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Health & Wellness[®] MAGAZINE

January 2016

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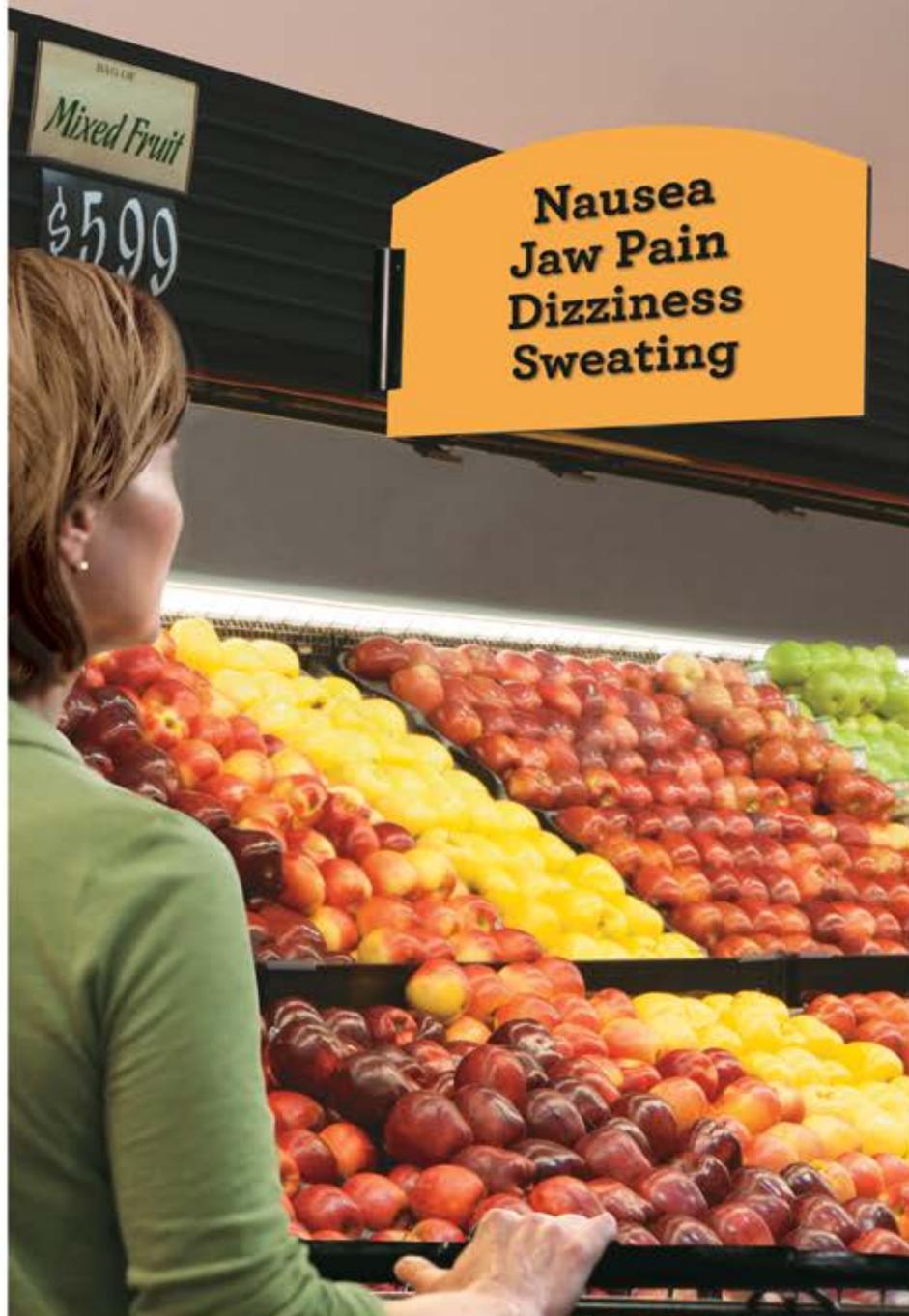
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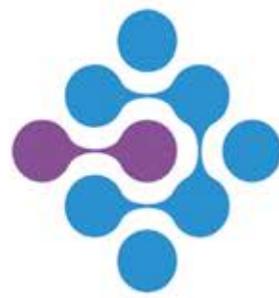
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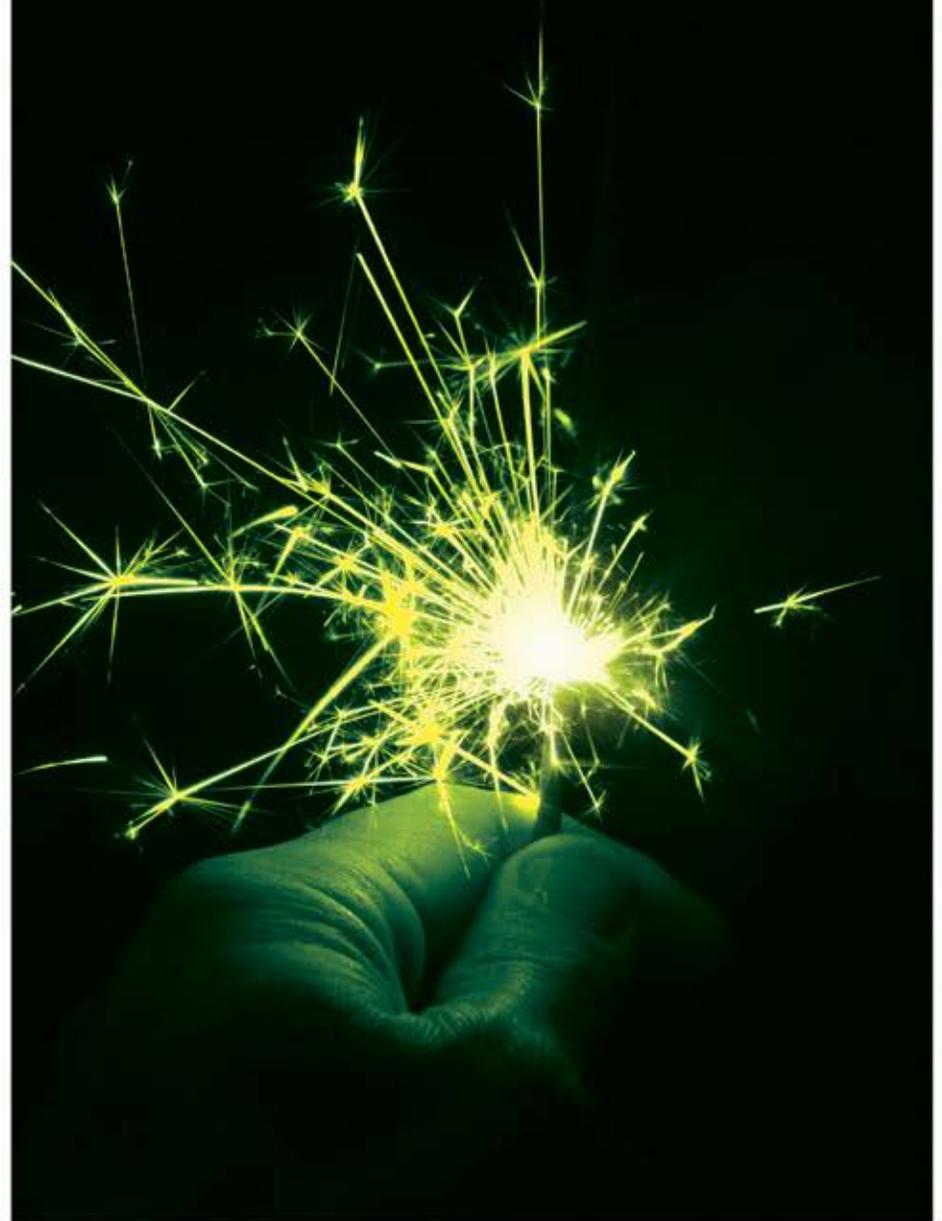
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An Orthopaedic Surgeon Can Make a Tremendous Difference in the Quality of Your Foot and Ankle Care!

An orthopedic surgeon specializing in foot and ankle problems can make a huge difference. I am Dr. Myles Rubin Samotin, M.D., an orthopedic surgeon fully trained in taking care of all extremities from the shoulders to the fingers, from the hips down to the toes.

In addition to a very lengthy training and specialization in orthopedics, I am subspecialty and fellowship trained in foot and ankle problems, and for the past 17 years in Southwest Florida, I have taken care of everything from the simplest to the most complex foot and ankle problems. I am originally from New York City, trained at some of the best orthopedic institutions in the world including Columbia, SUNY Downstate in Brooklyn, Maimonides Medical Center, and the Hospital for Joint Diseases, a world-renown orthopedic institution located in New York City. I am currently Board Certified, and I recently passed my recertification examination with flying colors.

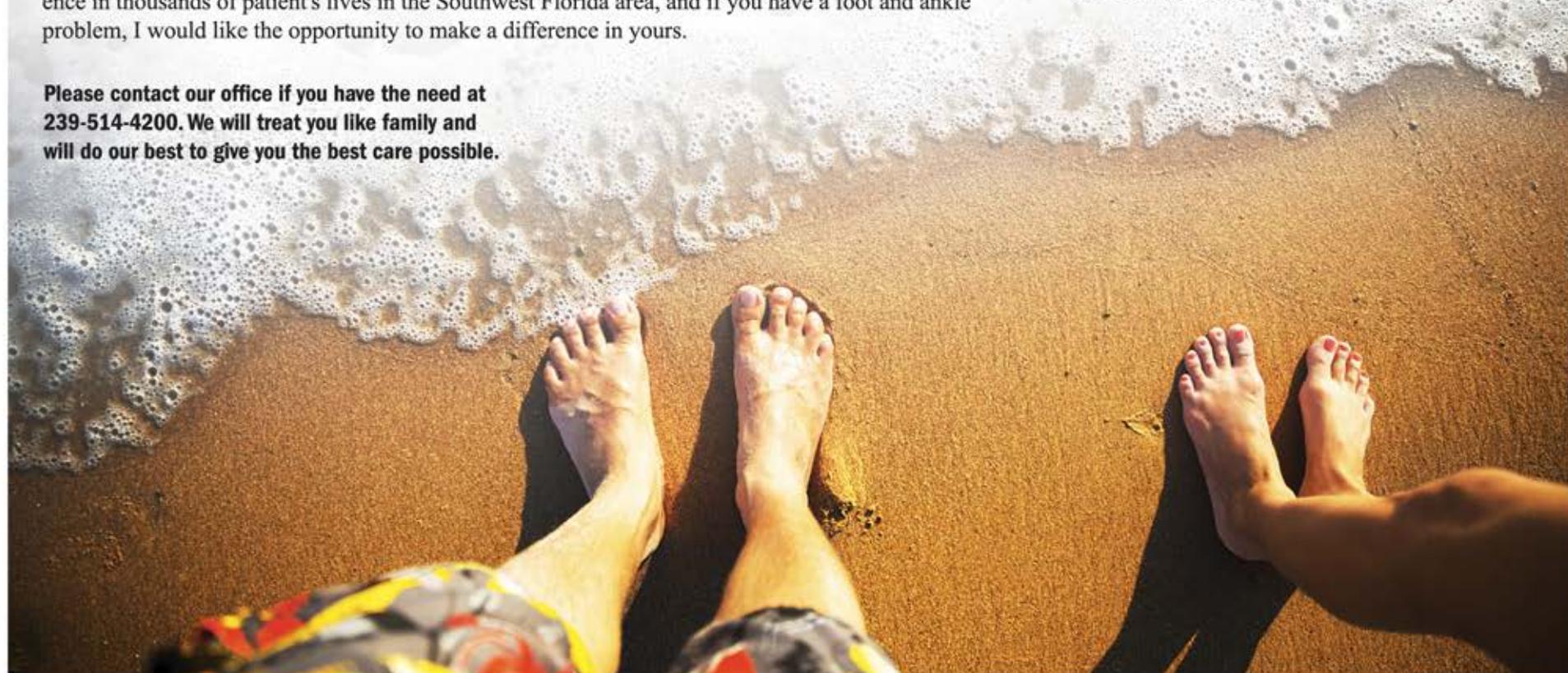
I am a member of the American Academy of Orthopedic Surgeons and I am in excellent standing. In my younger years, I attended the Julliard School of Music and have been a serious pianist for many years. Today I mostly play the piano for my private fun and relaxation, but every year I participate in the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

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

Please contact our office if you have the need at 239-514-4200. We will treat you like family and will do our best to give you the best care possible.



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Cancer Drink – Fuels the Fight Against Cancer

What is the most important thing you can do once you or a loved one finds out they have cancer? The answer is simple and complex at the same time – prepare for the fight of your life and plan on winning!

Finding the best care possible and following the treatment protocols of your oncologist to the tee is a must. Keeping yourself as healthy as possible to be able to stand the rigors of chemotherapy, radiation, surgery and the emotional stress is absolutely essential as well.

CellMark Biopharma™ developed a revolutionary new medical nutrition drink, CellAssure, designed for the needs of all cancer patients battling the detrimental effects of cancer and even the side effects from cancer treatments.

Fact: 20-40% of cancer deaths are from malnutrition (cachexia) not cancer and the medical community agrees that nutritional intervention is imperative.

CellAssure is a simple once a day drink created from direct requests by physicians, dietitians and patients battling cancer. CellAssure includes ingredients clinically proven to:

- Provide needed nutrition for cancer patients without adding sugar
- Improve immune system response
- Maintain or increase appetite
- Increase LBM (lean body mass)
- Reduce stress / anxiety and lower cortisol levels
- Provide relief with nausea/vomiting and diarrhea
- Mitigate anemia and improve my liver function
- Help reduce inflammation and possibly even pain

Cancer is a multi-faceted disease that attacks the body in many ways causing multiple serious side effects, each which needs to be addressed strongly in order for the patient to maintain their health. CellAssure's mission is simple – keeping cancer patients as healthy as possible so their oncologist can kill their cancer with the least amount of side effects/health issues/problems.

Cancer weight loss is associated with poor outcomes for cancer patients—reduced response to therapy, reduced ability to deliver full doses of chemotherapy, stoppages of cancer therapies, increased toxicity, more complications and infections, lower quality of life, and reduced survival.

CellAssure gives patients the essential daily medical nutrition needed to maintain their bodyweight and allow their body to better withstand the rigors of cancer treatments. Remember – staying as healthy as possible allows you to fight cancer without having to stop critical oncology therapies and protocols.

What is Cancer Cachexia and how can I best avoid it?

With figures showing as much as 40% of cancer deaths are from cancer induced malnutrition (cachexia) avoiding becoming cachexic should be a top priority for all cancer patients. Cachexia is a series of metabolic changes in the cancer patient's body. Cachexia is initiated when proinflammatory cytokines and other catabolic factors, such as proteolysis-inducing factor and lipid-mobilizing factor are released in tissues and in circulation. Increases in stress, anxiety, cortisol levels, inflammation and decreases in appetite, nutrient absorption, and liver function add to this hypermetabolic scenario.

Cancer cachexia is far more complex and different than other types of weight loss (simple malnutrition or starvation) and it cannot be reversed by the simple addition of extra calories. CellAssure™ is targeted medical nutrition for these specific inflammatory triggers and all of their resultant metabolic abnormalities!

Proper identification of nutrition problems and treatment of nutrition-related symptoms have been shown to stabilize or reverse weight loss in 50% to 88% of oncology patients.

When do I start taking CellAssure?

While most people think that their 'Day of Diagnosis' is when their battle with cancer begins – we know better. The fact is on the 'Day of Diagnosis' their body has already been compromised by the



cancer and their nutritional challenges have already started. Cancer has already started waging war and the need for additional nutritional medication is now. It is recommended that you start taking CellAssure from your day of diagnosis forward. Proper nutrition is something helpful regardless of where you are in the cancer process. Of course following a healthy diet along with CellAssure makes the most sense and your healthy eating should continue even after you've won your battle against cancer!

CellAssure delivers on a level that brings smiles to patients, their families, as well as the physicians taking care of them – and as cancer patients we need a reason to smile. We need a reason to believe that we can overcome, conquer and beat cancer head on. There has never been a product like CellAssure before because there never has been a company like CellMark Biopharma™. CellMark Biopharma™ is the leader in advanced medical nutrition for all cancer patients offering unique products for cachexia, CellAssure, and chemo brain, Cognify (chemotherapy induced cognitive decline).

For more information visit: CellMarkBiopharma.com or call 888-444-7992

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CT Urography: The Gold Standard in Urologic Imaging

Urography uses imaging and contrast material to evaluate or detect blood in urine, kidney or bladder stones, and cancer in the urinary tract. Urography with conventional x-ray is known as intravenous pyelogram (IVP). Urography may also be performed using computed tomography (CT). CT urography is painless and proven effective in detecting urinary tract issues.

What is Urography?

Urography is an examination used to evaluate the kidneys, ureters and bladder. Excretory urography, also known as intravenous pyelogram, is performed using conventional x-ray after the intravenous administration of radiographic contrast material. This technique is still performed for pediatric patients and for younger adult patients.

Computed tomography (CT) urography uses intravenous contrast material to obtain images of the urinary tract. CT urography (CTU) is used as primary imaging techniques to evaluate patients with blood in the urine (hematuria), follow patients with prior history of cancers of the urinary collecting system and to identify abnormalities in patients with recurrent urinary tract infections. In addition to imaging the urinary tract, CT urography can provide valuable information about other abdominal and pelvic structures and diseases that may affect them.

What are some common uses of the procedure?

Urography images are used to evaluate issues or detect abnormalities in portions of the urinary tract, including the kidneys, bladder and ureters, including:

- Hematuria (blood in urine)
- Kidney or bladder stones
- Cancers of the urinary tract

Exam Preparation

- No Barium.
- No solid food 4 hours prior to the exam.
- Drink water, there is no restriction on your water intake.
- If you have an allergy to the IV iodinated contrast media you will need to be pre-medicated. Click here to view the Iodine Contrast Media Preparation Guide.
- Patients may be asked to dress into an exam gown.

During the Exam

- Any metal that is within the area to be scanned will need to be removed.
- The technologist will insert an IV for the injection of the iodinated contrast media.
- During the scan your arms will be brought above your head and a compression belt will be placed around your waist. Pressure will be applied for a short time during the scan.
- You will be asked to hold your breath for 10-20 seconds while the images are being taken.
- Exam should be completed within 15 minutes, although it could take longer.

After the Exam

- Following your exam you will be asked to remain in the department until your IV has been removed and a standard x-ray may be needed 20 minutes after the CT scan.
- Report will be forwarded to your doctor

Women should always inform their physician and the CT technologist if there is any possibility that they are pregnant. See the Safety page for more information about pregnancy and x-rays.

How does the procedure work?

CT scanning combines special x-ray equipment with sophisticated computers to produce multiple images or pictures of the inside of the body. These cross-sectional images of the area being studied can then be examined on a computer monitor, printed or transferred to a CD.

Modern CT scanners are so fast that they can scan through large sections of the body in just a few seconds, and even faster in small children. Such speed is beneficial for all patients but especially children, the elderly and critically ill, all of whom may have difficulty in remaining still, even for the brief time necessary to obtain images.



For children, the CT scanner technique will be adjusted to their size and the area of interest to reduce the radiation dose.

Benefits of CT Urography

CT urography has been proven effective in detecting issues or abnormalities in parts of the urinary tract including the kidneys, bladder and ureters, or as a follow-up test to further examine for recurrent or new cancers of the urinary tract.

- Compared to other imaging tests, CT urography provides superior anatomic detail of the urinary tract and surrounding structures.
- CT scanning is painless, noninvasive and accurate.
- A major advantage of CT is its ability to image bone, soft tissue and blood vessels all at the same time.
- Unlike conventional x-rays, CT scanning provides very detailed images of many types of tissue as well as the lungs, bones, and blood vessels.
- CT examinations are fast and simple; in emergency cases, they can reveal internal injuries and bleeding quickly enough to help save lives.
- CT has been shown to be a cost-effective imaging tool for a wide range of clinical problems.
- CT is less sensitive to patient movement than MRI.
- CT can be performed if you have an implanted medical device of any kind, unlike MRI.
- CT imaging provides real-time imaging, making it a good tool for guiding minimally invasive procedures such as needle biopsies and needle aspirations of many areas of the body, particularly the lungs, abdomen, pelvis and bones.
- A diagnosis determined by CT scanning may eliminate the need for exploratory surgery and surgical biopsy.
- No radiation remains in a patient's body after a CT examination.



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COPD Treatment Takes Center Stage

By David Ebner - Staff Writer

The world will never forget the momentous day when four young men from Liverpool, England, walked onto the stage of the Ed Sullivan show in 1964. The Fab Four strolled onstage, squinting in the glare of the lights and smiling at the squealing fans, and that grainy black and white image became the music history icon of the "British Invasion."

Stem cell research appeared on the world stage with much less fanfare. There were no screaming fans or standing ovations when doctors conducted the first stem cell treatment in the form of a bone marrow transplant in 1956. The painstaking hours scientists spent researching and studying cells in laboratories across the world passed unremarked upon in the pages of Life Magazine. Even in 2012, when John B. Gurdon and Shinya Yamanaka won a Nobel Prize for their discovery that "mature cells can be reprogrammed to become pluripotent," enthusiasm was limited mostly to the medical community.

The advent of stem cell research may seem inconsequential in comparison to the rise of the Beatles or Elvis Presley, but its impact on the medical industry is nothing less than revolutionary. Although the ethical implications of using embryonic stem cells have a high-profile and controversial history, knowledge of *adult* stem cells—cells present inside the body of every adult, remains relatively obscure. Adult stem cells live in the blood, fat and bone marrow, and can be extracted and reintroduced into different parts of the body, as needed. Stem cells re-specialize to mimic whatever type of cell they are near. For example, when adipose (fat) stem cells are extracted, isolated and reintroduced to the lungs of the patient with a progressive lung disease, the stem cells have the potential to morph into lung cells. The hope is that the new cells will be disease-free and will promote healing and increasing lung function. For someone suffering from a debilitating disease, such stem cell therapy could mean the difference between struggling for air and singing "Twist and Shout" in the shower.

Physicians at the Lung Institute (lunginstitute.com) have been performing such procedures since 2013, increasing quality of life for over 1,500 patients with a 70 percent success rate as reported by the patients themselves. During a stem cell therapy procedure, cells are extracted from the patient's fat, blood or bone marrow tissue. The cells are then isolated and returned intravenously or through a nebulizer. This outpatient procedure is completed over three days and is considered minimally invasive. According to the Lung Institute's Medical Director, Kevin Huffman D.O., "stem cells are important because they offer a different approach. Instead of treating symptoms simply to make the patient more comfortable, stem cell therapy targets the disease and can actually repair damaged tissue, challenging conventional medicine's fatalistic mindset that there's nothing more we can do."

It's difficult to imagine a medical breakthrough stealing the show from the latest trending celebrity. However, real people have sought these innovative treatments, and are already seeing these advancements make a difference in their lives. They may not be screaming like the crazed Beatles fans of the sixties, but the alternative treatment fan base grows

every day among people who are breathing easier thanks to stem cell therapy.

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



The Beatles changed the world of music; stem cells are changing the world of medicine.

The Latest in Laser Treatment for Varicose and Spider Veins

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

The treatment of varicose veins and spider veins has undergone dramatic changes over the last ten years and especially over the last three years. Up until around the year 2000, the only available treatment for varicose veins was a surgical procedure called ligation and stripping, which involved removing veins by multiple incisions and using multiple stitches. This operation had about a month of downtime and left patients with many unsightly scars. Spider veins were treated only by saline injections which were painful and had many potential side effects such as burning, brownish discoloration, ulcer formation and a high recurrence rate. Now, with the advent of lasers in vein treatment, all of this has changed.

How Do Lasers Treat Veins?

Laser is an acronym for Light Activation by Stimulated Emission of Radiation. Essentially, a beam of light is created by a laser machine at a specific wavelength. This beam is due to tiny photons that have been stimulated by the machine to produce infrared light that can emit an intense amount of energy. In the case of lasers for veins, this energy can be used to heat and evaporate the varicose or spider veins.

Many types of lasers have been developed, but the ones that are useful in vein treatments are usually in the wavelengths from 800 - 1500 microns. Microns are the depth from the skin at which the laser works. The higher the number, the greater the depth. Each laser is specific for a certain depth and treats structures at that depth. Veins occur at depths of around 700 - 1200 microns and the spider veins at much more superficial levels.

The Best Venous Laser for Varicose Veins

The commonly used lasers to treat varicose veins are 810, 940, 980, 1052, 1320 and now 1470. For years, the lasers from 810 to 980 were considered the standard for venous treatment. They worked by heating the blood in the vein and vein wall to dissolve the vein. Although they worked very efficiently, the side effect of these wavelengths were bruising of the skin and some pain along the lasered vein. About three years ago, the 1052 and 1320 wavelengths were developed. These worked at a deeper level by targeting the water around the vein to heat the water to then heat and evaporate the vein. This resulted in decreased bruising and post operative discomfort. Finally, the 1470 has been released. This works at even a deeper level to again heat the water around the vein to then dissolve the vein. This is now considered one of the best venous lasers for varicose veins because there is minimum post procedure discomfort and, therefore, patients can return to full normal activity within twenty-four hours.

No Pain, Bruising or Downtime

I have two 940 lasers, a VNUS Radio frequency catheter, and now the 1470 laser. The 1470 has become my number one choice of lasers because it gives excellent results with minimal post procedure pain, bruising or downtime. Patients can now be back to all activities immediately after the procedure without the need for a two week recovery or the need to wear support hose for more than several days. The most common post procedure complaint was thigh discomfort and this has now been eliminated. The 1470 is now considered the state of the art for venous laser therapy.

Treatment of Small Spider Veins

As far as lasers for spider veins, the thing to remember is that lasers on the skin (topical lasers) work only on the smallest of spider veins. Large spider veins should be treated with sclerotherapy. If a spider vein is big enough to get a needle into it, then it should be injected. If the spider vein is too small for a needle, then a topical laser such as Vein Wave, Vein Gogh, Ellman or various other skin lasers can be tried. It should be noted that, in general, spider vein laser treatment can be painful and usually requires multiple treatments. It should only be recommended if sclerotherapy could not be done or was unsuccessful.

One of Very Few Vein Centers in Collier County with this Advanced Laser Technology

At Vanish Vein and Laser Center, I have performed over 12,000 laser ablation procedures. Vanish Vein and Laser Center is currently one of a few vein centers in Collier County to have this laser wavelength. To learn more or to schedule an appointment, please call **239-403-0800** or visit us online at www.vanishvein.com.

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

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DR. JAMES E. CROLEY III PROVIDES 'INSTANT VISION' CATARACT REMOVAL

If you or someone you know is experiencing reduced vision including a blurry focus on objects regardless of distance, or complain of glare, particularly at night with oncoming traffic lights or street lamps for example, then a cataract in one or both eyes may be the cause. The symptoms will not improve without corrective treatment and only the best treatment available is the choice. And the choice should be America's Ophthalmologist of the Year according to "Who's Who," Dr. James E. Croley III, M.D., founder and owner of Cataract & Refractive Institute of Florida with offices in Cape Coral, Lehigh Acres and Bonita Springs.

We talked with Dr. Croley about the nature of cataracts and how they might be treated.

What is a cataract?

Dr. Croley: A cataract is a clouding of the eye's natural lens, which works like a camera. It focuses light images on the retina, which then sends the image to the brain. What happens with cataracts is that a person's lens becomes extremely clouded, keeping light and images from reaching the retina. People with cataracts typically experience blurry images and dull colors, and seeing at night becomes difficult and especially dangerous for nighttime drivers. They may also discover that their bifocal eyewear or reading glasses are not as effective as they once were.

What do you recommend for treatment?

Dr. Croley: The first step for anyone experiencing vision problems is to make an appointment for a full eye exam. As a VisionLock Certified Surgeon, I personally examine all of my patients from the first visit and all visits afterwards whether in my offices in Cape Coral, Lehigh Acres or Bonita Springs. And the first visit is free. All of my offices are fully equipped to handle diagnoses and treatment of most eye issues. My offices are staffed with the best eye caregivers available.

What is a VisionLock Certified Surgeon?

Dr. Croley: As a designated premier cataract surgeon, I am the first in the United States chosen by VisionLock based on my Board Certification and achievement of more than 30 quality and treatment criteria that I have practiced for more than 30 years. By definition, a VisionLock surgeon is "best of the best," with offices offering state-of-the-art exam procedures, diagnostic and surgical equipment in a clean and aesthetically pleasing environment. It also means patients are ensured an experience that includes team members who are efficient, educated and motivated to perform and care about them, the facility and the community.

What if you do find the problem is cataracts?

Dr. Croley: If the diagnosis is cataract, then there are a number of choices available for treatment that invariably requires some level of eye surgery. As a VisionLock Certified Surgeon, I offer a number of options that I explain in detail on a case-by-case basis depending on the patient's individual needs and desired outcome of any procedure I may perform. There are five copyrighted and trademarked Precision Cataract Surgery procedures:

1. Bronze Precision Cataract Surgery: This is a one-piece Softec HD Monocular Intraocular Lens and is the most accurate intraocular lens on the market.

2. Silver Precision Cataract Surgery: Patients who have astigmatism are excellent candidates for the Acrysof® IQ Toric Intraocular Lens. The toric astigmatism lens corrects the person's astigmatism and allows most people to see well at a distance without glasses, although reading glasses may be required.

3. Titanium Precision Cataract Surgery: Patients with astigmatism are candidates for bladeless laser cataract surgery, which is used to perform portions of the cataract surgery and corrects the shape of the eye resulting in a reduced or eliminated need for glasses.

4. Gold Precision Cataract Surgery: This procedure offers qualifying patients with several different brands of lens options that provide multiple focus points for distance, intermediate and near vision.

5. Platinum Precision Cataract Surgery: This procedure is similar to the "Gold" but further offers treatment of astigmatism with a limbal-relaxing incision in the corneal area of the eye performed by a Femtosecond Laser to reduce or eliminate the astigmatism by correcting the shape of the eye.

How do I know if I am a candidate for a cataract procedure?

Dr. Croley: If you are experiencing blurred or discolored vision or you find that light sources are glaring and uncomfortable, you can simply give us a call at (239) 949-1190 to set up an evaluation at no cost to you. I encourage you to visit us online at floridacataract.com for more information about my qualifications and the specific procedures that are available to you.

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NEW YEAR'S RESOLUTIONS: THE GIFT THAT KEEPS ON GIVING

By Randall Kenneth Jones

Every year is the same to so many of us. We usher in the New Year by resolving to make positive changes in our lives.

In fact, Baby New Year has little to do with our ability to improve. Babies are a blessing but, considering they can't walk, the wee ones aren't in a good position to guide our adult footsteps. And let's face it, Father Time can be just plain spiteful.

We need more than a dropping ball, confetti, "Auld Lang Syne" and good intentions to keep our New Year's Resolutions on track.

Pretty much any list of the most popular resolutions contains a boatload (a descriptive word that works well in Southwest Florida) of self-improvement options: eat healthy, lose weight, quit smoking, reduce stress, cut back on alcohol, get more sleep, etc. Each is critical to maintaining positive mental and/or physical health.

The overwhelming popularity of healthcare-themed resolutions should tell us something: most of us understand the importance of maintaining a healthy lifestyle. Whether we carry our good intentions into February and beyond is another story.

As a 53-year-old man with a plethora of bad habits—and one who often writes about healthcare issues—I have come to appreciate the unparalleled importance of the doctor/patient relationship.

For example, if I lose my willpower—my resolve to improve—my primary care physician, Dr. Michelle Becker of Physicians Regional Medical Group, will keep me on track. That is, if I remain an active participant in the life-altering relationship we have formed over the years.

Dr. Alexandra Grace

True, I'm in an enviable position. As one who writes about healthcare, I have more access to talented medical professionals than most. Not to disparage all the extraordinary medical talent in our community; but, as my personal, go-to medical team resides at Physicians Regional Healthcare System, they are always my first stop on the editorial information-seeking highway.

When I first moved to Southwest Florida in 2009, I immediately found myself in the Emergency Room at Physicians Regional Medical Center-Collier Boulevard. What's more, I had yet to establish any local doctor/patient relationships. A kind and caring gastroenterologist named Dr. Maria Valdes changed that in a single day.

Lesson: if you don't have a primary care physician already, please get one now. Physicians Regional Medical Group can assist you with finding a physician—and scheduling your first visit. Call today at 239-348-4221.

My work has allowed me to cross paths with some incredible local medical talent, specifically in primary care. Physicians Regional also boasts the talents of Dr. Doris Corey, Dr. Robert Atkins and Dr. Elias Shaheen, all of whom have wisely answered my various questions on diet, exercise, internal medicine, cardiac care and more.

Dr. Troy Shell of Physicians Regional's Comprehensive Breast Center has graciously shared information on women's breast health. And gentlemen, we each have a responsibility to understand the unique medical needs of our mothers, grandmothers, wives and daughters.

More recently, Dr. Anthony Vernava and Dr. Alexandra Grace successfully guided me through another bout of "tummy troubles." After all, we Joneses are gastro-intestinal disasters. I have historically chosen to blame genetics, but the Docs (wisely) weren't biting. Like everyone, I must take responsibility for my actions when it comes to my health. No more blaming my 84-year-old father's gastric-impaired gene pool.



Dr. Maria Valdes

The Physicians Regional Healthcare System team knows the answers I need: whether I am writing a piece on diet and exercise or in need of a highly skilled firm hand to maintain my resolve to eat better and exercise more.

The moral of the story: our New Year's Resolutions are important—especially those focused on our health. However, as our resolutions are often an emotional reaction to the season, please get help—seek expert guidance and stay the course.

Though many say the "mother/daughter" or "brother/sister" relationships are the most important, it just might be the "doctor/patient" relationship that ultimately enables the aforementioned familial relationships to flourish over time.

Yes, each New Year feels like a fresh start. In truth, each DAY is a fresh start.

Maintain your resolve. Talk to a physician.

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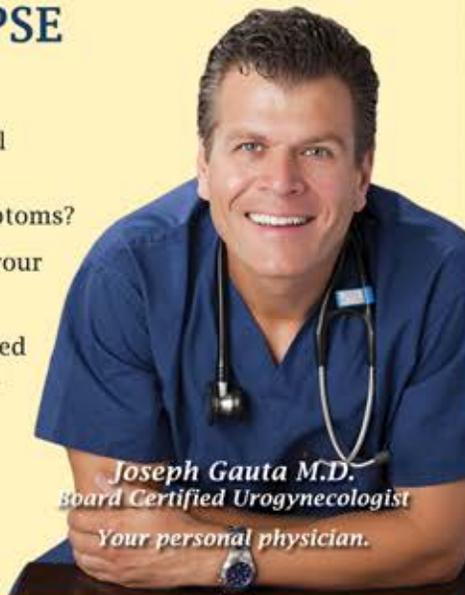
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LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

SNORING VS. SLEEP APNEA

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

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

SERIOUSNESS OF OSA

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



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

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

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

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

Heart Disease/Stroke - the low oxygen levels caused by obstructed sleep apnea stress the body, making sufferers 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.

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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ALL PAIN IS NOT THE SAME

By Eric Hochman, M.D.

Musculoskeletal pain is one of the most common reasons that patients visit their doctors. In fact, odds are you visited your doctor sometime over the last year for a musculoskeletal issue. Pain is most commonly managed by rheumatologists, physiatrists, anesthesiologists, and orthopedic surgeons. Each of these providers is considered an expert in dealing with pain. However, not all pain is the same.

When evaluating a patient for a painful condition of the musculoskeletal system, it is necessary to determine if the pain is due to an inflammatory cause or not. Most pain can be classified into one of two categories, inflammatory pain, or non-inflammatory pain. Although there are hundreds of specific causes of pain within each category, proper diagnosis of the category is more important than exact diagnosis of the cause of the pain. Causes of non-inflammatory pain include: osteoarthritis, tendonitis, bursitis, fibromyalgia, and many others. Although the cause and presentation of each of these conditions can be very different, the treatments are often very similar. All of these conditions can be treated with non-steroidal anti-inflammatory drugs (Aleve, Advil, Mobic, etc), Tylenol, and other pain medications, injections, physical therapy, and in some cases, surgery. The treatments do not vary dramatically based on the diagnosis.

Inflammatory causes of pain are very different. Although some of the above treatments can be helpful in treating systemic inflammation, they are not the main component of treatment. Steroids and disease modifying anti-rheumatic drugs (DMARDs) are the mainstay of treatment for systemic inflammatory conditions. Making the right diagnosis in regards to the category of pain can be life altering.

A patient with end stage osteoarthritis of the knee or hip basically has the equivalent of a worn out part. No treatment is able to "repair" this part. Treatment may help alleviate the pain, but the part is still damaged beyond repair. The only definitive treatment for a symptomatic end stage knee or hip is to replace it. On the other hand, in a patient who has an inflammatory cause of joint

pain, such as rheumatoid arthritis, the problem is not a worn out part, but rather the systemic inflammation itself. If the inflammation can be appropriately controlled with the right medications, it is possible to completely neutralize the cause of pain (reduce inflammation), and restore the part back to normal.



It is often easy for an experienced practitioner to differentiate between inflammatory and non-inflammatory pain, but sometimes too much weight is placed on the results of imaging studies when making a diagnosis. Although Xrays, CT scans, and MRIs can be very helpful in diagnosing musculoskeletal causes of pain, they always need to be considered in relation to a patient's history and physical exam. Patients can have very abnormal imaging studies and not have associated pain. An abnormal imaging study does not always warrant a joint replacement.

Throughout my career, I have seen numerous patients who initially presented to their providers with new onset pain that was ultimately diagnosed (incorrectly) as symptomatic osteoarthritis based on imaging studies. Unfortunately, several of these patients even had joints replaced in an attempt to treat their pain. As these patients did not improve after surgery, they consulted me for another opinion. By obtaining a detailed history, physical exam, and appropriate laboratory tests, we were able to identify an inflammatory cause for their pain. Once started on the correct medical regimen, years of pain could sometimes be alleviated overnight.

Not all pain is the same. Before definitive treatment can be initiated, the type of pain must be appropriately categorized. If there is the possibility of an inflammatory cause of pain, Rheumatology evaluation should be strongly considered.



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ERIC HOCHMAN, M.D.

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HAPPY NEW YEAR?

HOW ABOUT A HEALTHY NEW YEAR!

By Joseph Kandel, M.D.

Every year we promise ourselves that this is the year we are going to get healthy. We start out with the best of intentions. We will change our diet, will exercise more, sleep longer, and pay better attention to our overall health. We put so many things on our "to do" list for health, and end up falling short.

But the goal is the same. We want to be healthy. So this year, let's approach it one step at a time.

QUITTING CIGARETTES:

This is a daunting task, but by chunking it down into simple steps, it can be done and it can be done relatively easily. First, you'll need to have a clear soap container. Get rid of the opaque cigarette pack. Let's say you smoke 10 cigarettes a day. Start by putting nine cigarettes in the clear container each day and take that with you. When you get down to three or four cigarettes each day, you are in control as to whether or not you need to have that next cigarette, and when you need to have it. By cutting down one cigarette per day each week, you're back in control both with regards to changing your habit (psychological craving) as well as regards to the nicotine and chemical withdrawal (physical craving and dependence).

EATING HEALTHY:

This one is tough. We all have to eat for basic nutrition. Some of us forget that we should eat to live, rather than live to eat. So how does one start with diet modification and make eating changes when there are so many different diets and so many different programs out there. Let's turn to our friend Jack Lalaine. You remember, the exercise guru from the 60s who lived to his mid 90's. He even swam the English Channel at age 93. Here was his secret. He had six servings of protein per day and pointed out that we each have our own measuring cup. If you look at the palm of your hand, as well as your whole hand, that gives your two different sizes of servings. Three servings of



protein the size of your palm, and three servings of protein the size of your whole hand each and every day. This can include fish, nuts, chicken, etc. I DARE you to try this for one week; you will feel better, feel full throughout the day without hunger pangs, and have a tremendous amount of energy. Making a commitment for one week should be an easy thing to do; with a little bit of attention and focus this can be accomplished.

Another option is to try the gluten-free route. When I recommended this years ago it was quite challenging, as it was hard to find the right foods without getting out a comprehensive food guide to determine what did and did not have gluten. Now, I tell my patients to go to Whole Foods. Anything at the perimeter of the store is fair game. This is usually where the fruits and vegetables, fresh meat and poultry are. There are three aisles of gluten free products. I have my patients make out a one-week food chart for breakfast, snacks, lunch, snack, dinner and they fill up that chart. That is all they put in their mouth, nothing else! I have them do this for three weeks and at the end we discuss their health. Invariably, each and every patient tells me that they

feel much better, they've lost weight, and they have tremendous amounts of energy. Whatever diet modification you plan on doing, don't forget to increase your water intake. That is essential for success in any diet change.

WHAT ABOUT EXERCISE?

This is a challenging habit to start, but once started is well worthwhile. I ask patients what they enjoy doing, whether it's walking, riding a bike, doing yoga or tai chi or Pilates. There are so many different activities that one can get involved with. The worst thing to do is to force a patient to do an activity that they don't enjoy. We are fortunate in Florida to have access to swimming pools, and I have many of my patients do water exercises and water walking. 20 to 30 minutes every day is essential in helping to make the mind and body feel alive and well. At first it may be a struggle. Muscles are sore, joints are inflamed; but day by day it gets easier. And I point out to patients they must exercise at their target heart rate. The way to calculate this is to take 220 minus age and multiply that by 60% and 80%. (THR = 220-age X .6 and .8)

These are just a few of the ways to make changes for the New Year. For more information about improving your health, contact Neurology Office, Joseph Kandel, M.D. and Associates at 239-231-1414 or 239-231-1415 or check out our web page at www.NeurologyOffice.com

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Liquid BioCell™, with its award-winning, multi-patented collagen and HA matrix, set a new gold standard for joint health and skin-care as Winner of the global 2015 NutraIngredients Readers Choice Award. The industry-wide recognition was given to the best ingredient, product, and research in Geneva, Switzerland among the leading and most innovative companies in the global nutrition industry.

It is a true honor to receive this award and we appreciate the judging committee, VitaFoods, and NutraIngredients for recognizing innovative, evidence-based products like ours. It is important to our consumers to know that these world organizations have given their seal of approval on the research, effectiveness, and quality of our products.

The science behind the product is shown on the faces of thousands as testimonial to the ingredient's effectiveness. Collagen does not function by itself to support healthy joints and firm, youthful-looking skin; it works in conjunction with other essential components like hyaluronic acid (HA). Unlike the first wave of supplemental collagen products on the market that only contain collagen, second wave, advanced-science Liquid BioCell™ delivers a unique, patented, naturally-occurring matrix of hydrolyzed collagen type II, HA, and chondroitin sulfate to the joints and connective tissues of the body in an ideal molecular weight that the body can effectively absorb. Because it mirrors the joint's natural composition, the body readily accepts it. Furthermore, and adding to its unique competitive advantage, Liquid BioCell™ has been clinically tested independently on human subjects in double-blind, placebo controlled clinical trials in U.S. based, IRB-approved CROs (Clinical Research Organizations) showing efficacy in both skin and joint health.



Jusuru International, the makers of Liquid BioCell™ products, has formulated this clinically-tested nutraceutical product:

Liquid BioCell™ LIFE, for mitigating the joint discomfort and visible signs of advancing age; (Also available in a sugar-free soft chew).

Liquid BioCell™ SPORT, for peak athletic performance and recovery; (NSF Certified for Sport which certifies that the formula has been cleared of over 150 banned substances, and is officially recognized by the NFL, NFLPA, MLB, MLBPA, PGA, LPGA, NCAA, and CCES).

In a twelve-week human bioavailability study, researchers found that within 28 days, daily intake of Liquid BioCell™ lead to a 6000% increase of hyaluronic acid (HA) in the body. HA supports cartilage and joint-lubricating synovial fluid and has water-holding properties that are essential for hydration, which brings elasticity and firmness back to the skin.

In an eight-week clinical trial, dryness nearly disappeared without the use of topical moisturizers. Plus, subjects experienced a significant increase in the skin's collagen content, reduction in lines and wrinkles, and improvement in skin's micro-circulation, hydration, and skin tone.

An in-vitro study concluded that Liquid BioCell™ goes an important step further, it helps reduce hyaluronidase, which is the enzyme that breaks down HA in the body, providing long-lasting suppleness to aging skin.

Other clinical trials show that Liquid BioCell™ has a remarkably positive effect on joint mobility by reducing discomfort, helping to improve cartilage and connective tissues, and promoting joint lubrication. In an eight-week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity. With continued use, many experienced significant improvement in mobility as well.

A ten-week trial enrolling subjects at an advanced stage of discomfort showed that more than 70% experienced a significant reduction of joint discomfort, improving their daily activities.

We also have Liquid BioCell™ for your horses. Liquid BioCell™ Equine is the cutting-edge, veterinarian-approved nutraceutical designed to meet the demanding needs of athletic performance and complete joint support for horses of all breeds. Exclusively formulated with Liquid BioCell™, clinically shown to improve mobility, reduce discomfort and improve joint health, while promoting healthy skin and a shiny coat and also supports hooves, gums and eyes. Our Bio-Optimized™ manufacturing process produces molecules that your horse's body can actually absorb. That's why Liquid BioCell™ has been awarded 7 patents and multiple industry awards, including "Best Bone and Joint Health Ingredient" by Frost and Sullivan. The advanced, fast-acting, liquid delivery system is highly effective in maintaining the structure, function and flexibility of your horse's joints, tendons and ligaments, while easing discomfort associated with both normal daily exercise and high-performance competition.

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Joint problems can affect any horse, no matter how much care he's had over his lifetime. As your horse ages, so does his joints; their contents diminish, leading to degeneration of the cartilage and chronic joint problems and although horses do not complain, the condition worsens without treatment. Liquid BioCell™ is clinically shown to help restore the joints, improve joint mobility and lubrication, reduce discomfort and promote healthy cartilage and connective tissue.

Liquid BioCell™ is a new generation of super ingredients. Our Bio-Optimized™ manufacturing process produces molecules that your horse's body can effectively absorb, and it's patented matrix of hydrolyzed collagen type II, hyaluronic acid, and chondroitin sulfate mirror the joint's natural composition so the body readily accepts it.



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LINK BETWEEN NUTRITION AND BLADDER CONTROL

If you find yourself trying to cope with incontinence, you are undoubtedly always looking for new strategies and ways to make it easier. You are definitely not alone; many Americans have to contend with this problem, and many learn to manage it quite effectively. One thing that most people do not realize is that incontinence and nutrition are very closely linked. Being conscientious about your diet and nutrition can have a dramatic - and positive - impact on your incontinence.

How weight affects incontinence?

Any doctor will tell you that carrying around extra pounds can have a very negative impact on managing incontinence. In fact, obesity has been determined to be a major factor for people suffering from SUI (Stress Urinary Incontinence). All that extra weight increases pressure on the abdominal area - and also increases the likelihood and occurrence of incontinence. By shedding even just a small percentage of the pounds, people can drastically reduce the impact that this condition has on their life - in addition to enjoying many other great health benefits associated with losing weight.

How can diet effect bladder control?

Certain foods and beverages increase instances of incontinence. Caffeine is one of the biggest culprits; doctors recommend consuming no more than 500 mg per day - this is equivalent to five cups of regular strength coffee. Even if you can consume up to 500mg of caffeine per day without experiencing incontinence symptoms, you should reduce intake for other health reasons. People who eliminate caffeine altogether are generally able to manage their incontinence better than those who do not.

Citrus foods and tomato-based foods can also exacerbate incontinence. Even if you take care to use recommended incontinence products and prescriptions, consuming a diet high in these foods can negate any good you are doing. Chocolate and spicy foods have also been shown to contribute to the problem. By eliminating or cutting back on these and other problem foods, you can reduce the symptoms and occurrence of your incontinence.

Watch what you eat and drink.

Although there is no special diet to cure incontinence, there are certain dietary matters you should know about. Certain foods and beverages are thought to contribute to bladder leakage. Their effect on the bladder is not always understood, but you may want to see if eliminating one or all of the irritants listed below improves bladder control.



Common bladder irritants:

- Alcoholic beverages
- Carbonated beverages (with or without caffeine)
- Milk or milk products
- Coffee or tea (even decaffeinated)
- Medicines that contain caffeine
- Citrus juice & fruits
- Tomatoes or tomato-based products
- Highly spiced foods
- Sugar
- Honey
- Chocolate
- Corn syrup
- Artificial sweeteners

Fiber and Incontinence

Constipation can wreak havoc on incontinence, increasing its occurrence and making it even worse. Making sure you consume enough fiber in your daily diet can do wonders for the condition and help keep constipation at bay. At the same time, making sure that you are adequately hydrated throughout the day can also improve your incontinence symptoms. By keeping nutrition in mind, you can live your life freely and manage the condition.

Importance of proper hydration and water intake.

Water is essential for body functions including digestive, absorption, circulatory and excretory functions, as well as the absorption of water soluble vitamins. Water also is required for the transport of nutrients and waste within our bodies, to make saliva, cushion joints and plays a major role in temperature regulation.

Many people with bladder control problems reduce the amount of liquids they drink in the hope that they will urinate less. This can create highly concentrated, irritating urine, which can make a person have to go to the bathroom more often. This encourages the growth of bacteria, which can lead to infections.

If you suffer from incontinence it is important to discuss your diet and medications with your physician. Often a simple adjustment in what you intake can have a drastic effect on your urinary incontinence problem.

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.



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AM I HAVING A HEART ATTACK?

By Randall Kenneth Jones

Not long ago, I woke up and realized something was terribly wrong. I was nauseated and dizzy—and my heart was racing faster than a NASCAR driver on his last lap.

As I had a doctor's appointment scheduled for that morning, I faced a dilemma: attempt to drive myself to my appointment at Physicians Regional-Marco Island or call 911 and seek immediate medical attention

I wisely chose the latter.

Enough cannot be said about the importance of the 911 option—or the extraordinary men and women who represent Collier County EMS. I had the comfort of receiving qualified medical attention within four minutes of placing the phone call.

Yes, I had a working knowledge of heart attack warning signs: **chest discomfort, discomfort in other areas of the upper body, shortness of breath, cold sweat, nausea and/or lightheadedness.**

I even knew that my female friends would be somewhat more likely to experience symptoms such as **nausea/vomiting and back or jaw pain.**

However, when faced with a potential health crisis, don't be your own physician. In fact, I recall a recent image making the rounds on social media. The photo was of a coffee cup with the following message: **"Please do not confuse your Google Search with my Medical Degree."**

Yes, self-education is key in managing one's health—but we must be cautious when it comes to our sources of information.

Although I exhibited a number of the symptoms listed above, I did not experience a heart attack. Yes, I was lucky, but I knew it was time to seek out qualified answers on chest pain and heart attack. And for me, it all starts with a trusted physician.

I reached out to a couple of Physicians Regional Medical Group primary care physicians to get answers to some important questions.

When it comes to cardiac care, what is the one piece of advice you give all your patients?

Dr. Elias Shaheen, Family Medicine, Physicians Regional Medical Group:

"Prevention is key. If we can establish healthy habits early in life, they will lead to better cardiac and overall health as we age. I try to help patients form a good balance of diet, exercise, and relaxation to help prevent cardiac issues in the future."



Dr. Elias Shaheen

When it comes to cardiac health, what is the biggest mistake you see patients make?



Dr. Doris Corey

Dr. Doris Corey, Family Medicine, Physicians Regional Medical Group:

"The biggest mistake is remaining sedentary when advised to increase activity—or stopping meds on your own, not fully understanding why you may need a certain medication."

Dr. Shaheen: "Waiting too long to address a problem. The earlier you catch cardiac issues, the better the outcome."

For heart attacks, is there anything that may be incorrectly "assumed" by the public?

Dr. Corey: "If the 'classic symptoms' of heart attack are not there, such as crushing chest pain radiating to left arm, then patients falsely assume they are 'OK' and do not investigate further: i.e. chest pressure with nausea or vomiting, ongoing fatigue, or shortness of breath, etc."

What typically prompts your decision to refer a patient to a cardiologist?

Dr. Corey: "This decision is multifactorial and includes the review of current symptoms, past medical history, smoking history, family history, and clinical index of suspicion."

Dr. Shaheen: "If a patient has a strong family history of cardiac disease, sudden cardiac death, or genetic cholesterol problems, I will refer them to a cardiologist as early as possible. If our testing shows a cardiac abnormality, I refer patients to a cardiologist for evaluation and more intensive testing."

In my case, EMS urged me to go to Physicians Regional Medical Center - Pine Ridge; however, it wasn't until later that I understood why this suggestion was made.

Physicians Regional Medical Center - Pine Ridge received full Chest Pain Center with Primary PCI Accreditation from the Society of Cardiovascular Patient Care (SCPC) on Nov. 19, 2015.

Heart attacks are the leading cause of death in the United States, with 600,000 people dying annually of heart disease. More than five million Americans visit hospitals each year with chest pain.

SCPC's goal is to significantly reduce the mortality rate of these patients by teaching the public to recognize and react to the early symptoms of a possible heart attack, reduce the time that it takes to receive treatment, and increase the accuracy and effectiveness of treatment.

What are the benefits of Physicians Regional's recent SCPC accreditation?

Dr. Shaheen: "To me, it is invaluable! We are part of a hospital system that can provide the best care for someone who is having—or had—a heart attack. This means quicker diagnosis, faster treatment, and better patient outcomes. When you come to our ER or call 911 for chest pain, you know the staff here is trained to provide the best workup and treatment."

As they say, knowledge is power. Of course, I'm also fortunate I only had a really really really bad tummy ache.



For information on the physicians referenced above, visit PhysiciansRegionalMedicalGroup.com or call 239-348-4221.



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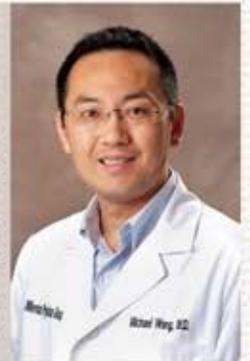


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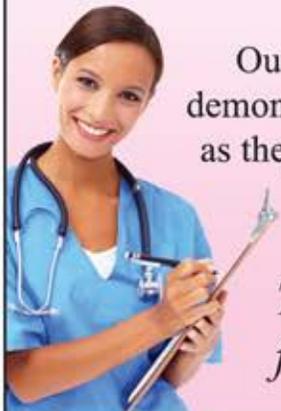
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PERSONAL FINANCE: ACHIEVE YOUR FINANCIAL GOALS

The new year is the time when many individuals start making resolutions to live a healthier lifestyle. And while resolving to eat better and exercise more is a good thing, you should be sure to make resolutions that pertain to the overall health of your personal finances as well.

Develop a budget and stick with it

A good way to start the year on the right track financially is to make sure that you have a budgeting system in place. Start by identifying your income and expenses. Next, add them up and compare the two totals to make sure you are spending less than you earn. If you find that your expenses outweigh your income, you'll need to make some adjustments to your budget plan (e.g., reduce discretionary spending).

Once you have a budget, it's important to stick with it. And while straying from your budget from time to time is to be expected, there are some ways to help make working within your budget a bit easier:

- Make budgeting a part of your daily routine
- Be sure to build occasional rewards into your budget
- Evaluate your budget regularly and make changes if necessary
- Use budgeting software/smart phone applications

Set financial goals or reprioritize current ones

The new year is also a good time to set new financial goals and reprioritize your current ones. Take a look back at the financial goals you set for yourself last year—both short- and long-term. Perhaps you wanted to increase your cash reserve or save money for a down payment on a home. Maybe you wanted to invest more money towards your retirement. Did you accomplish any of your goals? If so, do you have any new goals that you would now like to achieve?

Finally, have your personal or financial circumstances changed during the past year (e.g., marriage, a child, job promotion)? If so, would any of these changes warrant a reprioritization of some of your goals?



Make sure your investment portfolio is still on target. You'll also want to be sure to review your investment portfolio to ensure that it is still on target to help you achieve your financial goals for the upcoming year. To determine whether your investments are suitable for reaching your financial goals, you'll want to ask yourself the following questions:

- Do I still have the same time horizon for investing as I did last year?
- Has my tolerance for risk changed?
- Do I have an increased need for liquidity?
- Does any investment now represent too large (or too small) a part of my portfolio?

Make it a priority to reduce debt.

Any healthy financial plan is one that makes reducing debt a priority. Whether it is debt from student loans, a mortgage, or credit cards, it is important to have a plan in place to pay down your debt load as quickly as possible. The following are some tips to help you manage your debt:

- Keep track of all of your credit card balances and be aware of interest rates and hidden fees
- Develop a plan to manage your payments so that you avoid late fees
- Optimize your repayments by paying off high-

interest debt first or consider taking advantage of debt consolidation/refinancing programs

- Avoid charging more than you can pay off at the end of each billing cycle

Review/take steps to improve your credit history

Having good credit is an important part of any sound financial plan, and the new year is as good a time as any to check on your credit history. Your credit report contains information about your past and present credit transactions and is used by potential lenders to evaluate your creditworthiness. A positive credit history is important since it allows you to obtain credit when you need it and at a lower interest rate. Good credit is even sometimes viewed by employers as a prerequisite for employment.

Review your credit report and check it for any inaccuracies. You'll also want to find out whether or not you need to take steps to improve your credit history. To establish a good track record with creditors, make sure that you always make your monthly bill payments on time. In addition, you should try to avoid having too many credit inquiries on your report (these are made every time you apply for a new credit card). You're entitled to a free copy of your credit report once a year from each of the three major credit reporting agencies.

Fewer Americans -- less than a third -- are making financial resolutions for the new year, compared to last year, according to the annual Fidelity New year financial resolutions study. But for a little effort now, financial resolutions -- which were also found to be easier to achieve than losing weight or quitting smoking -- can pay off eventually.

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Parkinson's Disease and The Importance of Exercise

By Todd D. Smith, MPT

Every year many Americans make New Year's resolutions for an increased commitment to exercise. We do this because we understand the importance of exercise to maintain a healthy lifestyle. For those diagnosed with Parkinson's Disease, the importance of exercise is even more crucial because regular exercise with an exercise program designed to target symptoms of Parkinson's disease can decrease postural impairments, improve flexibility, improve gait (walking pattern), decrease fall risk, and overall improve functional mobility and independence.

Parkinson's disease symptoms are caused by the loss of dopamine producing cells in the brain which result in an inability to control normal movement. The cause of this cell death is yet unknown. The primary treatment is pharmacological intervention with medications to replace the lost dopamine and maintain existing levels of dopamine. Other treatments include Physical therapy, Occupational Therapy, Speech Therapy, proper diet, and home exercise and walking programs.

Strengthening and stretching are an important component of an exercise program to help correct postural instability, decrease shuffling gait, and improve overall mobility.

One of the symptoms of Parkinson's is postural instability, which presents as a stooped over posture, with forward flexed head, shoulders and trunk, flexed hips and knees, all pulling the body's center of mass forward in front of the feet. This leads to a shuffling gait pattern known as festination, which increases risk of falls. By stretching the shortened tight muscles and strengthening the elongated weak muscles of the body we can help correct the muscle imbalances which cause these postural impairments.



These exercises accompanied with a walking program with emphasis on compensatory strategies specific to parkinsonian gait, can help decrease risk of falls, improve functional mobility, and even slow the progression of the symptoms of Parkinson's disease.

Here at LifeCare Center of Estero, we offer skilled therapeutic intervention with physical, occupational, and speech therapies and a variety of modalities including electrical stimulation called PENS (Patterned Electrical Nerve Stimulation) to re-educate the muscles on how to contract/relax appropriately followed with stretching and strengthening exercises of the appropriate muscle groups to correct postural instability. We also have the Alter G anti-gravity treadmill for decreasing gait impairments (shuffling walking pattern) in a safer environment.

Come join our free monthly Pro-Active Parkinson's Exercise classes sponsored by LifeCare Center of Estero are held the third Saturday of the month from 1:00 – 2:00 PM at LifeCare Center of Estero Outpatient Department, 3850 Williams Rd. Estero Fl. Call 239-495-4046 to sign up.

Todd D. Smith, MPT is a licensed Physical Therapist and Assistant Director of Rehabilitation with LifeCare Center of Estero. He has trained with the Allied Health Training / National Parkinson's Foundation and lectured for The American Parkinson's Disease Association in Las Vegas, Nevada. He lives in Lehigh Acres and has been specializing in Physical Therapy with Parkinson's since 2004.

What Really Causes Most Low Back Pain & How Regenerative Medicine Corrects It

By Debra K. Brinker, RN

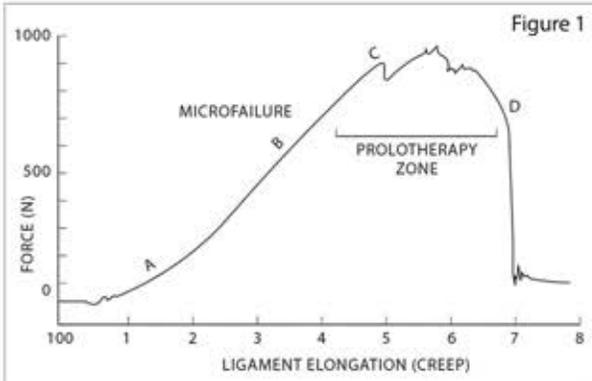
Low back pain is one of the most common musculoskeletal pain conditions in the United States, causing individuals physical, social, emotional and economic hardships. The disability from low back pain is so predominant that almost half of the population of the United States has experienced it at some point. Often, it is the result of an injury, possibly due to sudden movements and poor body mechanics or from trauma during a sports activity, fall or motor vehicle accident. Diseases such as infections, endometriosis, fibroids and cancer can also cause low back pain and need to be ruled out. Acute injuries, such as minor muscle strains, frequently heal quickly due to the great blood supply and healing capacity of the muscles. However, many low back pain sufferers deal with chronic pain, and all too often the underlying cause is not identified.

Many of the modalities used to treat low back pain only provide short term relief because they are typically used to treat the symptoms. Treatments, such as over-the-counter (OTC) pain medication, nonsteroidal anti-inflammatory drugs (NSAIDs), steroids, cortisone injections, and massage give some relief, but with chronic low back pain, the pain tends to return, because these treatments are not reparative. Imaging tools are helpful, but may be misleading if the practitioner does not correlate the findings with the painful areas and tender points found during the physical and functional exams. Consider, for example, a bulging disc. Upon bending forward, the disc bulges posteriorly and when bending to the left, the disc bulges to the right. Therefore, a bulging disc doesn't necessarily mean a pain-eliciting disc. Surgery is a necessary tool in some cases, but surgery for non-specific low back pain has not been shown to have clear benefit, and may result in Failed Back Surgery Syndrome.

Ligaments: The Source of Musculoskeletal Chronic Low Back Pain

The common denominator for many painful musculoskeletal conditions causing low back pain is spinal instability due to injury to ligaments. Ligaments are structures joining bone to bone, and in the low back or lumbar spine, connect adjacent vertebrae and facet joints. Ligaments serve as one of the primary stabilizing structures of the spinal column, providing adequate motion and restricting excessive motion, and in doing so protect the spinal column and nerve roots as they exit the spine.





Stress-strain curve for ligaments and tendons.
As additional force is applied to the ligaments up until point C, the ligament can revert back to its normal length, once the force is removed. If the force is continued past point C, the ligament is permanently elongated or stressed unless the person receives Prolotherapy to tighten it.

The lumbar spine is called upon to maintain an upright posture, bend, turn and sit, which places a lot of stress on the soft tissue structures in the back, including the ligaments. The function of the ligaments involves the transfer of these numerous loads from bone to bone and to manage the forces placed on the spine. But when loads and forces exceed their tolerance, ligaments weaken and become lax, similar to a rubber band that has lost its elasticity. [See Figure 1.] When this occurs, the injured ligaments are unable to provide adequate stability to the lumbar spine.

Ligaments are highly innervated, and with injury, will elicit pain. Therefore, with bending, turning and other engagement of the vertebrae of the lumbar spine, the nerve fibers in the ligaments start firing and sending pain signals. Other symptoms of lumbar instability include a feeling of the back giving out, cracking sensations with movement, catching or locking, a frequent need to crack the back and recurrent muscle spasms. [See Figure 2.] Unaddressed, this condition of spinal instability produces chronic low back pain.

In addition, spinal instability allows for excessive mobility or hypermobility of the vertebral segments, producing too much pressure on the discs due to the altered joint mechanics, which then fosters degeneration and disc herniation. [See Figure 3.] Therefore, treatment for maximum long-term effectiveness should focus on restoring the proper function of the ligaments to allow the facet joints of the spine to move properly, but without too much, or unstable, movement.

Non-surgical options for low back pain

Physicians in the Regenerative Medicine field have made natural injection treatments, such as Prolotherapy and Stem Cell therapy, a convenient option for patients looking for non-surgical,

long-term correction of low back pain. Regenerative injection therapies offer not only pain relief, but healing at the source. Prolotherapy is a treatment directed at the injured and lax ligaments, to re-start the body's own repair cascade, which in turn stabilizes the vertebral segment, eliminating the excessive movement and resolving the pain. In more advanced cases, a person's own cells (from fat tissue, bone marrow, or blood) can be used to rejuvenate the degenerated areas, called Stem Cell Prolotherapy. Patients typically require approximately 3-6 treatments, and are able to maintain normal activities and athletics, making these effective options that can provide sustained pain relief with minimal lifestyle interruption.

The progression of degeneration of the lower back. An initial injury to the spinal ligaments causes the start of spinal instability. The process progresses to involve more spinal segments. The completely degenerated lumbar spine is the final consequence of not resolving spinal instability.

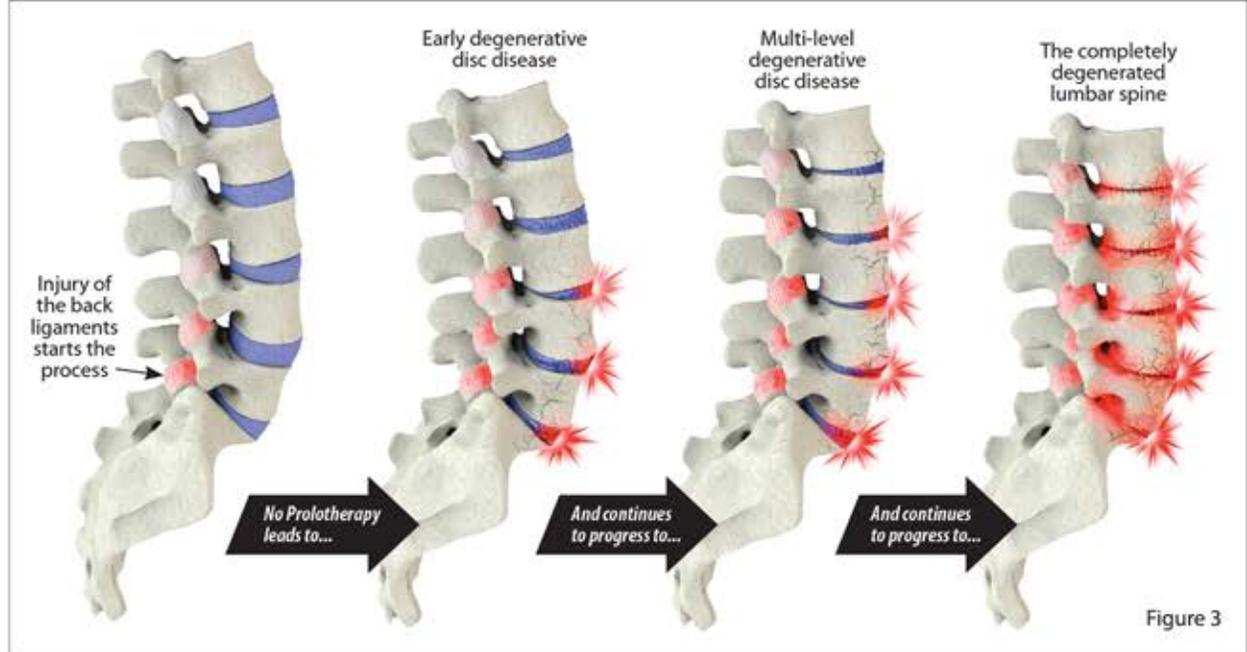


Figure 2

Spinal Instability

- Degenerative disc disease
- Spinal spondylosis (oseoarthritis)
- Spondylolisthesis
- Herniated discs
- Radiculopathy
- Myofascial pain syndrome
- Spinal stenosis

Common conditions caused by spinal instability.

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Keys to Achieving Your Fitness Goals in 2016

By Jack Di Giacomo Sr. (A.K.A.) 6-Pack Jack

Hey, folks! It's that exciting time of year once again; the New Year is upon us.

With the beginning of a New Year, many people take time to reflect on the past year and project what they hope to accomplish in the coming months. Of course, the topic of health and fitness always takes a commanding spot on the top of the resolution list.

In fact, improving health and fitness is likely to be at the very top of your goal list this year.

No matter what your aspirations and dreams for the New Year are, whether they are kept private to yourself or shared publicly, I offer you two things to consider prior to beginning your plan to achieve them. Over my many years of being involved in the Fitness and Conditioning Industry, these two things are what make or break most people's success: setting realistic goals and getting a partner to workout with you.

With your New Year's resolution freshly embedded and the thought of "I'm going get back in shape this year," locked firmly in your mind it is important to be realistic. "I'm going to lose the 30 or more pounds I have gained over the years. I'm going to tone and firm my muscles. I am going to increase my energy and put the wind back in my sails. I'm going to fit into my 'skinny' clothes again." One or more of these phrases probably sound familiar to you, if so, the most important thing you can do is be realistic in your approach to achieving your goal(s).

SET REALISTIC GOALS

The number one reason most people give up on their fitness resolution is because they set unachievable goals. Why do these people, who want to succeed, set themselves up for failure before they even begin? The answer is that we live in a world of instant gratification. The get it NOW world.



Take our friend, Ted, for example, whose fitness goal is to lose 30-35 pounds. Ted is 46 years old and has been carrying around these extra 30-35 pounds for more than 4 years now. Like many people who want to lose weight, Ted wants to achieve his goal in 45 days!!!! Sound familiar?

It is highly unlikely that Ted can safely lose that much weight in such a short time. The more likely scenario is one where Ted injures himself because he isn't properly preparing his body for the physical activity he is now doing. Unfortunately, the best intentions become useless ideas if they

are not properly put into action. In other words, sometime our bumblebee mouth, with it's over enthusiasm, has us write checks that our hummingbird backsides can NOT cash!

With an unrealistic goal in mind, Ted heads to the gym. With his false positive mindset and upon finishing his cardio, he walks away from the treadmill or elliptical that is blowing smoke from the controls because he worked so hard. Ted is feeling pumped and ready to tackle the next part of his workout, the weight room.

As he enters the strengthening area of the gym, he spots an old acquaintance or two and immediately wants to impress. He remembers that his max free weight bench press was 260 pounds back in the day. Scanning the room for the free weight bench press, he smiles as he notices it is available and already loaded at 260 pounds. So as not to look like a wimp, he removes 30 pounds from each side to warm up.

On his 4th repetition, pressing 200 pounds, Ted very quietly struggles to get the bar back up and on the hooks. A little voice inside him says, "Man, Ted that was harder than I was expecting." Instead of removing more weight, Ted asks Joe (his former acquaintance) to spot him on the next set. This time, Ted finishes eight reps while Joe screams, "It's all you Ted, all you!" Feeling the burn but wanting to impress Joe, Ted continues for a third set with the same 200 pounds. This time he finished ten reps with Joe's encouragement. Finally, the workout is over.

As Ted walks back to the locker room, his lower back muscles start burning. Sitting at his locker, a white hot pain builds in his lower back and he can't

stand up. Enduring the pain, he rises and gingerly exits the front door, slides into the front seat of his car and drives slowly home. Upon pulling into his driveway, he tries to figure out how he is going to get out of the car and into the house.

Okay. So why all the drama, you ask? Because you have to understand that this can happen to you if you are too ambitious in your fitness routine.

What it does mean is that you need to start a conditioning program before you jump into a full-blown fitness routine.

If you haven't worked out in months, or years, thinking that you can pick up at the level you left off is irrational and if you do so you are only asking for trouble.

To prevent injury, your joints, ligaments, and muscles should be properly and slowly stretched and only lightly stressed during the first few workouts prior to a tough gym workout. It is important to know your limits and possibly wear a heart monitor to determine if you are working too hard.

GET A WORKOUT PARTNER

There are important issues to consider when looking for a qualified workout partner. First and foremost, I believe males and females equally have the same issues. No difference, but equal to both sexes. So, gender has no bearing to the outcome good, bad, or indifferent.

Here are 10 very basic topics to analyze in a potential workout partner:

- 1) Are they (This Person) involved in fitness and conditioning at your level?
- 2) Do they use a formal workout agenda, or just do what they feel like?
- 3) What time of the day do they generally workout, or is it when they feel like it?
- 4) How social of a member are they?
- 5) Do they refocus quickly?
- 6) Will they be reliable to show up during the scheduled workouts?
- 7) What is their motivation for working out? Health? Vanity? Social? Boredom?
- 8) Do they carry with them, all of their equipment? Heart monitor, gloves, workout attire, etc...
- 9) Do they eat before or after they workout?
- 10) Is their personality normally optimistic, pessimistic, or realistic?

It ultimately boils down to whether or not this person has a positive and motivating attitude towards your goals and workouts? Will their personal traits motivate you or will you constantly have to elevate them? If your workout partner isn't reliable, motivating, knowledgeable, and equipped to help you it is time to seek a new partner that can offer you the tools required to achieve your goals.

Remember this if you want to get lean in 2016, partner with The "Cadre's" Team.

Wishing everyone a great holiday and successful New Year. RESPECTfully your friend in fitness, 6-Pack Jack.



There are three things you need to understand.

Just Because Your Older Now It.....

#1 Doesn't mean You can't do it

#2 Doesn't mean your body can't move like it used to

#3 Doesn't mean you're too slow

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ANTI-INFLAMMATORY THERAPIES AT YOLLO WELLNESS CENTER

By Yollo Wellness

The Latin word for "inflammation" means "ignite, set alight" and like gasoline to a fire, that's exactly what it does to diseases. Inflammation promotes the spreading and mutating of unhealthy cells. Inflammation also enhances tumors ability to recruit blood supply which is called angiogenesis.

You should not be surprised to know that an anti-inflammatory lifestyle can lower your risk of developing tumors, slow down or stop angiogenesis, reduces and prevents many disorders and diseases. The first thing we would offer is hyperbaric oxygen therapy to immediately remove over-bearing inflammation. Oxygen under pressure in a chamber will get absorbed into all the fluids in your body which will start to push the inflammation out of the affected area and promote healing. Multiple sessions help keep the inflammation out. Most people think of "pain" and "swelling" when they hear the word inflammation, but what about the disorders we tend to dismiss because we are told it "goes along with aging" such as insulin issues, eye disorders, digestive issues, weight gain, allergies, etc? We all have inflammation so knowing how to manage it and reduce it is very important.

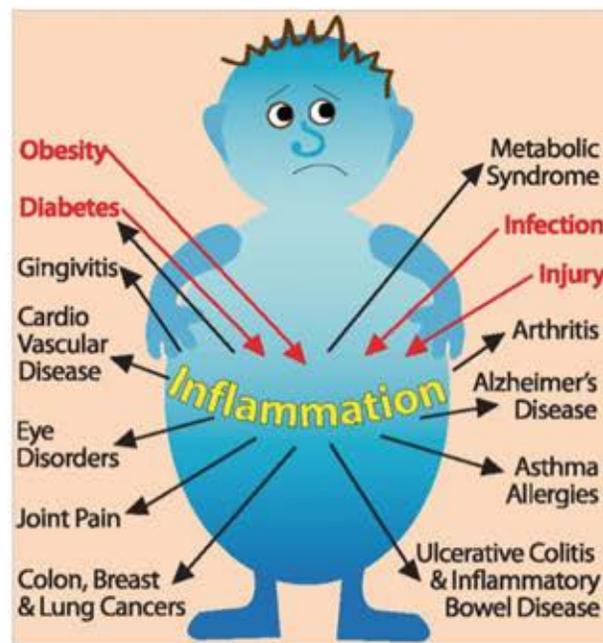
Did you ever hear "You are what you eat?" The new saying is "You are what you DON'T DIGEST." We are your certified nutritionists that can help you with your plan to healthy digestion. Life begins in the gut. If you are eating foods that your body can not break down, then you become a holding tank for toxins. Those toxins leak into your blood stream and cause inflammation. They also break through the blood brain barrier and cause brain fog. We do a test called ALCAT, which tests your blood for 237 foods, 50 medicinal herbs, medicines, and much more as to what is causing inflammation, but more importantly, gives us a customized plan to follow to heal and keep inflammation out. We have over 2000 success stories of how foods have healed our clients who follow an anti-inflammatory food plan. We are not talking about gluten free, non GMO, pesticide free, and hormone free eating; those are what you should be doing regardless. This is a food plan guaranteed to reduce the leucocytes that cause the inflammation and get you feeling vibrant and energetic.



Many of our clients love our 30 day protocol. 30 Hyperbaric treatments for immediate relief, Digital Thermographic Body Image to locate "hidden" abnormalities, (This is unique because it shows physiological change and metabolic processes), LBC to assess where immediate attention is needed.



ALCAT food intolerance and immune activity identifies cellular responses to food chemical derived substances for the purpose of identifying triggers of innate immune activity. Micronutrient testing is a comprehensive nutritional analysis of the body's intracellular function- measures 35 selected vitamins, minerals, antioxidants and other essential micronutrients within your blood cells, and drinking one bottle of "Watt-Ahh" tm a day to give more electrons to the hydrogen atoms so your mitochondria are happy again.





Our passion begins with listening to your goals, run the test, get the results, create your personalized plan and assist you avidly the first 30 days, oversee you and that your plan that accommodates your busy schedule. Phone consults are very common. Too busy to come to the office to do hyperbaric? No problem, we will deliver one to your house! People choose us because we have perfected a plan that provides fast results at an elite level. If you are ready to feel great again, schedule your consult today, in office or from your phone!

(we are cash for service and use of hyperbaric chambers require a prescription from your Dentist, MD, Chiropractor, DO.)



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EVENTS

Foods and You- January 6th | 10:00 am

Certified Nutritionist 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 can help you feel great again. One day only ALCAT Food blood Test \$599.00

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 \$100.00 full body screening. (Today only \$250.00)**

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 FREE!** (That's only 89.00 a session). Must attend event to get the special deal. Free Bottle of Watt-Ahh tm for everyone who attends.

Attention Issues- or need a "slight" boost in energy? January 29th | 2:00 pm

ADDTabz was scientifically designed to me a safer alternative to Adderall and Ritalin. Focus, Energy and Concentration without Adverse effects, Tolerance or Dependence! Also learn why you may have that brain fog. **ADDTabz RX Formula sale buy one get one 50% off!**

Peel Off the Holiday Pounds- Nutrition 101 February 5th | 2:30 pm

PhenTabz RX was scientifically designed to be a safer alternative and more effective replacement to the weight loss drug Phentermine. This is a pharmaceutical grade weight loss/appetite suppressant by increasing and mobilizing fat. You will also help you personalize a 4 day rotation food plan for healthy eating increased weight loss without the hunger. **PhenTabz-Save \$10.00 today on each bottle purchased.**

Tired of Being Tired? February 12th | 2:30 pm

REMTabz RX is a true pharmacological sleep aid. The main proprietary blend directly stimulates the production of Alpha & Delta brain waves creating a state of deep relaxation of all stages of REM N1, N2, N3. **REMTabz RX buy one get one 50% off!**

Why Nutritional Testing is Important (Vitamin Levels)- February 22nd | 10:00 am

What vitamins should you take and how much each day? 90% of people are deficient and don't know the exact amounts of the 32 micronutrients their cells need to function properly. Insurance will cover a portion of this test. Prices below are what your out of pocket cost will be: **Medicare \$138.00, Other Insurance \$240.00, No Insurance \$440.00.** (Must have insurance card with you)

Register to attend events at (239) 275-0039

We are cash for service.



The Make-Good-Resolutions Resolution

By Kailee Witt, MA
Associate Director, Enrollment Management Systems & Communications
Florida SouthWestern State College

Every New Year brings with it new possibilities and, for some, new resolutions. There are many types of resolutioners. Some of us set impossible goals for ourselves – leading to a late night Netflix binge with the rest of that cake we made “just for the kids.” Some of us set resolutions and pretend we didn’t – just in case they don’t work out. Some of us have sworn off resolutions altogether. No matter what kind of resolutioner you are, there are plenty of ways to start off – and keep – 2016 great. The following are some common resolutions and tips for success.

The Healthy-Food Resolution

Oh, the promises of no more sugar and white flour! While many of us could stand to enjoy less of these tasty staples, it is important to remember that there are other less-than-healthy habits you may have developed. Eating canned soup every day? The sodium content is astronomical. Skipping white sugar and flour, but missing all those recommended servings of fruits and vegetables? It can be hard to keep up with what is considered healthy these days. Try to arrange a January appointment with your doctor to ask for a suggested dietary plan that meets your body’s needs. Want to take it to a higher level? Contact a dietician who can give you a more personalized plan. Either way, it’s a safe bet you’ll be journaling your meals, so grab a notebook and treat each day as a new day – don’t let setbacks ruin your resolution.

The Exercise Resolution

“I’m going to the gym every day at 4am!” says Sally who currently gets up at 8am and hasn’t set foot in a gym since high school gym class. While some people can set goals and hold themselves accountable to them no matter how strenuous, going from zero to gym rat in one week is likely not an attainable goal. While it can be expensive, check into purchasing an hour of time with your gym’s personal trainer. Not a member of a gym yet? See if a friend or coworker has a recommendation (working out with a friend is a great motivator) or check with your employer – many offer discounts for local gyms or have on-site gyms for employees.



The most important thing is to remember that results take time – make a plan and stick to it as closely as possible. Many resolutioners start an exercise regimen, but when results are not immediately seen, become discouraged and put off exercise until the next resolution-making-holiday.

The Back-to-School Resolution

Another popular resolution is to start or finish a certificate or degree. Going back to school is often a long-term commitment, but it is one that can positively impact your life – and wallet – for years to come. While some may have an idea of what institution or program they plan to apply to, it is important to explore as many options as possible to determine what the best path will be for you. There are plenty of ways to prepare for going back to school:

- Check school websites for upcoming open houses or information sessions
- Make appointments with admissions counselors to talk through your plans and what their school has to offer you
- Talk with your family about what they can do to help you be successful
- Check what financial options may be open to you (many institutions, like Florida SouthWestern State College, sponsor sessions dedicated to affording college – learn more at <https://goo.gl/oqTfr0>)

The SMART Resolution

No matter what you want to do with your new year, make it SMART. SMART goals are used in business, but the concept works well for personal goals, too. When you create Specific, Manageable, Attainable/Achievable, Relevant, Time-based goals, you have a greater chance of succeeding. To learn more about SMART goals, a quick search on your favorite search engine will provide you with a plethora of information and worksheets to use when setting your goals.

Happy New Year to you and yours, and may your resolutions be SMART.



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Baby Boomers Know When It's Time to Consider Joint Replacement!

With 76 million Baby Boomers still thriving and active, many are rejecting the sedentary lifestyle of their parents' generation (remove comma) and are using advances in technology and surgical techniques that enable them to keep on running, cycling, skiing and engaging in other sports, while maintaining very active lifestyles.

The 45-64 age group accounted for more than 40% of the more than 906,000 total knee or total hip replacement surgeries in 2012, the last year for which figures were available from the American Academy of Orthopedic Surgeons. Baby Boomers will account for a majority of these joint replacements in 2014, according to a study done by Drexel University.

The study projects the 45-64 age group will account for a 17-fold increase in knee replacements alone, to 994,000 by 2030. Active Boomers often accelerate the arthritis which wears down their joints, and obesity is yet another factor.

"The majority of total hip and knee replacements are completed in patients aged 65 years and older, but the volume is increasing dramatically among 45-64 year-old patients," said Daniel Harmon, DO, of Orthopedic Center of Florida in the Lee and Collier County area. Dr. Daniel Harmon completed his five year orthopedic surgery internship and residency at The Cleveland Clinic Foundation/South Pointe Hospital in Cleveland, Ohio and then completed a fellowship in Adult Hip and Knee Reconstruction at Allegheny General Hospital in Pittsburgh, PA.

The majority of joint replacements are done for osteoarthritis, which is an arthritis that is developed over time from wear and tear. Nonetheless, Daniel Harmon claimed, "Regardless of age, the decision to pursue a total joint replacement is a decision made between the patient and physician with quality of life a determining factor. Obviously all conservative attempts at treatment must fail prior to surgical intervention. If surgery is an option, minimally invasive surgical techniques for

reconstruction of the hip and knee have improved post-operative pain and allowed for a more rapid recovery." One reason that there has been a surgical boom of joint replacements among Baby Boomers is that active Boomers have been proactive in opting to have replacement surgery sooner in order to experience less pain and a faster rehabilitation afterward.

Today's patients have greater expectations about activity and recovery," says Daniel Harmon, who specializes in minimal invasive joint replacements, and is an experienced instructor of the Anterior Total Hip Replacement procedure. "With implant companies turning their focus to longevity of the materials used, this has allowed us to consider joint replacement in younger patients in need of surgery. Current literature suggests that implants we use will last for 20 years or more." This means doctors will consider doing joint replacement on younger patients who are in otherwise good health, but suffer from pain and a decrease in function, when conservative nonsurgical methods have failed and x-rays support the surgical option.

Baby Boomers don't have to live with "Achy Breaky" parts and they are choosing not to. "It was an easy decision for me, when I learned the procedure was very likely to achieve benefits and very unlikely to have adverse effects, the decision was more about assessing the relative importance of quality of life factors," said Louis Libby, who had a hip replacement done this past July.



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W Did you make any New Year's Resolutions?

Many of us do. Often our resolutions have something to do with our health and wellness. Did you resolve to work out more? Or to eat healthier? Was one of your resolutions to have your hearing checked in 2016? Most likely it was not but if you are concerned with your overall health, having your hearing checked is a great idea. You should add having your hearing checked to your list of things to do in 2016.

We routinely have our eyes and teeth checked. We have our blood checked. We have mammograms or prostate exams. When was the last time you had your hearing checked? If you have diabetes, high blood pressure or heart disease it is important to have a baseline or routine hearing test so your hearing can be monitored. Hearing loss is about twice as common in adults who have type 2 diabetes. Did you resolve to work out more and eat healthier in 2016? A higher body mass index (BMI) and larger waist measurement is also a risk factor for hearing loss and another reason to have a baseline hearing evaluation. A healthy cardiovascular system can have

a positive effect on your hearing. Have you fallen recently? Those with untreated hearing loss are at greater risk of falling. Even those with a mild hearing loss are about three times more likely to have a history of falling and longer hospital stays.

Are you asking others to repeat? Do you say what frequently? Does your spouse complain that the TV is too loud? Do you have trouble hearing a clerk in a store? Do you avoid making phone calls? Do you have trouble hearing a waiter in a restaurant? Do you avoid going to events? Can you hear the turn signal in your car? These are also reasons to have your hearing checked.

You probably think your hearing is fine. You may think that if your hearing has changed you would be the first to know. Hearing usually changes gradually over time. You get used to not hearing as well as you once did and then when someone points out that you keep saying "what" you think there is no reason for them to say that. Most likely there is a reason your spouse or friend suggests you have your hearing checked. It may just be that your ears need cleaned.

Maybe you could benefit from hearing aids. If hearing aids are recommended don't be afraid to try them. There has been an avalanche of new technology in the last twelve months. Now hearing instruments are almost invisible. You can take phone calls through them. You can even use your phone as a remote mic in a noisy restaurant or to adjust volume or bass and treble balance and no one will even know what you are doing. Most often you just put them on and go about your day in sunny southwest Florida.

Why don't you have your hearing checked in 2016?

Without a recent hearing check you don't really know how you are hearing. You may be mishearing and that can be embarrassing. Be part of the conversation at the clubhouse. Hear the birds at Corkscrew Swamp. Hear your friends on the golf course. Enjoy hearing your friends at an outdoor café. It's season in Florida and there are many fun and rewarding activities that you should be part of. Don't let your hearing hold you back. Keep your New Year's resolutions for a healthier and happier 2016.



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



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The Science of Light Medicine

What is Light Medicine you ask?

Barbara Cook, researcher in the Science of Light explains her work. It is the frequency of a healthy cell delivered by light to the acupuncture system; accessing the invisible meridian and chakra systems, capable of making deep cellular repair, reducing blockages and updating biological systems.



The Biology of Light that Einstein called Bio-photonics.

A sincerely remarkable re-discovery for the 21st century

2016 brings Ms. Cook to the 18th year of research and discovery. A dedicated researcher for the layperson's understanding that affects dis-ease positively.

A Bio-Molecular Researcher and Photobiotic Specialist whose learning came as bodies repaired themselves in what Einstein called Photo-Repair. A bio-molecular healer and unaccredited scientist Ms. Cook has a way of helping us understand how the body becomes off balance and unwell (epigenetics) and can then assist in its recovery.

Ms. Cook excels in the field of nanotechnology for cellular renewal, excitedly taking on what she calls non-treatable illness. Today's Biolight Medicine enhances the immune system to oxygenate and re-establish the cells for quick recoveries.

Earth sciences have taken a giant lead in what is referred to as Bio-Medicine, a re-discovered science that re-establishes the mitochondria of cells previously damaged or mutated.

Einstein received the Nobel Prize in 1922 for his theory on the Photo-Electric Effect
Bio-Photonics, the Biology of light in the body.

Today Bio-Photonics is our Bio-medicine of the future, our Segway for pure earnest restoration of cellular tissue regulating systems and conditions. From Migraines to Facial Rejuvenations, this includes liver cells, kidney cells, everything is cellular, we are free to become well and reduce aging.

To clarify the science; the word Medicine means to assist in a healing, the word laser simply means light, and the word photo means light, as Einstein's work depicts. We choose safe medicine and America is choosing safe medicine too.

When the damaged tissue regenerates, it returns to the memory of the DNA blueprint.

"Many years of near reclusive study has brought us to this time where this can be taught, shared, and utilized" states Ms. Cook.

NASA claims that light is less harmful than an aspirin and 5-7 times faster healing.

So, be your own family's health care provider. This is the 21st century, no more barbaric procedures that do more harm than good.

We now have a remarkable Bio-photonic tool that restores tissue and cellular distortions.

If Einstein could witness his work in action he would find peace in the re-discovery of his work.

Because Ms. Cook enjoys the research that assists her clients with their disrupted health conditions, it is becoming necessary to train and qualify others in the use of Photo-biotics.

Light as Medicine has become quite a big deal from her early studies that began in 1998. Known as the light lady in a near recluse environment the excitement of what was being learned kept the self-taught, bio-molecular researcher committed to safe medicine. Ms. Cook deepened her knowledge yearly in the antiquity of light as medicine. This re-discovered science becomes the self-health in the 21st century.

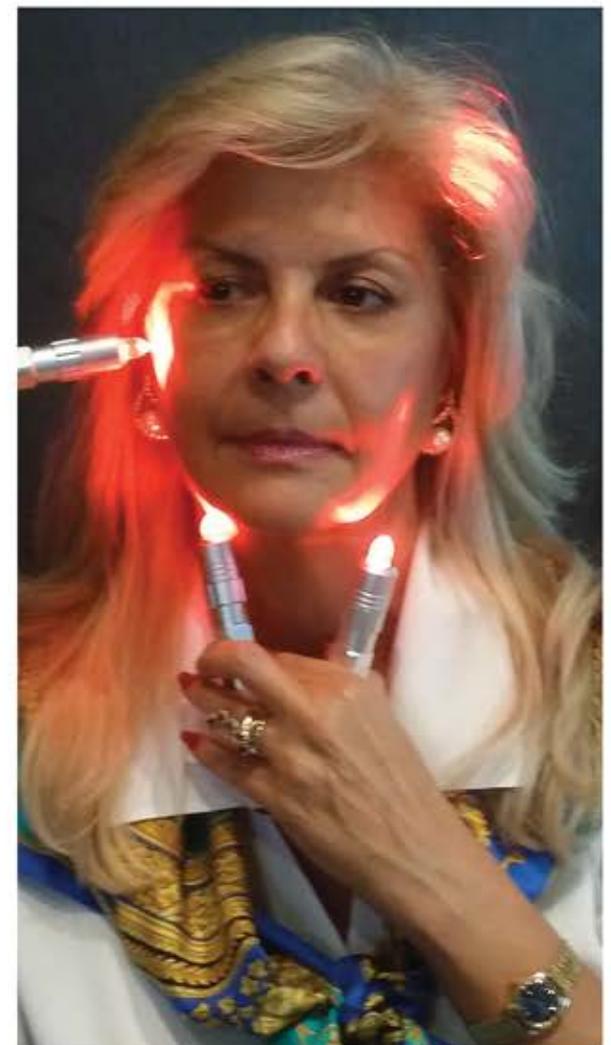
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Classes and courses in Bio-Photonics begin in 2016. We seek the dedicated to lead a new paradigm of Bio-medicine facilitators into our future. We are safe to heal.

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Science means: Repeated and Consistent Results, everyone can expect the Same Results. We are all of the same frequency earth, plants, animals and humans.

Since the trust levels in our society have declined so seriously our options for physical recovery and wellness seem to diminish. The reason for this is because in the technical world we are subjected to "paid research" that today is as harmful as it used to be good.



Dr. Leeor Kronik of Tel Aviv University when asked to speak in the year 2000 along with Professor Cahan to their colleagues at the European Synchrotron Research Facility in Grenoble said, "the explanation is simple, the energy wanders around until it finds a damaged cell and self-repairs; the mechanism stems from the materials' tendency to try and stay close to the equilibrium."

It was said, by Professor Cahan "this smart material heals itself and restores to its previous function."

The funding for this research that narrowed the science down to a simplistic explanation was provided by the German Federal Ministry of Education Science, the Research and Technology of the Israel Ministry of Science Research and Development, The Israel Science Foundation and the Minerva Foundation.

Biolightmedicine.com - See the calendar of events and classes that include Light Medicine Introduction and Demonstration dates. For information or appointments call 239-777-4578



Frantz Cosmetic Center is Helping Patients Look their Best

By William W. Ehrlich, MD, FAACS, *Oculofacial & Cosmetic Surgeon*

One of the most common New Year's resolutions is to improve the way we look – whether that's losing weight or improving our appearance in other ways. Most often our appearance doesn't match the true expectations that we have of ourselves.

I recently joined the medical team at Frantz EyeCare and offer some familiar cosmetic procedures such as eyelid surgery, Botox, and facial fillers; but am pleased to bring a whole new line of cosmetic procedures to the practice that have not been offered in the past. Below are some of the most common procedures that I perform at the Frantz Cosmetic Center to help improve patients' lives and change how others view them and even how they view themselves. These include:

- Upper and Lower Eyelid Surgery
- True Tumescant Liposuction of the Body and Face
- Fat Transfer to the Face, Hands and Breasts
- Minimal Incision Face and Neck Lifts
- Botox and Facial Fillers

When patients sit down with me to talk about the areas they would like to improve, I ask myself two questions. If I were the patient, how would I want to be treated, and how would I want to look after surgery?

I believe that empathy is the key to good patient care. I help my patients learn as much as possible about what to expect when having a procedure. Every patient who comes to the Frantz Cosmetic Center is an integral part of the treatment, recovery process and results. I enjoy creating a result that will enrich a patient's mind and heart. I do everything in my power to leave them better for having trusted me with their faces and bodies.

Since our eyes are often the first place where most of us show signs of aging, sagging, drooping eyelids may make you look older than you actually are. When you schedule a consultation with me, I can suggest a number of procedures to rejuvenate and enhance the appearance of your eyelids, face and even your body through natural body sculpting techniques.

We offer flexible financing options to help make the procedures more affordable. Modern cosmetic surgery techniques allow our patients to experience an easier, quicker recovery than you might expect.

FRANTZ
EyeCare
239-418-0999
www.FrantzCosmeticCenter.net



Dr. Ehrlich sees patients in the Fort Myers and Naples offices of Frantz EyeCare. For additional information or to schedule a cosmetic consultation, please call our main office at **239.418.0999** or visit FrantzCosmeticCenter.com.

William W. Ehrlich, MD, FAACS, practices Oculoplastic & Cosmetic Surgery at Frantz Cosmetic Center, a subsidiary of Frantz EyeCare, under the medical direction of Jonathan M. Frantz, MD, FACS. In addition to facial and body rejuvenation, the team of doctors at Frantz EyeCare offers a broad spectrum of patient-focused comprehensive care from eye exams and eyewear to bladeless laser cataract removal, treatment of eye diseases, bladeless Wave-Light LASIK, and treatment of dry eye with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

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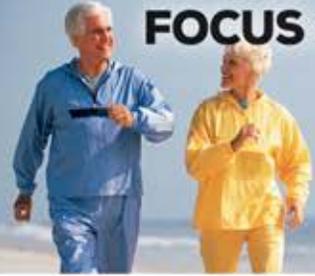
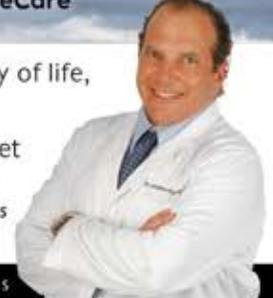



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Make the Healthy Choice: Choose to Stop Smoking Now No, e-cigarettes are not the answer

By Daniel Olexa, CCHt - Owner, SWFL Hypnotherapy



Every cigarette takes time away from your life. Not just the few minutes it takes to drag it down from tip to butt, but also time from your future. Time that could be spent in retirement, enjoying family, being free from the cares of a 40-hour week could instead be spent fighting lung disease, high blood pressure and myriad cancers.

How many times have you told yourself, "There's not enough time in the day?" What would you spend to have an extra hour per day to enjoy and use effectively?

Now, if you are a smoker, ask yourself this, "How much am I spending to waste that time? What is my habit costing me in dollars and time that I will never get back?"

Let's look at the numbers. A pack contains 20 cigarettes. If we look at an average, conservative number, it takes five minutes to smoke a single cigarette. If you are a pack-a-day smoker, that's 100 minutes you have lost in your day. Nearly two hours. Over the course of a week, that's 700 minutes – over 11 1/2 hours, nearly half of an entire day lost to a habit that is killing you.

It is also estimated that each cigarette takes 11 minutes off of your life-expectancy. At this rate, one pack per day is reducing your life by another 220 minutes, nearly four hours!

In total, a pack-a-day habit is costing you six hours of your life EVERY DAY— two immediately and four that you are mortgaging in the future.

At an average cost of \$5 per pack, it is also costing you monetarily – \$1,825 per year, to be exact. You can also add to that increased insurance costs for coverage and increased medical costs for treatment of diseases linked to smoking.

It's time to get your life back.

How, you ask? By deciding to change. By choosing health over disease.

"But, I've tried before and failed," you say. It's time to reframe your thoughts on what is success and what is failure. With the right mindset, you can accomplish your goal of being smoke-free. I have helped pack-a-day smokers become non-smokers in less than 6 weeks. It all started with their choice to change their life for the better.

I can help you too.

What benefits will you gain from stopping now?

Within 20 minutes of quitting, your body begins to heal. Your pulse rate returns to normal and your blood pressure re-adjusts to a natural level.

Within 12 hours of quitting, the amount of carbon monoxide in your blood drops to normal and the oxygen level in your blood increases to normal. Within 48 hours, nerve endings begin to regrow and your senses of taste and smell begin to improve.

In the long-term, within 1 – 9 months your shortness of breath decreases. Within 1 year, your risk of heart disease is reduced to half of that of a smoker. Over 5 years of being smoke-free, your lung cancer death rate is half that of a smoker's.

At 10 years of smoke-free living, your risks of a variety of cancers associate with smoking are decreased. After 15 years, your risk of heart disease is like you never smoked at all.

"But I don't smoke cigarettes anymore. I use e-cigs now. I'm just inhaling water vapor."

Water vapor and chemicals – that taste has to come from somewhere. In a recent study by the Harvard T.H Chan School of Public Health, the chemical diacetyl "was found in more than 75 percent of the flavored electronic cigarettes and refill liquids tested by researchers." The study was published on December 8, 2015 in Environmental Health Perspectives.

In her article about the study, Amy Roeder of the Harvard Chan School of Communications notes how diacetyl has been linked to bronchiolitis obliterans, (aka Popcorn Lung "...because it first appeared in workers who inhaled artificial butter flavoring.")

There have been few studies on the health hazards of electronic cigarettes. While currently not regulated, the FDA is proposing to include e-cigs under its regulatory authority.

If you are a resident of Collier County, I am sure that you are familiar with the roll-out of Blue Zone Living to the area. Blue Zones, if you are not aware, are areas in the world where people live to over 100-years old in a healthy manner. They are active, involved and lively

One of the tenants of Blue Zone Living is to stop smoking. Businesses who want to become Blue Zone compliant will have to become smoke-free.

Ultimately, the choice is yours. Do you choose health or do you choose to be a victim of a small, paper-wrapped cylinder of tobacco? Does that little thing really control you?

I can help you to find your power to become and stay smoke-free. Using proven techniques of hypnotherapy, we can work together to help you break this habit that has been holding you back.

Hypnosis has been used successfully in smoking cessation for decades. By communicating directly with your subconscious mind, many of the side-effects of quitting, such as weight loss, can be reduced or eliminated altogether.

It's time to begin enjoying life, having more money and being healthy for yourself and your family.

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Call me today at 239-263-4649 to schedule your appointment.

Your Cleaning Service May Be Sweeping More Than Just Dirt Under The Rug

Pop quiz: How much do you really know about the people you hire to work in and around your home? Through casual conversations you may know where they live, their children's names and ages. You might know someone for whom they've done work or have a friend or acquaintance in common (that's probably how you found out about them in the first place).

But, what do you really know about your landscaper, electrician, painter, plumber, the cable guy, the guy who fixes your appliances, or the person who cleans your home each week (and to whom you have given a key!)? Are they financially responsible? Have they ever fallen into legal trouble or veered over the line into petty criminal behavior? And what do you really know about the people your service providers employ or how they go about hiring them?

Statistically speaking, there is a high probability that all of the service providers who come into your home are upstanding, law-abiding citizens. They work, right? And perhaps everyone should be forgiven the minor transgressions of their teenage years. But, while you don't need to be paranoid, you can at least be sensible. As a homeowner and customer, it is always your right to inquire about your service provider's hiring and other business practices that-if not executed properly and consistently-can create financial liability, even danger, for you and your family.

Five critical sets of questions to ask:

- **Hiring practices.** How and where do you source new employees? Do you check personal references? Do you conduct criminal background checks? Do you verify your employees are legal to work in the U.S.? And do you use credible sources for background checks?
- **Tax practices.** Do you have a federal employer's tax ID number? Are all of your employees of the W-2 variety? Do you pay all FICA, social security, unemployment insurance, and other required tax withholding for yourself and for your employees?
- **Bonding and insurance practices.** Are your employees bonded and insured to cover any damage to or theft of my property? Are you and your employees covered by workers' compensation insurance in the event someone gets injured while working on my property?
- **Certification and training practices.** Do your employees have all the required professional training and certifications to conduct the work I am hiring them to do? And if there is no required certification, do you offer employees training to ensure the protection of my assets?
- **Security practices** (for instances where service providers require unsupervised access to your home). How will you store my key? Who will know that you have it and where it is kept? How will my key be marked? And how susceptible will it be to loss, duplication, or theft?

Do not be afraid to ask these questions! If a home service provider is not paying their taxes or insuring their employees properly, you can be financially liable for back taxes, penalties, interest, and for loss or damage to your own property. Also, when you show you are savvy in the hiring process, your service provider is more likely to treat you with respect in other areas, for example, in assessing the work you need done or in quoting you fair rates.

Something else to consider: Best business and employment practices cost business owners money. In order to cut costs, many independent businesses or individuals skip the necessary precautionary measures of running criminal and personal background checks on their employees, thus attracting less than reputable employees to these smaller shop businesses. The benefits and job security provided by a more reputable company tend to attract and retain reputable employees that are keen to their stature in the employment screening process. If a home service provider quotes you a rate that is substantially below market or below their competitors, the difference is likely to be in their operating costs. So, don't just take 'yes' for an answer to the above questions. Ask for documentation! If a potential service provider gets offended or tells you it is none of your business, they could be getting ready to sweep THEIR dirt under YOUR rug.



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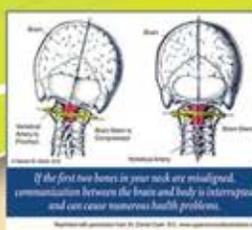
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PROBIOTICS: WHAT ARE THEY AND HOW CAN YOU BENEFIT FROM THEM?

By Steven A. Meckstroth, M.D.

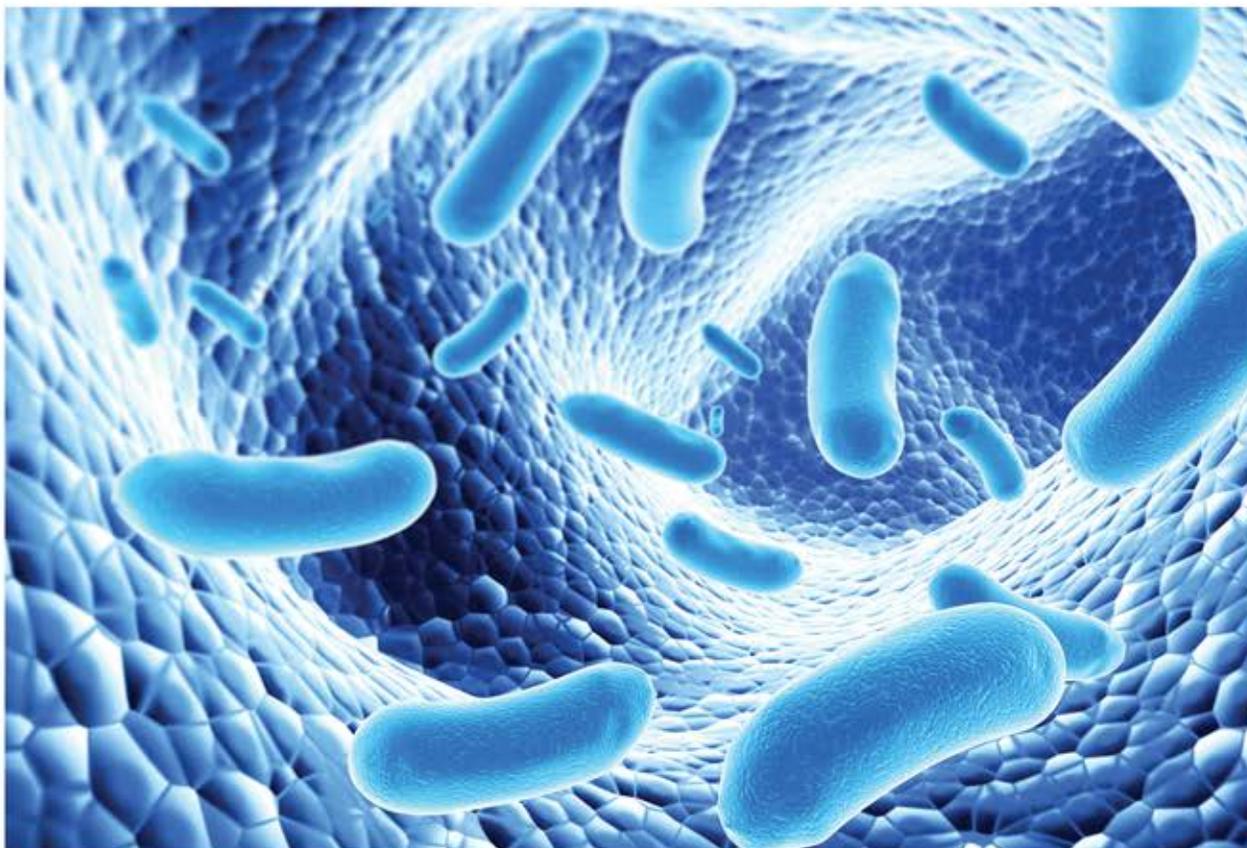
Products containing probiotics have flooded the market in recent years. As more people seek natural or non-drug ways to maintain their health, manufacturers have responded by offering probiotics in everything from yogurt to chocolate and granola bars to powders and capsules.

Although probiotics have been around for generations – think of the “live active cultures” in several brands of yogurt – the sheer number of products with probiotics now available may overwhelm even the most conscientious of shoppers. In some respects, the industry has grown faster than the research and scientists and doctors are calling for more studies to help determine which probiotics are beneficial and which may be a waste of money.

What Are Probiotics?

Probiotics are living microscopic organisms, or microorganisms, that scientific research has shown to benefit your health. Most often they are bacteria, but they may also be other organisms such as yeasts. In some cases they are similar, or the same, as the “good” bacteria already in your body, particularly those in your gut.

The most common probiotic bacteria come from two groups, Lactobacillus or Bifidobacterium, although it is important to remember that there are many other types of bacteria that are also classified as probiotics. Each group of bacteria has different species and each species has different strains. This is important to remember because different strains have different benefits for different parts of your body. For example, Lactobacillus casei Shirota has been shown to support the immune system and to help food move through the gut, but Lactobacillus bulgaricus may help relieve symptoms of lactose intolerance, a condition in which people cannot digest the lactose found in most milk and dairy products. In general, not all probiotics are the same, and they don’t all work the same way.



According to research, probiotics may:

- Produce substances that prevent infection.
- Prevent harmful bacteria from attaching to the gut wall and growing there.
- Send signals to your cells to strengthen the mucus in your intestine and help it act as a barrier against infection.
- Inhibit or destroy toxins released by certain “bad” bacteria that can make you sick.
- Produce B vitamins necessary for metabolizing the food you eat, warding off anemia caused by deficiencies in B-6 and B-12, and maintaining healthy skin and a healthy nervous system.

Common Uses

Probiotics are most often used to promote digestive health. Because there are different kinds of probiotics, it is important to find the right one for the specific health benefit you seek. Researchers are still studying which probiotic should be used for which health or disease state. Nevertheless, probiotics have been shown to help regulate the movement of food through the intestine. They also may help treat digestive disease, something of much interest to gastroenterologists. Some of the most common uses for probiotics include the treatment of the following:

Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a disorder of movement in the gut. People who have IBS may have diarrhea, constipation or alternating bouts of both. IBS is not caused by injury or illness. Often the only way doctors can diagnose it is to rule out other conditions through testing.





Probiotics, particularly *Bifidobacterium infantis*, *Saccharomyces boulardii*, *Lactobacillus plantarum* and combination probiotics may help regulate how often people with IBS have bowel movements. Probiotics may also help relieve bloating from gas. Research is continuing to determine which probiotics are best to treat IBS.

Inflammatory Bowel Disease

Though some of the symptoms are the same, inflammatory bowel disease (IBD) is different from IBS because in IBD, the intestines become inflamed. Unlike IBS, IBD is a disorder of the immune system. Symptoms include abdominal cramps, pain, diarrhea, weight loss and blood in your stools. In Crohn's disease, ulcers may develop anywhere in your intestine including both the large and small bowels. In ulcerative colitis, inflammation only involves the large intestine. Bouts of inflammation may come and go, but in some cases, prescription medication is needed to keep inflammation in check. Research is continuing to determine which probiotics help to treat IBD.

Infectious Diarrhea

Infectious diarrhea is caused by bacteria, viruses or parasites. There is evidence that probiotics such as *Lactobacillus rhamnosus* and *Lactobacillus casei* may be helpful. Several strains of *Lactobacillus* and a strain of the yeast *Saccharomyces boulardii* may help treat and shorten the course of infectious diarrhea.

Antibiotic-Related Diarrhea

Sometimes taking an antibiotic can cause infectious diarrhea by reducing the number of good microorganisms in your gut. Then bacteria that normally do not give you any trouble can grow out of control. One such bacterium is *Clostridium Difficile*, which is a major cause of diarrhea in hospitalized patients and people in long-term care facilities like nursing homes. The trouble with *Clostridium Difficile* is that it tends to come back, but there is evidence that taking probiotics such as *Saccharomyces boulardii* may help prevent this. There is also evidence that taking probiotics when you first start taking an antibiotic may help prevent antibiotic-related diarrhea in the first place.

Other Uses

Other potential uses for probiotics may include maintaining a healthy mouth, preventing and treating certain skin conditions like eczema, promoting health in the urinary tract and vagina, and preventing allergies (especially in children). There is not as much research about these uses as there is about the benefits of probiotics for your digestive system, and studies have had mixed results.

Are Probiotics Safe?

It is generally thought that most probiotics are safe, although it is not yet known if they are safe for people with severely impaired immune systems. They may be taken by people without a diagnosed digestive problem. Their safety is evident since they have a long history of use in dairy foods like yogurt, cheese and milk.

However, you should talk to your doctor before adding these or any other probiotics to your diet. Probiotics might not be appropriate for seniors. Some probiotics may interfere with or interact with medications. Your doctor will be able to help you determine if probiotics are right for you based on your medical history.

Keep in mind that probiotics are considered dietary supplements and are not FDA-regulated like drugs. They are not standardized, meaning they are made in different ways by different companies and have different additives. How well a probiotic works may differ from brand to brand and even from batch to batch within the same brand. Probiotics also vary tremendously in their cost, and cost does not necessarily reflect higher quality.

Side effects may vary, too. The most common are gas and bloating. These are usually mild and temporary. More serious side effects include allergic reactions, either to the probiotics themselves or to other ingredients in the food or supplement.

For more information about probiotics and would like to schedule an appointment to meet with one of our physicians, please contact our office at (239) 593-6201 or send an email with the subject "Probiotics" to gastro@gispswfl.com.



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Federal Study Reveals that Lower Blood Pressure Guidelines Could Save Lives

By John Canterbury, M.D.

This past September, federal health officials declared they had “potentially lifesaving information.” The information they were referring to was pertaining to a major blood pressure study. They ended the study more than a year ahead of schedule because they conclusively answered a question cardiologists have puzzled over for decades: How low should blood pressure go?

According to the study, the answer: it is safe and possibly lifesaving for blood pressure to be considerably lower than current guidelines.

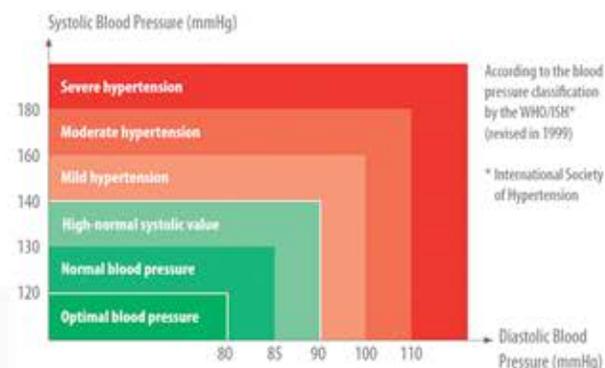
For years doctors have been uncertain what the optimal goal should be for patients with high blood pressure. The aim, of course, is to bring it down but how far and how aggressively remained a mystery. There are trade-offs — risks and side effects from drugs — and there were lingering questions about whether older patients needed somewhat higher blood pressure to push blood to the brain.

The study found that patients who were assigned to reach a systolic blood pressure goal below 120 — far lower than current guidelines of 140, or 150 for people over 60 — had their risk of heart attacks, heart failure and strokes reduced by a third and their risk of death reduced by nearly a quarter.

The study, called Sprint, randomly assigned more than 9,300 men and women ages 50 and over who were at high risk of heart disease or had kidney disease to of two systolic blood pressure targets: less than 120 millimeters of mercury, which is lower than any guideline ever suggested, or less than 140. (Systolic pressure is the higher of the two blood pressure numbers and represents pressure on blood vessels when the heart contracts.)

The study was expected to conclude in 2017, but considering the results of great importance to public health, the National Heart, Lung and Blood Institute announced, in September, saying a paper with the data would be published within a few months.

Many physicians agree that the findings from this study may provide potentially lifesaving information for patients with high blood pressure.



WHO/ISH standard most commonly used.
There is no real definition of hypo-tension (too low blood pressure)

Nearly 79 million adults in this country — one of three — have high blood pressure, and half of those being treated for it still have systolic pressures over 140.

Much like previous studies on lowering cholesterol, physicians predict that this study will change the way blood pressure is treated. Contrary to what most people had thought about blood pressure for years, now it is believed that the lower the number the better.





If guidelines are changed because of this study — as blood pressure experts expect that they will be — an already falling death rate from heart attacks and stroke could drop even more.

Because cardiovascular disease is still the leading cause of death in the United States, a change in blood pressure goals could also reduce the nation's overall mortality rate.

The study ventured into unknown territory that some had found a bit frightening. A systolic pressure that is naturally 120 might be good, but it is quite another matter to artificially drag pressure down so low with drugs.

Reaching a target that low would mean giving people more and more medications, and the side effects could cancel any benefit. Older people might be especially vulnerable to ill effects of a

much lower blood pressure since many already take an array of drugs for chronic conditions, which might interact. A very low blood pressure could lead to dizziness and falls. Twenty-eight percent of the subjects in the new study were over age 75.

Less than two years ago, a National Heart, Lung and Blood Institute panel went in the opposite direction. People had been told to aim for a systolic blood pressure of 140. But the panel recommended a goal of 150 for people ages 60 and older, arguing that there were no convincing data showing lower is better.

Until now, many blood pressure experts thought they were doing about as well as possible. The incidence of strokes — the major consequence of high blood pressure — has fallen by 70 percent since 1972. The main problem was that so many patients with high blood pressure did not take their medications or took drugs that were not powerful enough.

It was not always easy for people in the study to reach their blood pressure goals. Those assigned to get their pressure below 140 took, on average, two drugs. Those assigned to below 120 took an average of three drugs. Cost usually is not an issue for high blood pressure patients because 90 percent of blood pressure drugs are available as generics.

The study also asked whether a lower blood pressure would help people with kidney disease and whether people would think more clearly and have less dementia. That was one hypothesis, but it also was possible that a lower pressure would mean less blood gets to the brain and kidney, with detrimental effects. The results of a lower blood pressure on the kidneys and the brain are still being analyzed.

People with high blood pressure should not panic. They do not need to rush to their doctors asking to suddenly change medications. High blood pressure takes its toll slowly. No one is in imminent danger. If your physician thinks it is best for your medications to be increased or changed in any way, they will inform you when the time is right.

If you have any questions about the current blood pressure guidelines or would like to learn more about how to lower and maintain your blood pressure, speak with your primary care physician.

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*courtesy of New York Times

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Gum Disease Linked to Autoimmune Disorders

By Juan Teodoro, D.M.D.

Autoimmune disorders refer to a varied group of illnesses that involve almost every organ system in the human body to include the tissues in the oral cavity.

Most patients suffering from autoimmune disorders are more likely to have gum disease than people without them. Inflammation is the common denominator. In all these autoimmune disorders, the patient's immune system mistakenly attacks their own body's tissues. Women are more susceptible to autoimmune disorders.

Gum disease ranges from gingivitis, a mild form that causes swollen, tender gums, to more serious forms like periodontitis, in which inflammation affects the tissue and bone supporting the teeth.

What are Oral Lesions?

Oral lesions are observed commonly in autoimmune skin diseases. Oral lesions can be the predominant or minor clinical manifestation of a given disease. Pemphigus vulgaris and bullous pemphigoid are the earliest recognized autoimmune skin blistering diseases. Occasionally, these lesions can become raw and painful, preventing the patient from brushing the teeth adequately. In instances such as rheumatoid arthritis, the condition damages finger joints that prevent patients from brushing and flossing. In patients with Sjogren's syndrome, the autoimmune disease damages the salivary gland which causes dry mouth and makes the patient prone to tooth decay.



Good Dental Practices are Key

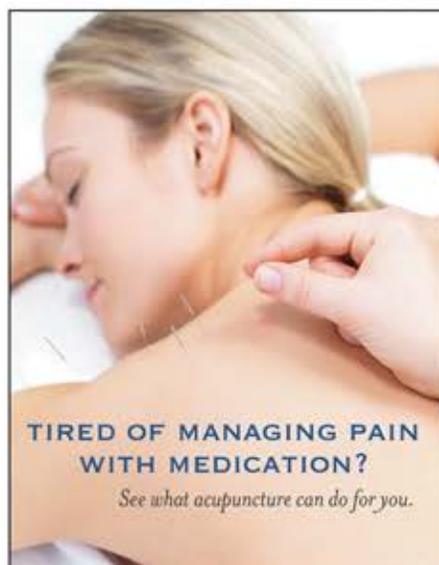
Good dental practices and regular dental follow ups are important for patients with autoimmune disorders. Many patients with more severe inflammation require cleaning every 3-4 months or specialized care by a periodontist.

Other recommendations include the use of prescription fluoride toothpaste, flossing and the use of electric toothbrushes for those patients that have dexterity problems.

To learn more, call Dr. Juan Teodoro at Bonita Periodontics & Implants at 239-333-4343, or visit our website at www.bonitaimplants.com. Patients are not healthy without good oral health. The oral cavity is the gateway to the body!



Dr. Teodoro is a Board Certified Periodontist. He holds both Diplomate status in the American Academy of Periodontology and the International Congress of Oral Implantologists. Dr. Teodoro served as a Major in the U.S. Air Force practicing periodontics. Throughout his Air Force career he served as Chief of Periodontics, Director of the Implant Board & Clinical Instructor. He is currently a clinical assistant professor at the Naples dental residency program for the University of Florida. Dr. Teodoro is still the only periodontist in both Lee & Collier County trained in Advanced Laser dentistry.



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Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

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

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

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

A Passion for Diabetes Education

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

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

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

Understanding Diabetic Terms

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

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

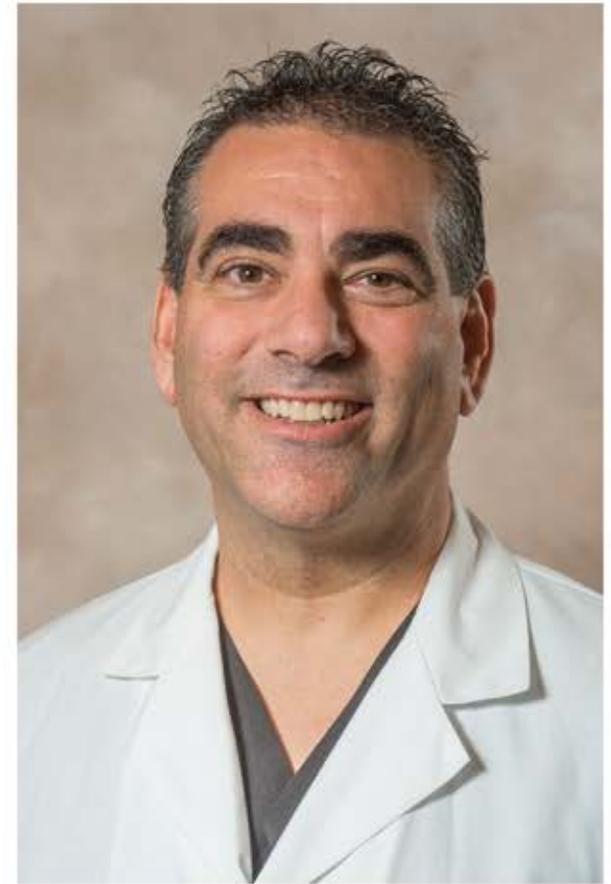
The biggest impact on the fight against diabetes in children is making sure they get enough exercise and a healthy diet. "Encouraging your child to exercise in the afternoon after school---even playing in the backyard---is extremely helpful to their health," says Kilo. "We also want to assist them in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

Diagnosing Diabetes

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

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

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



Charles Kilo, M.D.

Taking Control of Diabetes

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

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

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Prevent Surgery with Knee Injections

The knee is notorious for pain and injury. Knee pain can occur from an injury or a condition like osteoarthritis, and can impact activities of everyday life. There are many remedies for this condition, including rest, anti-inflammatory medications and using knee braces. For individuals whose knee pain progresses or does not respond to other types of treatment, injections may be an option to help relieve pain and discomfort without requiring surgery.

When regular treatments are not working well enough such as medication management with nonsteroidal anti-inflammatories along with physical therapy, intra-articular injections can be a great option.

There is a substance known as hyaluronic and that is naturally found in the synovial fluid of human knee joints. It works to lubricate and cushion the knee joint, being the human equivalent of "motor oil". In 1997 the FDA approved the first hyaluronic acid preparation made from rooster combs for usage in knee injections for osteoarthritis.

Currently there are multiple FDA approved hyaluronic acid preparations, which are all extracted from rooster combs. They have trade names such as Hyalgan, Synvisc and Orthovisc. While each company counts the benefits of their individual product, research studies have shown that all of them work consistently well while no one particular brand has shown superiority.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage, lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.



Numerous clinical studies have been performed regarding the effectiveness of hyaluronic acid formulations. One of the largest studies in the US showed beneficial effects in 80% of patients for over six months it appears that the combination of joint lubrication along with the anti-inflammatory effects that both come from hyaluronic acid work together to create such effective results.

Knee injections are typically extremely effective. Specifically, hyaluronic acid injections have shown over 80% satisfactory results as well which was maintained for over a six-month time period. These results are often good enough to delay the need for a knee replacement surgery or avoid it altogether. If you suffer from the pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.

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LASER TREATMENT – BENEFITS BROUGHT TO LIGHT

By Cyndi Yag-Howard, MD, FAAD

Have you ever looked at your face, neck, arms, legs, hands or chest and wondered, “Is there anything that I can do to maintain, restore, or refresh my skin?” If so, then you want to learn more about what the Sciton laser at Yag-Howard Dermatology Center can do to improve your skin’s appearance, reduce unwanted fine lines and wrinkles or hair, build collagen, or minimize scarring. Laser treatments transmit light deep into your skin layers where it can help your body’s natural ability to fight the signs of aging.

There are plenty of different laser platforms we could choose for our patients. We believe the Sciton laser is best for our patients as it delivers excellent results both safely and predictably.

Healthy, attractive skin provides a foundation for the rest of your appearance. Sun damage, wrinkles, dark spots, or scars affect all of us at some point, and reversing these signs of aging can be a challenge with cosmetics alone.

What Can Lasers Do For Me?

- Remove unwanted redness and reduce flushing.
- Dramatically reduce wrinkles around the mouth, eyes and cheeks.
- Virtually erase sun-induced brown spots and acne scars.
- Smooth “hills and valleys” caused by scars.

Broadband Light (BBL) Therapy

The BBL is the most advanced pulsed light system available. One to three treatments treat redness and brown spots effectively and quickly with very little downtime. Quarterly treatments as part of the Forever Young protocol keep skin looking healthy and young by stimulating your DNA to produce collagen and elastin.

Other Laser Treatment Options

ProFractional and Laser Resurfacing allow us to penetrate or remove the damaged layers of skin and promote new, healthy skin growth, dramatically improving the skin’s appearance after treatment. There’s little downtime involved, and best of all, these improvements will last — like you’ve given your skin a fresh new start.



MicroLaser Peels

MicroLaser Peels done with the Sciton laser are extraordinarily precise. They remove the surface skin layer, the epidermis, to give you fresh skin that will transform your appearance. This Micro Peel is intermediate in depth of treatment between microdermabrasion and full laser skin resurfacing and can treat a wide variety of skin conditions, such as:

- Fine wrinkles
- Scars from old injuries
- Acne scars
- Sagging skin
- Uneven pigmentation, such as age spots
- Blotchiness

Full Face Resurfacing

If you would like to take anywhere from five to fifteen years off your facial appearance, a full face resurfacing with the Sciton laser would be a good choice. This is a deeper treatment than a MicroLaser Peel, so it requires about a week of recovery time. However, the results are also more dramatic.

Like dermabrasion, laser skin resurfacing removes the damaged skin surface and stimulates the growth of new skin reducing or removing fine lines and wrinkles, scars, blotches, and some pre-cancerous lesions.

Laser Hair Removal

Sciton BroadBand Light sets new standards for hair removal. The gentle treatment is non-invasive, comfortable, efficacious, and tailored just for you!

In a few easy treatments, you can reduce or eliminate the unwanted hair under your arms, in the bikini area, or on the back or chest. Say goodbye to shaving!

Advantages of Sciton Laser Therapy

- **Protects your skin from heat damage.** The Sciton Profile Laser sends its beam through a cooling plate of sapphire, which protects your skin from heat more effectively than most other lasers.

- **More thorough results.** The laser pulses are sent not by manual movement, but via a computer-controlled scanner. This creates the exact amount of overlap desired to ensure thorough, balanced treatment.

- **More consistent results.** The laser sends its pulses in a certain pattern that makes sure every tiny part of the skin is treated, each pulse being delivered at a different time from the neighboring ones. This separates the heat of each pulse, preventing any build-up.

- **Faster treatment time.** The fact that the laser has two light sources means that one can fire while the other one recharges, which speeds up the procedure.

To learn more about your laser treatment options, call Dr. Yag-Howard’s office at 239-529-DERM. During your first skin care consultation, we will listen to your goals and concerns and help you determine the best treatment to achieve clear, beautiful, smooth, younger-looking skin.

The Sciton laser treatments allow us to help you reach your goals and bring your inner beauty to the surface. Call 239-529-DERM today to schedule a laser consultation with our medical staff.



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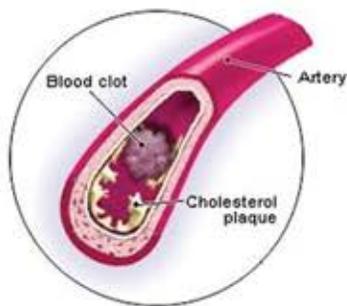
By Zorayda "Jiji" Torres, MD, ABIHM, IFMCP
Board-Certified, Internal Medicine
Certified Practitioner, Institute for Functional Medicine

Did you know that about half of people who get heart attacks have normal cholesterol levels? And that if you have high cholesterol, merely bringing the numbers down with medication might have limited benefits? Yes, that is what the data is showing.

Cholesterol is an essential component of our bodies, and unless modified by certain factors, is not harmful. These factors - poor nutrition, hidden infections, stress and poor lifestyle, toxicities, hormone imbalances, and genetics - can bring on chronic inflammation, the common denominator that dictates the behavior of cholesterol and other substances in the body.

The "standard" cholesterol test that everyone gets is not a very accurate test. It gives calculated numbers and thus frequently underestimates the LDL or bad cholesterol, especially when the triglycerides are high.

The "advanced" cholesterol tests, like the VAP or NMR, are much more accurate, as they directly measure the bad cholesterol LDL particles and their sizes, the good cholesterol HDL subfractions and Apo(A), the very important LDL-P or LDL particle number, and the lipoprotein- little-a or Lp(a), a highly sticky cholesterol particle that is mostly inherited.



However, the "advanced" cholesterol tests still do not give you the best available estimate of your risk for a heart attack or stroke. In order to do that, markers of inflammation need to be tested for too.

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Here are some of those markers in blood or urine, listed in order of worsening disease. (Pardon the highly technical words, but some people like knowing these details).

- 1. F2-Isoprostanes** - one of the earliest markers of oxidative stress (or rusting) in the body, formed when arachidonic acid is attacked by free radicals; available as a urine test, and can improve with lifestyle changes.
- 2. Oxidized LDL** - measures protein damage due to oxidation of the ApoB subunit on LDL or bad cholesterol. This is the initiating event for plaque formation; elevated levels are associated with development of a high risk condition called "metabolic syndrome".
- 3. high-sensitivity C-Reactive Protein** - reflects inflammation anywhere in the body, not necessarily just inside your arteries. If no clear cause for persistent elevation of hs-CRP is found, this may mean presence of blood vessel disease.
- 4. urine microalbumin** - reflects dysfunction of the endothelium, the single layer of cells that line the inside of your blood vessels; reflects presence of vascular disease.
- 5. Myeloperoxidase** - an enzyme generated by white blood cells inside the blood vessel when the artery wall is inflamed or damaged; reflects plaque maturation and high disease activity.
- 6. Lp-PLA2 (or PLAC Test)** - is an enzyme that reflects disease activity below or underneath the plaque in your arteries. High levels can mean high risk of plaque rupture which is the acute event that causes a heart attack or stroke.

The 6 markers of inflammation and the "advanced" cholesterol tests are available and can be fully paid for by insurance, depending on your medical condition. A diagnosis of hypertension, high cholesterol, pre-diabetes, or other abnormal blood chemistry may be enough to pay for these (but ask your insurance to be sure). If you are at risk for heart disease (e.g. family history, smoker, obese, have other inflammatory diseases, etc.), you may benefit from these tests too

Cardiovascular disease is a silent chronic inflammatory process that can present for the first time as a heart attack, stroke, or death. The best time to detect it is when you have a chance to modify your risk factors and avoid morbidity. Do not settle for a good report on a "standard" cholesterol test, even if you exercise or take a statin medication. Be pro-active and ask your doctor to order the "advanced" cholesterol test and other markers of inflammation.

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

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

Medicare Disenrollment January 1 – February 14, 2016

If you enrolled in a Medicare Advantage Plan (Part C) through insurance company and you feel it is not for you. You can go back to original Medicare during this time and pick a Part D Prescription Drug plan. Plus you can choose a Medicare Supplement Plan that works with Original Medicare if you qualify. Medicare Supplements are NOT guaranteed issue in most cases. So before choosing to go back to Original Medicare check to make sure you can qualify for a Medicare Supplement Policy. These help protect you against an uncapped lose if you were to only choose Original Medicare alone. Check with your insurance professional to see if this is an option you should be looking into.

You may **qualify for extra help with your drug cost** and not even know it. *In 2015, drug costs for most people who qualify are no more than \$2.65 for each generic/\$6.60 for each brand-name covered drug. (In 2016, costs are no more than \$2.95 for each generic/\$7.40 for each brand-name covered drug.) Other people pay only a portion of their Medicare drug plan premiums and deductibles based on their income level. In 2015, you may qualify if you have up to \$17,655 in yearly income (\$23,895 for a married couple) and up to \$13,640 in resources (\$27,250 for a married couple). www.Medicare.gov working with an Insurance Broker that represents multiple insurance companies can help you analyze which plan might be best for you. Everyone is different, you should rely on a professional not just a friend or a neighbors recommendation.



The laws under the **Patients Protection and Affordable Care Act (PPACA)** - (Obama Care) the Open Enrollment Period started already but you still have time to enroll. **Dec. 16th – Jan. 15th eff. Feb. 1, 2016; or Jan. 16th – Jan. 31st eff. Mar. 1st 2016.** After January 31, 2016 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).

What if you do get sick and cannot work? How will you pay your bills? Have you thought about **Disability Insurance** – it is insurance that insures your paycheck. Not all disability policies are alike so some terms to be on the look for are “OWN OCCUPATION” this would be the best vs. Any Occupation etc. If you could not work how long could you last without a paycheck? Coverages start from the 1st day of an accident or 7 days from an illness and last 3-months to 2 years on some short term policies.

Life Insurance – a common question is how much should I have? Did you know you can't just get as much as you want? A quick rule of thumb is take your annual earnings and multiply it by how many years you have till you turn 67, plus assets and that is about how much you may qualify for. Life insurance is another insurance that you should purchase as soon as you can and the younger the better.

There is a lot to know and I would recommend that you work with a licensed insurance professional that can help you through all of your options available to you in your area.



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DECREASING BALANCE INCREASES RISK OF FALLS IN THE BATHROOM

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

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

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

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



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

By remodeling your bathroom to suit your changing lifestyle, you

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.

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TAKING STOCK IN THE HEALTH AND LONGEVITY OF YOUR BUSINESS

By Blake W. Kirkpatrick

Ok, so you eat right, get a reasonable amount of sleep, maybe even exercise regularly, however, ...does your business partner or key employee do the same? Maybe it is you that falls short in the health category. Either way, both scenarios point to critical reasons for having a good business succession plan if you own a business.

Small businesses often live day-to-day or month-to-month. Even healthy businesses only have a small amount in reserve for that rainy day that comes with the death, disability, retirement or exit of a partner or key employee. A common statement of business owners about business succession planning is "I don't have time to deal with this right now while I am trying to run my business." However, by saying I do not have time to plan for the future, are you really just making a statement about the viability of the company itself?

Most small businesses last for only one, maybe at most two, generations. Aside from statistics that prove this, evidence of this can sometimes be seen in a company's advertising as well. "Serving SW Florida for over 30 years" may sound great, but how many companies can really say "proudly serving for over 100 years?" If the lifespan of a company wasn't important or even considered an asset in itself, why would companies advertise the concept?

So how do you plan for transition of your business?

Good business succession planning generally involves addressing a couple of key concepts and considerations (note, while some of this many allude to legal and financial concepts, these are mainly business issues):

1. Prepare for the minimization of business interruption as a result of an exit event of a partner, key employee, etc.
2. Make sure there is a financial plan for retirement or something in place that will provide for you or your family when you are no longer able to work. If the continuation of the business is vital to providing for your retirement, then it is critical to adequately address the continuation of the business.



3. Make sure that there are financial resources available to pay for the retirement of a partner or buy-out of a deceased owner's interest without crippling the cash flow of the business.

4. Make sure more than one person knows how to do each job, etc. Your business should ensure that if a key person exits the business, the business will not fail as a result.

5. Back up vital information and make sure it is handy. Employee manuals and procedures can actually be a key part of business succession planning.

6. Some important questions to consider:

- a. "Do I know who my business partner will be when my current one "exits" the company?"
- b. "Will my business partner be fair to me or my family if I exit the company?"
- c. **Who will do** (insert vital role of key person _____) if (insert name of key person here _____) **is no longer around?**

Some ideas on how to address the issues:

1. Consider an exit or transition agreement (often referred to as a buy-sell agreement or a cross purchase and/or redemption agreement).
2. Consider the purchase of both disability and life insurance. I do not sell insurance or receive any benefit from this plug, but if there was ever a need for insurance, it is in this area. It is also generally the easiest and least expensive to obtain, especially in the business context.
3. Start making lists of all of the "jobs" and "responsibilities" of the people in your company.
4. Begin talking through the issues with your co-owners and make the review of the business succession plan part of the annual meeting.
5. Once the business succession plan is in place, make sure that the estate plans of each owner reflect or address the plan.

Having a solid business succession plan in place will be further evidence that your company is not planning on going out of business anytime soon and that the company is healthy and on solid footing.



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Blake W. Kirkpatrick



Blake W. Kirkpatrick is a Florida Bar Board Certified Wills, Trust & Estates attorney with the law firm of Salvatori, Wood, Buckel, Carmichael & Lottes. Blake's practice is concentrated in the areas of estate and tax planning, charitable planning, business succession planning, and estate and trust administration.

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MUNICIPAL BONDS AS AN INVESTMENT VEHICLE

Provided by RBC Wealth Management and John Barnes

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

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

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

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

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

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

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

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



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

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

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The COOL way to Rejuvenate

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

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

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

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

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

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

Science behind Cryotherapy

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



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

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

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

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

Benefits Using The Cry Chamber

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

To tell the truth, this is a very basic form of cryotherapy. As you can see, each of us has somehow had a chance to experience how beneficial it is to apply cold on a sore spot. The whole body cryotherapy has a countless amount of healing properties.

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

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

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

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

Overwhelming Results

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

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

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



CALL NOW

Schedule your TRIAL SESSION

(239) 658-COOL (2665)



5 WAYS TO KEEP YOUR WELLNESS RESOLUTION ALIVE ALL YEAR

It happens every year – you overeat around the holidays, you feel bad about it and you make a New Year’s resolution to get in shape. The problem is, many people who make that resolution fall short before Spring even hits. This year, resolve to stick to your resolution! It’s not easy to do it alone but it can be easier if you stick to these five simple tips. Take these tips and post them on your fridge or set a reminder in your phone once week to reflect on them and assess your progress. Best of luck in your journey to wellness in 2016!

1. DON'T DO IT ALONE.

Find a friend, relative or neighbor to keep you honest and motivated. You can boost each other up on those days when you would otherwise not work out, or eat unhealthy. Join a class together to meet even more like-minded people. The Greater Naples YMCA offers classes to meet every age and activity level.

2. INVEST IN YOURSELF.

You are more likely to stick with something if you have invested time and money into seeing it through. To help keep the cost low and motivation high. Don't forget it's about investing the time too! Schedule your workouts and your meals on Sundays and you'll be less rushed to find time to squeeze them in during the week.

3. KEEP REALISTIC GOALS.

If your goal is weight loss, aim for a loss of 1lb a week to start. Losing anything more than 2-3lbs in a week is unsafe. If you're building muscle, forget the scale for now and focus on how you feel. If you want one-on-one help, the Greater Naples YMCA has personal trainers who will gladly help you shape your goals for 2016!

4. GET THE WHOLE FAMILY INVOLVED.

Instilling good habits at an early age is essential to leading a life of wellness. It begins with healthy eating habits, staying active and taking time to talk about goals as a family. The YMCA can help you develop a plan for your whole gang that will work with your schedule, needs and budget. Family wellness and goal assessments are now standard with all new memberships at the Y. Plus, child watch is always free when parents are on campus. Kids can get homework help, play games, make new friends or take exercise classes of their own! Make it all about family wellness in 2016!



5. SWITCH THINGS UP.

You will bore yourself. Period. Sticking to one routine will dampen even the most motivated of souls. Set a calendar of when to freshen up your routine with new classes and exercises. It will make the time fly and keep you looking forward to trying new things. The Greater Naples YMCA has a downloadable app for iOS and Android devices that will put the latest schedules at your fingertips. Check out what is available and try something new at least a few times per month!

Above all else, remain positive. If you find yourself slipping from goals don't give in – give us a call at the Y! We're here to help.

www.GreaterNaplesYMCA.org

Greater Naples YMCA | 5450 YMCA Road, Naples, FL 34109 | (239) 597-3148



A NATURAL APPROACH TO HEALING AMERICA'S INCREASING HEALTH PROBLEMS

By Drs. Drew and Kanema Clark

There is a monumental health care crisis in this country, but it's not what you might suspect. It's not socialized medicine, insurance coverage or prescription drugs. The real health care crisis is the failure to emphasize the prevention of disease instead of the treatment of disease. Until we change our focus, we will forever be chasing symptoms or conditions rather than maintaining our health.

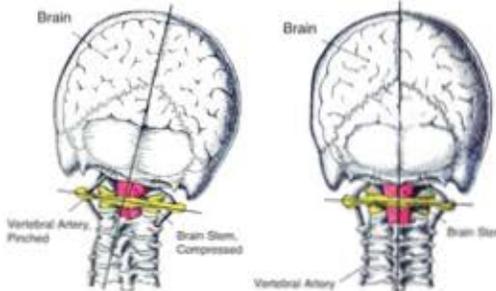
Chronic health conditions and diseases on the rise include asthma, autism, brain cancer, cardiovascular disease, diabetes, epilepsy, fibromyalgia, GERD, hypertension, insomnia, juvenile diabetes, kidney disease and leukemia. The world is getting sicker with each passing year, in spite of the fact that we consume prescription drugs at an unprecedented rate. Amazingly, the United States represents less than 5% of the world's population yet consumes nearly 75% of all the pharmaceutical drugs manufactured. We spend an average of \$8,200 per person each year on health care, almost twice the average of the rest of the world. If this "traditional," western approach to health care was the answer, wouldn't the USA rank head and shoulders above other countries in overall health? According to the World Health Organization (WHO), the United States ranks 37th in overall health, below some Third World countries. We are over-treating ourselves and we won't stop being sick until we stop making ourselves sick!

Isn't it time for a change?

A New Perspective

Our current medical system excels at crisis care, such as the treatment of strokes, heart attacks or trauma. However, these cases only represent a small portion of today's health concerns. The system fails miserably when it comes to prevention: keeping healthy people healthy!

Many people live with chronic conditions that are preventable. Often, these conditions continue while the symptoms are treated by traditional health care. However, in recent years, dangerous side effects have become a major concern. By some accounts, hundreds of thousands die each year in the United States due to medical error and adverse side effects.



Due to this frightening trend, a paradigm shift is occurring in our country. Patients are seeking natural alternatives; they believe that traditional health care should be held to a higher standard, that profits and politics should no longer stand in the way of good health. Many Americans are looking for a different model of health care, one that puts their entire well-being first.

This "new approach" to health embraces the fact that the human body is a self-healing organism. We are created with the ability to heal and recover from almost anything and adapt to those things that we cannot. We are empowered to seek advice and ultimately make our own healthcare decisions, because we are the only ones who know what is ultimately best for us!

Upper Cervical Care (UCC) doctors understand that the world's greatest "drug store" is within your own body. Your body knows how much insulin to secrete, antihistamine to produce, cholesterol to make—provided that we have 100% brain-to-body communication.

How is UCC Different?

Because the field requires such rigorous training, there are only an estimated 1200 doctors certified to provide upper cervical care. Upper cervical is different from traditional medicine, physical therapy and general chiropractic. Upper cervical doctors use precise and objective spinographs or X-rays of the head and neck. Then, measurements are taken and an analysis is made to determine exactly how the top vertebrae are misaligned. Part of the upper cervical care uniqueness is that it is the only healing profession that clears the nervous system of interference and balances the body using a natural, precise and gentle procedure, without twisting or jerking the spine.

Traditional medicine prescribes drugs or performs surgeries. Physical therapy uses a wide array of modalities, stretching and strengthening. These healing arts help millions of people each year, but many are turning to upper cervical care, which uses no drugs, therapies, or manipulations.

Upper cervical care uses 80 years of clinical research, precision X-rays, mathematical measurements, spinal analysis and pre/post objective instrumentation to understand and correct upper cervical subluxations. Once a correction is made, a post-instrumentation reading is performed to ensure the subluxation has been cleared.

Because the analysis is extensive and the application precise, repeated corrections are often unnecessary. The intent is not to make a correction every visit but rather to make a correction and have it hold for an extended period of time, thus allowing the body to heal itself. We emphasize the prevention rather than the treatment of disease.

Can UCC Help Me?

Upper Cervical Care can help everyone - infants, seniors, mothers-to-be, athletes and accident victims will benefit from a healthy spine and nervous system! If you have a health problem, upper cervical doctors will strive to correct its cause, not just treat the symptoms. UCC has been seen to benefit people suffering from asthma, depression, carpal tunnel, diabetes, ear infections, Epilepsy, high blood pressure, headaches, Fibromyalgia, and low back pain, among other conditions. If you are symptom free, upper cervical care is one of the best ways to stay healthy.



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Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

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



Lymphedema and Chronic Venous Insufficiency

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

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



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

Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has



not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.

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

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

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

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.

ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit www.AcuteWoundCare.com or call

239-949-4412

and speak with a specialist.

What You Need To Know About Pain and Anti-Inflammatory Medications

By Toni Eatros, MS, Dipl Ac, AP

Anti-inflammatory medications are some of the most commonly prescribed drugs. More than 100 million prescriptions for these medications are written every year in the United States. This number does not include the over-the-counter use of (non-steroidal anti-inflammatory drugs) NSAID's such as aspirin and ibuprofen.

Examples of NSAID's include:

- Aspirin
- Celebrex
- Voltaren
- Ibuprofen (Motrin)
- Indocin
- Orudis
- Naproxen (Naprosyn)
- Piroxicam (Feldene)
- Vioxx

What Do NSAIDs Do?

NSAID's are used to treat inflammation in the body. They are a class of medications that poison an enzyme in the prostaglandin pathway. They may help with symptom relief, but they do little to promote healing. In fact, the long-term use will actually inhibit healing.

The Purpose of Inflammation in the Body

Although inflammation in our body is uncomfortable, it is a natural process and serves a number of purposes including:

Recruiting certain immune system cells that promote healing of an injured tissue.

Sends a message of pain telling us we need to rest the affected area to prevent further injury.

Prostaglandins recruit white blood cells to an injured area to prevent infection and clean up cellular debris.

Body Triggers of Inflammation

- Bacteria and Viruses
- Drugs
- Environmental Toxins
- Food Allergies & Leaky Gut Scenario
- Fungus and Yeast
- Injury and Trauma, such as a sprained ankle
- Parasites

Which of the above conditions do NSAID's treat? The fact is NSAID's do not treat any of the above triggers to inflammation, only the resulting inflammation. In fact, the long-term use of NSAID's will make many of these conditions worse, leading to more inflammation.

The better approach is to look for the underlying cause of inflammation and treat the cause instead of suppressing the symptom.

Our body is amazing and if given the correct raw materials (vitamins, minerals, enzymes, water, rest, etc) complete healing will often occur automatically. Remember, inflammation is not a result of a NSAID deficiency, it is a normal response of the body to an injury.

Side-Effects of NSAID's

Any time a crucial enzyme is poisoned or a receptor is blocked by a medication, multiple side effects can occur. Some of the adverse side effects of NSAID's include:

- Bleeding
- Constipation or Diarrhea
- Decreased Appetite
- Depression
- Dizziness
- Edema/Fluid Retention and Decreased Action of Diuretic Medication
- Headache
- Increased Risk of Heart Attack
- Kidney Failure and Reduced Blood Flow to the Kidneys
- Leaky Gut - Increased Gut Permeability Allowing Toxins to Enter the Blood
- Liver Failure
- Nausea and Vomiting
- Poor Healing
- Rash
- Shortness of Breath
- Sleep Disturbances
- Ulcers

NSAID's and the Kidneys

It is known that long-term use of NSAID's adversely affect kidney function. It is estimated that over 2.5 million people in the U.S. experience kidney side effects as a result of NSAID use. These drugs affect the kidneys by:

- Decreasing blood flow to the kidneys
- Slowing down the rate of waste filtration happening in the kidneys
- Causing edema in the body
- Increasing blood pressure
- Causing interstitial nephritis





Researchers have found that people on a salt-restricted diet, using diuretic medication or those with preexisting kidney disease, high blood pressure, congestive heart failure, or liver disease all have an increased risk of kidney dysfunction when using NSAID's. This resulting decrease in kidney function then leads to an accumulation of homocysteine and a marked increase in death from heart attacks and strokes.

A recent study in the British Medical Journal found several NSAID's associated with an increase risk of heart attacks as a result of poisoning the Cox-1 and Cox-2 enzymes.

Voltaren (55% increased risk)
Ibuprofen (24% increased risk)
Naprosyn (32% increased risk)

Should NSAID's Ever Be Used?

These drugs can be helpful in certain short term situations. However, it is extremely important to remember that any drug that poisons a crucial enzyme should be used only with extreme caution and only for the short-term. Long-term use of these medications should only be used as a last resort. There are many natural alternatives to NSAID's that are much safer for the body.

Natural Anti-Inflammatory Alternatives

- Acupuncture
- Auricular Medicine - the use of the ears to treat the entire body
- Essential Fatty Acids such as Fish oil (3 grams per day), Flaxseed Oil, Black Currant Oil, Borage Oil, Evening Primrose Oil
- Healthy Diet that has the correct 4:1 balance of Omega 6 / Omega 3 fatty acids.
- Glucosamine Sulfate (the correct sulfate form is essential) - try 500mg - three times daily for six weeks
- Systemic Enzymes such as Serrapeptase - Enteric Coated, 3 capsules, 2-3 times daily on an empty stomach
- Vitamin C - 5000 mg daily, if you get diarrhea, lower the dose - For acute inflammatory conditions, a higher dose or IV Vitamin C may be required. It is nearly impossible to control inflammation without the use of Vitamin C.

Adequate Water Intake is Essential - Dehydration is a major cause of inflammation. Early morning stiffness is a cardinal sign of dehydration. To figure out the amount of water you should be drinking, take your weight in pounds, divide by 2.

This is the number of ounces you should drink daily. If you are drinking adequate amounts of water, then adequate intake of unrefined celtic sea salt is required to keep electrolytes balanced. Take 1/4 tsp of Celtic sea salt mixed in 1/2 cup of water for every 32 ounces of water ingested.

At Acupuncture and Natural Health Solutions, we strive to provide many alternatives to pharmaceutical use. Stop poisoning your body with these medications and let us help you treat the root of the illness instead of suppressing the symptoms. Call today, 239-260-4566 or schedule online at www.AcupunctureSolutionsOnline.com

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NEW YEAR, NEW YOU: RESOLVE TO MAKE 2016 A YEAR OF CHANGE

By Amy Hilliard

January is synonymous with new beginnings and offers an opportunity for us to reinvent ourselves. It's also a time for us to reflect on our resolutions and establish guideline to help accomplish these goals.

According to a survey completed by older adults, the following objectives ranked highest:

1. Stay Fit and Healthy

Studies have shown that regular exercise and staying physically active provides many health benefits. Even moderate exercise and physical activity has been linked to improved overall health.

Many senior living communities offer a variety of fitness and wellness programs designed specifically for residents looking to maintain or even begin a fitness regimen. At The Carlisle Naples, a luxury senior living community, a state-of-the-art fitness center offers one-on-one instruction and fitness equipment specially designed for seniors. Additionally, with classes ranging from aquacize to virtual fitness games such as Wii bowling and golf, residents can choose specific programs that suit their wellness goals.

2. Learn Something Exciting

Just like a fitness program for your body, your brain needs to be stimulated with challenging workout. Scientific research has proven that taking a class in just about any subject can improve one's cognitive abilities, rejuvenate memory and slow the onset of dementia-related disorders.

The Carlisle's monthly activity calendar is filled with interesting educational programs and classes. Local professors often visit the resort-style retirement community to share their knowledge on a variety of subject matter. Our ongoing weekly classes such as Culture Club, Computers Made Easy, and Current Events also provide opportunities for educational pursuits.

3. Socialize With Friends and Enjoy Life

Recently there has been increased attention on the importance of socializing and maintaining relationships throughout life. Experts on aging have long

suspected that socialization improves physical and emotional well-being, increases mental alertness and encourages a more active lifestyle.

Retirement communities offer residents the perfect environment to socialize with neighbors. Meeting new people and continuing friendships is made easier with a variety of social and recreational mixers.

The Carlisle offers unlimited socialization opportunities. Weekly card and board games offer a more intimate setting for friends to gather while events such as the annual Summer Olympic Challenge involve the entire community. There are scheduled outings to local museums, cultural performances and restaurants as well.

4. Start Volunteering and Helping Others

Findings by "The Health Benefits of Volunteering: A Review of Recent Research" found that adults who volunteer had a more active lifestyle—both physical and mentally—which reduced the risk of chronic conditions such as heart disease and depression.

Senior living communities offer residents the perfect complement of peace of mind for the future while affording the opportunity to continue to be engaged in their personal interests and lifestyles.

Without the burdens of day-to-day responsibilities, Carlisle residents can spend each day as they wish. Many choose to volunteer within the community by serving on the Resident Council or Welcome Committee, while others prefer to be involved in the greater community, volunteering at hospitals and nonprofit organizations.

5. Complete Household Renovations/Repairs

Seniors often find that the new year may be the perfect time for home renovations and repairs. They want to retrofit their homes to meet their changing needs. However, renovating is like layers of an onion.

One thing can be overlaid and dependent of another. What might begin simply as the installation of grab bars in the shower can easily turn into the widening of doorways or the lowering of kitchen counters.

Retirement community residents don't spend time worrying about repairs to their residences. It's all included in the monthly fee. From repairing the appliances to fixing a leaky faucet, it's all taken care of by a professional, courteous staff.

At The Carlisle, residents' days aren't planned around repairs; therefore, they can continue their daily activities without interruption.

"Seniors wanting to discover new experiences, innovative surroundings, extraordinary health and fitness opportunities and the ease of a maintenance-free lifestyle need only visit our community," said Executive Director Bill Diamond. "For everyone resolving to make 2016 a year of change, I say, it's a new year; discover a new you today."

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

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



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



Luxury Rental Retirement Living
6945 Carlisle Court, Naples, FL 34109
239-221-0017 • www.srgseniorliving.com

**... But as for me and my household,
we will serve the LORD** From Joshua 24:15

**When you think about it,
it's a pretty bold statement.**

It is one thing for an individual to stand and say "As for me, I will serve the Lord!" To make that statement alone requires a great deal of faith on my part, and a great deal of faithfulness on the Lord's part.

It is an even bigger thing to make a claim of future faithfulness for myself and my family. That's boldness! You probably know already that the words above are from the lips of Joshua, the Old Testament character that led the people of God into the Promised Land. By the time he spoke these words, he was a faith-tested, battle-experienced, miracle-believing servant of the Lord.

He also was a father and a grandfather. And the statement above indicates that he had great faith for a great family. And not only did he declare faithfully service to the Lord as his family's agenda, he saw it through. Here's what he had.

First, he had a personal commitment to follow God's will. As you prioritize the place that the Lord Jesus Christ is going to have in your family, you will quickly learn that you cannot lead others to a place you have not been. Recall that Joshua was one of the first faithful spies to discover the wonders of the Promised Land. Joshua was one of two (out of twelve) that stood against that majority view, and stood true to believing God.

Second, he had the faith to believe God for big things. When we were children, we sang about the collapse of the wall around the city of Jericho. Recall that the battle for Jericho took place under the (human) leadership of Joshua. When God described a battle plan that only made sense in light of great faith in a great God, Joshua did not balk. He believed God for what seemed impossible. Marching in circles, yelling, and blowing trumpets is not what led to the destruction of the powerful enemy. It was faith in action that saw those walls fall.

Third, he had the character to stand against sin. It's not as well known as the battle of Jericho, and we sure don't sing songs about it, but the very next battle that Joshua led the people into was the battle of Ai. It was a little village that should have been an easy win. But do you remember what happened? God's people got clobbered in the battle! Do you remember why? It was the sin of a one man, Achan, who hid some of the plunder of Jericho in his tent, leading to a loss of power for the whole nation of Israel. But God was faithful as He led Joshua to detect and correct the sin that was within the Israelite camp. What does this show us? If we are going to set the right priorities for our homes, we are going to have to be willing to be constantly alert to the sneak attacks of the enemy as he tries to knock our families off track. Too many parents are unwilling to lovingly but firmly confront, correct, and then comfort their children, from toddlers to teenagers, about issues of sin and righteousness. But Joshua was not afraid to take a stand.



Do you want your family's journey to be one that has you serving God together, with priorities lined up right? It takes commitment, faith, and character!

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