partially ignore the most important way of increasing alkalinity. These machines and waters do not directly address the reason we tend toward acidic conditions. When we are low on oxygen and low on CO2 we become acid because of all the lactic acid generated under low oxygen conditions.

An overload of toxins clogging up the cells, poor quality cell walls that don't allow nutrients into the cells, the lack of nutrients needed for respiration, poor circulation and low oxygenation levels produce conditions where cells produce excess lactic acid as they ferment energy. Lactic acid is toxic, and tends to prevent the transport of O2 into neighboring normal cells. In conclusion the human body is alkaline by design but acidic by function. Every living cell in the body creates metabolized waste, which is acidic. The nutrients from our food are delivered to each cell, the cells burn with oxygen in order to provide energy for us to live. The burned nutrients become metabolized waste, but in the case of carbon dioxide that is a waste that can be recycled and used to balance and increase oxygen levels. All waste products



are acid; the body discharges the waste through urine, bile and perspiration. Our body cannot get rid of 100% of the waste it produces all the time, which leads to an over load of toxicity. Without proper elimination, the acid waste products become solid wastes, such as micro toxins, toxins, fungus, bacteria and mucus, parasites, uric acid, yeast and more.

## Benefits of hyperbaric oxygen therapy (HBO)

- Increased oxygen delivery to all the body tissues correcting for hypoxia
- Improved oxygen metabolism and washout of the metabolic products and other toxins
- Suppressed inflammation and swelling
- Relieved muscle spasm and pain (as well as referred pain)
- Reduced neurological deficit (tingling, numbness and muscle weakness)
- Improved heart function, digestive system and other autonomic nervous system functions
- Improved blood and lymph function circulation

- Reduced muscle fatigue and improved exercise capacity
- Improved flexibility and improved joint range of motion
- Improved immune system response
- Oxygen is needed for removal of toxins from the body
- Reduced mental and physical stress

**What's new at YOLLO Wellness and how can this help you?** We are now carrying the new fountain of youth- Watt-Ahh. We have physical evidence from credible experts that Watt-Ahh® is a new crystalline-type structure carrying additional electrons. It is a unique stable structure that defends and protects against outside toxins and assists in and healing and alkaline process. Watt-Ahh® is what we call "Hydro-Fortified" meaning it is 100% pure water (less than 1 part per million) with a stable structure that fortifies itself. The unique stable structure preserves its optimum health benefits for you when you drink Watt-Ahh®. It is effective in providing Natural Energy at the cellular level.



It works with the mitochondria, which are the powerhouses of the cells. AquaNew's Watt-Ahh® is real, sustainable Natural Energy at the cellular level and is *Natural Energy for Smart Brains*.

We have three certified Nutritionists that specialize in teaching how to shop, cook and eat alkaline in your busy lifestyle. We also have testing tools that tell you what foods are right for you using the ALCAT labs and what your cells look like in the environment you have created for them. We can also monitor the changes in your cells as you are on your path to recovery and maintenance. When you combine proper eating, proper supplementation of micronutrients and pressurized oxygen therapy you not only create an alkaline environment but you feel great again! Many of our clients have weaned themselves off all their medications and healed naturally. Schedule your appointment today for your consultation. Today may just be a bad day- we can help make your life great again. "Never give up today. Today is hard, tomorrow will be worse, but the day after tomorrow will be sunshine." *Jack Ma*



## YOLLO Wellness

3840 Colonial Blvd, Suite 2, Ft. Myers, FL 33966  
(239)275.0039  
www.YELLOWELLNESS.com

## EVENTS

### LIFE IS IN YOUR BLOOD December 11th -12 hour Event 8 AM – 8 PM

Sign up for your 1 hour one on one session to learn what your blood cells are telling you about your alkalinity or acid environment and how you can take control and make changes. You will receive a packet that will contain information on vitamins and the foods you can eat to get them naturally, inflammation and foods, C-reactive protein test information, breast health screening information, Free bottle of Watt-ahh, 5% off food & digestive ALCAT tests.

By appointment only (239)275-0039

\$75.00 OR BOGO with a friend and Both get 50% off!

### Turn Back the Hands of Time- Face Rejuvenation Special December 14th

BOGO 50% off with a Friend! Buy on get one Vitamin Facial Treatment using Derma Pen Needle Technique. \$200.00 for one person or bring a friend and each pay only \$100.00!

PRP Facial BOGO Buy one get one 50% off. Use one today and another in 30 days! Price only \$499.00

### Foods and You – January 6th 10:00 am

Certified Nutritionists Deb & Wendy will provide their Tips on grocery shopping, simple cooking, eating to heal your body. Dave Marlowe will speak about specialized test profiles- Telomere Lengths, MTHFR, Adrenal Stress Profile, Gut Health Test, Food & Chemical Sensitivity Test and how ALL these could help you feel great again. One day only ALCAT Food blood test \$599.99!

### Preventative Screening with Thermographic Imaging. January 15th 10:00 am

Learn about non-invasive, no radiation full body scans and how they can show your pain, inflammation and help you take care of the hidden issues before they explode into expensive problems that are difficult to turn around. Special today receive \$100 off full body screening (Today only \$250).

Must register and attend event to receive event discounts. Call (239) 275-0039 today!

### Oxygen- The Natural Anti-inflammatory Therapy January 22 10:00 AM

Learn how Oxygen can reduce your inflammation and make you feel great again! Receive a FREE dive on this day. Must bring a doctors script with you to use the hyperbaric chamber. Today only- sign up for 5 sessions and get 2 more free (That's only 89.00 a session). Must attend event to get the special deal. FREE bottle of Watt-Ahh for everyone who attends!



No Drugs. No Surgery.  
Simply Relief from Knee Pain.

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



Our goal is to decrease the inflammation, promote healing, and eliminate your pain.



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3380 Tamiami Trail, Suite C, Port Charlotte, FL 33952 | 3801 Bee Ridge Rd, Unit #3, Sarasota, FL 34243  
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# Relieve Stress Naturally with Massage Therapy

**W**ith stress and anxiety on the rise in modern society, especially during the busy holiday season, there has been a discernible shift away from visiting traditional doctors, and exploring more complementary treatments and therapies. Natural treatments are increasingly being sought out as alternatives to conventional medicine and surgery, and are valued for their non-invasive nature and lack of side effects.

## What is Stress and Anxiety?

Stress is a response to a perceived threat or emergency by the body, and is generally a healthy reaction that prepares us for any eventuality. When we begin to react to everyday events as such, the body is constantly producing the hormones that trigger our defense mechanisms.

If left unchecked this scenario can have significant health implications – specifically heart disease, suppression of the immune system, hypertension and even diabetes. Symptoms include poor sleep patterns, irritability, poor concentration and low energy levels.

Anxiety is a condition closely related to stress, and is best described as irrational fear or apprehension. This is often in relation to everyday events or scenarios that do not affect most other people. Symptoms include excessive sweating, panic attacks and various phobias.

Natural treatments are gaining popularity for stress and anxiety relief. A wide range of natural treatments and remedies are on offer, from physical options like massage, which utilize manipulation of tissues and muscles; to more psychological treatments like meditation and hypnotherapy that emphasize the mental aspects.

## Massage Therapy Relieves Stress

Massage is perhaps one of the more widespread natural treatments available, with a range of techniques and styles to choose from. Stress relief is one of the first benefits that come to mind when thinking of massage therapy. It's also a key component for anyone trying to achieve a healthier lifestyle. Clinical studies show that even a single 1 ½ -hour session can significantly lower heart rate, cortisol levels and insulin levels—all of which help reduce stress through massage therapy.

Taking care of your body should be at the top of your priorities. By adding therapeutic massage to your routine now, you'll feel, look and simply be healthier far into the future. In fact, stress relief alone can improve your vitality and state of mind. So what better way to prep for a long, happy life than a relaxing, therapeutic massage?

If you're looking to add stress-relieving massage to your wellness program, know that a massage can be a powerful ally when combating daily pressures and

anxiety. In addition to stress relief, ongoing massage therapy can reduce pain, increase energy levels and improve overall physical and mental performance.

Experts estimate that upwards of ninety percent of disease is stress-related. And perhaps nothing ages us faster, internally and externally, than high stress. Massage is an effective tool for managing stress, which translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.
- Reduced fatigue.

Massage can also help specifically address a number of health issues including but not limited to:

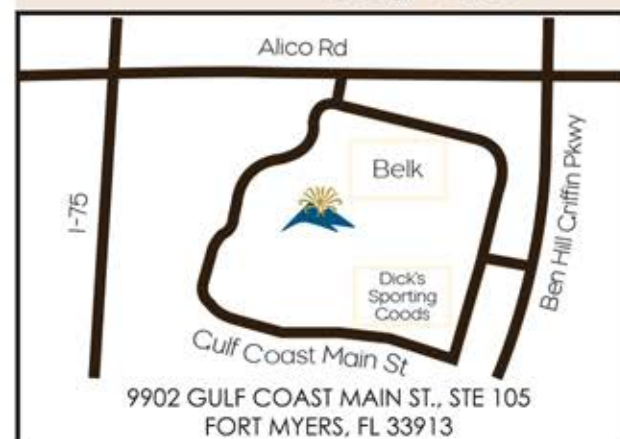
- Alleviate low-back pain and improve range of motion.
- Assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays.
- Ease medication dependence.
- Enhance immunity by stimulating lymph flow—the body's natural defense system.
- Increase joint flexibility.
- Promote tissue regeneration, reducing scar tissue and stretch marks.
- Pump oxygen and nutrients into tissues and vital organs, improving circulation.
- Reduce postsurgery adhesions and swelling.
- Release endorphins—amino acids that work as the body's natural painkiller.
- Relieve migraine pain.

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# WHAT IS A CATARACT AND HOW IS IT TREATED?

By Jonathan M. Frantz, MD, FACS

**A** cataract is not a growth, but a gradual clouding of the normally crystal-clear lens of the eye. Cataracts distort vision because they block the lens from being able to focus light on the retina. It's a common vision condition that affects many people as they grow older. By age 80, more than half of all people will either have a cataract or will have undergone cataract surgery.

Because cataracts typically develop very slowly, most people don't realize the lens in the eye is affected until their vision becomes dull or blurry. Cataracts can make it difficult to read or drive, especially at night.

When a cataract begins to affect your ability to perform day-to-day activities, treatment is required. Cataracts cannot be treated with medication, diet or eye drops. Surgery is the only option.

At Frantz EyeCare, our outstanding team of eye surgeons, combined with the latest innovations in treatment, gives patients the optimal results they deserve and the freedom to pursue hobbies, sports and everyday activities without the frustration of poor vision. Our goal is to provide the appropriate cataract treatment for each patient's individual lifestyle. New advances in cataract surgery are giving patients the opportunity to achieve even better vision than they thought possible. With our Active Lifestyle

Lenses, you can enjoy the freedom that comes from having excellent eyesight without the need for glasses or readers, especially for activities like reading or using the computer.

When having cataract surgery, you can choose to have either traditional surgery or Bladeless Laser Cataract Surgery. Traditional cataract surgery is covered by Medicare and most insurances. If you choose to have Bladeless Laser Cataract Surgery, it is considered a premium refractive procedure, and we are happy to discuss out-of-pocket expenses and flexible payment plans with you.

In both traditional cataract surgery and Bladeless Laser Cataract Surgery, your cloudy lens is removed and a focusing intraocular lens (IOL) is placed inside the eye to replace the natural lens that was removed. This focusing lens can correct nearsightedness or farsightedness and may reduce your need for distance and reading glasses.

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We host informative cataract seminars throughout the year. These are listed on our website at [www.BetterVision.net](http://www.BetterVision.net) where you can also schedule your appointment. You may also call our main office in Fort Myers at 239.418.0999.

Jonathan M. Frantz, MD, FACS, is one of our country's top 5 Bladeless Laser Cataract Surgeons and 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, dry eye treatment, treatment of eye diseases, bladeless WaveLight LASIK laser vision correction, and facial and body rejuvenation with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

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# PROTECTING YOUR HEART FROM HOLIDAY STRESS

*'Tis the season to be jolly.* The holiday season is traditionally a joyous occasion, a time of warm emotions when our thoughts turn toward gatherings of family and friends for the exchange of gifts, food, and companionship. However, there can be a flip-side to this holiday period. Many complain that the comfort and joy of the season can easily turn into a time of high stress filled with traffic jams, overspending, overindulging in alcohol and food, unmet emotional expectations, and weary irritability.

Is associating the holiday season with stress and unhealthy overindulgence just another example of Scrooge-like negativism? Or is there an empirically-based foundation for being cautious about exposure to unhealthy seasonal risks, especially for those individuals with heart disease. Let's take a look.

A 2004 study reported in the respected journal *Circulation* throws some light on the issue. Researchers examined records for 53 million deaths from natural causes over a 26 year period and found that deaths from heart disease peak during December and January, with cardiac mortality spiking around Christmas Day and New Year's Day. They concluded that there was evidence of multiple factors, including delay in seeking treatment, leading to what one authority, in a comment on this research, labeled the "Merry Christmas Coronary" and the "Happy New Year Heart Attack."

Another example of suggestive research is a small but provocative case study reported in a recent issue of *The Newsletter of the American Institute of Stress*. The investigators found that purchasing six gifts in a store was associated with an anxiety-driven doubling in heart rate from a resting 69 to a shopping 138 beats per minute, compared to purchasing the same items at home on the Internet which was associated with a steady heart rate of 65



to 67 beats per minute. Given our penchant for cleverly naming interesting medical malfunctions, before this holiday season is over a mischievous journalist writing about cardiac psychophysiology will likely discover the "Shop until you drop syndrome."

Although epidemiological studies like the ones noted above as well as case studies are best used to suggest connections rather than to prove cause-and-effect, the studies reported above and similar studies certainly support the commonly reported personal experience of being "stressed-out" over the holidays, with its unhealthy emotional and behavioral consequences. Research strongly suggests that the dramatic behavior changes that characterize the holidays do affect morbidity and mortality.

Given that many of us including heart patients experience increased stress and unhealthy emotions and may indulge in unhealthy behaviors over the holidays, what can we do and advise others to do to better manage harried lives this season? Fortunately, we have available a panoply of effective strategies for coping with holiday stress and reducing unhealthy behaviors.

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## These strategies are as follows:

### For Physical Health

- Keep doctor's appointments. Because of time pressures over the holidays, many people reschedule medical appointments or delay seeking medical treatment even when symptomatic.
- Take medications as prescribed both at home and when traveling. Many individuals miss doses over the holidays.
- Limit alcohol consumption. Overindulgence can lead to a number of problems. In addition to the obvious behavioral consequences, a heart rhythm problem, sometimes called "Holiday Heart" can be triggered by drinking too much alcohol. And alcohol contains a lot of calories.
- Moderate food consumption. Adding pounds, developing heartburn, and unbalancing diets are all risks of immoderate eating.
- Maintain the usual exercise schedule. Exercise is a great stress management activity. Because of a perceived time-shortage over the holidays, shopping may unwisely be given priority over regular exercise. (Of course, for those not already exercising regularly, check with a physician first as beginning after the holidays may be a better fit.)
- Get sufficient sleep. Sleep deprivation is harmful at any time of the year.



### For Psychological Health

- Take time to relax. If an individual has a regular relaxation technique such as meditation, continue to practice it. If not, practice a simple meditation technique by simply sitting or lying down, closing the eyes, and repeating a pleasant word or phrase over and over with each exhalation, for 10 to 20 minutes every day. And don't overlook prayer, which has physiological as well as spiritual benefits.
- Stick to a budget to avoid increased anxiety over credit card debt and financial stressors.
- Ask for professional help if needed. Seasonal factors can contribute to biological depressions such as SAD and other psychological disorders exacerbating the usual stress.
- Let go of personal perfectionism. Finding the perfect gift or behaving perfectly is not essential to a happy holiday.

- Let go of relationship perfectionism. Accept the fact that relationships that were not perfect during the year, are not likely to improve under the pressures of Christmas.
- Have a hearty laugh. A good sense of humor is a wonderful stress management tool.

Remember that the holidays are much more than the giving and receiving of gifts. We often lose sight of the true meaning of these holidays. Overemphasis on the secular and commercial aspects of the holidays is the major culprit. Although it might seem trite, focusing on the true meaning of the holidays, namely bonding with friends and family and finding the spiritual meaning in the celebration, are likely to bring the greatest psychological and physical benefits, with reduced mortality and morbidity, along with happiness and spiritual well-being.

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## ACUTE DIARRHEA + TOURIST = "TRAVELERS DIARRHEA"

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

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

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

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

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

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



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

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

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

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

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

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

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

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

*Be well and stay well.*



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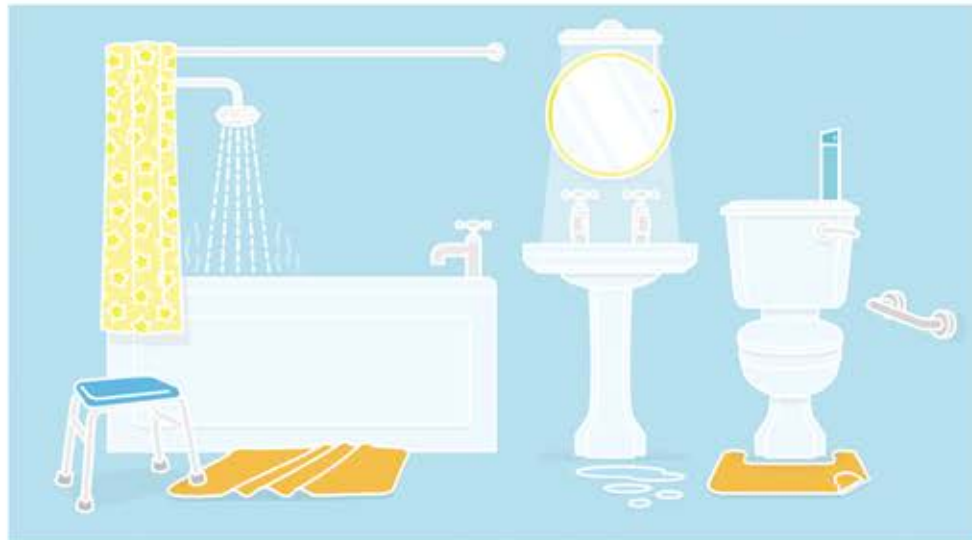
# DECREASING BALANCE INCREASES RISK OF FALLS IN THE BATHROOM

**A**s 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.

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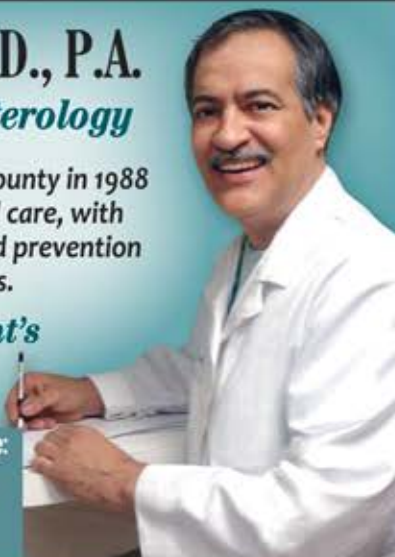
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# What You Need to Know Before A Hospital Stay



If you or a loved one will be going to the hospital as an inpatient, you could make the incorrect assumption that it will be like a stay in a luxury hotel but with better service. After all, we in Southwest Florida do have beautiful hospital facilities like Health Park and Gulf Coast Medical Center. They are visually attractive and filled with the latest technology. But, remember they are medical facilities and YOU are responsible for your health care. Here are some things to keep in mind so that you or your loved one receive the best possible care.

First, if you are on Medicare and are in the hospital through the emergency room, find out if you have been ADMITTED or are on OBSERVATION status. This sounds like merely semantics, but it's not. The care may not look any different, but to Medicare there is a significant difference. If you have not been ADMITTED for three days, you are NOT eligible for Skilled Nursing Facility care to be paid for by Medicare. This is very important if you are released from the hospital but are not quite ready to function well in your own home.

Also, make sure that you have a COMPLETE listing of the medications you take, including over the counter products like Tylenol, any vitamins and any supplements and of course, prescription drugs. Your providers need to know this to make sure there are no dangerous medication interactions.

Along with this, when it is time to be released from the hospital, make sure you get a list of the medications you are NOW taking. Changes may have been made and you need to know. You also need to know when to take the medications, if the pills can be crushed, why you are now taking this medication (for what condition), if the medications can be taken together, if there are any dietary restrictions (for example, some cholesterol medications can not be taken with grapefruit), and when and if you can discontinue the medication.

Again, when you are being discharged, ask if there are any things that you need to be aware of regards regarding your condition.

If you are going to the hospital for surgery, try to schedule it early in the week. That way, your surgeon should be available to check on you rather than his or her associate. Additionally, you are more likely to have the same nurses caring for you. Also, try to schedule your surgery for the first one of the surgeon's day. Your surgeon and the other members of the staff will be fresh and you will have a lower likelihood of a delay.

Lastly, and by no means any less important, no patient should EVER be alone during a hospital stay. A family member, friend or patient advocate should be with the patient at all times. This is something that Dr. Atul Gawande, surgeon, Harvard Medical School professor and author, espouses. There are a number of reasons for this. The first is that the patient is dealing with a health problem and is not in the best condition to ask questions about their treatment or medications. It is vital to make sure that the correct medication is being administered. Unfortunately, errors are made and they can be corrected before they can become an issue. Also, it is important to observe providers washing their hands before they touch the patient or anything else that will touch the patient. If the patient is sleeping, they may not make this observation. Infections can be prevented by ensuring that proper hand washing procedures are implemented. Also, the staff is busy and may not notice or be aware of sometimes subtle changes in the patient's condition. Someone sitting at the patient's bedside can make these observations and alert the staff.

Peace of Mind Patient Advocacy can provide assistance in these situations. Please contact us at 239-322-9153 or [peaceofmindpatientadvocacy@gmail.com](mailto:peaceofmindpatientadvocacy@gmail.com) to arrange your complementary consultation.



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



Lora McCann, Owner

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# HOLIDAY TRAVEL

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

**B**elieve it or not it's the Holiday season once again. With this time of year many things can take control of our lives. Travel and stress are usually prominent during this time of year.

The days of stress free flying are a thing of the past. After 9/11, it will never be the same. Arriving at the airport earlier is now a requirement, due to airport security. Having your luggage and other carry-on items x-rayed and searched is now commonplace.

Snacks and beverages used to be complimentary, but now there are usually standard charges for any food or drink. There is now a charge for using headsets to watch & listen to (what used to be Free) in-flight movies or entertainment. If you would like to use a pillow or blanket during your flight; good luck, most airlines have discontinued them altogether. Most airlines also are charging for any extra baggage, especially if the items exceed a certain weight limit.

Coping with all of these extraneous factors can be very stressful, especially if travelers are dealing with any other mental or physical handicaps. One disability, hearing loss, can prove to be extremely difficult and stressful when traveling, creating anxiety while trying to listen to instructions, or flight information. Arrival times, flight numbers, concourse information, gate numbers, aisle and



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seat numbers, and departing times are crucial to successful and timely travel. Hearing loss can make a person feel disoriented and anxious in some situations. Misunderstanding of vital data may prove not only to be very disheartening, but costly as well, especially if an individual misses his or her flight. Obtaining another flight to the originally planned destination may not even exist.

Hearing instruments can make all of the difference between a stress free experience, and a trip filled with anxiety, turmoil and a lighter wallet.

Johns Hopkins Medical University has conducted case studies on individuals who have hearing problems, but do not seek any form of help. The studies concluded that people who had even a mild hearing loss were twice as likely to develop dementia and Alzheimer's disease.

Those with severe impairment were five times as likely to suffer from dementia and Alzheimer's. This is due to the auditory cortex of the brain lacking "proper" stimulation, resulting in the part of the brain responsible for speech interpretation atrophying and losing function. Brain atrophy is the loss or damage of brain cells. Since there is no treatment for brain atrophy, hearing loss must be addressed before atrophy of the brain takes place. Wearing hearing devices and a healthy active lifestyle is the only way to ward off this malady.

**Signs of Developing Hearing Loss:** If you or anyone you know shows signs of developing hearing issues: such as asking for words or directions to be repeated, turning up the television or radio louder than normal, accusing others of mumbling, missing the sound of turn indicators while driving, have difficulty understanding conversations in the car, experience problems talking on the phone, struggle to hear in noisy environments or background noise, must have others raise their voice or move closer to hear them, or avoid certain situations due to difficulty understanding conversations.

Please contact our office for a FREE, no obligation hearing exam as soon as possible. The longer you wait, the worse it will get. *Enjoy a happy and safe Holiday season.*



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

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

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# Local Patients Choosing Urgent Care Centers Over Hospital Emergency Room Visit

**A**s the Florida health care system grapples with strained hospital emergency department capacity with extremely long wait times, primary care clinician shortages and rising health care costs, urgent care centers have emerged as an alternative care setting that may help improve medical care access and contain costs. Growing to nearly 10,000 locations across the nation in recent years, urgent care centers provide walk-in care for illnesses and injuries that need immediate attention but don't rise to the level of an emergency.

Florida hospitals are bracing for a surge in the number of emergency room visits. Long wait times, even in the 'off-season' have become common as emergency rooms continue to experience sharp increases in patient volumes.

Patients who choose to seek care at a hospital emergency room sometimes leave frustrated before even seeing a doctor because of the extremely long wait time.

Urgent Care Center OR Emergency Room Visit? Where do you go on a Saturday afternoon when the cough you've had all week has suddenly become worse? When you've cut yourself and may need stitches? When you've developed a bad rash that's spreading over your arms and legs?

Although your first impulse might be to head to your local hospital's emergency room, there may be a better choice -- an urgent care center.

Urgent care centers provide health care services for patients suffering from acute illnesses and injuries but who do not require the full services of a hospital ER. Urgent care clinics treat walk-in patients, usually on an extended schedule that includes early morning, evening and weekend hours. The health care providers at urgent care centers typically are physicians, nurse practitioners and physicians' assistants. About 65 percent



of urgent care clinics have a physician on site at all times, according to the Urgent Care Association of America.

The Urgent Care Association of America reports there are about 8,700 urgent care centers in the United States, and more than 600 of them opened between 2008 and 2010. One reason for this growth is the increasing number of patients seeking emergency room services, which has led to longer wait times in hospital ERs. In urgent care centers, on the other hand, the Urgent Care Association of America estimates that 57 percent of patients wait less than 15 minutes to be seen, and about 80 percent of all patients have completed their visits within an hour.

One benefit to urgent care centers is their lower cost. According to Aetna, the average bill for treating an ear infection at an ER is \$550 to \$750, while the average bill for that same problem is only

\$59 at an urgent care clinic. Many health insurance companies also have lower co-pays for visits to urgent care clinics. UnitedHealthcare, for example, requires patients who go to an urgent care center to pay between \$50 and \$75 for their treatments, but boosts that charge to \$100 to \$250 for patients who use the ER.

**An urgent care center can handle health concerns such as:**

- Minor burns or injuries.
- Sprains and strains.
- Coughs, colds and sore throats.
- Non-life-threatening allergic reactions or animal bites.
- Broken bones.

But urgent care centers are not intended to entirely replace the ER. The National Association for Ambulatory Care says patients need to go directly to an ER if they are experiencing symptoms like these:

- Chest pain.
- Difficulty breathing.
- Severe bleeding or head trauma.
- Loss of consciousness.
- Sudden loss of vision or blurred vision.

If you're not sure whether to go to an urgent care center or the hospital ER, call ahead and describe your symptoms to the staff of the urgent care center.



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# Avoiding Animal Emergencies This Holiday Season

Affectionately Pets

**T**his time of year the ASPCA Animal Poison Control Center (1-888-426-4435) receives considerably more phone calls than usual. Friends and relatives who come to visit may leave bags out where pets may have access to their medications. Keep any and all medications, both prescription and over-the-counter, safely away from your pets at all times. The innumerable cold medicines, vitamins, supplements, pain killers, cold medicines, blood pressure drugs, etc. that may find their way into your home can easily lead you and your pet into a serious situation.

In addition to drugs, protecting your pets from ingesting various human foods is a must. Everyone should know by now that chocolate is toxic to pets - especially baker's chocolate, dark chocolate, and semi-sweet varieties. Furthermore, pets are also much more sensitive to even tiny amounts of coffee, onions, alcohol, and salts. Avoid giving your animals any foods that are fatty, rich, or spicy. While they may eagerly devour them, these types of foods can incite serious inflammation of the pancreas that can require intensive hospitalization. Cooked poultry bones are also a no-no, as their splintered edges can pierce the stomach and intestines as they pass.

Although not typically thought of as edible, several plants bare mentioning. Many holiday flower arrangements contain various lilies: all *Lilium* species (Tiger, Easter, Stargazer, Asian, etc.) are **HIGHLY** toxic to cats. Even nibbling on a leaf or petal warrants a trip to the vet.

If not treated quickly, the kidney damage would be irreversible. Every year poinsettias get a bad rap as far as their danger to pets. The truth of the matter is, though, poinsettias (along with mistletoe and holly) have an overhyped potential for poisoning. If ingested, the sap of these plants will usually only cause some irritation to the mouth and skin, along with some potential for vomiting and diarrhea.

Perhaps the biggest plant to be wary of is the Christmas tree. The tree itself poses a risk to cats that may climb, fall from, or be toppled by it. Another problem is the water at the base of live trees; if drunk, it can cause nausea, vomiting, and diarrhea from the fertilizers and bacteria within. Tinsel on trees can be quite tempting for cats to play with and eat. When eaten, the tinsel poses a very common cause for becoming lodged in the intestines, a surgical emergency.

If any of these situations happen while you are out of town, be sure that you have spoken with your pets sitter so they know what to do. Informing your veterinarian as to who will have authority for making decisions for your pet in your absence is always recommended, too. Know your veterinarian's holiday hours, as well as the number and location of your nearest veterinary emergency clinic. Follow these general tips with some good common sense, and you should have a happy holiday season.



*Wishing You and Your Pets  
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# SSI MEDICAID BENEFITS

By **Steven J. Gibbs, Esq.**

Hello Friends & Colleagues!

Here at Health & Wellness, it is Disability Awareness Month. In the Elder and Medicaid Law arena, we see a fair number of cases where folks are receiving "Social Security Disability" benefits and they are concerned that a receipt of a lump sum money will disqualify them. In many cases, their concerns are correct...

**The first critical question when examining whether someone may be disqualified from Social Security Disability or Medicaid benefits is what type of disability assistance are they receiving?**

Certain types of benefits are not subject to disqualification, whereas other types are based upon need ("need based") and are therefore vulnerable to disqualification if one receives money or assets.

So, if one is receiving "need based" or "means tested" disability assistance then certain financial events can disqualify them from public assistance. There are 3 sure fire ways to lose benefits if unprepared in these circumstances...and this is the subject of this week's fated article.

**The 3 "Sure Fire" Ways To Be Disqualified From Social Security Disability Benefits, Only Apply If The Individual Is Receiving SSI verses SSDI?**

SSI is a need based "means tested" program that requires a minimum amount of assets to qualify, so any distribution of additional assets can disqualify the individual. SSDI is not need based, but is based upon amounts paid in and the inability to continue working and this is not affected by the receipt of additional assets.

**With That In Mind, The Three "Sure Fire" Ways to Lose Your SSI Benefits If You're Unprepared Are:**

**1. Receipt of Personal Injury Settlement or Other Amounts Received From a Legal Judgment.**

Legal judgments are generally paid in either a lump sum or a series of



payments over time. The key is that they are paid to the individual and this will result in funds in excess of asset limit.

**2. Receipt of Inheritance or Bequest from an Estate.**

Likewise, the receipt of an inheritance is generally an asset or sum of money and the same result can apply to disqualify the individual from SSI benefits.

**3. Receipt of Equitable Distribution, Alimony and Child Support.**

Surprisingly, funds received for Child Support, although they are for the benefit of the children, are not exempt from the SSI requirements and can still disqualify the individual from SSI.



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This issue's topic is critical because the loss of SSI benefits can trigger a chain reaction and also jeopardize the receipt of certain Medicaid benefits which may have been awarded based upon the receipt of SSI benefits.

The Solution to Prevent Disqualification From SSI and also Medicaid Benefits is often a Special Needs Trust.

Special Needs Trusts ("SNT") have evolved under the ACA ("Affordable Care Act") and this planning continues to change with the times. Experienced Elder Law Attorneys, follow the rules and changes closely and often the decision whether to utilize a Special Needs Trust, or an alternative approach, will depend upon the specific circumstances in the client's life situation. I addressed SNT basics in a recent blog article at <http://www.gibbslawfl.com/blog/>.

This is an appropriate time for a reminder of how sophisticated this type of planning is, and should only be attempted with the assistance of an experienced Elder Law Attorney. There are numerous Social Security rule requirements, different types of SNTs, and other options to be considered.

The important thing, is to plan ahead before receiving any lump sum of money because in most cases, measure can be taken to preserve your assets and keep you or your loved one qualified for SSI/Medicaid or both. As always, I hope this is helpful and...

Until next time.

Steven J. Gibbs, Esq.



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

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

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

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

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



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# A Healthy Mouth Means Healthy Aging

By Dr. Ricardo S. Bocanegra, DDS

**A**s you age, your dental hygiene habits become more important than ever for your teeth and gums. Taking care of your teeth — and your dental health overall — is essential for maintaining your health as a senior. A healthy mouth not only makes it easier for you to eat nutritious foods, but it can also give you the confidence to smile, talk, and laugh with ease. Research shows that people with good dental health are less likely to develop diabetes and heart disease or have strokes.

## Teeth Change With Age

With proper care, your teeth can last a lifetime. But certain dental health problems are more common in older people, including:

- **Tooth decay.** Your teeth are coated with enamel, the hard covering that protects them. Bacteria-filled plaque can build up quickly on your tooth enamel, especially when you are older. This can, over time, lead to tooth decay — when the holes called cavities develop in your teeth. In older adults, tooth decay is more likely to develop around old fillings.
- **Gum disease.** Older people are at higher risk of gum disease, which is also called periodontal disease. Gum disease occurs when plaque builds up beneath your gum line. If you have gum disease, your gums may feel tender and will bleed easily. Left untreated, gum disease can lead to tooth loss.
- **Root caries.** Root caries occur when the roots of your teeth become decayed, usually after gums recede and the soft root surface of your tooth is exposed. This root surface is more susceptible to decay than tooth enamel.
- **Dry mouth.** Dry mouth, which is also called xerostomia, often occurs in older people who have health problems, as a side effect of medication or from a cancer treatment like radiation therapy. When you have a reduced supply of saliva, plaque tends to build up, putting you at increased risk of tooth decay.
- **Denture problems.** Many older people wear dentures. If they are not properly cared for, they can cause dental health problems. Dentures can also become loose or damaged, which can cause them to fall out or irritate your gums.



## Tips for Taking Care of Your Dental Health

To help keep your mouth healthy and strong as you get older:

- **Brush.** Brushing your teeth can help to remove the thin film of bacteria that builds up on your teeth each day. So brush at least twice a day with a soft bristle toothbrush and fluoride toothpaste.
- **Floss.** Flossing your teeth can help keep your gums strong and prevent plaque from building up between teeth. Floss at least once a day.
- **Keep up with dentist appointments.** Your dentist can diagnose and treat dental health problems before they become serious. Regular dental check-ups and cleanings are an important part of maintaining good dental health.
- **If you smoke, quit.** In addition to increasing your risk of many health conditions, smoking can increase your risk of tooth decay and gum disease. If you smoke, talk with your doctor about strategies for quitting.
- **Take care of dentures.** If you have dentures, see your dentist regularly to make sure they are fitting properly. Keep your dentures clean by brushing them daily and soaking them at night in a denture cleansing liquid.

You may face dental health challenges as you get older, but practicing good oral hygiene and attending to your dental health can keep you smiling for many years to come.

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# The Prince of Peace

**I** suppose you'd have to be completely cut off from reality not to see it. The world is a gloomy place, and seemingly getting gloomier. Even as I sit down to write this, the world is weeping for the nightmare that happened in Paris. Cruelty, hatred, murder and destruction undertaken by misguided people with a misguided view of God.

Isaiah, one of the most prominent of ancient Israel's prophet, spoke of such a time when he wrote,

*They will look toward the earth and see only distress, darkness, and the gloom of affliction, and they will be driven into thick darkness.* Isaiah 8:22

Thick darkness indeed. The temptation is to believe that the world is an abandoned, rudderless ship, careening off course and out of control toward some hopeless and unsurvivable disaster. But into that darkness and abandonment and despair comes an unexpected, brilliant beam of light.

*Nevertheless, the gloom of the distressed land will not be like that of the former times when He humbled the land of Zebulun and the land of Naphtali. But in the future He will bring honor to the Way of the Sea, to the land east of the Jordan, and to Galilee of the nations.*

*The people walking in darkness  
have seen a great light;  
a light has dawned  
on those living in the land of darkness.* Isaiah 9:1-2

A great light. Great in magnitude, majesty, miracle, and mercy. For into this World has stepped the very One who has created it. His coming was not marked by pomp and pageantry, except for the triumphant song of angels delivered to an unlikely audience of shepherds. He did not come with the appearance of a triumphing King, though His coming does represent victory over darkness (while foreshadowing the ultimate consummation of that victory).



*For a child will be born for us,  
a son will be given to us,  
and the government will be on His shoulders.  
He will be named  
Wonderful Counselor, Mighty God,  
Eternal Father, Prince of Peace.* Isaiah 9:6

And so we come to Christmas. If you are confused by the world, may you find in Him your Counselor. If you feel powerless against the darkness (whether global or personal), may you know Him as Mighty God. If you at times feel abandoned, even orphaned, may you come to trust your Eternal Father.

And may the hateful world, so often torn by violence, find in Him the Prince of Peace.

Merry Christmas.

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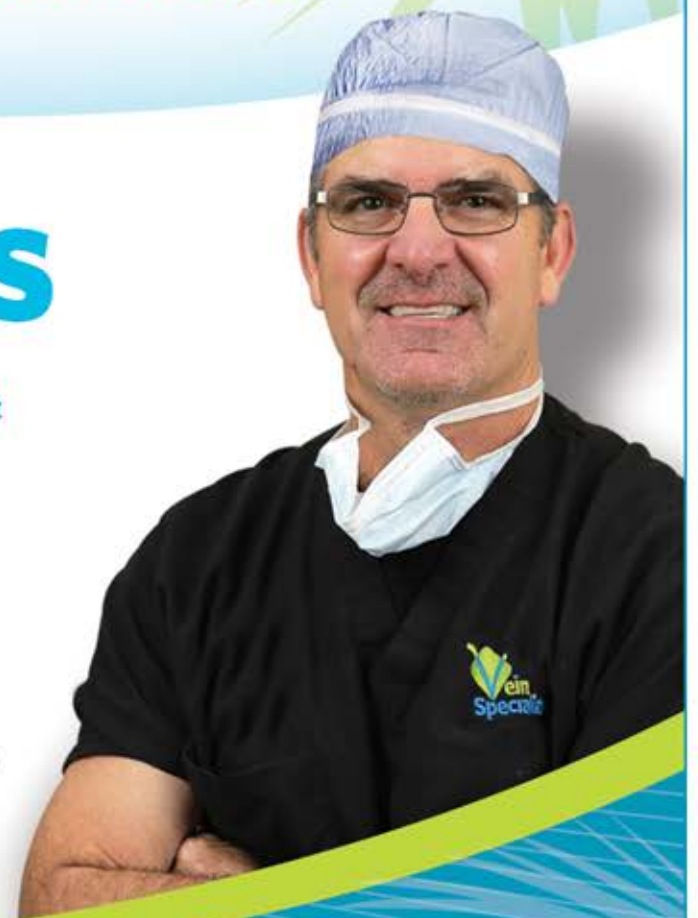
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