

S O U T H W E S T F L O R I D A ' S

# Health & Wellness<sup>®</sup> MAGAZINE

January 2016

Lee Edition - Monthly

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## 10 TIPS

To Setting Goals for  
the New Year

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To Take Care of  
Your Brain

## CANCER DRINK

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## What do Varicose Veins, high blood pressure, high cholesterol and diabetes mellitus have in common?

By Joseph Magnant, MD, FACS, RPVI

**If** you have been told by your physician that your varicose veins are cosmetic or pose no immediate threat or that your swollen achy legs are just something you are going to have to live with, you might want to reconsider your options. A number of patients have presented in the past months with complications of their varicose veins including clotting off of the veins (thrombosis) with progression to DVT and or with external bleeding from their varicose veins: one patient bled on the pool deck, another bled on the floor in Walmart, and a third bled in her bathtub. What all these patients and scores of other share in common is the fact that until the specific complication occurred, they had no severe **pain** or real disability from their varicose veins. Most did complain of achy or swollen legs, itching, heaviness, throbbing and heat over the veins, although none had what they would call "**pain**". Most had physicians who knew about their vein problems and either had not made any specific recommendations or had suggested conservative therapy until real "**pain**" or other pressing complications (thrombosis, bleeding?) occurred. With the modern, minimally invasive technique of endovenous ablation available for the treatment of these patients' problems, I believe it is time to change the way we approach venous insufficiency.

**Many** patients have traditionally been told by their primary care physicians that as long as their swollen, discolored legs don't hurt or their varicose veins are not painful, clotted or bleeding that they should leave them alone. So, is one to conclude that active treatments should be offered only for medical conditions which are painful or have progressed to the point of complications? **Hypertension** has earned the nick name of "**the silent killer**" due to the fact that many patients with high blood pressure are unaware of their condition until a screening blood pressure reveals a high reading. Untreated or undiagnosed high blood pressure

leads to premature heart attack, kidney failure, stroke and death. Similarly, active treatment of **high cholesterol** through weight loss, dietary modification, exercise and medication when appropriate has been shown to reduce the risk of stroke, heart attack and deaths related to hardening of the arteries. Screening blood tests for high cholesterol are routinely performed a part of an annual medical evaluation after the age of 40. Physicians are **not likely** to advise their patients with high cholesterol that they should wait until their first heart attack or stroke before considering active therapy. The same can be said for the treatment of diabetes mellitus. Tighter blood sugar control with dietary modification, increased physical activity and medications when needed has been shown to slow the progression of a variety of complications of diabetes including retinopathy (eye problems), nephropathy (kidney failure), neuropathy (numbness and tingling in the feet) as well as atherosclerosis (hardening of the arteries). Logic dictates a proactive approach to patients with diabetes to reduce the chances of these complications.

## Venous insufficiency

is a medical problem, much like the abovementioned conditions and I believe it is time we start treating it as such rather than wishing it away with unfilled compression hose prescriptions or compression hose still in their boxes. Earlier diagnosis and intervention where appropriate will reduce the long term consequences and complications of venous insufficiency such as thrombosis, bleeding, skin changes and ulceration. The modern, minimally invasive technique of endovenous ablation has made this possible.

**Of** the estimated 35-40 million adults in the U.S. who suffer from symptomatic superficial venous



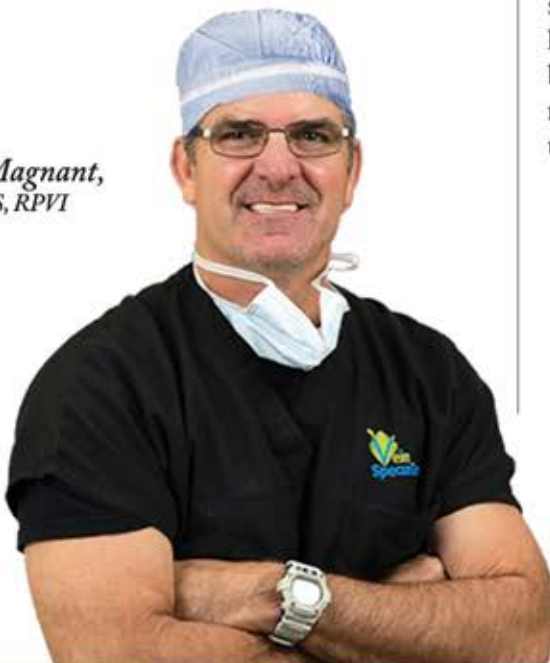


insufficiency, or venous reflux disease, the majority have symptoms and signs which cause significant discomfort. Until 2000, the only treatments available for patients with significant saphenous vein insufficiency were compression hose, high ligation or high ligation and stripping. The latter two treatments were often considered too invasive for patients with symptoms other than bleeding veins or non-healing leg or ankle venous ulcers.

**Thus** most patients with venous insufficiency were advised to wait until the end complications occurred before considering anything more than compression hose. The landscape of venous insufficiency treatment was transformed dramatically by the introduction of endovenous ablation (sealing veins with heat rather than vein stripping) in 1999. The radiofrequency catheter system was the first system approved by the FDA in 1999 and the LASER system for endovenous ablation received FDA approval in 2001.

**Over** the past decade, our understanding of venous insufficiency has been greatly improved as endovenous ablation has been applied with excellent results to patients with some of the more advanced stages of venous insufficiency. Superficial veins other than the great saphenous vein, such as the small saphenous vein, intersaphenous vein, anterior accessory saphenous vein and perforating veins are now treatable with endovenous ablation. Modern ultrasound evaluation of the

Joseph Magnant,  
MD, FACS, RPVI



### Leaders in Vein Treatment

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

lower extremity venous system by experienced vascular technologists accurately identifies which veins are insufficient (leaking) and stratifies the severity of reflux. Ultrasound directed sealing of the abnormal veins under local anesthesia has yielded far superior results than vein ligation or stripping. The net result has been relief for millions of patients worldwide and for hundreds of thousands of patients in the USA. Ulcers are being healed in record time, stasis dermatitis changes are being reversed and leg swelling and pain is receding in thousands of patients once thought to be untreatable.

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## So the question

is when to consider getting your vein problems evaluated and whether it is wise to leave varicose veins alone until complications like superficial venous thrombosis (clotting of the varicose veins) with possible progression to deep vein thrombosis (DVT), hemorrhage (bleeding) or ulceration occur. The next time someone tells you to wait for one of the above occur before to seeking evaluation or treatment of your venous problem, reflect back on the goals of treatment in patients with other medical diseases such as high blood pressure, high cholesterol and diabetes. The common goal is quite simply prevention of long term complications, not necessarily relief of "pain". It has been 11 years since the introduction of endovenous ablation as the preferred treatment of patients with symptomatic venous insufficiency and it is time to shed the light of this safe, effective and minimally invasive treatment on the mass of patients still suffering from venous insufficiency.

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# Ring in the New Year with a Resolution for Healthy Living

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

**A**s we enter the New Year, we are faced with developing and upholding our New Year's resolutions. With a variety of opportunities to improve our lives with this year-long resolution, why not make it count by committing to keeping our bodies happy and healthy for many years to come? For individuals who have or are at risk for developing osteoarthritis, caring for your body is the best New Year's resolution you can make. Simply implementing a few preventative measures can positively influence symptoms of osteoarthritis, and help your body perform at its best. Not only will these lifestyle changes positively affect the health of your joints, but they will improve your overall health as well!

## Exercise

As we begin a new year, exercise is essential to maintaining the health of our bodies, especially as we work to shed those pesky pounds that may have developed during the holiday season. Certain lifestyle modifications are necessary to accommodate your symptoms of osteoarthritis, such as forgoing high-impact activities, and instead implementing a greater amount of low-impact exercises into your regular routine. Gentle stretching, a walk around the block, swimming a few laps in the pool or taking a ride on your bicycle can dramatically improve your range of motion, flexibility and endurance. Strengthening exercises can also help you better manage your osteoarthritis by strengthening your muscles, which in turn provides additional support and protection for your affected joints.

## Healthy Diet

In addition to maintaining a healthy exercise routine, the food that you put into your body can also play a role in your management of joint pain. Not only is a healthy weight advantageous for your body in the big picture, but carrying the appropriate amount of weight also reduces the



amount of pressure on your joints, helping to prevent additional wear and tear on your joints. Eating certain foods can also help reduce inflammation in your joints and put your body at ease. Consider incorporating moisture-filled foods, leafy greens and other foods into your diet, such as cherries, broccoli, watermelon, fish, carrots, citrus and strawberries.

## See Your Doctor

What better way to manage symptoms of osteoarthritis than by consulting a professional? Regular visits to your doctor enables you to stay up-to-date on the health of your body, and allows your doctor to monitor any changes in your health. The best course of action is to prevent or limit the occurrence of joint pain, and a qualified medical professional can help you determine a plan that will make the most out of your New Year's resolution. Although osteoarthritis cannot be cured, regular trips to the doctor can facilitate early identification of arthritis symptoms so that you can begin treatment that will help to slow the development of your symptoms, reduce pain and even restore function in your joints.

It is time to not only ring in the New Year, but also to embrace our commitment to making healthy lifestyle changes in 2016. Your decision can make all of the difference in improving the overall health of your body. Don't miss your opportunity to commit to making your body the best it can be.

Before starting a new fitness routine, consult an orthopedic surgeon who can help design a fitness routine to promote wellness, minimize the chance of injury and reduce joint pain caused by osteoarthritis. Dr. John C. Kagan and his staff are ready to answer all of your questions. Dr. Kagan has more than 30 years of experience as an orthopedic surgeon and sports medicine specialist treating patients in Southwest Florida. He specializes in treating patients with knee, shoulder and hip pain, as well as general orthopedics and hand surgery. For more information, visit [www.kaganortho.com](http://www.kaganortho.com) or call 239-936-6778.



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# 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](http://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](http://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.**



# Cancer Drink – Fuels the Fight Against Cancer

**W**hat 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).


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# DO YOU KNOW YOUR HEART SCORE?

## Ultrafast CT Screening of the Heart

**T**he Ultrafast CT Screening of the Heart is a quick and simple test which assesses your risk of heart attack by detecting and measuring the amount of calcium build-up in your coronary arteries.

The test allows the radiologist to determine whether a patient has a serious risk of significant narrowing of blood vessels to the heart. More importantly, it allows physicians to find hardened arteries early, allowing treatment with medication and lifestyle changes.

This is a screening that can precede more invasive tests such as a stress test and angiogram. The Ultrafast CT Screening of the Heart is considered to be one of the best available tests to predict the risk of heart attack in apparently healthy people.

### Why should I get an Ultrafast CT Screening of the Heart?

The CT or CAT scanner acquires approximately 92 images of the heart. The quantity of calcium build-up in your arteries is then determined and you are given a score which falls under a certain category. This information, along with other indicators, can present an overall picture of your heart's health. As a result, you and your physician can select the most appropriate care plan.

The Ultrafast CT Screening of the Heart is the only readily available, non-invasive, and sensitive screening test for coronary artery disease. The test is strongly recommended for patients with significant risk factors such as smoking history, high cholesterol, weight problems, or family history of heart disease.

According to statistics, half of the 600,000 Americans who have heart attacks each year, have no symptoms before hand.

### What is the preparation for an Ultrafast CT Screening of the Heart?

There are no dyes, no needles, no fasting and no pain. The only preparation required for the Ultrafast CT Screening of the Heart is for the patient to



complete a standard medical history questionnaire at the time of his appointment.

### How long does the procedure take?

The scan takes 15 minutes or less. The scanner acquires a series of x-ray images of your heart while you hold your breath for 23 seconds.

### How long do I have to wait for results?

The radiologist's report, including your Cardiac Score, will be sent to you in three to four business days.

### What does my cardiac score mean?

**Score 0 (Zero):** No identifiable atherosclerotic plaque (a negative examination). Adherence to general guidelines on diet and exercise are stressed.

**Score 1 to 10:** Minimal identifiable plaque. Significant obstructive coronary disease is unlikely. Recommendations are to follow general guidelines on cardiovascular risk reduction.

**Score 11 to 100:** Definite but mild plaque. Risk factor modification is recommended, including daily aspirin prophylaxis and strict adherence to National Cholesterol Education Program (NCEP) guidelines. Clinical follow-up is necessary.



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**Score 101 to 400:** Definite, moderate plaque. Risk factor modification is recommended with non-invasive stress testing preparatory to an exercise program. Daily aspirin and use of statin medication to reduce LDL cholesterol <100mg/dL is advised in conjunction with other risk factor modification. Clinical follow-up and further testing such as stress test, nuclear test, cardiac ultrasound or other studies should be considered.

**Score over 400:** Significant plaque burden indicating a high likelihood of "significant" coronary stenosis. Aggressive risk factor modification is recommended (including aspirin and statin medication) with non-invasive stress testing and possibly angiography.

\*Further consultation with a physician is recommended for any total score above 0.

### Is it painful or uncomfortable?

No. The Ultrafast CT Screening of the Heart is a simple, non-invasive scan in which you lie on the scanning table for a few minutes. We have not received any complaints of pain or discomfort from patients receiving this screening.

### Why should I go to Radiology Regional for this?

Radiology Regional Center is an experienced and trusted leader in Southwest Florida's diagnostic healthcare. Our physicians and technologists are skilled in the use of CT technology for both screening and diagnostic purposes. Your scan will be performed on the same CT scanners that local physicians rely on for their patients.

### How do I schedule an appointment?

You make schedule an appointment, without a physician's referral, by calling our Scheduling team at 239.936.4068.

### More questions?

Give us a call at 239.936.2316 today!





# Parkinson's Disease and The Importance of Exercise

By Todd D. Smith, MPT

**E**very 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

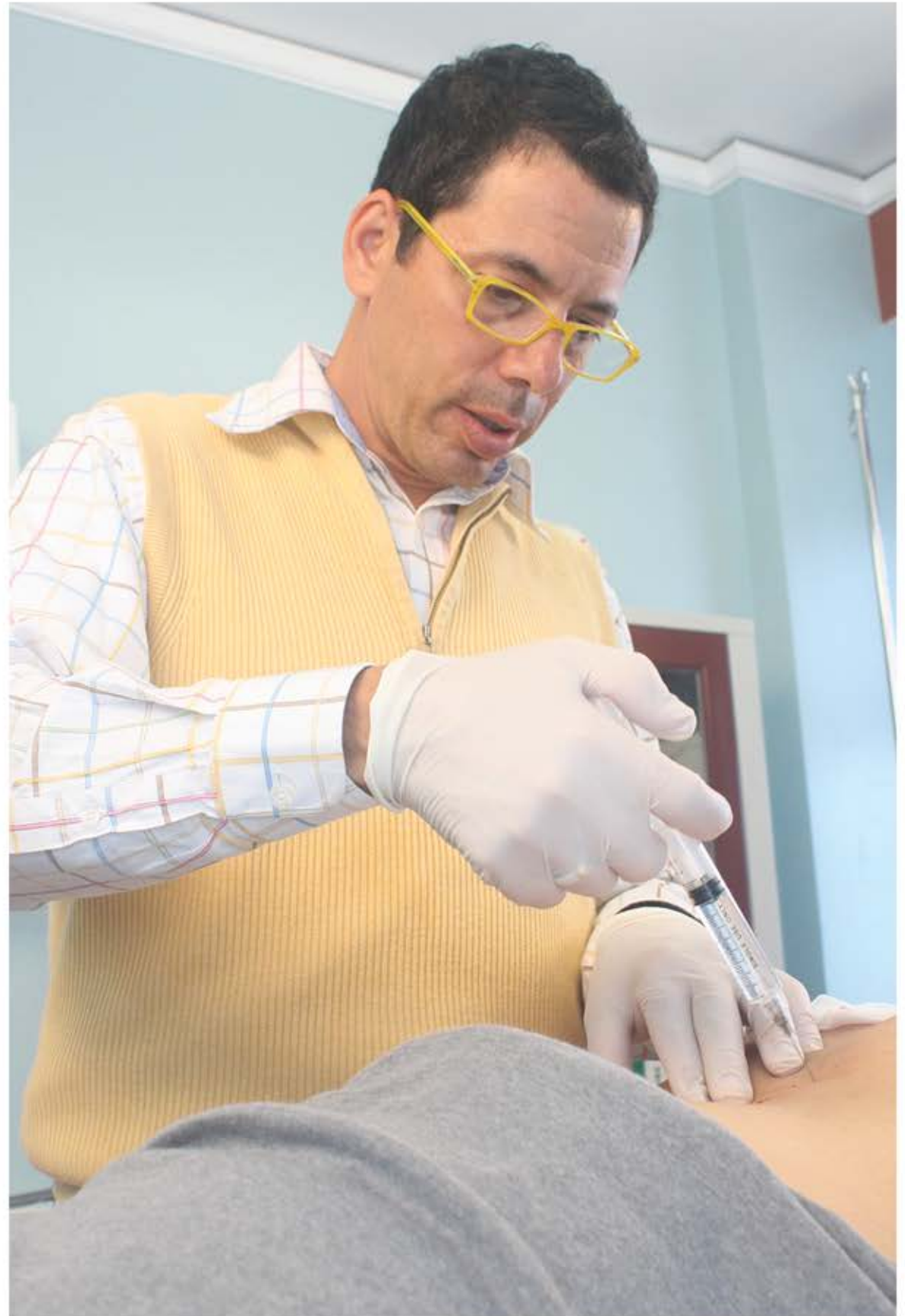
By Debra K. Brinker, RN

**L**ow 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.

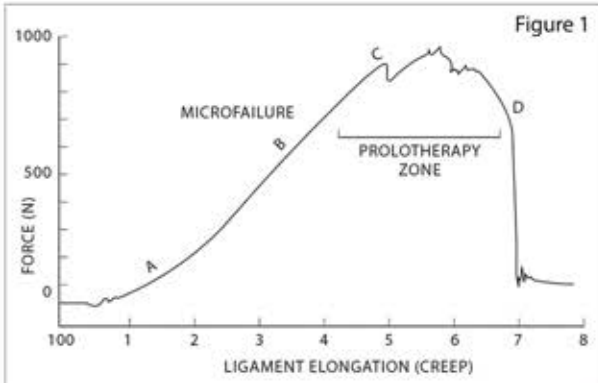
Many of the modalities used to treat low back pain only provide short term relief because they are typically used to treat the symptoms. Treatments, such as over-the-counter (OTC) pain medication, nonsteroidal anti-inflammatory drugs (NSAIDs), steroids, cortisone injections, and massage give some relief, 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.

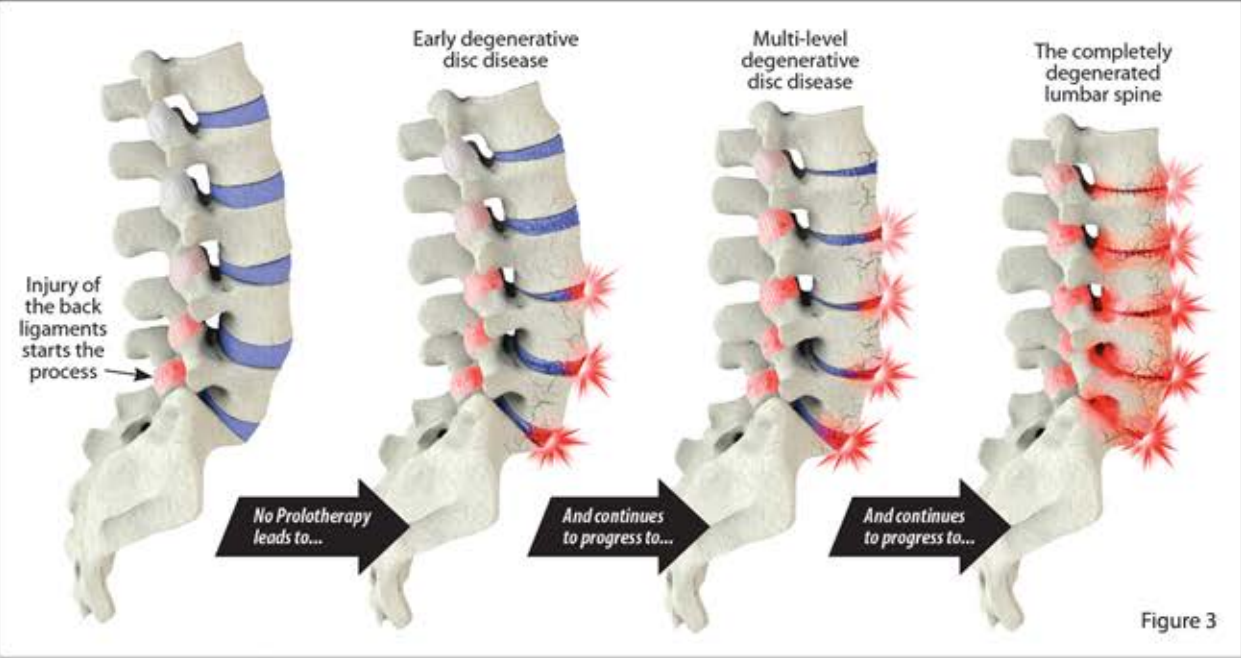


Figure 2

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

**W**ith 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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# HAPPY NEW YEAR?

## HOW ABOUT A HEALTHY NEW YEAR!

By Joseph Kandel, M.D.

**E**very 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](http://www.NeurologyOffice.com)

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# 10 Tips to Setting Goals for the New Year

By DeAnn Kamp, Realtor®

**L**ike many people at this time of year, you've probably been spending a good amount of time reflecting on this last year's progress and thinking about what you'd like to achieve in the coming year. Even if you've never been one for resolutions, it is generally a good idea to make a list of goals you want to achieve. Smart goals often include a blend of personal and professional hopes and ambitions and are helpful in clarifying your priorities for the coming year.

So, what makes for a good goal? What is the best way to approach opportunities for action and change? Using the ten tips below will help you set smart, life-changing goals.

## SET THE MOOD

### 1. Begin with a positive and confident frame of mind.

Put yourself in the right frame of mind before goal setting. Different people do this in different ways; do what is best for putting you in a good mood. Whether it be working out, going to your favorite work space, read an inspiring book and/or reviewing recent successful projects or wins, do something that will open your mind up to think creatively and confidently about the future and what is possible for you.

### 2. Remove feelings and make goals neutral.

Remove feelings, such as 'should' from your goals. You are less likely to succeed in achieving goals fueled by feelings of guilt or shame. By removing emotional reactions from any goal – personal or business – you can develop a game plan with a clear and open mind. By reframing goals, and stating what you want to accomplish instead of what you feel badly for not having done already, you are much likelier to achieve them.

*This information brought to you by:*



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### 3. Don't settle for small goals, set goals that inspire you.

To begin the sometimes daunting task of setting a smart goal, write a one-page, year-long vision statement containing very specific, inspiring goals for the top three to four areas of your life on which you want to focus on for the year. When writing your vision statement don't be afraid to choose things that make you smile, goals that are thrilling to think about achieving. This level of inspiration is necessary to stay on track to executing your vision over the course of the entire year.

### 4. Consider the many facets of your life.

While setting goals, it is recommended to consider your true priorities. "To Do" lists can get really long, and what makes it to the top doesn't always mean it matters the most. Take a few minutes to consider

your major goals in the most important parts of your life. Consider the 5 P's (Parenting, Partnership, Personal, Pay and Professional), and focus on your goals in each of these areas.

## PURSUE SUCCESS

### 5. Set guidelines not rules.

Don't create hard and fast rules when making an action plan to achieve your goals. All too often people abandon goals because they set a steadfast rule that is too tempting to break. Rules, by nature, are meant to be broken. A quickly broken rule and the subsequent fall out can be all the reason someone needs to say farewell to a goal. Instead, consider adopting guidelines or policies. For example, instead of saying "no frivolous purchases" soften it too "if I want to buy something frivolous, I will wait 48 hours. If I still want it after 48 hours, I can buy it."

### 6. Set a goal and then scale it back by 20%.

Once you identify a goal and set an action plan, it is time to assign a way to measure your success. Once you have determined metrics for measurement, scale it all back by 20%—particularly if you are an overachiever. For example, if your goal is to be



totally debt free by year-end and you have a considerable amount of debt, scale your goal back to "decrease debt by 80%". If an action step to your fitness goal is to go to the gym 5 times a week and you currently go zero times, readjust to a more realistic number like 2-3 times. People can get energized and excited at the beginning of the goal setting process only to lose steam when they feel it's more of a burden or an obligation. For most people, it is best to set the bar slightly lower, exceed your expectations and get addicted to the success smaller goals create. If your goals are too ambitious, not achieving your expectations can be dispiriting. There's always room to make goals bigger and broader, which can feel empowering.

**7. Make sure your goals "Line Up."**

Take a long look at your own internal value system to determine if your priorities line up properly. Are the goals you are working for in line with your deepest held values? Are you being who you want to be, doing what you always wanted to do? It is important to be honest while doing this exercise.



**8. Consider your resistance to change and your level of readiness.**

Evaluate your goals from the perspective of your readiness for change. Sometimes we write out and articulate goals based on what we feel we should do, and don't consider our real desire to make it happen. It's important to be realistic with yourself about where you are in wanting to really take necessary action to reach certain goals.

**9. Determine what you will STOP doing.**

If you're setting a goal that involves doing a new activity (saving more money, going to the gym,

learning something new) determine what you're going to STOP doing in order to make time for achieving your goal. For example, "I'm going to STOP impulse buying; I'm going to STOP browsing Facebook for so long during the day."

**10. If necessary, sweeten your reward.**

If you're trying to take on a new goal/activity that you find less-than-exciting but necessary, find a way to sweeten the deal as a way to convince yourself to do it. Having that little extra incentive is sometimes all it takes to get you over the hump and the energy or focus required to achieve your goal.

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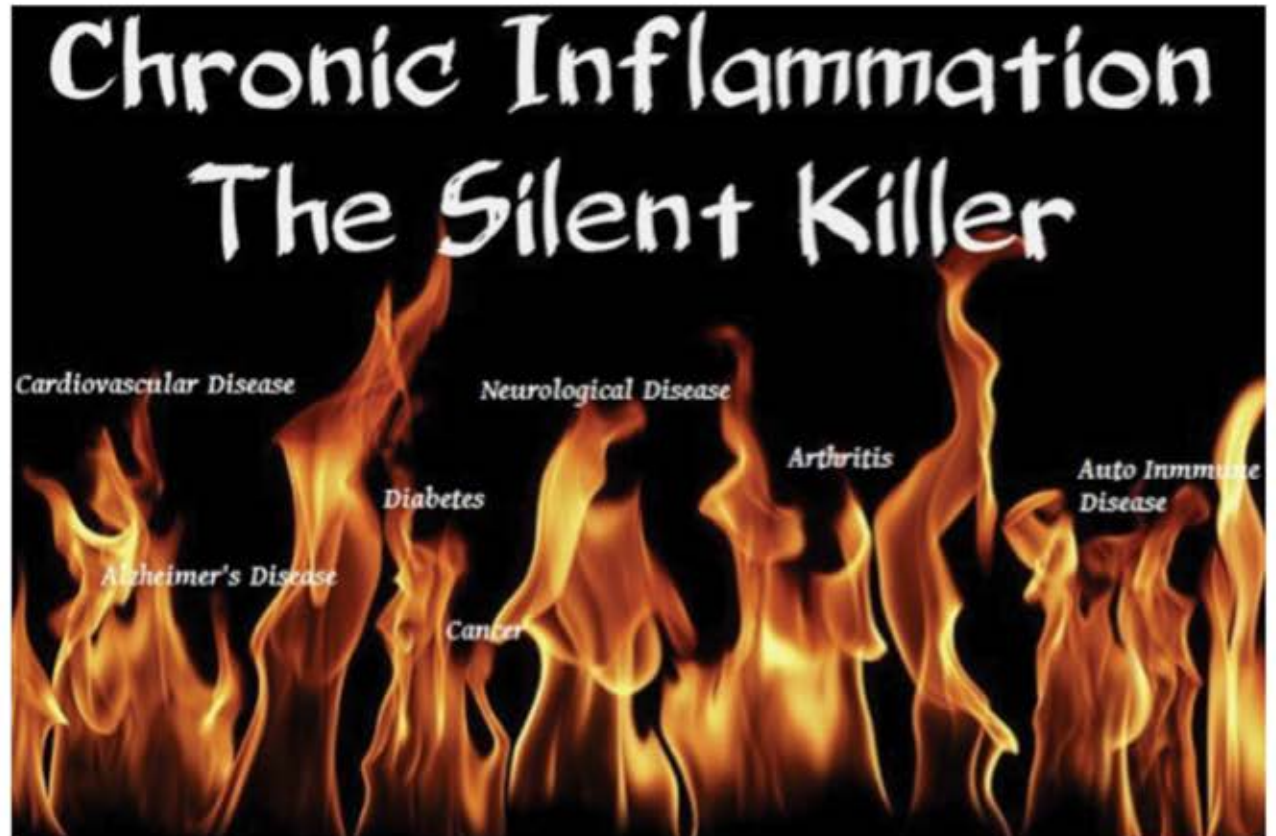
# ANTI-INFLAMMATORY THERAPIES AT YOLLO WELLNESS CENTER

By Yollo Wellness

**T**he 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.

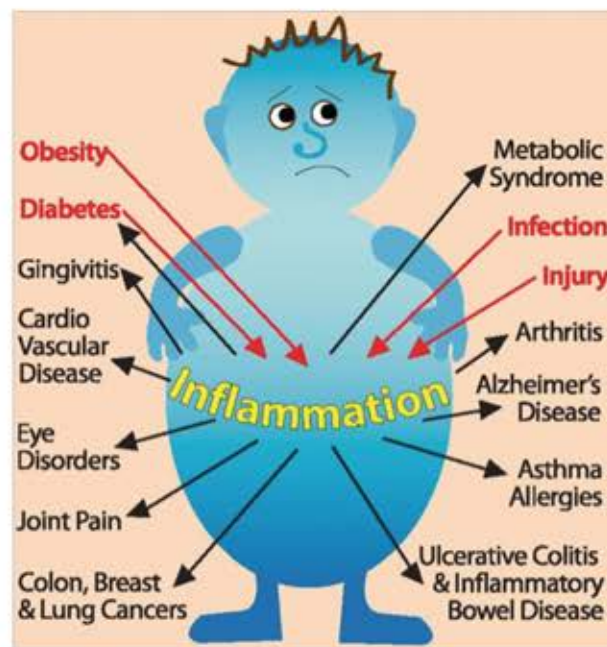
Did you ever hear "You are what you eat?" The new saying is "You are what you DON'T DIGEST." We are your certified nutritionists that can help you with your plan to healthy digestion. Life begins in the gut. If you are eating foods that your body can not break down, then you become a holding tank for 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!

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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)

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## YOLLO THERAPIES

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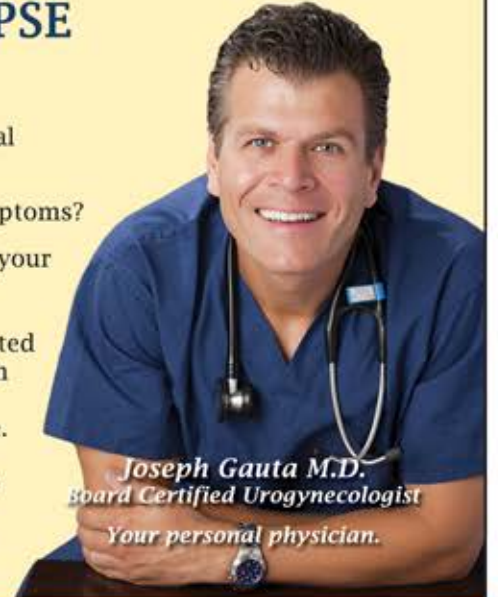
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# This Year, Get Back to Basics with **Life's Simple 7**

**N**ew Year's resolutions often come and go as quickly as the latest diet craze. For those interested in a more balanced approach to health and wellness in 2016, try following the American Heart Association's Life's Simple 7—easy to follow guidelines designed to improve not only your heart health, but also the quality of your life.

Crafted to ensure that anyone can make these changes, the seven steps are inexpensive and garner great results with even modest improvements in your daily actions:

**1. Manage Blood Pressure** – If you don't know what your BP is, please have it checked. This can be done at a doctor's office (an annual wellness exam is always a good idea), or you can use an automated machine at your local drug store. High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries and kidneys – this keeps you healthier longer.

**2. Control Cholesterol** – Diet, exercise and stress reduction can work wonders for lowering blood pressure and cholesterol. If you don't know what your HDL and LDL are (or even what these terms mean), it's time to visit your doctor and have your numbers checked. High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you give your arteries their best chance to remain clear of blockages.

**3. Reduce Blood Sugar** – Much of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. While some research suggests the body needs six to nine teaspoons of glucose each day, many of us are consuming far greater quantities than that, sometimes in one meal. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

**4. Get Active** – Recent news stories have stated “sitting is the new smoking,” meaning that a sedentary lifestyle of sitting at a desk all day, or in front of the TV all evening, is damaging our bodies and taking years off our lives. Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases both the length and quality of your life.

**5. Eat Better** – A healthy diet is one of our best weapons for fighting cardiovascular disease and maintaining overall health. A heart-healthy diet, high in vegetables, fruits, lean meats, healthy fats (avocado, nuts) and whole grains is also good for your entire body. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life!

**6. Lose Weight** – But, only if you need to do so. Be honest! When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. When you give yourself the gift of active living, you lower your blood pressure and help yourself feel better, too.

**7. Stop Smoking** – Yes, you've heard this before and you'll hear it again...and again. Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health. Not only does it help your heart, but also it improves overall health and wellbeing.

If you've had issues sticking with resolutions, diets or other health-related changes in the past, start small – one or two to get you going and step it up from there. Remember, progress not perfection!

If you're Internet savvy and would like some accountability, log onto Heart.org and search for My Life Check® to get the “My heart score” by taking this online assessment (offered in English and Spanish and available from the desktop or Smartphone).

This simple online tool provides you a Heart Health Score with recommendations to make improvements and track your progress. Come prepared, you'll need some basic health information to answer the questions – height, weight, blood pressure, etc.

Whether you join in these efforts online or stay off the grid, the goal of Life's Simple 7 is straightforward...to live a long, productive, healthy life.

For more information on Life's Simple 7 and My Life Check®, please visit Heart.org, or call 1 (800) 242.8721. To reach the Southwest Florida Office of the American Heart Association, please call 239.498.9288.

**Heart Walk**

**The Brooks/Bonita Bay Heart Walk**  
Sat., Feb. 6th, 8:30am  
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heart.org



# A New Year, A Brighter Smile!

By Dr. Ricardo S. Bocanegra, DDS

**A**re you dreaming of a brighter new year? It is certainly the most wonderful time of the year, with a fresh start, new goals and resolutions – but you don't want your smile to let you down.

Whether it is from drinking too much wine, tea or coffee – stains can build up on your teeth over time and cause your smile to lose its sparkle. With age, one of the first things to go is the freshness of your smile. At about thirty, tooth color begins to dim. There is a natural tendency for dentin- just beneath the enamel- to become yellow. If you smoke or over-indulge in coffee or cola, darkening can be dramatic.

No doubt about it, we're living longer and we're living better. All that effort put into diet and exercise is paying off. And while you're going through your paces on the treadmill, your smile might need a bit of improvement. But don't despair, our teeth whitening systems can deliver white teeth on demand and help you keep them white for life.

Tooth-whitening systems take many forms. There are gels and solutions accelerated by light; the laser is used to "jump-start" the whitening process. Results can be subtle and take time to achieve a bright white smile, or they can be immediate- with a whiter smile with just one treatment. Professional teeth whitening options vary with either a one-time in-office visit (approximately one to two hours) or the at-home whitening system, which is a two-week process.

There are also many over-the-counter types of home bleaching products, but they do not have the whitening concentration that the professional products contain. There are also many over-the-counter whitening toothpastes available. These toothpastes contain mild abrasives that take off surface stains. They do not change the overall color or internal shade of your teeth, like the professional products dental offices provide.

Before beginning any whitening process, allow a dentist to examine your teeth and gum tissue to make sure they are healthy. You should complete any restorative work (your cavities must be taken care of first) before you whiten your teeth. If you become a candidate for tooth bleaching or whitening, your dentist will suggest which whitening procedures will be most effective for you and give you your options. In any case, the result is visible in days and, with touch-ups, can last for years.

So as the holiday season and new year approach, why not consider giving a gift that enhances your or someone else's smile? A smile says a thousand words. ... Why not make it a beautiful bright smile?



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Ricardo S. Bocanegra, D.D.S.

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

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

Swan Centers performs thousands of aesthetic procedures annually for men and women that help their clients look younger, thinner, and more vibrant. All of the Swan services offered are custom tailored to each client's needs, wants, body type, skin type and age. They offer non-invasive, safe, pain-free treatments utilizing State of the Art Devices found exclusively only at their Centers. Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, body enhancement, body toning or targeted fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results that are somewhat affordable.

Swan Age Reversal Centers offers a wide array of head to treatment options and they specialize in innovative technologies like laser-light, electro-pulse, radio frequency, ultrasound cavitation, vacuum therapy, red light collagen therapy, ultrasonic anti-aging and other technologies. One of the most popular treatments offered is body contouring treatments that stimulates fat reduction that can be targeted to certain areas of the body. They also offer skin rejuvenation and anti-aging treatments that help restore the skins natural glow and helps slow the aging process. Swan Centers offer a wide range of customized services to help men and women between the ages 40 to 90, look younger, thinner and more vibrant. Many of the services that they offer can only be found only at Swan Age Reversal Centers because they use custom designed devices, proprietary serums and skin care products.

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science and impeccable service. They're driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that only a premium establishment can offer.

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

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



### Swan-Freeze™

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



### FAT REDUCTION

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

### Swan-Lipo™ & Swan-Cavi™

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



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

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



### SKIN RENEWAL for the FACE & NECK

#### Swan Lift™

Swan Lift™ is an Age Reversal treatment for the face and neck that is Swan Centers Signature treatment. Swan Centers uses a unique combination of Ultrasound, Light Therapy and Radio Frequency Technologies to help lift, tighten and restore the skin to a more youthful state.

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

#### Swan Light Therapy™

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



# LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

## SNORING VS. SLEEP APNEA

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

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

## SERIOUSNESS OF OSA

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



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

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

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

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

**Heart Disease/Stroke** - the low oxygen levels caused by obstructed sleep apnea stress the body, making 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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## With Orangetheory, this is your year! Become Part of the Elite 8% and Accomplish Your Fitness Resolution.

**N**ew Year's – a time to turn a new page, to change things that crept up on us throughout last year. We have all experienced making resolutions with good intentions of starting them this month. We have been motivated to succeed, to make ourselves better in some way. These resolutions could have been a plan from the previous year or something we've only decided within the last months. For many people, the first few weeks of the new year go great, likely with a hiccup here and there, but for the most part, we stick to our plan. Then comes February – that resolution we were determined to carry through begins to lose priority and slip to the wayside.

If your goal is to lose weight, it is recommended that you consistently work out 3-4 times a week. At Orangetheory your success is important to us! If you start to slack off, we will notice and provide you with the motivation and support you need to stay on track and ultimately meet your fitness goals!

According to a study in the Journal of Clinical Psychology, approximately half of us make a resolution during the New Year. The most popular of these are exercise and finances. Of the ones who begin with high expectations, only about 25% of us make it through the first couple weeks and research

research by the University of Scranton proved that only about 8% are successful in those resolution plans while the rest ultimately end up back where we began before the new year, and sometimes worse off. The stress and frustration of being unsuccessful during these times can lead to conditions such as depression, low self-esteem and many more unfavorable circumstances.

### So why are the success rates so low, and what can we do to become part of that 8% who see the brighter side of their resolution?

One of the biggest reasons why the failure rate is so high is the fact that when we set our goals, they are quickly thought out and are very likely to contain unrealistic expectations. This combination has been coined the "false hope syndrome" by psychology professor Peter Herman. However, not only are big goals and expectations a culprit, so are the ways we plan and our surroundings.

An experienced Orangetheory trainer will help you set realistic goals and ensure that you are working out with proper intensity and an adequate number of times to achieve your resolutions.



Every year, during this time in the fitness industry, I have seen promises made and not long after, they're broken. We set these expectations and goals through our own understanding – many times without seeking the advice of professionals who are able to help us set up attainable, adaptable goals. When we feel ill or have a symptom that doesn't go away, we don't write a prescription and take it to the drug store, hoping that it is the right one. We make a visit to the doctor, who is able to tell us what we are experiencing and provide guidance on how to solve our problem. Our health and wellness shouldn't be viewed any differently. Without proper knowledge, we are likely to set goals that are out of reach, or expect them to happen in a time that is nearly impossible.

Let's look at another example. When we are growing up, we first learn to roll over onto our stomachs, and then eventually learn to crawl. As we begin to develop coordination and motor control, we find things to help us stand. After about 9-12 months, we take our first – wobbly steps and it's not until an additional 3 to 8 weeks before we begin walking normally! This means for us to just develop a "normal walk" it can take as long as 14 to 17 months. The simplest things in life take time. Those additional pounds we see don't just show up overnight, so why should we expect them to disappear in a couple months? We must learn to crawl before walking and then, in time, we can learn to run.

At your complimentary first Orangetheory workout, a personal trainer will assess your physical ability and strength to determine your fitness level. This will ensure you begin working out at a level that will generate results and you don't injure yourself. At each workout you wear a heart monitor that will let you and the trainer know if you are pushing yourself at the optimal level and how many calories you burn each session. Popular Orangetheory

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classes consist of a one hour full body workout lead by an experienced trainer. Orangetheory workouts are designed so that your body continues to burn calories long after your one hour session.

How can we apply these principles to our new years resolutions? Everyone starts their journey with different perspectives, different experiences and at different points in their life. This makes our decisions and possible support challenging, because what may work for our best friends or significant others may not be the plan that works for us and can cause even more stress, confusion and frustration.

**Guidance and support from Orangetheory will make it possible for you to become part of the Elite 8% of people that actually achieve fitness resolutions!**

Orangetheory is here to make those decisions a little less stressful. The moment you walk into an Orangetheory studio for the first time, you will be greeted by staff who will be by your side through your journey. This staff will determine and recommend which classes and how often you should take them based on many different factors including: your exercise history, current exercise program, your current fitness goals, injuries you may have experienced, what activities you're doing outside of the studio and more. If you have someone close that you want to share your journey with and they're at a different point of their story than you are, you should still be able to go together, all the while you are each working to achieving your individual goals.

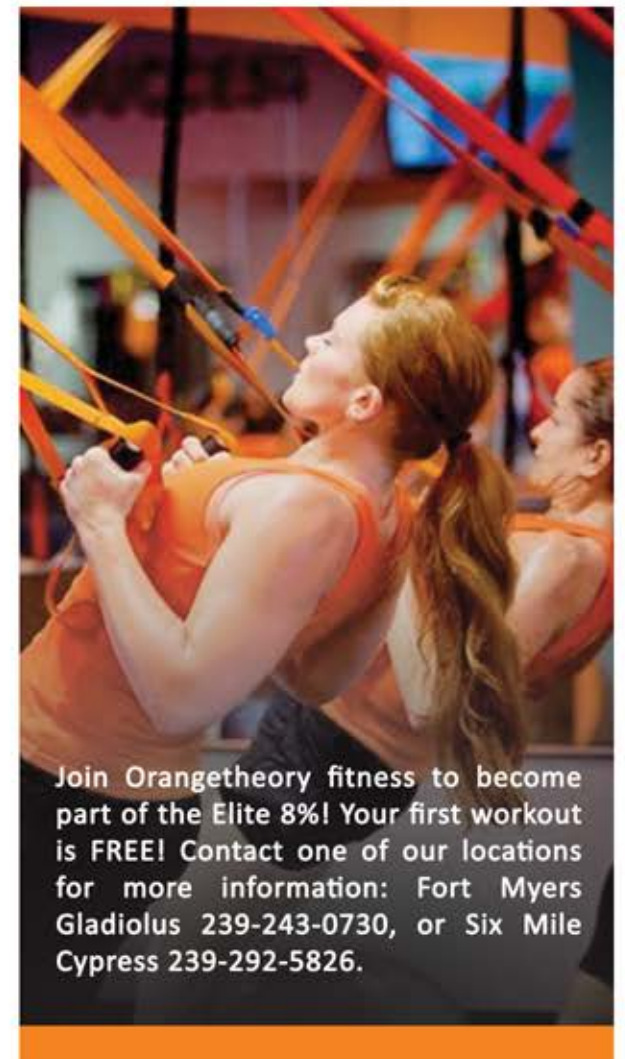
Orangetheory is perfect for everyone, no matter what level of fitness or what page of your story you are on. Each and every person who enters the

workout is encouraged to work out at your own level – elite athletes can frequently be found next to members with orthopedic issues – each one of them reaching their own perfect intensity by watching their heart rate.

Even better news? The staff at Orangetheory monitor your studio usage, and when they have not seen you come through the doors recently, you can expect to hear from them making sure that everything is alright, because they want you to be there, and they want you to stay on track! The Orangetheory staff is sincerely invested in you and your health and their goal is to work closely with you to develop a plan that offers you the best chance to succeed.

If you are ready to become part of the elite 8% that are successful at achieving their fitness resolutions you should include the following in your plan:

- Set your goal long before the new year. This gives you time to prepare mentally and physically. If you did not do that, don't worry, you can still achieve your goals with determination and a solid plan.
- Allow an experienced and trained Orangetheory staff member help you set reasonable, specific but adaptable goals.
- Set realistic expectations – learn to crawl before you walk.
- Realize that your journey is specific to YOU, not anyone else.
- Invite a friend to begin their own story!
- Continually re-evaluate yourself and your progress.
- Stay positive and enjoy the journey!



Join Orangetheory fitness to become part of the Elite 8%! Your first workout is FREE! Contact one of our locations for more information: Fort Myers Gladiolus 239-243-0730, or Six Mile Cypress 239-292-5826.

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# Frantz Cosmetic Center is Helping Patients Look their Best

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

**O**ne 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.



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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# Benefits of Massage and Stretching After a Workout

If you are like millions of Americans, you have resolved to be more active this year. Increasing the amount or intensity of physical activities can result in muscle stiffness and pain, or even injury. Injury and pain are often the reasons many people give up on their fitness resolutions by late January or early February. There are simple and relaxing things you can do to prevent this from happening.

Stretching is the unsung hero of exercise that keeps your muscles flexible, free from injury and feeling young. When combined with regular massage, these two activities support your body post-workout to release accumulated lactic acid that may cause muscle soreness and release any tension that is being held in your muscles.

## Injury and Pain Prevention

Stretching not only helps to prevent injury, but it also can help with pain management, according to the American Council on Exercise. Stretching prevents injury by increasing your muscle range of motion while the muscles are already warmed up through exercise. Once the muscles are warm they are less likely to tear or cause further injury. Both stretching and regular massage can help to reduce the severity of post-workout pain and delayed onset muscle soreness, that may show up 24 to 48 hours after an intense workout.



## Increased Flexibility

Stretching and massage can help increase flexibility in your muscles, fascia, connective tissue and joints. Maintaining supple and flexible muscles is important throughout life, but especially as your body ages. The muscle and joints have a tendency to grow stiff and inflexible with age, so implementing a regular stretching or yoga routine can really help to alleviate muscle stiffness. Some types of massage -- for example, Sports or Swedish massage -- actively manipulate the muscles to promote greater flexibility and suppleness.

If you're looking for a professional massage to help alleviate muscle soreness or promote flexibility post-workout, search for a Swedish or Sports massage therapist. Some styles of massage, such as Shiatsu or acupressure might be too gentle to see benefits on the muscular level since they work more with energy meridians. You won't always need to see a professional masseuse to reap the benefits of a post-workout massage though. From the comfort of home or the gym you can give yourself a self-massage by kneading and rubbing your major muscle groups -- either with massage oil or over your clothes.

## Sports Massage Therapy

Sports Massage can be characterized two ways: pre-activity and post-activity massage. Pre-activity uses dynamic stretching to allow the connective tissue to work through a full range of motion, thereby reducing possible injury. Post-activity massage focuses on recovering the muscle tissue that may have been impacted doing the particular sport. It involves long strokes to flush out the toxins that causes soreness in the muscles and joints.

Prevent muscle pain and injury by properly stretching and getting routine massages. With a solid plan, this can be the year you finally accomplish your fitness goals!



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# PERIPHERAL ARTERY DISEASE – POOR CIRCULATION

**P**eripheral artery disease is a condition in which blood flow is reduced due to narrowed arteries. There are many causes of the common condition. An injury or inflammation to the blood vessels can result in decreased blood flow to a particular area, however, clogged arteries, a complication of atherosclerosis, is the most common cause.

Essentially, atherosclerosis refers to the narrowing or hardening of arteries. This condition is characterized by the buildup of plaques or fatty deposits. When these deposits are present, it results in poor circulation because blood is not as easily able to pass through them. Peripheral artery disease occurs when atherosclerosis is present and affects other areas away from the heart, such as the arms and most commonly, the legs.

Atherosclerosis and the often accompanying peripheral artery disease are serious conditions, and can lead to complications like heart attacks and strokes. In addition, a vasospasm can occur. Wikipedia explains that a vasospasm is a constriction of blood vessels which can lead to necrosis or tissue death. Angina and myocardial infarctions are potential complications of a vasospasm, further indicating the seriousness of the condition.

Symptoms related to poor circulation in feet, legs, hands and other parts of the body can go unnoticed for long periods of time. And as such, conditions related to underlying health maladies that cause circulation problems are often referred to as silent killers. This is because unlike diseases that display prominent symptoms, those that are circulatory in nature are often infrequent, mild or easily dismissed due to other factors. One of the most identifiable symptoms of peripheral artery disease is pain or discomfort. Most often, this occurs in the legs, the typical point of exhibition for symptoms related to circulation problems. Symptoms are channeled here most frequently due to the simple force of gravity. Blood circulating in the lower extremities has an uphill battle to fight to make its way back to the heart. When function is impaired, this already difficult feat becomes even more challenging.

Other symptoms of peripheral artery disease include coldness or numbness, according to Mayo Clinic. Similarly to Raynaud's disease, a condition causing poor circulation in hands, a feeling of coldness can

be present in affected areas such as the calf. Additionally, tingling sensations can also be experienced. Typically, these come and go and are often more pronounced during periods of physical activity. And, the severity of these symptoms can vary too, with mild, moderate and severe cases of symptoms occurring intermittently.

Interestingly, there are other subtle signs of peripheral artery disease that should not be ignored either. Silvery or shiny skin on the lower extremities can be a sign of poor circulation in legs and is a symptom of the condition. And, slow growing toenails can also be a sign. A weak pulse or one that is difficult to feel in the legs or feet can also be a symptom of peripheral artery disease.

It is incredibly important that medical care be employed if symptoms of peripheral artery disease are present because they can be a sign of serious underlying health conditions. As some poor circulation causes can be serious or even life threatening health conditions, a medical evaluation is very important at the onset of symptoms. For instance, if atherosclerosis is at hand, medications may be required to treat the condition, which worsens with progression. In other instances, lifestyle changes can be essential to treating and managing the condition. Smoking can be a big contributing factor, and it should be ceased. Dietary changes targeted at reducing fat intake and lowering cholesterol is also important as well as adding in healthy doses of exercise. Mayo Clinic also points out that avoiding some over the counter cold medications, which can exacerbate symptoms, is useful in treating the condition as well. The first step in treating the disease is to consult with a health care provider to identify the source of the symptoms if applicable, to rule out any potential underlying conditions. From here, a suitable treatment plan that includes medical care, healthy lifestyle changes, as well as the avoidance of triggers that can worsen the condition can be employed to successfully manage peripheral artery disease.

If you are experiencing symptoms of poor circulation or have questions about other heart conditions call Cardiac Care Group at 239-574-8463 to schedule a consultation today!

This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

Dr. Scala has been selected a Castle Connolly 2015 "Top Doctor" by a physician-led team of researchers in the field of Cardiovascular Disease.



Dr. Louis J. Scala MD, FACC, FASA

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Dr. Louis J. Scala has been voted TOP DOCTOR four consecutive years by Castle Connolly. He received his medical degree at the State University of New York Health Science Center. He completed his Residency at Brown University, and Cardiology Fellowship at Cedars-Sinai Medical Center at UCLA. He is Board Certified in Internal Medicine and specializes in Cardiovascular Disease.

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# Resolve to Take Care of Your Brain

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

**E**very year most people set New Year resolutions. However, the majority of the population doesn't think about maintaining healthy hearing. Hearing loss is usually a very gradual progression, making it sometimes undetectable to the individual with the ailment. Usually a family member or close friend will notice the symptoms before the person with the impairment.

Symptoms include: asking for statements or directions to be repeated, trouble hearing over the phone, turning the T.V. or radio up louder than normal, have trouble understanding conversations in a car, difficulty with conversations in restaurants, not understanding in church, straining to hear and understand normal speech, avoiding certain situations or events, must have others raise their voice or move closer to help being understood, hear some people better than others, notice that other people seem to mumble, concentrate so much to listen that you tire from it, hear people speaking but have difficulty understanding the words, have been told that you speak loudly, miss the telephone ringing, even not hearing the turn indicators in an automobile.

These are some of the most common issues when a persons' hearing begins to decline. These may also indicate the onset of other medical conditions such as diabetes, heart disease, and stroke.

All of these maladies can cause significant hearing impairment.



Once a decline in hearing is detected, it is crucial to address the issue before it advances into a serious handicap.

John's Hopkins Medical University conducted studies on individuals who had hearing impairment, but did not seek any type of assistance with hearing instruments. The conclusions were astounding. People with even a mild hearing loss were twice as likely to develop some form of dementia and Alzheimer's disease. Those with severe hearing impairment were five times as likely to contract the aforementioned maladies. This occurs due to the auditory cortex of the brain (responsible for hearing and understanding speech) needs to be consistently stimulated "properly", to avoid loss of function and atrophy. We hear with our brain, not our ears!



A simple hearing evaluation will let you know if there are issues with your ability to hear and understand speech; and what options are available if necessary.

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*W.L. "Hunter" Huntley, III, HAS, BC-HIS, Board Certified, attended Edinboro State College, Edinboro, PA, on a football scholarship and finished his education at the University of FL before entering training with Beltone Electronics in Chicago, IL. He was a Beltone hearing instrument dispenser from 1986 to 1992. Hunter is also a 3 time brain cancer survivor in 1993 & 1994. He has operated Leonardi Hearing Center, Inc., since 1994. Voted one of the best Hearing Healthcare Professionals in the Nation by the Hearing Review magazine for 2 years in a row. He is also a Hearing Healthcare member in good standing with the International Hearing Society for over 20 years.*

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# 12 Ways to Keep Your Feet Comfortable & Healthy in 2016

With all that your feet go through, it's time to give them a little reward! Here are a few Podiatrist recommended products that will ensure your feet are healthy and comfortable in 2016 (one for each month of the year)!



## Comfort Shoes & Sandals

Most of these shoes/sandals use the very best leather and construction techniques (hand stitching, etc.) to provide amazing support and comfort. Many also use cork foot beds that mold to the foot and can also be removed for custom orthotics/arch support.

## Diabetic Footwear

These specialty shoes are designed with extra depth and width options to provide extra comfort and protection, and accommodate foot issues like hammer toes and bunions. They are intended to reduce the risk of skin breakdown in diabetics with co-existing foot disease. The inner linings of most diabetic shoes are also primarily seam free to reduce the risk of skin damage.

## Custom Orthotics (Arch Supports)

Custom inserts support the unique contours of each foot providing the perfect amount of support to correct foot posture, alignment, and gait. They also



offload areas of high pressure and support stressed ligaments and tendons. Custom arch supports are designed to prevent injury and help with healing, as well as improve balance and absorb shock.



## High Quality Running Shoes

Running shoes are not just for runners- they are used to address multiple foot issues for walkers, those standing long periods, etc. Many people still do not realize--or underestimate--the importance of investing in a good pair of running shoes. Quality running shoes offer a higher level of cushioning, better support, less weight, cooler materials, and various designs and widths for better fitting options. Quality shoes should also take into account your pronation (the degree your foot rotates toward the inside when you run or walk), as well as any foot problems you may have. You will receive various foot scans and balance / gait assessments at Foot Solutions Estero. This way, our fitting specialists can recommend the specific type of running or walking shoe that is best suited for you.

## Soothing Relief

The Foot Rubz™ Massage Ball helps to relieve plantar fasciitis pain in feet and massages away trouble spots on hands. It stimulates acupressure points in your feet, hands and body, helping to relieve soreness and pain.



## Spa Quality Foot Care

Soapy Soles™ will pamper your feet and give you a spa-quality foot care experience at home!



*Your feet work hard for you every day of the year. Did you know?...*

- By the age of 50, most Americans will have completed 75,000 miles on their feet.
- 75% of Americans will experience some type of foot problem over the course of their lifetime.
- Foot and ankle problems usually develop over time by using poor footwear, stress or overuse or from structural changes in the foot.
- Foot problems can lead to knee, hip and lower back problems.
- Women are more vulnerable to foot problems and typically experience four times as many problems as men.
- Morton's neuroma, bunions, heel pain, plantar fasciitis and ankle sprain are some of the most common foot problems (which can often be treated through proper footwear)!
- Runner's feet are more vulnerable to injury than any other part of their body.
- Having diabetes greatly increases your risk of developing foot problems due to neuropathy and poor circulation. (And is the leading cause of non-traumatic lower-limb amputations in the U.S.)
- Arthritis affects nearly 40 million Americans each year. When it involves feet, early diagnosis and proper treatment are essential in managing this condition and loss of mobility.

This foot-shaped pad suctions to a tub or shower floor and provides a soft bristled surface for cleaning and invigorating feet. Scrubs your feet clean in the shower without bending over.



**Comfort and Protection**

Foot Zen® Socks promote foot health and comfort. They provide a soft protective layer between your skin and footwear, while keeping your feet cool and dry. These socks are buttery soft and reduce sheer friction to protect against blisters.



"Those special socks are amazing! I told my children that if they were looking for something to buy me for Christmas, those socks would be a welcome gift!!!" MM, Seminole.



**Straighten and Strengthen**

Correct Toes® Toe Spacers help alleviate and prevent common foot problems including bunions, hammertoes and plantar fasciitis:

- Align your toes to their true anatomical position
- Strengthen your feet during physical activities
- Restore your natural foot shape and function

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**Better Slippers**

Pamper your feet indoors with Vionic® Slippers. They feature Vionic's award-winning built-in orthotic footbed

that helps reduce foot fatigue and provides much-needed support around the home.

**Never Tie Laces Again**

Curly laces were originally developed for Tri-athletes. But, then it was discovered that people suffering from arthritis, spinal injury, back trouble and other conditions can really benefit from Curly Laces as well! They are also great for kids who keep kicking their shoes off or have trouble tying shoes. These coiled elastic laces turn regular tie shoes into slip-on shoes.



**Cool, Relieve, and Relax**

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arch to allow for a comfortable fit while providing constant contact at the point where relief is needed.

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



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

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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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# IMPACT OF SENIOR CAREGIVING ON THE WORKPLACE

**A**re you an employer or employee? This article is for you! Chances are you're also a family caregiver for elderly relatives as well. Currently, six in ten caregivers are employed and that number is increasing. Two thirds of those caregivers have had to adjust their work life, from going in late to giving up work entirely. Twenty percent have had to take a leave of absence. Seventy three percent of caregivers have had to work while providing care. You may be wondering why any of this should matter to you. Employees, if you are a caregiver and have to leave the work force to take care of a relative, you will lose an average of \$310,000 in lost wages and benefits. Can you afford that loss? The lost wages and health insurance are fairly obvious. But, you are also losing your employer's contribution to Social Security which will impact you in your later years. Employers, your cost due to absenteeism, turnover, and decreased productivity is estimated to be \$2,400 per employee, per year. Can your company afford this? Can any company afford this? This isn't something you're hearing in the news or from your elected officials. But, you are being impacted. What can you do to reverse this problem? Employers, you have a number of options at least one of which is at no cost to you. 1. Implement an Employee Assistance Program (EAP). 2. Contract with a patient advocate to be "on call" for your employees. 3. Allow a patient advocate to provide a lunch and learn seminar to your employees. Employees, what can you do? 1. Find out if your employer offers an EAP program. 2. If they don't, speak with your human resources department about getting one. 3. Reach out to a patient advocate.

What can these services do? An employee assistance program can help with stress related issues and provide other resources. A patient advocate can be a "rent a daughter." They can accompany your relative to doctors' appointments and let you know what is going on. They can also provide hospital bedside services, if necessary. During lunch and learns, they can also provide information on how to make physician visits more productive.

Employers, providing these services can reduce your expenses due to employee turnover, absenteeism and reduced productivity. But, they can also give your company the reputation of being employee and family friendly which can help you attract quality employees.

Employees, not only can these services reduce your stress, they can also affect your income.

Peace of Mind Patient Advocacy is committed to helping its clients navigate health care and is committed to continuing education. This information comes courtesy of a session at the Professional Patient Advocate Institute, a conference recently held in Las Vegas, Nevada. We are here to help employers and employees who need help navigating healthcare. (And anyone else who needs assistance.) Prices for our services vary based on the situation. Please contact us at 239-322-9153 or [peaceofmindpatientadvocacy@gmail.com](mailto:peaceofmindpatientadvocacy@gmail.com). Let's talk!

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



Lora McCann, Owner

## Peace of Mind Patient Advocacy

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# WHAT IS THE DIFFERENCE BETWEEN HOLISTIC AND CONVENTIONAL MEDICINE

Affectionately Pets

**L**et's talk about the difference between so called "holistic" based medicine and our modern conventional method of medical practice.

Drugs and surgery are necessary in many cases especially in trauma, overwhelming infection or as a last resort when all else has failed. Praise modern medicine.

Why ever bother with alternatives ? It boils down to what kind of health do you want.

The conventional doctor gives medication to eliminate discomfort fast as possible and allow the patient to continue their life choices as much as possible without much regard to consequences.

The holistic minded doctor or patient asks "why is this symptom here?" and "what is the body saying?" and tries to get a healing rather than simply making the symptoms go away as fast as possible without any support for the body. Most doctors today do not even give patients any nutritional support. I see cookies in the cancer doctor's waiting rooms !! This feeds cancer and all doctors know this, they just say it does not matter.

The holistic minded person acknowledges that indeed what you put in and on your body does matter. Movement and exercise do matter.

Many folks think that if you are "holistic" this means you never use modern drugs or surgery. Holistic choices are not so much based on whether or not you are going to use a drug, an herb, chiropractic, acupuncture etc., but more on the meaning of the words "health" or "wellness."

There is no really good definition of health in our medical paradigm currently. It is commonly considered that you are healthy if you are free of symptoms. By that definition we have people and pets walking about on various medications that allow them to function and feel less discomfort in their daily lives and the people and their doctors consider them to be healthy.



Modern medicine has focused on the removal of symptoms that are annoying without making any real changes in the patient's behaviors. The idea is you take a pill to make your discomfort lessen and then continue right along in what you were doing ,never mind that the behavior could be what gave you the discomfort in the first place.

The extreme result of that working definition of health is the corpse because that body is the ultimate in being free of symptoms.

The holistic paradigm seeks to aid the body to heal itself. The definition of health includes wellness often described as being able to function optimally, free of discomfort, free of medications. The reason the word "wholistic" was originally coined was to indicate that the patient's entire whole being is taken in to account when prescribing.

This means their daily diet and other behaviors, lifestyle, spiritual and emotional and mental attitudes are taken in to account, hence "wholistic" or "holistic." The underlying premise is that these bodies are intrinsically able to maintain wellness and function when given the needed tools to do so.



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I will give you an example. A pet scratches till it bleeds. They get taken to a vet who is more holistically inclined and the pet's lifestyle is assessed, everything that goes in its mouth or on its body is evaluated, what is used in the home can be discussed, number of vaccines and medications on board, and more. It will be recommended that vaccines are lessened or eliminated. Many factors will be taken in to account before a treatment plan is undertaken. Drugs will be avoided if at all possible and supplements to aid the being to heal will be given. This is all individually specific for the particular patient.

There is no standard treatment given to every pet who exhibits the symptom of scratching till it bleeds even if the cause is the same, such as fleas or a pollen allergy.

Another pet with the same complaint gets taken for conventional care. The pet will continue getting vaccinated, perhaps continue the same diet or get another commercial diet. It will receive standard medications of one sort or another but no specific nutritional or herbal support for that particular patient.

The end result is that one pet is on a road to hopefully recover from the underlying cause of the symptom and the other (depending on the cause) may be on medications for life with no hope of becoming well or healthy in the holistic sense of the word. But he may be free of symptoms.

The trouble is that when we take a pill to stop a symptom, that pill can cause a negative effect (so called "side effect") and the diseased state of the body remains merely suppressed by the pill.

That is why I observe so many humans who take a drug for this and another drug for that as the body continues to struggle to function without getting what it truly needs. For long comfortable life we need to learn what our bodies need and then provide it.

It does require taking personal responsibility for our health as the first step.



# Home Cleaning Tips for Pet Owners

**H**aving pets increases the amount of elbow grease and housework you have to do. It's a simple fact that most pet lovers gladly accept. But it's not always sunshine and rainbows.

Having pets can damage your home and reek havoc (pun intended) on its smell. Having an icky smelling home can be embarrassing if Fido and Fluffy like to relieve themselves on the living room carpet.

To prevent fabric and carpet damage, and help yummify the smell of your home, below are some of our favorite pet cleaning tips.



To eliminate the source of pet odors in your carpet, wash the area with a disinfectant cleaning solution; rinse; and dry. Despite advertising claims to the contrary, aerosol fresheners don't eliminate odors; they simply mask the unpleasant odor with a better one.

An odor disposer multi-action enzyme formula like Nature's Miracle or Bissell carpet cleaning products will completely eliminate all odors and stains caused by pet accidents on water-safe surfaces.

If all else fails, consult with a professional carpet cleaner.

## What's the Most Effective Way to Remove Pet Stains?

Removing pet stains is a necessity for anyone with a beloved animal in their home. They bring us company and joy, but they can also bring us special presents. Cleaning up after your pet doesn't have to be a chore that drives you apart! Molly Maid's residential cleaning experts have some handy tips for removing pet stains and keeping a clean home:

- To remove pet stains, try prevention. A soil retardant applied before the accident can be a big help.
- To remove a tough stain, put undiluted soda water directly on the stain and then blot the area with a dry white towel. Repeat until the majority of moisture is absorbed. Then, place a fresh white towel on the area and place a heavy object over the towel to soak up the remaining moisture.
- Eliminate the odor by eliminating the source. Aerosol fresheners don't eliminate odors—they simply mask it. Remove the source of the odor by washing the area with a disinfectant cleaning solution, rinsing, and drying.
- If you can't remove the stain and odor with these methods, contact a professional. Your local Molly Maid will be happy to consult with you on how best to remove the offender.



### Other Residential Pet Cleaning Tips

Pets leave all sorts of hair and debris around the house. Cleaning up after them is easy if you stay on top of the situation. Use a vacuum, with a furniture attachment, to make regular sweeps over the home and pick up hair.

If you are in a hurry, you can also use a rubber glove or a dampened cloth to pick up pet hair. The hair will cling to either of these.

### Contact Molly Maid

For cleaning services you can trust, request a free estimate or call Molly Maid - Ft. Myers at 239-418-0052.



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# PROVEN KNEE ARTHRITIS TREATMENT

By Physicians Rehabilitation

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

Pick up the phone and call us today at (239) 768-6396 to schedule your NO-COST, NO-OBLIGATION, consultation at one of our three convenient locations (Ft Myers; Naples; Port Charlotte). The demand for this procedure has been almost overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are redirected to voice mail, please leave a message and call back. Living pain free and getting your life back is well worth the phone call. So keep calling -help is only a phone call away....



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# DECREASING BALANCE INCREASES RISK OF FALLS IN THE BATHROOM

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

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

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

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



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.

won't have to give up your independence. Curtis Allen Designs builds custom-designed bathrooms that feature a variety of accommodations and accessibility with a fashionable flair that will reflect your tastes and personality.

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# 7 WAYS TO USE YOUR LIVING TRUST PROPERLY ... AN ULTIMATE GUIDE

By Steven J. Gibbs, Esq.

**P**erhaps in years past, you took the commendable step to have a Revocable Living Trust prepared for yourself and your loved ones. Would you believe that of the thousands of people each year who take this step, a very small percentage even know how to use it or take the steps necessary to do so? If you fall into this category, as part of your New Year's Resolution you can take action!

**The simple fact is...merely having a revocable living trust will offer you and your family "zero" benefits if you do not use it correctly. The following are 7 Key Ways To Use Revocable Living Trusts.**

First, a Revocable Living Trust must be "Funded" or it is useless. A Revocable Living Trust is a contract between the person who sets up the Trust (the "Settlor" or "Grantor"), and the Beneficiaries. The Settlor also appoints a Trustee to oversee the administration of the Trust Assets on behalf of the Beneficiaries. The Settlor often is the initial Trustee and the initial Beneficiary.

The Trustee is responsible for the Trust Assets, so the next question is whether the Trust has any assets AND how does it receive assets?

*A Trust without assets is an empty shell.*

To "Fund" a Revocable Living Trust means to title assets in the name of the Trust. For example, if the Settlor owns real property, it should be transferred to the Trust by a deed. If this is not accomplished, the intent of the Settlor to avoid probate will backfire. Similarly, for bank accounts and other "non-qualified" accounts such as CDs, stocks or bonds, the name of the Trust may be placed in title the account. For qualified accounts such as IRAs and Annuities, the beneficiary or "contingent beneficiary" may be designated as the Trust.

**Second, a Revocable Living Trust can offer asset protection for Beneficiaries.**

It is common practice to direct the Trustee to immediately distribute the assets to the beneficiaries upon the Settlor's death. However, is an immediate distribution of the assets is the best use of a Trust? As I've often mentioned, we live in a litigious society and a properly drafted Revocable Living Trust can provide protection from creditors for the Settlor's beneficiaries.



**Third, a Revocable Living Trust with "Special Needs" provisions can allow disabled beneficiaries maintain eligibility for public benefits.**

Sometimes, a beneficiary who receives public disability benefits can be penalized if he receives a lump sum. Well drafted "special needs trust" provisions can serve as a supplemental fund and allow the beneficiary to continue receiving public benefits for disability. Currently, "Special Needs Trusts" can only be established by a parent, grandparent legal guardian or a Court. So, a Revocable Trust established by a parent for an adult child or grandchild can accomplish this protection for the beneficiary on disability.

**Fourth, a Revocable Living Trust can provide key estate planning protection for those in second marriages with children from prior marriages.**

With today's divorce rates and increased life expectancy, there is often a need to plan for both a current spouse and children from prior marriages. A properly drafted Revocable Living Trust can provide that the surviving spouse will be contractually obligated to comply with the Settlor's wishes, and the surviving spouse may be prohibited from changing the Trust and disinherit the children of the first marriage. Another possibility to create an "Elective Share Trust" to limit the spouse's share of the estate.



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### Fifth, a Revocable Living Trust can provide options for allowing an ill spouse to qualify for Medicaid benefits.

Under the Federal Medicaid Rules, spouses may (generally) transfer assets to one another (within certain parameters) in order to allow an ill spouse to qualify for Medicaid. A problem can occur when the well spouse unexpectedly passes away first and the ill spouse is the sole heir to the marital estate assets. By using "elective share" provisions, discussed above, as well as other "Medicaid friendly" provisions allowing the Trustee to manage the estate, an ill spouse can often remain qualified for Medicaid or at least suffer a lesser penalty.

### Sixth, a Revocable Living Trust can provide estate tax planning strategies that can offer substantial tax savings.

Properly drafted Revocable Living Trusts can offer key tools needed to maximize the roughly 11 million in Federal Estate Tax exemptions available to a married couple. For single people, a Revocable Trust may be used to manage the Generation Skipping Tax (GST) and may also be used for tax strategies such as Charitable Lead Trusts and Charitable Remainder Trusts.

### Seventh, a Revocable Living Trust can offer key advantages for Business Succession Planning.

Most small business owners in the United States have no plan to direct how the company will continue to operate if the "owner" dies or becomes disabled. A Revocable Living Trust can direct the Successor Trustee how to continue operating the business. The Trust should include the necessary provisions to allow the Trustee to Manage small business interests, Subchapter "S" corporations and investment entities such as LLCs and Limited Partnerships.

So, there you have it...the Ultimate Guide to Using Your Revocable Living Trust. As always, you can call or e-mail me any questions.

Until next time.

Steven J. Gibbs, Esq.



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

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

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

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

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

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**L**iquid 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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## 4 most common joint problems in horses

Learn More



The HA and collagen of Liquid BioCell™ can help nourish and hydrate the dermal layers of your horse's skin and aid in keratin production for a healthy, shiny coat.

Vitreous humor, the fluid in the eye, can break down due to aging or eye injury. HA is often used for possible restoration. Liquid BioCell™ elevates HA levels in the bloodstream after intake, potentially aiding in the health of eyes. Gums are integral to healthy teeth. Liquid BioCell's unique form of collagen and HA can help support the gingival fibers that attach the teeth.



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

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

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

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

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

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



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

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

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

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

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

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

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

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





## Life Is Better Without Back Pain.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Simply Spine  
Centers

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



# Do You or Someone You Love Suffer With Arthritis?

**A**ccording to the Centers for Disease Control and Prevention, nearly 47 million people in the US have some form of arthritis or chronic joint symptoms. There are over 100 different forms of arthritis.

Arthritis and other rheumatic diseases are often mistakenly associated with old age, because osteoarthritis (the most common form of arthritis) occurs more often among elderly persons. However, arthritis and other rheumatic diseases affect people of all ages. In fact, the number of arthritis cases in children is on the rise.

The word “arthritis” means “joint inflammation.” Inflammation is one of the body’s natural reactions to disease or injury, and includes swelling, pain, and stiffness. Inflammation that lasts for a very long time or recurs, as in arthritis, can lead to tissue damage.

A joint is where two or more bones come together, such as the hip or knee. The bones of a joint are covered with a smooth, spongy material called cartilage, which cushions the bones and allows the joint to move without pain. The joint is lined by a thin film of tissue called the synovium. The synovium’s lining produces a slippery fluid called synovial fluid that nourishes the joint and helps reduce friction. Strong bands of tissue, called ligaments, connect the bones and help keep the joint stable. Muscles and tendons also support the joints and enable you to move.

With arthritis, an area in or around a joint becomes inflamed, causing pain, stiffness and, sometimes, difficulty moving. Some types of arthritis also affect other parts of the body, such as the skin and internal organs.

## What Causes Arthritis?

There are many different types of arthritis and the cause of most types is not known. It’s likely that there are many different causes. Researchers are examining the role of genetics (heredity) and lifestyle behaviors in the development of arthritis.



Although the exact cause of arthritis may not be known, there are several risk factors for arthritis. (A risk factor is a trait or behavior that increases a person’s chance of developing a disease or predisposes a person to a certain condition.) Risk factors for arthritis include:

**Age.** The risk of developing arthritis, especially osteoarthritis, increases with age.

**Gender.** In general, arthritis occurs more frequently in women than in men.

**Obesity.** Being overweight puts extra stress on weight-bearing joints, increasing wear and tear, and increasing the risk of arthritis, especially osteoarthritis.

**Work factors.** Some jobs that require repetitive movements or heavy lifting can stress the joints and/or cause an injury, which can lead to arthritis, particularly osteoarthritis.

Our medical staff at Urgent Care Center of SWFL is dedicated to provide you the best care for your medical needs. For more information about Arthritis, please contact the center nearest you, Estero at 239-333-2273 or Cape Coral at 239-333-3333.

Walk-ins are welcome at each location and the check-in express service puts you in control by allowing you to check in using your phone and get a text notification when a room is ready for you.

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

Estero Medical Center  
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Estero, FL 33928  
239-333-2273

Cay West Pavilion  
1708 Cape Coral Pwky. W., Suite 2  
Cape Coral, FL 33914  
239-333-3333



**Check-in Express – hold your place in line without sitting in the waiting room.**

This service is free for patients to use. Simply text the code for the center you wish to visit (2273 for Estero and 3333 for Cape Coral) to 239-330-2654, answer a few short questions via SMS text, and we will automatically confirm that we are holding your place in line.





# Irritable Bowel Syndrome

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

**I**rritable bowel syndrome, IBS, is a symptom based gastrointestinal disorder, which is often challenging for patients and their health care providers. It is characterized by abdominal discomfort, cramping, bloating, and a change of bowel habits. Irritable bowel syndrome affects 10 to 20% of the population and it affects nearly twice as many women than men. Symptoms often begin in early adulthood and have to occur for at least three times a month within 12 weeks during the course of the year to be diagnosed.

Changes in bowel habits is an indicator of IBS with classifications of constipation-predominant, diarrhea-predominant, or an alternating stool pattern. Often an individual who has irritable bowel syndrome will have the sensation of an incomplete evacuation following a bowel movement and may possibly have relief of their symptoms once a bowel movement occurs. Irritable bowel syndrome can cause chronic pain and a significant reduction in the quality of life in its sufferers.

With a significant effect on the quality of life, studies have shown that IBS patients have a propensity for depression. The overall economic impact of irritable bowel syndrome is also very substantial. Research has shown a loss of work productivity in people who suffer from irritable bowel syndrome to be equated to 13.8 hours lost per 40 hour work week.

## PATHOLOGY

Irritable bowel syndrome is a functional bowel disorder, without an organic cause. A functional bowel disorder means that the gastrointestinal organs are structurally intact, but the nerves and muscles that control the organs of the gastrointestinal tract are not working properly. The signals between the brain and the intestines are altered. It is often triggered by a stressful life event, or following a gastrointestinal infection. Theories regarding the possible cause include alterations in colonic transit time, which is a result of the interaction of the nerves which supply the gastrointestinal tract and the brain.



## DIAGNOSIS

The diagnosis of irritable bowel syndrome can usually be determined on symptoms alone. However, the presence of red flag symptoms makes the diagnosis less clear. Red flag symptoms include the following: weight loss, blood in the stool, pain that awakens one from sleep, age of onset greater than 50, abnormal physical exam, or signs of infection.

Once a diagnosis of irritable bowel syndrome is suspected, a health care provider will perform a medical history and a physical exam. During the medical history, questions regarding symptoms, stressful life events with a correlation of symptoms, dietary history, and a family history of gastrointestinal illness will be asked. It is important that medical illnesses that have similar symptoms are excluded. There are several diseases that may mimic irritable bowel syndrome; they include malabsorption from fructose or lactose, celiac disease, inflammatory bowel disease and bowel acid diarrhea. Blood tests and imaging studies may be ordered before a diagnosis is made. In patients over age 50, a colonoscopy is recommended.

## TREATMENT

The treatment of irritable bowel syndrome (IBS) includes avoiding foods that are potential triggers. Caffeine, alcohol, and carbohydrates which are poorly absorbed in the small intestine, such as fructose and carbonated beverages, may trigger spasm in the muscles that affect the colon. Fiber supplementation has been shown to relieve the symptoms in patients who have diarrhea-predominant IBS.

It is important for patients who suffer with irritable bowel syndrome to develop coping mechanisms for reducing stress. Exercising 30 minutes a day, five times a week and relaxation techniques such as meditation have been shown to give symptom reduction. Lifestyle changes such as improved sleep habits may reduce anxiety leading to a reduction in gastrointestinal symptoms. Medications which reduce colon muscle spasms may reduce the pain and cramping resulting from irritable bowel syndrome. Some studies have shown that certain probiotics may improve symptoms as well.

Irritable bowel syndrome may be a lifelong condition. For some people, the symptoms can be disabling and have a huge social and economical impact. However, with proper treatment, symptoms can improve or be relieved. It is also important to remember that there is no correlation between IBS and cancer. If you or your loved ones have symptoms suggestive of irritable bowel syndrome, contact your health care provider.

*Be well and stay well.*



**JAMES J. O'MAILIA, M.D., P.A.**  
*Specializing in Gastroenterology*

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# Health Insurance – Medicare Annual Disenrollment Period & Health Care Reform (Obama Care) 2016 Open Enrollment is going on now.

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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](http://www.Medicare.gov) working with an Insurance Broker that represents multiple insurance companies can help you analyze which plan might be best for you. Everyone is different, you should rely on a professional not just a friend or a neighbors recommendation.



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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**... 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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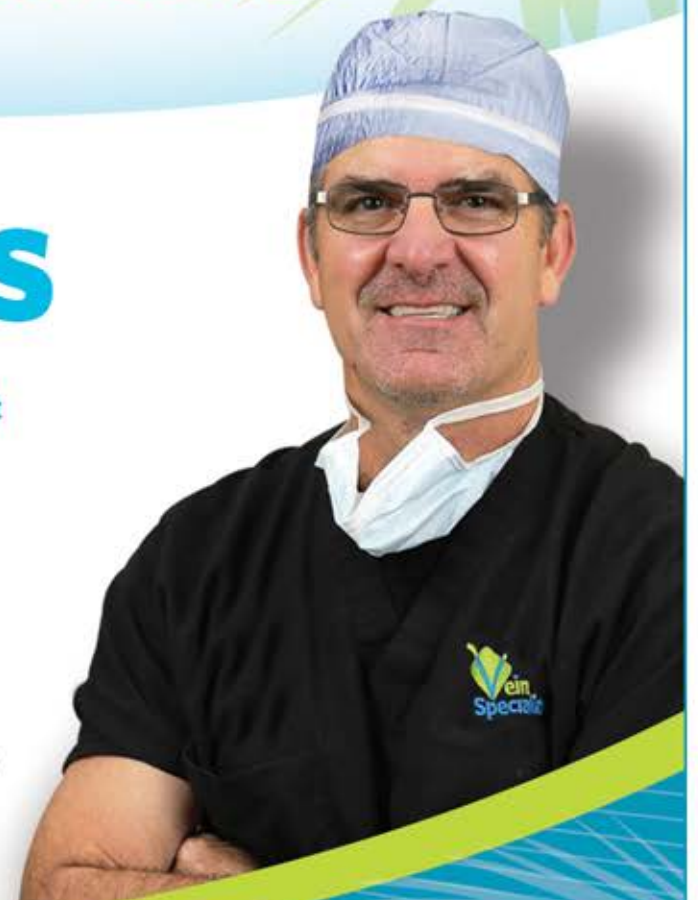
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