

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

Health & Wellness[®] MAGAZINE

February 2016

Collier Edition - Monthly

www.swfhealthandwellness.com

FREE



In Search of a
HEART-SMART Diet

Help Reduce Your
Risk of Age Related
MEMORY LOSS

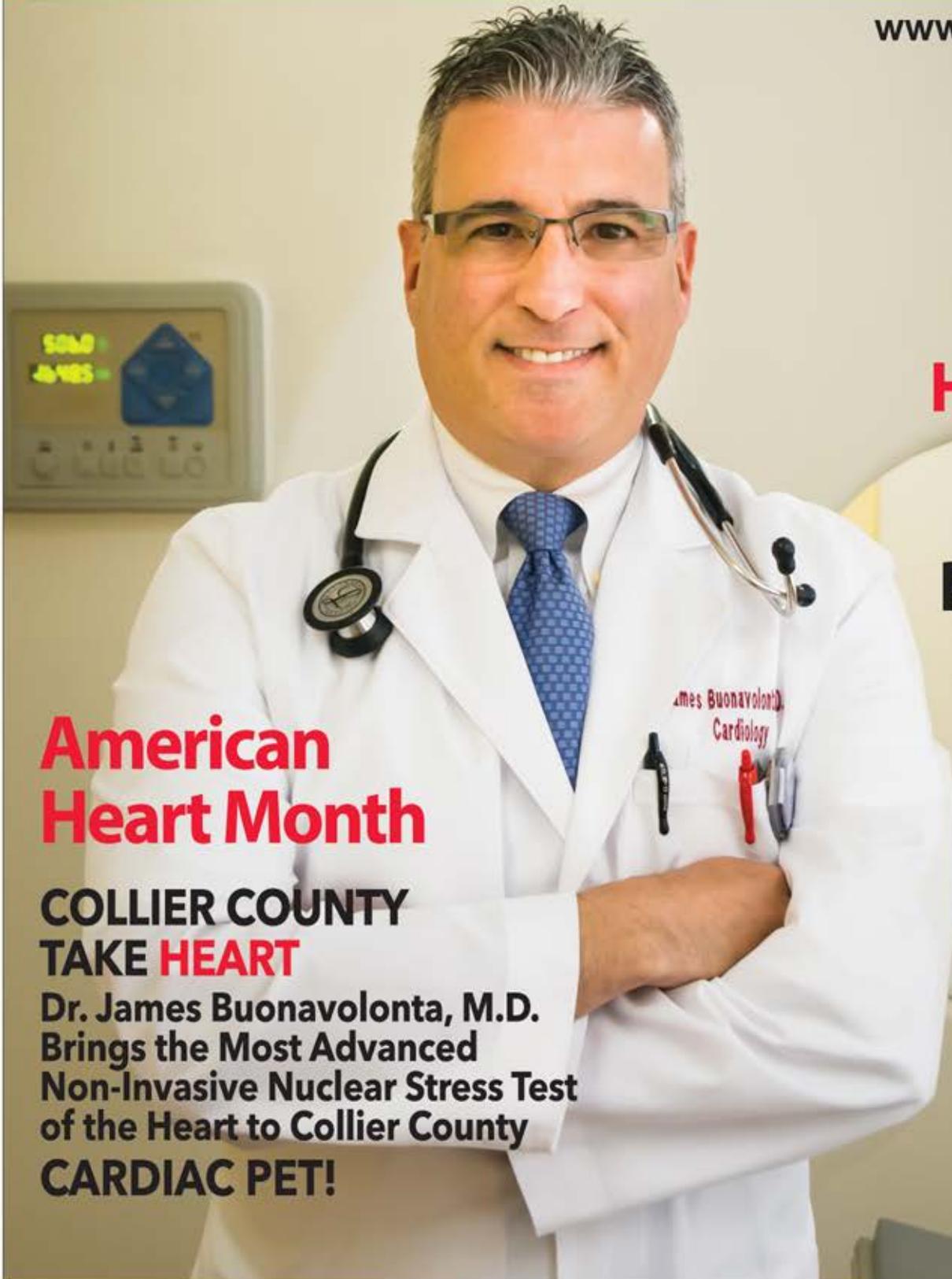
Make Your Home
HEART HEALTHY

Varicose and
Spider **VEINS**
**WHAT YOU
NEED TO KNOW?**

**American
Heart Month**

**COLLIER COUNTY
TAKE HEART**

Dr. James Buonavolonta, M.D.
Brings the Most Advanced
Non-Invasive Nuclear Stress Test
of the Heart to Collier County
CARDIAC PET!



TUSCANY VILLA OF NAPLES

Assisted Living Facility



Step inside our doors to discover a luxury rental resort-style senior living community offering the finest in assisted living apartments, as well as rehabilitation services. Beautifully landscaped, Tuscany Villa is a warm and welcoming place to live.



Are you curious or have concerns about senior living? Schedule a personal visit so that we may learn more about your senior living interests and needs and show you the aspects of our community that are most important to you.

8901 Tamiami Trail E.
Naples, FL 34113
(239) 775-2233 f: (239) 775-1403
www.TuscanyVillaofNaples.com

Joint Problems?



New Age-Defying Liquid Collagen Hits the Market!

37 clinical trials support its dramatic results...
improved joint mobility
and firmer, more
youthful-looking skin!

And it's been featured on:
NBC, Good Morning America, and Fox News



Active Joints Amazing Skin™

The nutraceutical breakthrough that's completely changing the way we age!

REFER 3, GET YOURS

FREE



Learn more at www.healthyjointsandskin.com

Neil & Barb Ellis | **239-822-1106**



Nurse On Call

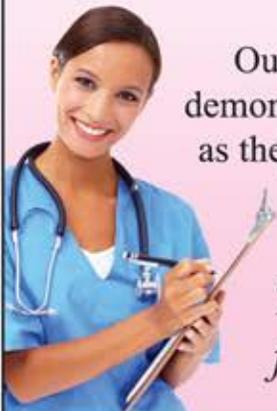
is a Medicare certified agency,
serving home healthcare since 1989.

With 27 offices, serving 47 counties within Florida, we have a strong reputation for providing hospitals, case managers and physicians the professionalism they demand for their patients.

Many of the Nurse On Call staff and management gave greater than fifteen years in home health care. *That means experience.*

Our staff is composed of professionals who have demonstrated the sincere heartfelt desire to treat people as they would want their own family member treated, *whatever they need.*

*The best possible home healthcare...
for the best possible recovery.*



*Skilled Nursing • Rehabilitation
Home Health Aides • Medical Social Workers*

3530 Kraft Road • Suite 300 • Naples, FL 34105
239-643-9940

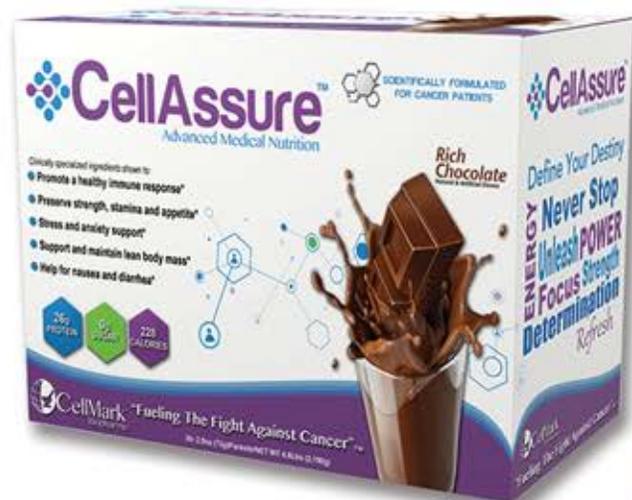
HHA: 299993629

CellAssure™

Advanced Medical Nutrition

“Fueling The Fight Against Cancer”™

- Demonstrates Anti-Cancer / Anti-tumor effects
- Promote a healthy immune response
- Preserve strength, stamina and appetite
- Stress and anxiety support
- Support and maintain lean body mass
- Help for nausea and diarrhea



CellMarkBiopharma.com
Call for more information:
888-444-7992

 CellMark™
Biopharma

contents February 2016

- 6 The Fracture That May Cause You Stress!
- 8 Cardiac PET Advancing Non-Invasive Heart Disease Diagnosis
- 9 Cancer Nutrition Drink is a Must Have
- 10 Stem Cell Therapy: A Defining Moment for COPD
- 12 In Search of a Heart-Smart Diet
- 14 Strengthen Your Pelvic Floor with Kegel Exercises
- 15 Varicose and Spider Veins What You Need to Know?
- 16 The Nutraceutical Break-Through That's Completely Changing the Way We Age
- 18 What is Neurology, and What Does a Neurologist Do?
- 19 Cardiac Care a Priority for VITAS® Healthcare
- 20 Cervical Spine Instability
- 22 Healing Outside the Box with Turmeric from Fiji
- 24 Life-Threatening Sleep Apnea and the CPAP Alternative
- 26 Parkinson's Disease and the Importance of Exercise
- 27 Help Reduce Your Risk of Age Related Memory Loss
- 28 The Hidden Consequences of Losing Teeth
- 29 Dr. James E. Crolley III Provides 'Instant Vision' Cataract Removal



See Clearly Again & Never Miss Another Moment!

The Surgical LenSx® Laser Will Change Your Life!

Dr. James E. Crolley, III, has been a pioneer in cataract surgery and teaches other surgeons performing cataract surgery. He uses the FDA-approved LenSx® computer-guided laser that helps remove cataracts with unmatched precision. Dr. Crolley, one of the nation's top ophthalmologists, performs every operation to exacting specifications, customized to each patient's eyes. If your vision is getting cloudy or you've been diagnosed with cataracts, *contact us for a free evaluation.*


Cataract & Refractive
INSTITUTE OF FLORIDA
James E. Crolley III, M.D.

Make An Appointment for
A FREE Consultation!
(239) 949-1190

www.FloridaCataract.com

Bonita Springs | Cape Coral | Lehigh Acres

James E. Crolley III, M.D.
Nearly 35 Years in Southwest Florida

"No Hidden Charges: It is our policy that the patient and any other person responsible for payments has the right to refuse to pay, cancel payment or be reimbursed by payment or any other service, examination or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment." Not valid with any other offers.



Now In Southwest Florida for Over 35 Years!

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR
Lisa Minic



Publishing • Advertising • Web Design • Graphic Design

Southwest Florida's Health & Wellness Magazine can be found in over 1,000 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.389.9449
Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2016. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SWFL Health & Wellness Magazine. SWFL Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SWFL Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

contents

30 The Basics of Heart Health

32 Make Your Home Heart Healthy

36 Living with Diabetes? Understanding the Disease from a Diabetologist's Perspective

37 CT Enterography: Detect Crohn's Disease and Other Bowel Abnormalities

38 The Cool Way to Rejuvenate

39 Let's Brighten Those Florida Smiles!

40 Depression in Older Americans: The Untold Truth

41 How Healthy is Your Heart? Simple Steps to Enjoying a Healthy Retirement

42 Proven Knee Arthritis Treatment

43 Cataracts: Third Leading Cause of Blindness in the US

44 Therapeutic Options to Improve Blood Circulation

45 So You Have Made it to the Gym, I Commend You for that

46 Is Fatty Liver Causing Your Fatigue and Weight Gain?

47 How Can Heart Health Affect Your Hearing

48 What Does Your Thyroid Do & Why is it Important?

49 Decreasing Balance Increases Risk of Falls in the Bathroom

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

51 Cleaning Tips to Keep the Flu Virus at Bay and Out of Your Home

52 Treating Erectile Dysfunction with Acupuncture and Chinese Herbs

53 Going Green in Minus for the Right Reasons

54 What You May Not Know About Your Heart?

55 Diabetes and Gum Disease: It's a Two-way Street

56 Can You Avoid a Guardianship?

57 New to the Area or Just Moving from One County to Another?

58 Successfully Transitioning to a Retirement Community

59 Spiritual Wellness: Good News on the Lottery: You Didn't Win!

HEART ATTACK?

Cardiac PET is a technology that can put your mind at ease by determining that you will NOT have a life threatening heart attack.

Predictive Value is 99.6% *

*J Am Coll Cardiol Img. 2014;7(3):278-287



JAMES BUONAVOLONTA, M.D. CARDIAC IMAGING CENTER CARDIAC PET

Nationally accredited cardiac PET lab by IAC.
Less than 5% of all nuclear cardiac labs in America are accredited in cardiac PET.

This is the only center in Collier County!

This can SAVE your LIFE!

Myocardial blood flow measurement using Imagen Q technology.
The most advanced non-invasive evaluation of coronary artery status. This technology can be found in only 30 cardiac PET centers WORLDWIDE.



James Buonavolonta, M.D., F.A.C.C.

Women with heart disease may have different symptoms than men which may be caused by small vessel disease of the heart.

Cardiac PET is the only non-invasive test that can assess this in Collier County.

Practicing in Naples, Florida for over 20 years.

www.NaplesCardiacPet.com
239-682-6603

The Baker Center • 201 8th Street South, Suite 102 • Naples, FL 34102

THE FRACTURE THAT MAY CAUSE YOU STRESS!

By Myles Rubin Samotin, MD - Board Certified Orthopaedic Surgeon, Fellowship Trained in Foot and Ankle

You may have heard the term stress fracture, but just what is it and how does one get it? A stress fracture is exactly what it states it is, a fracture of the bone caused by “stress” to the bone. It is a “microfracture” of the bone, similar to a crack in the concrete of your driveway. It occurs due to several causes, but most of the time due to the muscles that support the body become overly fatigued and the stress transfers to the bone, sometimes resulting in a fracture.

The people who get this fracture are people who either do repetitive exercises, (people who constantly are running, or doing consistent exercises that over-exert the muscles) or people who have problems with bone quality or density, due to medical problems, poor nutrition, or osteoporosis. The muscles are not strong enough and the bone fractures. As you can imagine, these stress fractures rarely involve upper extremities, since we don't put pressure on these bones on a consistent basis. These fractures almost always involve the tibia (shinbone) or one of the many bones of the foot, many times involving a metatarsal bone.

Women are much more likely to suffer these, since estrogen, which helps support bones, tends to decrease as women age. Long distance runners, tri-athletes are very susceptible to these fractures, **BUT**, many “snow-birds” will suffer from these when they first come down to Florida, since they will start a strong exercise program without properly building up the supportive muscles.

The symptoms of stress fractures are relatively simple: PAIN. This pain will increase as you continue putting pressure and stress on the affected bone, and will subside when the bone can rest.

The first thing in proper diagnosis is to see the proper specialist who can give a correct diagnosis. Since the bones associated with stress fractures involve mainly the foot and ankle, then a foot and ankle specialist, with

orthopedic experience is the proper medical person to see. He will order the proper tests, to diagnose the stress fracture. Most normal X-Rays will NOT show any fracture, and a person may be misdiagnosed because of this. Special tests such as bone scans and MRI's can make the proper diagnosis.

When you see your orthopedic foot and ankle specialist, he will order the proper tests and will make the diagnosis of a stress fracture. He will rest your leg by placing it into a walking boot to give it the chance to heal. The most important thing to remember during this time of rest is that you **MUST** give it enough time for the fracture to heal. Several weeks of rest may be necessary. If you start to use the bone too early, the fracture may not have totally healed and another stress fracture may result. Therefore, care must be given to properly let the stress fracture mend. All patients must remember that the **BONE IS FRACTURED**. Give it time to heal.

Anytime that a lower extremity has been consistently painful over a period of time, the diagnosis of stress fracture cannot be ruled out. You should seek your orthopedic foot and ankle specialist. I am the only fellowship trained orthopaedic foot and ankle specialist, with clinical experience of over 12 years in the Naples area. I believe my combination of extensive education and clinical experience along with willingness to use new techniques in a state-of-the-art office allows me to give the best possible care to **ALL** your foot and ankle needs. I know that I can give you the orthopaedic foot and ankle distinction.



Myles Rubin Samotin, M.D. P.A.
870 111th Avenue North Suite 4
239-514-4200

Complete Care for All Your Orthopaedic Needs



Collier Counties **ONLY**
Orthopaedic Surgeon
Specializing in Foot and Ankle.

Myles Rubin Samotin, M.D. P.A.
Board Certified

Columbia University Graduate
Maimonides Medical Center
Trained at Hospital for Joint Diseases, NYC



Samotin Orthopaedics

NAPLES

870 111th Avenue North Suite 4

239-514-4200

PUNTA GORDA

324 Cross Street

941-661-6757

www.samotinorthopaedics.com





AMERICAN HEART MONTH

Cardiac PET Advancing Non-Invasive Heart Disease Diagnosis in Southwest Florida

James J. Buonavolonta M.D.

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

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

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

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

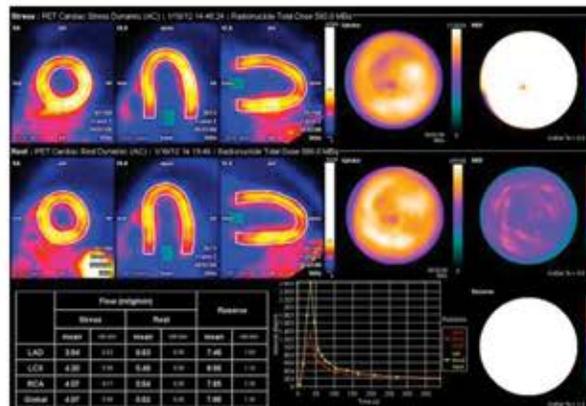
If you have heart disease or suspected heart disease, cardiac PET is something you need to discuss with your physician or health care provider. It can save your life.

FACTS:

- * cardiac PET is the most accurate nuclear stress test available today
- * 30 minute non-invasive test!
- * extremely low radiation exposure from the test (1/7th dose compared to other heart tests)
- * it can evaluate abnormalities in the small vessels supplying the heart muscle - a problem that may exist in women with symptoms including shortness of breath and fatigue
- * helps eliminate unnecessary invasive heart tests and procedures
- * reimbursable by medicare and private insurances based on appropriate diagnosis

JAMES BUONAVOLONTA, M.D.
CARDIAC IMAGING CENTER
CARDIAC PET

Learn more about cardiac PET at
NaplesCardiacPet.com or call 239-682-6603



ABOUT DR. BUONAVOLONTA

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

James J. Buonavolonta, M.D., P.A.
Cardiac Imaging Center

The Baker Center
 201 8th Street South, Suite 102
 Naples, Florida 34102

Cancer Nutrition Drink is a Must Have

By Dr. Stan Headley

20-40% of cancer patients actually die from malnutrition (cachexia) and not cancer itself!

As a physician I am shocked and alarmed by that factual statistic. How can that be in this day and age of advanced medicine you might ask? The answer is simple - pharmaceutical companies have invested billions into advancing cancer medicines but medical nutrition for cancer patients has been massively neglected in comparison – until now.

I'm going to share two quick stories with you that at first will seem unrelated, but later they come together to change the world!

Story 1. Cancer is without a doubt the fight of your life, and it's the one fight that you didn't ask for. That was the case for my wife when she was diagnosed with stage III ovarian cancer 7 years ago. Right now is a good time to tell you that I am both dual credentialed as both an MD and a ND (Naturopathic Physician) with 24 years of nutritional medicine behind me. We fought the fight but I lost her to cachexia (severe weight loss) in the end – and thus began my mission to find a solution.

Story 2. The founder and CEO of an international pharmaceutical company (47 countries) received the news of his brother being diagnosed with throat cancer. His brother was young, tall and very handsome - but the fight he didn't seek came to him. He beat the cancer, but he lost the fight due to severe weight loss (cachexia) and passed away. This was a life-changing moment for the CEO and he vowed to change the world of cancer forever – and thus began his mission to find a solution. This is a good time to mention that the CEO's degree was in dietetics and he just happened to work with some of the world's best cancer experts.

Fate would bring myself and the CEO together and allow me to see things never done before in nutritional medicine which are giving cancer patients more than just a fighting chance! The must have product for cancer patients that was developed is called CellAssure. Cancer is one fight that you do not want to face alone, and CellAssure makes sure you have nutritional medicine fighting for you every single day from your day of diagnosis to the day you are cancer free!

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:

- Demonstrate Anti-Cancer / Anti-tumor effects
- Provide needed nutrition for cancer patients with zero sugar in formula
- 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

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.

 **CellAssure™**
Advanced Medical Nutrition



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 is scientifically formulated to help "Fuel the Fight 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.

CellMark Biopharma™ is the leader in advanced medical nutrition for all cancer patients offering science-based products for cancer nutrition/cachexia (CellAssure), and chemo brain (Cognify) which are physician and pharmacist recommended.

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

Stem Cell Therapy: A Defining Moment for COPD

By Cameron Kennerly - Staff Writer

At 5:39 a.m. on December 7th, 1972, Apollo 17 took a picture from 28,000 miles up. It revealed nearly the entire coastline of Africa and West Asia. Although this image would be officially titled "AS17-148-22727," due to its appearance and size, it would be referred to as *The Blue Marble*, and marked the first time humanity could see itself at such a scale. Its release changed the way we saw our universe, and more importantly, our place within it.

Recently, a similar discovery has been made; a discovery in stem cell therapy that has the capacity to fundamentally change the way we see lung disease forever.

More than 600 million people suffer from chronic obstructive pulmonary disease (COPD) worldwide, and that number is expected to rise. An incurable disease, COPD is often fatal, with treatment options generally limited to inhalers that alleviate symptoms, but fail to promote healing in the lungs themselves.

Though the Space Race is over, scientific discovery marches on. Modern biotechnology seeks to harness the smallest systems in the human body - our cells. The medical community has been turned upside down with the breakthrough of stem cell therapy. With this newfound push in regenerative medicine, the Lung Institute (lunginstitute.com) - specializing in treating lung disease - has established itself as a leading figure by publishing the first white paper of its kind. In a field where information of this scope (encompassing a total of 100 patients) has never been seen, this is a remarkable first.

The significance of the study may shine a light on COPD and our understanding of how to combat the disease. Where there was once a lack of published work showing the effects of stem cell therapy on COPD, the Lung Institute has broken new ground

with its findings. After testing approximately 100 patients, they discovered that within three months of treatment, 84 percent of patients found their quality of life had improved. The average improvement for the group was 35 percent. Additionally, 48 percent of the 25 patients tested for pulmonary function saw an increase of over 10 percent, with an average improvement of 16 percent over their pre-treatment test results.

This discovery could change lives *significantly*. For millions of people suffering from COPD, a natural decline in pulmonary health is a harsh reality. For many, oxygen tanks and inhalers have become a common burden as their quality of life gradually slips away. Based on these results, stem cell therapy could be the answer they've been looking for.

Through a single image we were awed by the beauty of the world we inhabit and connected by our shared humanity. *The Blue Marble* and the discovery it represented were unlike anything experienced before - a picture of clarity where there was once only darkness.

Within only a few years, stem cell therapy has established itself as an alternative form of treatment for COPD. As a result of this research, stem



An artist's rendering of the 1972 photograph, '*The Blue Marble*.'

cell therapy may be able to meaningfully change the quality of life for those suffering from COPD. As *The Blue Marble* before it, this revelation of new data may represent the dawning of a new age in medicine, a renewed perspective on health and a new approach to confronting COPD. In a world where change means progress, this could be a remarkable discovery benefitting not only future generations, but ours as well.

If you or a loved one suffer from COPD, 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/wellness to find out if you qualify for these new treatments.

Expert Care for Neurological Disorders



Joseph Kandel, M.D.

Treating a wide array of neurological disorders including Parkinson's disease, epilepsy, headaches, sleep disorders, dementia, Alzheimer's, multiple sclerosis, carpal tunnel syndrome and back pain.

neurologyoffice.com
NEUROLOGY OFFICE
JOSEPH KANDEL, M.D.
& ASSOCIATES

NAPLES
1020 Crosspointe Dr #101
Naples, FL 34110
(239) 231-1414

FORT MYERS
7250 College Pkwy #3
Fort Myers, FL 33907
(239) 231-1415

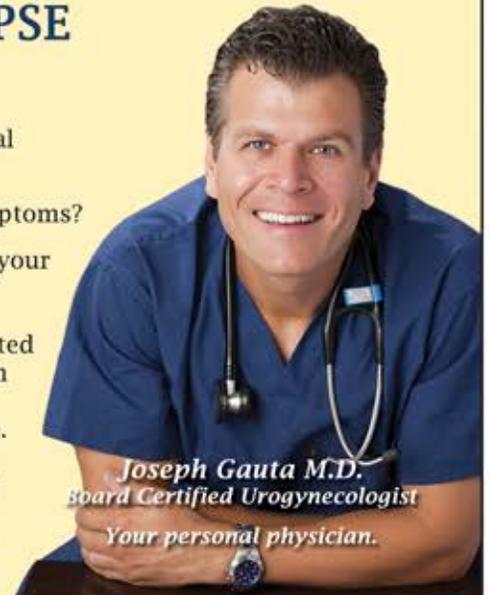
**FLORIDA BLADDER
INSTITUTE**
EXCELLENCE IN WOMEN'S PELVIC HEALTH

VAGINAL PROLAPSE PROBLEMS?

- Do you have a bothersome vaginal bulge that can be seen or felt?
- Do you have pelvic pressure symptoms?
- Do you have difficulty emptying your bowels or bladder?

The *Florida Bladder Institute* located in Naples Florida is participating in a national research study for the treatment of pelvic organ prolapse.

If you are in generally good health and would like to learn more, please contact **239-449-7979** and ask to speak to a study nurse.



*Joseph Gauta M.D.
Board Certified Urogynecologist
Your personal physician.*



(239) 449-7979

WWW.FLORIDABLADDERINSTITUTE.COM • 1890 SW HEALTH PKWY., SUITE 205

During a heart attack, every minute matters. So, know the warning signs. If you experience them, call 911 and get to the nearest emergency room. And know that Physicians Regional Healthcare System is here to help when you need us.

 **PHYSICIANS REGIONAL
HEALTHCARE SYSTEM**
PhysiciansRegional.com

SIGNS OF A
HEART ATTACK
ARE RARELY THIS OBVIOUS.

Nausea,
dizziness,
shortness of breath,
chest pain

IN SEARCH OF A HEART-SMART DIET

By Randall Kenneth Jones

Though my recent heart attack scare was just that: a “scare”—it was frightening enough to make me think.

First, why do we need to have a “scare” to make us sit up and take note?

And second, considering my advancing age, I should be a bit kinder to my heart. After all, it has been very good to me—so far.

Yes, there’s the obvious benefit of cardio workouts and regular exercise, but my personal disaster area is my diet. Nothing against Ronald, Mayor McCheese, the Hamburgler and the rest of the gang, but based on the number of people in line next to me at McDonalds, I’m certainly not alone in the need for a dietary tune up.

I have also discovered that there are many who believe they “eat right;” however, a trip to a registered dietician often reveals otherwise.

My next step was to bite the bullet—as opposed to the Double Quarter Pounder with Cheese—and seek professional help. For me, this much-needed assistance came in the form of dietician Julie Carley, LDN, from Physicians Regional Healthcare System.

Julie Carley received her B.S. in Food Science from the University of Florida. She is also expected to receive her Master’s Degree from Capella University in June of this year.

As I was that annoying child who always asked tons of questions, especially from my childhood doctors, “adult me” came to Julie absolutely *hungry for information*.

I also took copious notes on our discussion. With all the technology available these days, it’s a wonder more patients don’t take notes, record or even videotape their critical doctor/patient exchanges.

Meaning: do it—it will help you so much when you get home and begin to apply what you have just learned!

What made you originally decide on becoming a dietician?

“Growing up, I worked alongside my father and grandfather—both pharmacists in their local pharmacy. My father expanded the business and became a main supplier for long-term care facilities across New Jersey.

I would visit the facilities with my father and was always impressed by the dietitians. I admired their clinical expertise and unique position in the medical field. There is a critical and necessary element of nutrition in healing which I always found intriguing.”

What types of patients do you typically see?

“I see various patients with a wide range of medical and non-medical issues. More typically, I receive

referrals from physicians for those with diabetes, pre-diabetes, cardiovascular issues, gastrointestinal dysfunctions, and renal disease. In addition, my current Master’s Degree internship has allowed me to also treat patients who are experiencing eating-related disorders and emotional eating.

How do you view your role within the healthcare community?

“I provide patients with realistic and functional food plans that are specific for efficacious treatment, yet broad enough to avoid placing stress on the patient. It is rewarding to see a patient leave with renewed motivation and a big smile and say, ‘I can do this!’

“I don’t see patients as patients; I view them as individuals—and finding the right treatment plan does not include just food...it’s so much more.”

What tips do you have for those of us seeking a heart-healthy diet?

“There is an endless amount of conflicting information out there, and I find that most people are not quite sure what ‘heart healthy’ foods are anymore. I recommend following a Mediterranean Style diet plan—a well-studied diet plan that supports heart health and prevention of other disease processes.

“I generally utilize the Mediterranean framework as a base plan and then modify and individualize plans based on the diagnosis and the patient’s goals.

“Meals should always be well balanced with lean protein sources, whole grains/fruit, and lots and lots of veggies! I recommend staying away from processed foods as much as possible and you must ALWAYS know what you are eating by reading the Nutrition Facts labels versus believing the front of the package.

“Check information you hear/see on TV through a reputable professional association such as the American Diabetes Association or American Heart Association—or ask your dietitian or doctor.”

What “rewards” do you receive from “a job well done”?

“The reward is seeing the person succeed in living their life and feeling better—not only physically, but mentally. Nutrition is the epicenter of health and once a person begins to eat more healthfully, medical complexities improve.”

Julie Carley, LDN, sees patients at the Collier Boulevard and Pine Ridge campuses of Physicians Regional Healthcare Systems. For more information or to schedule an appointment, please call 239-348-4538



Julie Carley

For Valentine’s Day: Julie Carley on Chocolate

One of the most popular gifts for Valentine’s Day is chocolate. While being a delicious treat, it is important to not overindulge—hence the word “treat”.

In its most raw form, cocoa, the primary ingredient in chocolate, has been known to carry health benefits. Most of the research has been focused on cardiovascular protection and cocoa’s ability to alter some of the pathological metabolic processes contributing to development of cardiovascular related illnesses.

In addition, cocoa is rich in several vitamins and minerals such as iron, zinc, magnesium, potassium, and manganese.

Specific to dark chocolate, benefits are found in two specific flavonoids: epicatechin and catechin as well as in the component theobromine. These are natural plant-based antioxidants that help our body’s defenses against free radicals.

When purchasing or consuming chocolate products, consider the amount of cocoa in that product. The ingredients list should feature cocoa toward the top. The best choices will indicate at least 70% or more cocoa concentration.

So yes, please enjoy Valentine’s Day and feel free to give your sweetheart a chocolaty treat that is truly good for the heart!

PHYSICIANS REGIONAL MEDICAL GROUP

8340 Collier Blvd., Suite 203 • Naples, FL
Hours: Monday-Friday, 8 a.m.-5 p.m.

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

VITAS supports National Heart Month

Helping patients and families focus on living

The VITAS interdisciplinary team of hospice experts is committed to putting compassion and heart into the care plan of every cardiac patient we serve. We work together with caregivers, heart disease patients and their families to provide support, alleviate fear and reduce stress.

Providing quality, compassionate care to Collier County patients and families.

VITAS
Healthcare
SINCE 1980

Find out more.

Visit VITAS.com or call 800.723.3233  



Treat Your Lung Disease and Get Back to Your Life

84% of Patients Report Improvement in Quality of Life



Find Out if Stem Cell Therapy Could Help You.

Stem cells from your own body can be used to slow disease progression, increase lung function and improve quality of life.

Call (800) 921-4631 for more information, or visit lunginstitute.com/health


Lung Institute
Breathe Easier.



STRENGTHEN YOUR PELVIC FLOOR WITH KEGEL EXERCISES

By Joseph Gauta, M.D.

As a woman, maintaining the integrity of your pelvic floor is an important part of maintaining your overall health, regardless if you are approaching childbearing or passing through menopause. Understanding the role your pelvic floor plays in your health and wellness may give you the motivation to keep it toned and healthy.

At its most basic level, a Kegel exercise consists of tightening and releasing the PC muscle. If you are unfamiliar with the action of your PC muscle, you can isolate it by stopping the flow of your urine midstream

About the Pelvic Floor

Your pelvic floor is a band of muscles in the shape of a figure eight that surrounds your vaginal opening and rectum. These muscles act as a kind of hammock that supports the organs of your pelvic region, such as your uterus and bladder. The pubococcygeus muscle (PC muscle) is a part of your overall pelvic floor muscular makeup.

This muscle helps you control the flow of your urine, and its strength is also often associated with the increased ability to orgasm.

Over the course of a woman's life, the hammock of pelvic muscles becomes stretched and can lose its integrity from hormonal changes and the aging process. The integrity of the pelvic floor can also be jeopardized by other life factors such as:

- The added weight of pregnancy
- Vaginal birth
- Surgery in the pelvic region, including C-sections and hysterectomies
- Being overweight
- Chronic constipation or coughing

Dangers of a Weak Pelvic Floor

A weakened pelvic floor presents several health risks for women:

Pelvic organ prolapse: Prolapses occur when your pelvic floor is too weak to hold up one or more of your pelvic organs and they fall from their normal place to walls of your vagina or, in worse case scenarios, protrude from the vagina. Bladder, uterine, vaginal, bowel, and rectum prolapses can occur.

Incontinence: A weakened PC muscle is not able to properly support the weight of a full bladder and control urine output, leading to incontinence.

Lack of sexual sensation: Women with a compromised pelvic floor may have less sexual sensation and trouble reaching orgasm.



Strengthen the Pelvic Floor Using Kegels

To help avoid the problems that arise from a weak pelvic floor, most gynecologists recommend that all women from their childbearing years onward should exercise the muscles of the pelvic floor by doing Kegel exercises.

At its most basic level, a Kegel exercise consists of tightening and releasing the PC muscle. If you are unfamiliar with the action of your PC muscle, you can isolate it by stopping the flow of your urine midstream (though you shouldn't regularly perform Kegels while going to the bathroom).

Once you identify your PC muscle, tighten the muscle as you exhale, which ensures that you aren't actually using the surrounding muscles of your thighs and buttocks. All you need to do is tighten and release this muscle, and you're doing Kegels.

There are many different Kegel variations that you can try:

- Rapidly contract and relax your muscles, working up to a count of 100, then 200, a day.
- Contract the muscles and hold them taut for as long as you can. Try working up to holding the Kegel for 10, then 15, then 20 seconds.
- Imagine the muscles of your vagina as a building, with your pelvic floor as the first floor of the building and the top floor as your bellybutton. Slowly tighten your muscles upward, as if it they are an elevator moving up through the building. Hold at the top floor then slowly release downwards.
- Tighten your muscles a little and hold for five seconds, tighten a little more and hold for another five seconds. Tighten as hard as you can and hold for five more seconds. Then reverse the motion, relaxing slightly and holding for five seconds, then relaxing a little more, holding for five seconds, then relaxing the muscles completely.

Even though well woman care providers recommend that you do Kegel exercises everyday, Kegels are at least convenient. You can do them anytime, anywhere, without anyone ever knowing the difference. Picking a specific time of day can help you remember to do them.

Some examples include:

- At each stoplight while driving to work
- Reading the morning news
- For new moms, while feeding your baby

It doesn't matter where or when you do your Kegels - just try to do them everyday.

Kegel Effectiveness

If you are doing Kegels because you suffer from urinary incontinence, it might take two to three months of practicing the exercises to help reduce your incontinence. But even though your symptoms aren't instantly relieved, you will likely be surprised and encouraged at how rapidly your muscles strengthen.

For example, you may find that you are only able to do 50 basic Kegels at first, or only able to do the first half of an elevator Kegel, and that's okay. Just do what you can and you will find that with a little practice you can challenge yourself as you gain more muscular control.

Kegel exercises, when done regularly, can help reverse some incontinence, prevent pelvic organ prolapse, and increase sexual sensation. They are the important tool that helps keep your pelvic floor strong for life.

If you have questions about Kegels, pelvic organ prolapse, incontinence, or pregnancy and birth, don't hesitate to call and schedule an appointment.

Joseph Gauta M.D.
Board Certified Urogynecologist



**FLORIDA BLADDER
INSTITUTE**
EXCELLENCE IN WOMEN'S PELVIC HEALTH
239-449-7979
www.FloridaBladderInstitute.com

Varicose and Spider Veins

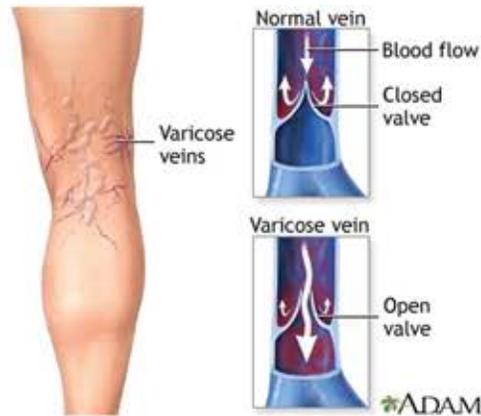
What you need to know?

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

Varicose veins and spider veins are very common problems affecting over thirty million people throughout the United States. Varicose veins are large and ropey in appearance and usually appear as bulging in the leg anywhere from the thigh to the ankles. Spider veins, on the other hand, derive their name from the fact that they look like little spider legs and these also can occur anywhere in the leg, but are most common along the outside of the upper thigh and around the ankle. It was once thought that both varicose veins and spider veins caused no symptoms. We now know that this is not true and that varicose and spider veins can lead to a multitude of symptoms including aching, cramping, leg heaviness, leg swelling, itching and even restless legs.

Up until approximately ten years ago the only treatment for varicose veins was a relatively radical procedure called "Ligation and Stripping" in which the saphenous vein, which is a vein that runs from the ankle to the groin along the inside of the leg, was removed by pulling it out of the leg. This was followed by multiple incisions to remove all the branches. The end result was a leg that had many incisions and, in effect, was a trade off of a vein for a scar. In reference to spider veins the only treatment for many years was to inject them with a saline solution called "Hypertonic Saline". This solution irritated the inside of the spider veins to cause them to stick together and ultimately dissolve. However, this procedure of saline injections was often painful and had many side effects including brownish discoloration of the injected areas and, even in some cases ulceration of the skin. Both of these treatments are not commonly done in the current age of varicose and spider vein treatment.

The gold standard now for varicose vein treatment is called a "Closure Procedure". The main point to remember with varicose veins is that they are almost always due to insufficiency of the valves in the saphenous vein system or occasionally in accessory veins. Blood flows from the feet to the heart through these veins. In the leg the superficial system of veins consist of the saphenous vein which has two components - the



greater saphenous vein which runs along the inside of the leg under the skin and the lesser saphenous vein which runs along the back of the leg between the ankle and the knee. Both of these veins have multiple valves within them. If the valves don't work properly then blood, in effect, can not get through the valves, leaks backwards and is then pushed into the skin to form the varicose veins. We now know that by sealing these valves the varicose veins can be eliminated. The procedure to seal the valves consist of closing them with either a Laser or Radio Frequency catheter. Both work equally well. Laser catheters function by heating the inside of the saphenous vein so that it ultimately coagulates, scars and dissolves. Lasers function at different wave lengths and the commonly used wave lengths for laser vein treatment are 800, 940, 980, 1064 and 1470. All of these work equally well and their use is usually dependent on physician preference. There is another catheter called a "Radio Frequency" catheter which goes by the trade name of Vnus which also works very well in closing the saphenous vein and this works on the principle of the radio frequency coagulating the inside of the vein.

To learn more or to schedule an appointment, please call Vanish Vein and Laser Center at **239-403-0800** or visit us online at www.vanishvein.com.

North Park Center
995 Tamiami Trail North,
Naples, FL 34108
 (99th Avenue North across from
 the entrance of Pelican Marsh)

As far as spider veins are concerned it was once thought that they were strictly cosmetic and, in fact, most insurance companies adhere to this. However, we do realize that spider veins can cause symptoms and many times they can cause the same symptoms as varicose veins. We also know that spider veins frequently are a result of the valves in the saphenous vein malfunctioning. So the same process that causes varicose veins can also cause spider veins. Because of this, in order to best access the cause of either spider or varicose veins, it is usually necessary for the patient to undergo a venous ultrasound to specifically look for malfunctioning valves. This is called "Reflux". Reflux is measured in two ways. One, is by the actual identification of the valves leaking and secondly, by the length of time that it takes the valves to leak. The normal valve should open and close in one half second. The longer a valve malfunctions, the more severe is the insufficiency. An ultrasound should be done by a physician or person specifically trained to do the ultrasound and should also be interpreted by a physician specifically trained to read the ultrasounds.

Treatment of spider veins has also changed dramatically over the last eight years. Initially, the only treatment for spider veins was something called "Sclerotherapy" which was the injection of the veins with the solution to cause the veins to dissolve. The solution that was commonly used was a concentrated saline solution. Nowadays, saline is used very infrequently. There are much better sclerosing agents including Tetradecylsulfate and Polidocanol (asclera). These two solutions are in the category of sclerosing detergent agents. This means that they can be mixed with air or carbon dioxide to form a foam solution. Foam sclerotherapy is the current state of the art for sclerotherapy. Other sclerosing solutions include iodine and hypertonic saline. In addition to sclerotherapy there are new vein therapies for the very smallest of veins. Two of the most current therapies are the vein wave and the vein gogh.

Both of these vein treatments are specifically for very small spider veins. This is a topical spider vein treatment using a Radio Frequency generated current or light source to coagulate the small spider veins so that they will dissolve.

In summary, there are many new modalities of treatment for both varicose and spider veins. It cannot be stressed enough that prior to a vein treatment a thorough venous ultrasound looking for reflux is recommended.

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

THE NUTRACEUTICAL BREAK-THROUGH THAT'S COMPLETELY CHANGING THE WAY WE AGE



**AWARD
WINNER**
BEST JOINT HEALTH
SUPPLEMENT



What is Liquid BioCell™?

I discovered Liquid BioCell in 2010 when a dear friend shared this incredible product with me. She knows I am a scientist first and foremost, and provided all the research. I soon realized that Liquid BioCell™ was a unique nutraceutical that provides a potent dose of collagen, hyaluronic acid, and chondroitin sulfate in a natural matrix that is clinically shown to replenish these vital components of the joints and skin.

We start to age on the day of our birth. As we age, the catabolic (breakdown) pathways go faster than the anabolic (buildup) pathways. The whole body is affected by years of living in an oxygen-rich environment with every day wear and tear on the cells of the body, from joints to bones, to muscles and skin. We all age, but can it be done gracefully? When the joints start to ache, the skin begins to sag and wrinkle, and the fat moves around to places you never imagined, then a person seeks ways to slow down the aging process.

Liquid BioCell provides the building blocks that can speed the build-up processes and possibly slow the degeneration and aging processes. For example, HA (hyaluronic acid) has been shown in research to block the degrading enzyme, hyaluronidase.

What happens as we age?

Every cell in our body undergoes changes with time. Subcutaneous fat and moisture decreases. Pigmentation declines and age spots show up. Healing takes longer, elasticity of cells decrease, and circulation declines. The heart increases in size and the arteries stiffen. Strength, flexibility, and height decrease. The metabolism slows and it takes longer to recover from illnesses.

Obviously, taking good care of the body can slow these processes. We are what we eat, so good quality food, appropriate exercise, and optimal supplements can benefit the body as we age.

Unfortunately, everyone will experience some of the changes associated with aging at some point. Liquid BioCell™ is an ideal recommendation for helping to slow the aging process. It is a natural, clinically-tested, great tasting, highly absorbable source of collagen, hyaluronic acid, and chondroitin sulfate that has been shown to help restore skin and joint health.

In addition to its benefits for joint and skin health, Liquid BioCell™ contains 13 superfruits, and resveratrol in the equivalent of 8 bottles of red wine in a daily dose. The antioxidant and anti-inflammatory effects of this delicious delivery system add additional benefit to the product. Numerous studies have been done and continue to be conducted on the benefits of resveratrol. Resveratrol has been shown to have a preventive effect on obesity, cardiovascular health and brain health. Furthermore, it is a potent anti-inflammatory agent, which can counter the effects of unwanted chronic inflammation in the body. The superfruits give Liquid BioCell™ its great taste and provide additional anti-inflammatory benefit, as well as the ability to neutralize free radicals that are associated with aging and cell damage.

As a daily supplement, Liquid BioCell™ can provide a three way defense (collagen type 2 matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints. I use Liquid BioCell™, my whole family uses it, and I recommend it in my practice.

Did you know that collagen has a greater tensile strength than steel? From the Eiffel Tower to the Brooklyn Bridge, to the sharpest knives and life-saving surgical tools, steel has a reputation of being the toughest, unbreakable material that can withstand the highest of temperatures. Similarly, collagen shares the designation as one of the strongest substances that exists in the world. Collagen molecules are made of chains and cross-links, and a braid-like triple helix that acts as individual strands bonded closely together to create strength... So much strength, in fact, that our tendons and ligaments, made of collagen, hold the many components of our body together.



Doctors' Perspective

Lisa DeRosimo, M.D., M.S.
Diplomate of the American Board of Obesity
Medicine, Diplomate of the American Board of
Family Medicine

I consider Liquid BioCell™ to be the premiere source of collagen, as it is the only collagen to have scientifically-tested effectiveness. It is in a naturally occurring matrix, in a highly absorbable form. It is manufactured exclusively in the United States in an NPA, NSF, cGMP certified facility. The corporation is debt free, and they own the exclusive patents to this product. Liquid BioCell™ is one of a kind in it's class.

More about Dr. Lisa DeRosimo

Dr. Lisa DeRosimo is a graduate of UCLA, Cornell University, and the University of Pittsburgh, School of Medicine. She is a Diplomate of the American Board of Obesity Medicine and a Diplomate of the American Board of Family Medicine. Dr. Lisa has concentrated her education and practice on bariatric medicine, which is the study of the causes, treatment, and prevention of obesity. She has been assisting patients since 1999 and is well-respected among her peers as a leader in her field. She has authored numerous publications and research studies, has won multiple national awards, and serves her community with a focus on weight management and wellness in her practice.

Clinical trials show Liquid BioCell™ improves joint mobility

Joint discomfort can come with aging, strenuous work, and athletic activity, but what you're really experiencing is the progressive degeneration of connective tissue where both collagen and hyaluronic acid are essential. Taken orally, in a patented, highly absorbable form, Liquid BioCell™ allows you to replenish these important substances and is clinically shown to work! Its Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb, and it mirrors the joint's natural composition, so the body readily accepts it.

Numerous clinical trials show that Liquid BioCell™ is highly effective in maintaining the structure, function, and flexibility of joints, muscles and connective tissue while easing discomfort associated with normal daily exercise or active lifestyles.

Improves joint mobility and lubrication
Reduces discomfort

Promotes healthy cartilage and connective tissue

In an 8-week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant mobility.



LIQUID BIOCELL™
INDEPENDENT REPRESENTATIVE

**REFER THREE,
GET YOURS
FREE**

Doctor's Perspective



Louis P. Brady, M.D.

Board Certified Orthopedic Surgeon, Associate Clinical Professor at the University of Central Florida College of Medicine

"As orthopedic specialists are recommending Liquid BioCell to their patients, I can see the incidence and severity of one's joint problems, as we know it today, gradually declining. By improving joint health, you can prevent deterioration that comes with athletic activity, strenuous work, and aging. Liquid BioCell is the most remarkable nutraceutical for joint support that has ever been introduced to the market."



Jon M. Grazer M.D., M.P.H., F.A.C.S.

Board Certified Plastic Surgeon, Assistant Clinical Professor Department of Plastic Surgery at the University of California, Irvine

"By drinking Liquid BioCell, hyaluronic acid increases in the body. This translates to a decrease in wrinkles from the inside-out. Liquid BioCell brings tone, elasticity, and moisture back to the skin, and even goes a step further, it helps reduce the enzyme, hyaluronidase, that can make your skin age. Liquid BioCell is a stand alone in the world of nutraceuticals and is pioneering the 'beauty from within' concept."



Joosang Park, Ph.D.

Cancer Biology, Stanford and Cancer Vaccine Research at Harvard Medical Center, Vice President of Scientific Affairs at BioCell Technology

"The ingredients in this dietary supplement are substantiated by solid scientific research and offer multi-layered benefits for healthy aging. Liquid BioCell Life supports both joints and skin through replenishing hydrolyzed collagen, HA, and chondroitin sulfate in highly bioavailable forms, and is the only nutraceutical to offer Liquid BioCell."

Numerous clinical trials show that Liquid BioCell™ is highly effective in maintaining the structure, function, and flexibility of joints, muscles and connective tissue while easing discomfort associated with normal daily exercise or active lifestyles.

**It gets even better...
Liquid BioCell™
reduces wrinkles
from the inside-out.**

Reduces deep lines and wrinkles, Decreases dryness, Improves skin's microcirculation, hydration, skin tone, and firmness.
**Award-winning...
Multi-patented**

Awards:

Reader's Ingredient of the Year 2015
Nutraceuticals Award Winner

Best Bone and Joint Health Ingredient
Frost and Sullivan Award Winner

Most Innovative Dietary Ingredient
Nutraceutical Business and Technology Award Finalist

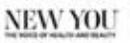
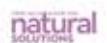
Personal Care New Product Innovation
Frost and Sullivan Award Winner

Exemplary US Brand
Beauty From Within Conference

2015 Anti-Aging Award Winner
TasteForLife Supplement Essentials

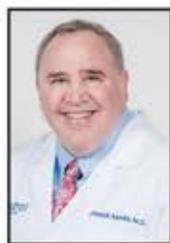
2015 Editor's Pick
Remedies Magazine

Featured on:



For more information about the age-defying Liquid BioCell™ products, call Neil & Barb Ellis at 239-822-1106 today.

www.healthyjointsandskin.com



WHAT IS NEUROLOGY, AND WHAT DOES A NEUROLOGIST DO?

By Joseph Kandel, M.D.

Neurology is the field of medicine that deals with the nervous system; this involves the brain and brain stem, the spinal cord, nerve roots, nerve twigs (peripheral nerves), muscles, and how they interact with everything in your body. It is the nervous system receptors that are responsible for appreciating pain throughout your body.

Common neurologic disorders include stroke (loss of blood and oxygen to the brain), Alzheimer's disease and other forms of dementia, Parkinson's disease, Tremors, movement disorders, and seizures. Multiple sclerosis, sleep disorders and restless leg syndrome, Lou Gehrig's disease (ALS), and balance and ambulation disorders are also under the umbrella of neurologic conditions. Tumors of the brain and brain stem and spinal cord, neck and back pain disorders, concussion, and pain syndromes are also neurologic problems. Headache disorders, migraines, peripheral neuropathy, and carpal tunnel are a few more of the conditions that are neurological conditions.

WHAT IS A NEUROLOGIST?

A neurologist is a physician who has completed an undergraduate degree, four years of medical school, a one year training program in internal medicine, and then three additional years of specialty training in neurology. Neurologists often act as a consultant to other physicians. At times they are the primary care physician for patients who have neurologic conditions. When treating one of the conditions listed above, frequently patients will contact a neurologist directly to obtain an expert opinion and expedite a diagnostic evaluation and therapeutic treatment program. Neurologists will occasionally recommend surgery, but they do not perform surgery. Following a surgical procedure, it is common for the neurologist to resume care and direct the post operative rehabilitation regimen.

HERE ARE A FEW CASE PRESENTATIONS THAT A NEUROLOGIST MIGHT SEE:

J.D. is a 44-year-old right-handed electrician who has been experiencing numbness and tingling and in his right hand for the last four weeks. There has not been any injury or trauma, he simply does his usual duties. When he drives to a job site and holds the steering wheel his hand feels like there is electricity running through it. At night, his hand will awaken him from sleep with numbness and tingling.

Upon examination there are classic findings for nerve twig involvement at the right wrist with motor deficits and sensory loss that is consistent with a carpal tunnel syndrome. A diagnostic workup may include imaging of the wrist, electrodiagnostic studies; treatment might include a neutral wrist splint at night, anti-inflammatory medications, occupational therapy and possibly even injections at the wrist or even surgical release of the inflamed nerve.

G.K. is a 76-year-old white female who has a history of tobacco use, elevated cholesterol, sedentary lifestyle, who had a five minute episode of numbness and tingling in the right face, arm, and leg. This was associated with confusion and clumsy speech. These symptoms are certainly consistent with a mini stroke or "TIA" (transient ischemic attack). This may represent a brief loss of blood flow and oxygen to a certain part of the brain. A diagnostic assessment would certainly include evaluation of the blood flow to the brain (carotid Doppler study), MRI of the brain, possibly EEG (a rhythm study of the brain), but also an EKG (heart rhythm study), and an ultrasound of the heart chambers to rule out blood clots (echocardiogram). Laboratory testing may be helpful as well. A treatment protocol would be based on the results of testing, but certainly antiplatelet therapy with aspirin or a prescription medication would be appropriate. If there is an abnormal heart rhythm, blood thinning medications may be necessary.

M.F. is a 19-year-old right-handed, white female who was involved in a motor vehicle accident three weeks prior to her presentation for evaluation. There was a great deal of damage to her vehicle. She did not lose consciousness, but has had persistent neck pain, headache, jaw pain, and right upper extremity pain and weakness since the accident. Her sleeping pattern is completely deranged and she is having nightmares and flashbacks about the accident. Her examination shows spasm in the cervical muscles, triggers at the base of the skull, and weakness and sensory loss in the upper extremity in a classic nerve root distribution. Her diagnostic evaluation could include MRI of the cervical spine, electrodiagnostic studies of the upper extremity, cervical spine x-rays, and possibly neuropsychological testing and even EEG testing. Therapeutic intervention would certainly include physical therapy or chiropractic care, antiinflammatory medication, muscle relaxant therapy, and possibly sleep aids. Injection therapy and pain management may be necessary. Referral to counseling for her posttraumatic stress disorder may be necessary as well.

If you or someone you know has a neurologic condition similar to one of those listed above, contact Neurology Office to find out if you can be helped!

Our goal is to provide concierge level care without the concierge price.



To see the expert therapy team at Neurology Office, call to make an appointment with Dr. Kandel 239-231-1414 (Naples) or 239-231-1415 (Ft. Myers) or check out the web site: www.NeurologyOffice.com

Cardiac Care a Priority for VITAS® Healthcare

By VITAS Regional Medical Director Joseph Shega, M.D.

Hospitalized several times for low ejection heart failure, the 71-year-old Naples resident wanted to spend his final days at home with his wife and two dogs. Thanks to the VITAS Healthcare Cardiac Program, he was able to do just that.

The VITAS interdisciplinary team of caregivers, including cardiologists, physicians, nurses, psychologists, social workers, and chaplains, worked closely with the patient's long-standing cardiac team to continue his ongoing treatments of dobutamine and ensure he received the quality, customized attention he needed at the end of life. After he passed away several weeks later, his wife selected VITAS' bereavement support services and expressed her gratitude to the team for ensuring her husband's final days were spent in peace, alongside his loved ones, in the place he called "home."

Indeed, the care of patients with advanced heart disease is a top priority for VITAS Healthcare, the nation's largest provider of end-of-life care. Its interdisciplinary approach, coupled with patient and family centered care, benefits patients and families as well as providers, hospitals, health systems and the community. The company supports state-of-the-art cardiac care for normal and low ejection heart failure patients including those needing inotropic and circulatory (left ventricular assist device) support.

VITAS has invested substantial resources to develop a cardiac program where staff completes hours of heart failure specific education and competency attainment. As part of its



innovative model, patients benefit from evidence-based cardiac care including therapies traditionally administered in the hospital setting at home such as parenteral diuretics, high-flow oxygen, and continuous infusions of dobutamine or milrinone. Patients and families also continue to receive its trademark end-of-life care with individualized care plans that address patients' physical, psychological, social and spiritual needs. Moreover, alternative therapies such as massage, pet and music further enhance a patient's quality of life.

Taken together, the cardiac program at VITAS reflects the company's core values that patients and families come first, which translates into better care and outcomes including higher patient and family satisfaction, improved quality of life, and a dramatic reduction in hospital readmissions. More information is available at www.VITAS.com

Providing quality, compassionate care to Collier County patients and families. Find out more.

VITAS®
Healthcare
SINCE 1980

Visit VITAS.com or call
800.723.3233  

CERVICAL SPINE INSTABILITY

Getting a Correct Diagnosis with Digital Motion X-Ray and Restorative Treatment with Prolotherapy

By Debra K. Brinker, RN

The cervical spine is unique, consisting of vertebrae that are smaller and more mobile than all of the movable vertebrae of the spine. This high degree of mobility is necessary in order to move the head through its varied range of motion. The cervical ligaments, stabilizing structures primarily responsible for connecting adjacent bones, are especially vulnerable when trauma occurs. When the cervical spine is stable, it moves and functions normally, while remaining in proper physiologic alignment and protecting the blood vessels, nerves and spinal cord. Injury to the ligaments changes this dynamic, and leads to instability of the cervical spine and inadequate support for the loads placed upon it, generating changes in the vertebral alignment and creating a cycle of imbalance among the vertebral joint structures. Cervical instability involves increased motion between adjacent vertebrae which causes excessive stress on the supporting ligamentous structures and the nerve endings within those structures eliciting pain and a variety of symptoms. (See Figure 1.)



WHIPLASH: A TYPE OF CERVICAL INSTABILITY

Whiplash injuries are a common source of cervical instability. The sudden acceleration and deceleration during rear-end collisions generate severe flexion and extension of the neck, in a whip-type

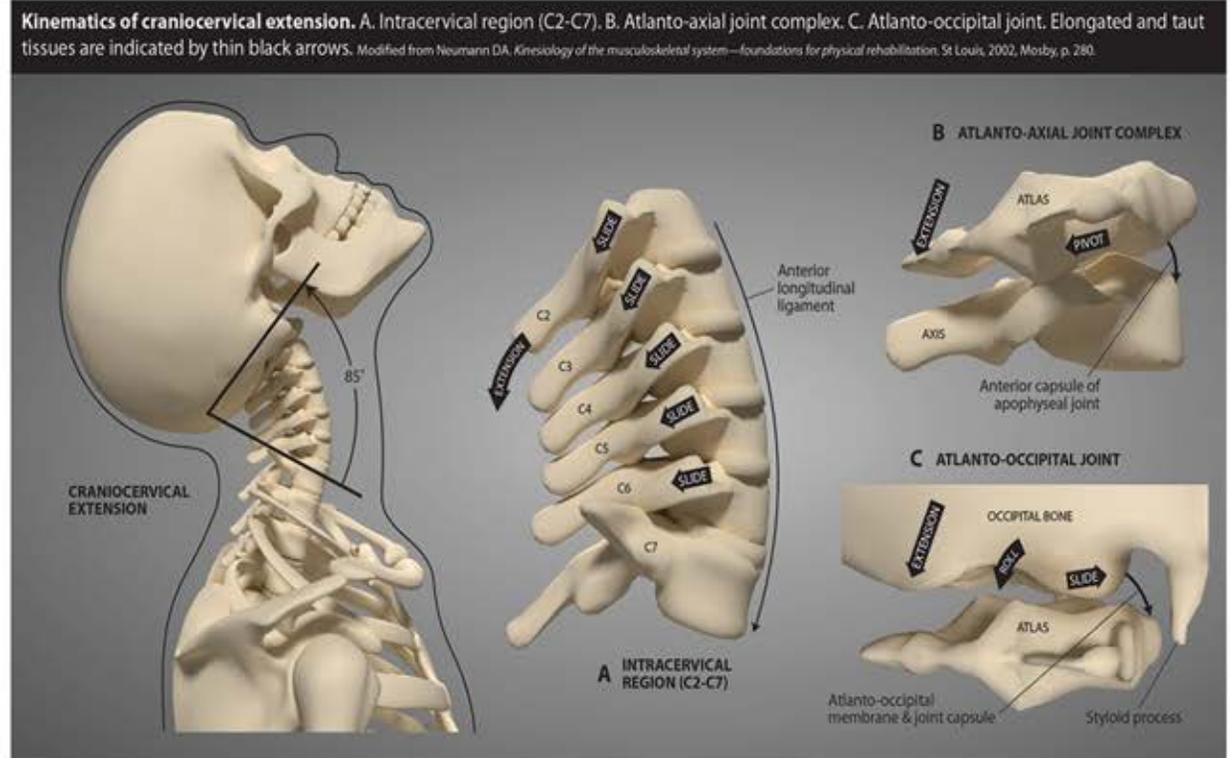


Figure 2

motion forward and backward. The backward hyperextension is often associated with more injury to the soft tissue, because it lacks the limiting effect of the chin meeting the chest in the forward “whip.” The excessive motion in hyperextension severely strains the involved muscles and ligaments, especially the anterior longitudinal ligament, and compresses the adjoining vertebral joints. (See Figure 2.)

The ligaments of the cervical spine are particularly vulnerable to injury during a whiplash event and more notably when the head is rotated at the time of collision, such as looking in the rear-view mirror. The lack of a stabilizing structure can lead to further injury of the soft tissue and joint structures and the possibility of nerve injury and the irritation of the sympathetic nervous system. Pain and associated symptoms can worsen in the weeks or months after an accident, as the area

becomes more unstable, often leaving a person chasing the symptoms without a proper diagnosis.

CERVICAL INSTABILITY: SYMPTOMS OF A MISSING DIAGNOSIS

Symptoms of cervical instability include neck pain, muscle tension and spasms, crepitation, and paresthesias. When the upper cervical spine (C0-C2) is involved, severe associated symptoms can involve nerve irritation, headaches/migraines, dizziness, drop attacks, vertigo, difficulty swallowing and/or speaking, and auditory and visual disturbances. Cervical instability can induce vertebral basilar insufficiency (VBI), an alteration of vertebral arterial blood flow when the mobile vertebrae pinch off the artery, fostering an insufficiency of blood supply as it travels up to form the basilar artery which provides circulation to half the brain. VBI may arise with intermittent vertebral artery occlusion when the head is extended or with extreme rotation.

DIGITAL MOTION X-RAY (DMX): An Ideal Way to Document Cervical Instability

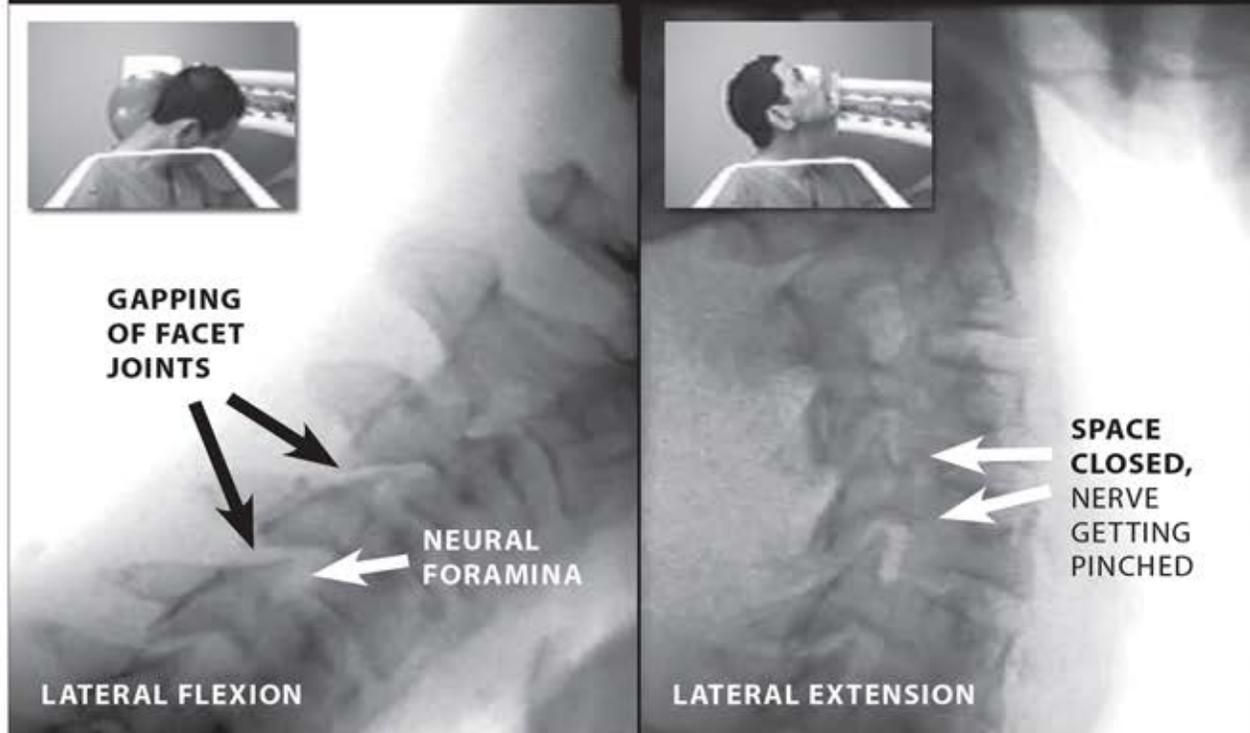
Digital Motion X-ray is a functional imaging tool that visualizes the bony structures and joints with video radiography while the body is in motion. (See Figure 3.) Standard imaging such as radiographs, MRI's or CT scans that generate static images have a limited capacity to realize the pain source. The capacity to capture motion imaging, visualizing the joints as they move, allows for more accuracy in diagnosing, considering musculoskeletal pain is most commonly experienced during movement. A person with a myriad of undiagnosed symptoms months after a whiplash injury, for example, moves their head and neck through a series of motions while the DMX is videotaping. If neck and arm pain is experienced in hyperextension, the clinician can correlate these symptoms with the excessive motion of the vertebrae, misalignment, and subluxation they visualize, as well as diagnose cervical instability and associated symptoms such as radiculopathy. A cervical instability diagnosis is difficult to ascertain with static imaging, but the technology of Digital Motion X-ray makes it possible. (See Figure 4.) In some cases, this technology can also aid in treatment to target very sensitive, specific areas of the spine with regenerative treatments, like Prolotherapy.

Figure 4



Figure 3. Patient standing in Digital Motion X-ray (DMX) machine, a diagnostic tool used to see the joints in motion and uncover instability often missed by static X-ray and MRI.

Digital Motion X-ray of neck before Prolotherapy. When this patient bent his head down and to the side, gapping of the facet joints can be easily seen. This is from the capsular ligaments being stretched. When he extended his head back and to the side, because of the capsular ligament laxity, the facet joints moved (cervical instability) encroaching on the cervical nerves causing excruciating pain down this patients right arm. His cervical radiculopathy resolved after receiving a few Prolotherapy treatments, which stabilized the facet joints.



Prolotherapy to the cervical facet joints. Prolotherapy by tightening and strengthening the capsular ligaments (facet joints), resolves cervical instability, causing the symptoms of such conditions as post-concussion syndrome, whiplash dysfunction syndrome, cervicocranial syndrome and atlantoaxial instability to abate.



Figure 5

Ligament restoration treatment for cervical instability

Prolotherapy, a regenerative injection therapy, can be used to repair and regenerate the ligaments and structures involved in cervical instability, alleviating the instability and associated pain and symptoms. (See Figure 5.) Prolotherapy is a non-surgical option that stabilizes the cervical vertebrae and increases functionality in an otherwise life-altering condition.

PROLOTHERAPY SPECIALISTS:

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

239-303-4546 www.CaringMedical.com

Healing Outside the Box with Turmeric from Fiji

By Yollo Wellness

Turmeric is a spice that has been used in cooking for centuries. Scientists have determined that turmeric has many biological activities, although they do not fully understand exactly how it exerts these effects. From laboratory experiments, it has been deduced that substances in turmeric (called curcuminoids) prevent inflammation by inhibiting the molecules that mediate inflammatory reactions. Curcuminoids may protect the body in a few ways: they enhance the activity of an important detoxifying enzyme and they also act as antioxidants by neutralizing free radicals (which can cause DNA damage). In rats, turmeric prevented the development of kidney damage from toxins. Turmeric also stimulates the flow of bile in the gastrointestinal tract.

In rats exposed to cancer-causing substances, those that were treated with turmeric were protected from colon, stomach, and skin cancers. Turmeric also stops the replication of tumor cells when applied directly to them in the laboratory, but it is unknown if this effect occurs in the human body. Curcumin, a curcuminoid, has shown biological activity in pancreatic cancer patients and there are ongoing studies to test its effect as an addition to current cancer treatment. However, recent experiments have suggested that turmeric might interfere with the activity of some chemotherapy drugs in breast cancer, so the question remains whether this spice is helpful or harmful during chemotherapy. Curcumin also showed weak phytoestrogenic activity in a laboratory study. Human data are needed.

Being healthy entails so much more than brushing your teeth and staying on top of yearly check-ups. Real health is something you can feel all the time, when you get up in the morning until you fall asleep at night. It is a deep and satisfying sense of strength, unity, and vitality. We believe you should feel this way every day.

Recently I had the pleasure of being on one of the Islands in Fiji (there are 330 total). I came across Fijian Organic products while visiting and quickly became very interested because of how they are grown and processed. I've been using them daily. I can tell you first hand that I personally sell a variety of ginger, curcumin, salts, face products, and oils and this line is definitely a step above. As you know, the premise of YOLLO Wellness is based on bringing you modalities to empower you to get well and stay well at the highest level.



The People and Culture of Wakaya- The warmth and spirit of the Fijian people are the heart and soul behind Wakaya Perfection. Their connection to the land make them the purest of all Wakaya's many treasures. They are involved in the planting, harvesting, processing and the packaging of our products. If you have the opportunity to meet a Fijian I guarantee that you will, without exception, develop an instant and profound respect for their way of life and family-first approach.

The Story of Wakaya - Wakaya is a 2,200-acre island in the Fiji archipelago. Here, organic ginger grows in a nutrient-rich soil created by thousands of years of natural erosion of volcanic rock. This volcanic soil is high in beneficial minerals, especially trace elements that are vital to human wellness. Organic farming commenced on Wakaya Island long before the current farm-to-table trend gained popularity. Due to the geographic isolation of the island, organic farming is a necessity. It also allows them to maintain the purity of the island and to ensure the health and well-being of Wakaya's culture. Using their own proprietary strain of Pink Fijian Ginger, they plant, till and harvest exclusively by hand, and the tropical rains are Wakaya's sole source of irrigation. The ginger and dilo plants are both free of industrial pollutants, chemical fertilizers and pesticides. Through manual cultivation Wakaya Perfection Ginger is processed by hand. They grow unique Fijian pink ginger in wide, sloping paddocks at a high elevation to prevent erosion. The Fijians hand-harvest crops in paddocks to eliminate a mechanical footprint that could compromise the integrity of the crops. No machinery touches the ginger crops, only caring hands cultivate the earth. No chemically treated water is ever used in irrigation. All washing of crops prior to processing is done with fresh rainwater from the catchment system.

The Wakaya Perfection Collection offers 100% organic, pure and proprietary products that help you get well, stay well, and be well, inside and out. They use only the purest, freshest ingredients because they know that what you eat, drink, and apply to your skin matters and should contribute to the healthy lifestyle integral to your wellness.

The Wakaya Perfection 100% organic and certified kosher pink Fijian ginger is a contemporary take on an ancient botanical. Ginger has been hailed for centuries for its healing, curative properties, as well as its potent and bold flavor. The pink Fijian ginger is hand-harvested and cultivated on the island of Wakaya for its purity and rejuvenating properties. Versatile and delicious, it livens and improves main dishes, desserts, beverages, calming daily rituals and more while boasting 3% higher in Gingerol content, the active healing agent in ginger, than average ginger in-market. It makes a luxurious spa/apothecary essential too!



Harmoniously hand-cultivated alongside the pink Fijian ginger is 100% organic Fijian turmeric, which has been used for thousands of years in the Indian healing traditions of Ayurveda. The unique turmeric boasts 5.96% of the active healing ingredient curcumin, in comparison to traditional turmeric that contains 0.92% of curcumin. Use it in beverages and recipes as a powerful anti-inflammatory, liver detoxifier and indigestion reliever.

The certified Fijian kosher sea salt, carefully drawn from Wakaya's pristine waters, is truly good for you! Thanks to our all-natural desalination process, the salt retains essential minerals that boost electrolytes, maintain normal blood sugar levels and purify skin. Perfect for use in recipes, at the table or as a body scrub. This salt is essential to living a healthy life and should be incorporated into your healthy living plan.



After your salt bath or herbal wrap, pamper your skin with 100% organic Dilo cream, derived from the sacred Dilo tree of Polynesia. Dilo oil is the only source for calophyllic acid, which has been shown to reduce inflammation, treat dry skin and acne, and promote the growth of healthy new skin cells. Your skin is precious, and we believe only the best, purest products should be allowed to grace it; Because you were born to glow!



At the end of a long day, relax and unwind with their special powdered Kava, an all-natural relaxant that tastes great when added to water or juice. Enjoy it with friends! Kava helps de-stress, aids with depression, treats insomnia, eases arthritis and inflammatory pain, and much more. Even better, when combined with the organic Pink Fijian ginger and the Kava-Gin powder, you have a powerful, valuable healing aid on your side. However you use Wakaya Perfection in your life, get ready to experience true vitality. Get well, stay well, and be well today and every day thereafter.



Here at YOLLO Wellness we provide you with high quality vitamins, healing modalities such as hyperbaric oxygen therapy, inflammatory testing tools, as well as a connection with area holistic healers for even more options for healing.

Hyperbaric Sales • Rental • In our office
Call today for more information.
We are cash for service.



YOLLO Wellness

3840 Colonial Blvd, Suite 2, Ft. Myers, FL 33966

(239)275.0039

www.YOLLOWELLNESS.com

EVENTS

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

Fijian Beauty and Health Party! February 18th - NOON - BULA! You will be greeted with some relaxing Kava upon arrival. There will be yummy organic ginger and turmeric foods to sample, as well as a variety of products to experience here or take home with you. Expert Rachael Beat from Wakaya Perfection will introduce us to this amazing line of essential goods and explain how they will change your life forever! Space is limited so RSVP quickly.

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)

FREE LIVE CELL Analysis DAY Wednesday March 9th
You are what you eat so come in for your free analysis. You will see what your cell structures look like and if you are harvesting yeast, fungus, mold, weak cell walls, not absorbing your vitamins, etc.. \$75.00 Value -Free today only.

Out and About in the Community
Live Cell Analysis at ApothiCare360 on Daniels (call them for details 239-690-7700)

Pelican Preserve March 31st
Healing with Turmeric and Ginger

Register to attend events at (239) 275-0039
Located at 3840 Colonial Blvd, Suit 2
Ft. Myers, FL 33966

LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

SNORING VS. SLEEP APNEA

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

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

SERIOUSNESS OF OSA

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



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

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

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

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

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

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

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

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

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

TREATMENT OPTIONS

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

TREATMENT OPTIONS

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

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

SCREENING FOR OSA AT THE DENTIST OFFICE

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

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

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



SCHEDULE A **COMPLIMENTARY CONSULTATION**
WITH DR. RICH GILBERT.

CALL 239-948-2111



Drs. Rich and Lacy Gilbert
www.pelicanlandingdental.com



COMFORTABLE ALTERNATIVE TO CPAP

Conquer Snoring, Sleep Apnea,
Headaches & Fatigue with a
Comfortable Oral Appliance.

New Patients Welcome

\$100 off
With this Ad

Call today for a no obligation,
complimentary consultation
with Dr. Rich Gilbert to discuss if you may
benefit from a CPAP Alternative.

HEALTHY TEETH AND GUMS FOR LIFE!

- Cosmetic • Implants • Invisalign
- Sedation Dentistry and Family Dentistry



Drs. Rich and Lacy Gilbert
239-948-2111
www.pelicanlandingdental.com



23451 Walden Center Drive, Suite 100
Bonita Springs, Florida 34134



Parkinson's Disease and The Importance of Exercise

By Todd D. Smith, MPT

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

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

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

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



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

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

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

LifeCare is proud to co-sponsor a Parkinson's Awareness Event on Thursday, March 10th at 2:30PM at Lakes Regional Library, 15290 Bass Rd., Ft. Myers Fl 33919 For a free showing of "Ride with Larry", a documentary film where Larry Smith, plans to bike across South Dakota with family and friends support to show the power of keeping your body active with exercise and mind positive to live life to the fullest. RSVP to Lisa Canning at 239-595-3373.

HELP REDUCE YOUR RISK OF AGE RELATED MEMORY LOSS

By Eric Hochman, M.D.

Dating back long before the 1500s when Ponce de Leon sought the Fountain of Youth in St Augustine, Florida, explorers and common men alike have been searching for ways to stay young forever. Although this legendary fountain remains undiscovered, researchers have uncovered some methods to combat the effects of aging. By modifying behavior and implementing simple strategies on a daily basis, we can take important steps to reduce the risk of memory loss. Here's how to keep your mind young and memory sharp.

1. Move around and get physical. Studies demonstrate the strong correlation between physical exercise and brain function. Whether it's walking, swimming, biking or something else, movement is good for the body and mind. Harvard researchers have shown that regular exercise changes the brain to improve memory and thinking skills. Another study from Case Western Reserve University School of Medicine concluded that individuals who exercised, by walking or engaging in physically active hobbies, such as gardening, had a lower risk for Alzheimer's disease. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity.

2. Everyone needs cognitive stimulation. A variety of mental exercises and activities help keep your brain sharp and is thought to ward off memory loss. Take courses, learn a musical instrument, volunteer, read, paint, and try mental games, such as word puzzles or math problems. Research from the Mayo Clinic has recently shown that involving your hands and utilizing manual dexterity is thought to give you an added boost with memory retention; so keep this in mind when choosing activities.

3. Make eating healthy a priority and improve your diet. Eat the right foods and eat in moderation. Implement the philosophy of 'Hara hachi bu' by eating until you feel 80% full. Try for meals filled with at least half fruits and vegetables and consider a variety of color in your food choices. Choose low fat protein sources, drink a lot of water, and regulate your sugar intake. (Diabetes is an important risk factor for dementia).



4. Observe your blood pressure and take steps to regulate and improve it. According to a Harvard study from 2014, high blood pressure in mid-life increases the risk of cognitive decline in later stages of life.

5. Reduce your risk of dementia and increase brain health by improving your cholesterol. High levels of LDL ("bad") cholesterol increase the risk of dementia, as do low levels of HDL ("good") cholesterol. New research from Heidelberg University in Germany found that having high cholesterol can negatively affect memory and facilitate cognitive decline with aging.

6 Your alcohol and tobacco use are factors with memory loss. Avoid smoking and use alcohol in moderation. If you have a drink, choose wisely; red wine is considered a good option. Resveratrol, (the heart disease helper found in red wine and grapes), may help prevent memory loss too, according to new research published this year from Texas A&M University.

7. Be mindful of your body and protect your head. Moderate to severe head injuries early in life increase the risk of cognitive impairment later on. According to Harvard research, concussions increase the risk of cognitive decline by a factor of 10.

8. Organize and build robust social networks. Social interaction helps ward off depression and stress which is thought to contribute to memory loss. Also, strong social ties have been associated with longer life expectancies. The Blue Zones Project promotes the 'Power Nine' principles and incorporates the importance of moais, small interconnected groups of friends that interact weekly and provide support for each other.

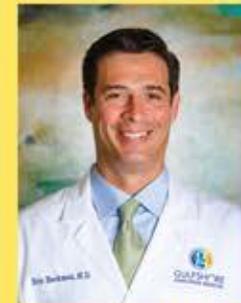
9. Opt for more sleep. Adults should get at least 7 to 8 hours of sleep per night. Research from the Mayo Clinic demonstrates that sleep plays an important role in helping you consolidate your memories and improve recall.

10. Seek help if you think you may be experiencing a decline in your cognitive functioning or memory. Physicians and other clinicians can help identify memory loss and implement treatments that may be able to slow the progression.

11. Try implementing changes now. Early adoption of these important steps can lead to enhancements in memory. Why wait until you are noticing a decline?

Researchers continue to expend time and effort to better understand cognitive brain function and memory loss. Although we don't have all the answers, these strategies will help us retain memory and lead us one step closer to discovering the true Fountain of Youth.

ERIC HOCHMAN, M.D.



Dr. Eric Hochman, MD is an award winning physician triple board certified in Internal Medicine, Pediatrics and Rheumatology and founder of Gulfshore Concierge Medicine (GCM). He has been

practicing in Naples since 2004 and is currently the President of the Collier County Medical Society. Dr. Hochman is a guest columnist of the the Naples Daily News writing about the benefits of the new Blue Zones Project. He is on staff at NCH Hospitals and Physicians Regional Medical center. Gulfshore Concierge Medicine (GCM) is a state of the art doctor's office that provides exceptional care to a limited number of patients. GCM follows the concierge medical model where patients pay an annual fee for comprehensive care that includes access to personalized medical care 24/7, same day appointments with 'no rush', individualized and thorough health plans, in-office lab testing, immunizations, medical travel assistance, VIP service and much more. For more information, please visit www.gulfshoreconciergemedicine.com.



GULFSHORE
CONCIERGE MEDICINE

239.325.1020

www.gulfshoreconciergemedicine.com

The Hidden Consequences of Losing Teeth

The Unseen Effects of Tooth Loss

It is obvious that missing teeth causes undesirable cosmetic effects that can lead to lower self esteem. It is a well known fact that the way you look affects the way you feel. The psychological and social consequences of tooth loss can also be profound.

Tooth loss is not just about unsightly gaps; there's something less noticeable that you should be concerned with losing a tooth can negatively affect function, health, facial aesthetics — just about everything.

Believe it or not, the effects of tooth loss aren't so much about teeth as they are about bone, which needs stimulation to maintain its form and density. In the case of alveolar (sac-like) bone which surrounds and supports teeth, the necessary stimulation comes from the teeth themselves. Teeth make hundreds of fleeting contacts with each other throughout the day. These small stresses are transmitted through the periodontal ligament that suspends each tooth in its socket, prompting the bone to continually rebuild and remodel.

Losing a tooth decreases this stimulation, which causes the alveolar bone to lose width, then height, and ultimately bone volume. The width of bone can shrink by up to 25% within a year following the loss of a tooth, and bone height can decrease by as much as 4 millimeters over the next few years.

As bone loses width, it loses height, this pattern continues while gum tissue gradually decreases at the same time. These changes can impair your ability to chew and to speak properly. As each tooth is lost, more and more function is also lost, resulting in serious aesthetic and functional problems, particularly in completely edentulous (toothless) people.

The damage doesn't stop there. After alveolar bone is lost, the bone beneath it, basal bone — the jawbone proper — also begins to resorb (melt away). This causes the lower portion of the face to partially collapse while the distance from nose to chin decreases at the same time. The cheeks become hollow due to the loss of tooth support and the chin rotates forward and upward. As the jawbone volume depletes, the risk of jaw fractures increases significantly.

I believe the current trend of expanding the use of implant dentistry will continue until every dental practice uses them as the primary option for all tooth replacement, on a regular basis. At the very least, all people should ask about the option of dental implants to replace missing teeth so that they can make intelligent, well-informed decisions regarding their overall health.

Holistic dentistry focuses on the patient's wellbeing as a whole. Your oral health plays a large part in the context of your overall physical health. Some key aspects of holistic dentistry focus on mercury-free solutions and non-surgical treatment for gum disease.



Dental Implants Stop Gradual Bone Loss and Replace Teeth

As consequences — particularly for older people, who are more likely to be missing teeth. Bone Loss Continues As Teeth Are Not Replaced

30 year old: Facial structures are properly supported and in natural proportion maintaining a youthful appearance. [Click to enlarge](#)

45 year old: Loss of teeth resulting in subtle structural changes (cheeks can sink-in slightly) even at the age of 45. [Click to enlarge](#)

60 year old: As bone loss progresses, the loss of facial support is pronounced. The cheeks and lips lose their support creating a more aged look. [Click to enlarge](#)

75 year old: The continued presence of a denture accelerates bone loss and loss of structural support of the face and soft tissues. The lower third of the face is dramatically smaller making the appearance more aged. [Click to enlarge](#)

Holistic dentistry combines traditional dental practices with alternative treatment approaches. Dr. Farrugia accomplishes this in several ways. Holistic dentists use proven techniques with state-of-the-art technology for bioidentical and biological natural treatment and solutions. One of these techniques include Zirconia implants

Dental Implants

Dental implants, weather titanium or ceramic, are best described as anchors that permanently support crowns or dentures, providing the most natural reconstruction after tooth loss. Dental implants are preferred over traditional bridges because the procedure essentially preserves the adjacent teeth from damage, where a bridge would cause modification to the surrounding teeth. Once in place, they are quite durable and can be cleaned and cared for just like your natural teeth.

No matter what you are considering for dental implants, we can provide you with a comprehensive range of information. As a natural dentist office, our goal is to provide absolute metal-free restorative dentistry.

Ceramic (Zirconia) Dental Implants

Today, Titanium is not the only material manufactured for tooth implants and so it is important to be aware of all the options available to you. Titanium and zirconia are the only two elements that have proven to successfully integrate into bone. Ceramic implants provide metal-free restoration, reducing concerns of allergies and biocompatibility issues, thereby lessening concerns for damage to the immune system.

These metal-free dental implants are more biocompatible, more esthetically pleasing, and work just as well as the more traditional titanium implants.

Benefits of Zirconia Dental Implants

Biocompatibility: Zirconia Dental Implants are made from zirconia which is a biocompatible, ceramic material that completely integrates into jaw bone. Zirconia, Metal-Free Dental Implants are placed by Implant Dentists in many Holistic Dental Offices and now are being used in many conventional dental offices as the Dental Implant material of choice.

Allergies: Zirconia Dental Implants are hypoallergenic.

Cosmetic Dentistry Reasons: The inherent problem that frequently arises with Titanium Dental Implants is an aesthetic one. Patients with thin, translucent gums or those who are prone to gum recession (as are many aging people) may end up with the gray gums or titanium showing around the margin of the crown. Since zirconia is non-metallic and white, it is much more natural looking than titanium. It's a perfect base color that closely mimics what nature created in the first place.

A metal aura is visible around the gum line of the two upper front teeth with metal/ceramic crowns. In addition to aesthetic issues, the teeth were deemed endodontic failures. The surgical treatment plan included two tooth extractions and the immediate Dental Implant placement of Zirconia Dental Implants. After healing, all-ceramic crowns were placed onto the Dental Implants, and the final result is a beautiful, natural, Metal-Free Smile.

Corrosion Resistant: Zirconia is biocompatible material that is resistant to chemical corrosion, nor will it conduct electricity or heat. As a bioinert material, it will never trigger chemical reactions, migrate to other sites in the body or interfere with the maintenance of optimal oral health.

Practicing (perfecting) the art of dentistry since 1995, Dr. Farrugia provides the finest quality dental care available today. Dr. Farrugia has extensive experience in implant, cosmetic and sedation to create that winning smile you so desire.

Dr. Farrugia focuses on promoting health through this biologic approach to dentistry. If you want a dentist who truly cares about your physical, emotional, and spiritual wellbeing, set up an appointment to visit Dr. Farrugia today.



239-216-0290

totalmouthsolutions.com



Dr. Alan Farrugia, Director



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

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

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

What is a cataract?

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

What do you recommend for treatment?

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

What is a VisionLock Certified Surgeon?

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

What if you do find the problem is cataracts?

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

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

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

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

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

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

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

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

"No Hidden Charges: It is our policy that the patient and any other person responsible for payments has the right to refuse to pay, cancel payment or be reimbursed by payment or any other service, examination or treatment which is performed as a result of and within 72 hours of responding to the advertisement for the free, discounted fee or reduced fee service, examination or treatment." Not valid with any other offers.

Cataract & Refractive
INSTITUTE OF FLORIDA
James E. Croley III, M.D.
(239) 949-1190
www.FloridaCataract.com
4061 Bonita Beach Rd #109
Bonita Springs, FL 34134



THE BASICS OF HEART HEALTH



February is designated as American Heart Month. With this in mind, let's review just how important it is to take steps that allow you to keep your heart healthy and functioning at an optimal level for years to come. Heart health is dependent on a variety of factors including our diet, genetic factors, and activity level. If you have a family history of heart disease it is even more important to pay attention to the risk factors that can negatively affect your heart health.

KNOW YOUR NUMBERS: Heart Rate, Blood Pressure and Cholesterol
If you don't already, you should visit your primary care physician each year for an overall health physical. During the physical, your physician will check for things like resting heart rate and blood pressure. Your resting heart rate is one indicator of how strong our heart is. While other factors can affect our resting heart rate, you should have a rate between 60-100 beats per minute. A heart rate lower than 60 or higher than 100 indicates that there may be an underlying issue that needs to be addressed.

The next indicator to keep an eye on is your blood pressure. Your blood pressure is the pressure that is put on your artery walls as blood is pumped through the body. Your arteries are the vessels that carry blood away from the heart and out to the rest of the body, delivering oxygen and nutrients to the cells. Your blood pressure should read at or below 120/80. The first number represents the pressure on the artery walls when the heart is contracted, or actively pumping the blood out. The second number represents the pressure on the artery walls when the heart is not actively pumping, or what happens in between the "beats" of the heart. It is important to keep your blood pressure at or near 120/80 as that is the optimal pressure for a healthy heart. Should you find that your blood pressure consistently is above those numbers through self-checks, it is time to have a conversation with your doctor. Bring evidence to your doctor that you've been tracking your heart rate and your blood pressure with dates and times that you've tracked your numbers. This will start a conversation with your doctor and equip them to better solve your health concern.

Another number to consider is your cholesterol level. Cholesterol is a substance that your either body creates, or is developed in your system from the food you consume. When cholesterol is present, it can attach to the artery walls. Having artery walls that with cholesterol deposits on them not only constricts those vessels (and can raise your blood pressure) but is also makes the arteries less flexible and responsive to changes in your blood pressure. Not all cholesterol is "bad." There are two types of cholesterol. The "bad" cholesterol is called LDL, or low-density lipoprotein. LDL is the cholesterol that can deposit on the artery walls, causing them to narrow and harden.



The "good" cholesterol is called HDL, or high-density lipoprotein. HDL is the type of cholesterol that seeks out the "bad" cholesterol and removes it from your body. Triglycerides are another factor to consider when looking at your cholesterol levels. Triglycerides are a type of fat found in your blood that your body uses for energy. Triglyceride levels are affected by diet, physical inactivity, and other factors like smoking. The combination of high levels of triglycerides with low HDL cholesterol or high LDL cholesterol can increase your risk for heart attack and stroke. Your health care team can do a simple blood test to check your cholesterol levels.

MANY FORMS OF HEART DISEASE CAN BE PREVENTED OR TREATED WITH HEALTHY LIFESTYLE CHOICES.

While these are just a few of the terms and numbers to be aware of to take care of your heart, it is important to incorporate a heart healthy diet that is rich in fruit and vegetables and to maintain an active lifestyle.

EAT HEALTHY FOODS. A heart-healthy diet based on fruits, vegetables and whole grains — and low in saturated fat, cholesterol, sodium and added sugar — can help you control your weight, blood pressure and cholesterol.

MAINTAIN A HEALTHY WEIGHT. Being overweight increases your risk of heart disease. A BMI of less than 25 and a waist circumference of 35 inches (88.9 centimeters) or less is the goal for preventing and treating heart disease.

MOVE. Exercise helps you achieve and maintain a healthy weight and control diabetes, elevated cholesterol and high blood pressure — all risk factors for heart disease. If you have a heart arrhythmia or heart defect, there may be some restrictions on the activities you can do, so talk to your doctor.

With your doctor's OK, aim for 30 to 60 minutes of physical activity most days of the week.

The Greater Naples YMCA can help keep your spirit, mind, and body healthy through an active lifestyle.

Seek emergency medical care if you have these heart disease symptoms:

- Chest pain • Shortness of breath • Fainting

Heart disease is easier to treat when detected early, so talk to your doctor about your concerns about your heart health. If you're concerned about developing heart disease, talk to your doctor about steps you can take to reduce your heart disease risk. This is especially important if you have a family history of heart disease.



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Get Started Today!
and get a FREE week on us

www.GreaterNaplesYMCA.org

24 HOUR WELLNESS Now Open!

ONE-WEEK
Guest Pass



Valid only at the Greater Naples YMCA. Limit one per family.

24h WELLNESS



239.597.3148 5450 YMCA Road • Naples, FL www.GreaterNaplesYMCA.org



MISSING TEETH? FAILING TEETH?

Enjoy **TEETH-in-a-DAY**
that don't come out.

**Pain Free Sedation
NO FEAR HERE**

- Implant & Sedation Experts
- True Patient Advocate
- All-on-four Masters
- Free Second Opinion with Treatment & X-rays

DENTURE VICTIM?

Live Your Life with
Teeth in Your Mouth
Not in a Glass

- No Snapping in or out
- Taste and Enjoy Your Food Again



Zirconia implants available. (Metal free)

FREE CONSULTATION!



D9310

Call Today 239-216-0290

www.totalmouthsolutions.com

The patient has the right to refuse to pay, cancel payment or be reimbursed for any service or treatment which is performed as a result of, and within 72 hours of responding to the advertisement for the discounted service. License number DN14033.



"COOL" Cryo Spa

Your Place to CHILL!!

Pain Relief • Weight Loss • Safe & Effective • 3 Minutes

Dr. Ronald M. Repice, D.C.

Are you Suffering from:

- Joint Pain / Stiffness
- Arthritis / Rheumatoid
- Fibromyalgia
- Muscle Soreness
- Sports Injuries

*Dr. Repice is the 1st in
Southwest Florida to
introduce Whole
Body Cryotherapy*



Burns 500 – 800 Calories

Private Chamber • One on One Session



New Year, New You!

See Our Special Offer Below



Dr. Ron's

30 Day Weight Loss Program

50% OFF!

Only \$499
Expires January 31



CALL NOW

Schedule your TRIAL SESSION
(239) 658-COOL (2665)

"COOL" Cryo Spa by Rejuvenations & Lipo Light Naples
1575 Pine Ridge Rd. Suite #6, Naples, FL 34109

MAKE YOUR HOME HEART HEALTHY

If home is where the heart is, shouldn't every home be heart healthy? Easier said than done in U.S. homes today, where:

- Processed, high-fat, high-sugar foods are readily available
- Sedentary activities, such as TV watching and computer use, take time away from physical activities

That's a problem, since a low-fat, low-sugar, high-fiber diet and regular exercise are the foundations of heart health.

So why aren't more people eating better and exercising more?

Some claim they don't have enough time or don't feel like it or don't know how.

Those things don't need to hinder you and your family. Follow these seven easy ways to make your home a heart-healthy zone.

1. Use olive oil instead of butter.

While using butter in moderation may not be as bad as once thought, we know olive oil is better. Instead of butter, try brushing your bread or toast with olive oil. If you must use a solid spread, choose one with no more than 2 grams of saturated fat and zero trans-fat.

2. Wash and cut up vegetables so they're ready for snacking.

It's no secret that eating a diet rich in fruits and vegetables may lower your risk of heart attack and stroke. But buying a bunch of carrots or head of broccoli and putting it in your refrigerator's vegetable drawer may actually make you less likely to eat it.

For some people, accessibility is key to eating vegetables. Wash them, cut them and store them in a visible place in your fridge. You'll be more likely to grab them a few bites at a time. No need to cook them. Eating raw veggies may be better for your blood pressure.

This information brought to you by:



HOME Buyers MARKETING II, INC.
A NATIONAL REAL ESTATE COMPANY

DeAnn Kamp
Broker/Realtor® GRI, CSMS

239.398.5527
www.DeAnnSellsFloridaRealEstate.com
DeAnnKamp@gmail.com



3. Sneak vegetables into other dishes.

If eating whole vegetables just isn't your thing, disguise them in other favorite dishes. For example, grate carrots into meatloaf, mash cooked cauliflower with potatoes, or mix sweet potatoes into macaroni and cheese. You may not taste the veggies, but you'll still reap their benefits.

4. Cook together.

Your kids — or other picky eaters in your household — may be more willing to try heart-healthy recipes (like veggie burgers) if they help you make them.

5. Make your own single-serving packages.

For ready-to-go snacks, forget the chips, cookies and other junk foods that come in single servings. Make your own snack packages — with fruits, vegetables, whole-grain crackers, high-fiber cereal and other heart-healthy snack options.

6. Put exercise gear near the TV.

How often do you use that exercise bike or those hand weights in the basement? Try moving them into the family room. You may find that exercise becomes more convenient.

An exercise peddler is an inexpensive device that you can use to sneak in physical activity while sitting at your desk or doing handwork, like knitting.

7. Exercise as a family.

Getting a workout doesn't have to mean going to the gym or taking an aerobics class. Make physical activity a natural part of your family life.

Train together for a 5K run or charity walk. Walk the dog. If you have children, take a weekly nature hike.

Choices you make every day — about what you eat and how you stay active — play a major role in your heart health. Think your choices could be better?

Most people don't need a major lifestyle overhaul. Small changes to the home environment can add up to big improvements.

FREE COMMUNITY TALKS ON STEM CELL THERAPY & PROLOTHERAPY

for relieving pain, sports injuries, and osteoarthritis...



JOIN US
AND BRING
A FRIEND!

DATES AND LOCATIONS:

Wednesday, February 3rd

10:30am-noon – with Ross Hauser, MD
FineMark Bank and Trust - Pelican Bay
800 Laurel Oak Drive, Suite 101. Naples, FL 34108

Saturday, February 13th

12:30pm-2:00pm – with Ross Hauser, MD
Norris Community Center
755 8th Ave South. Naples, FL 34102

Tuesday, February 16th

1:00pm-3:00pm – with Ross Hauser, MD
& Nicholas Shirghio, AP, DOM
Vinyards Country Club
400 Vineyards Blvd. Naples, FL 34119



Ross A. Hauser, MD
Regenerative Medicine Specialist

Helping patients alleviate sports injuries and arthritis pain for over 20 years.



Learn more at
CaringMedical.com
or call
239.303.4069

PRESENTATION HIGHLIGHTS INCLUDE:

- How **Joint Instability** is the missing diagnosis in most pain cases
- Prolotherapy, Platelet Rich Plasma (PRP) and Stem Cell therapies for accelerated recovery from sports injuries, arthritis, and chronic pain.
- Common sports injuries: elbow injuries, back pain, labral tears, meniscus tears, and more.
- Why you may not have responded to certain pain treatments, including physical therapy and surgery.
- Why using ice for injuries is becoming a thing of the past.
- How cortisone injections can make you more susceptible to injury.
- Anti-inflammatory pain medications actually accelerate arthritis.
- Question and answer time with Dr. Hauser to get help with YOUR injury now!



YOLLO THERAPIES

You Only Live LIFE Once

- Hyperbaric Oxygen Treatments • ImPact Concussion Testing
- Gut Health Testing • Nutrition Programs for Weight Gain or Weight Loss
 - PRP Collagen & Vitamin Face Treatments
- Breast and Full Body • Digital Thermographic Imaging
 - Comprehensive Nutrition and Vitamin Panels

The only center in the United States that utilizes all the above modalities under one roof to help you regain your health. Are you ready to feel GREAT today?

239.275.0039

www.YolloWellness.com

3840 Colonial Blvd, Suite 2, Ft. Myers, FL 33966

EXCLUSIVE COMBINATION OF SCIENCE & TECHNOLOGY TO REDUCE THE SIGNS OF AGING

Instant Lift for Face & Neck

- ~ Quick Results
- ~ No Downtime
- ~ Look Younger and More Vibrant
- ~ Repairs Skin at a Cellular Level
- ~ Reduce Wrinkles
- ~ Tighten Skin
- ~ Exclusively at Swan Centers



1-800-965-6640
www.SwanCenters.com

Swan Age Reversal Centers

OFFICES IN BONITA SPRINGS, FORT MYERS, NAPLES, Venice AND SARASOTA

\$249
PER TREATMENT
FACE & NECK
Regularly \$375
Must present coupon.
Not valid with other offers.

Special Offer:
\$125
FOR NECK LIFT ONLY
Must present coupon.
Not valid with other offers.

FREE CONSULTATION
by Appointment only

SRG
SENIOR
LIVING



Ultimately, it's your experience that matters.

To be sure, we're proud of our 27 years of experience in senior living. But, to us, what really matters is your experience at our communities. We invite you to experience The Carlisle for yourself at a complimentary lunch and tour. Please call now to schedule.

INDEPENDENT & ASSISTED LIVING • ECC LICENSED

6945 Carlisle Court • Naples, FL
TheCarlisleNaples.com
239.249.3247



ASSISTED LIVING FACILITY #9408



EXPERIENCE THE FUTURE OF REHAB.

Our rehab services are taking off with the Alter-G Anti-Gravity Treadmill®, a revolutionary technology that allows you to exercise pain-free, even while recovering from joint surgery. Also, these unique exercises can be beneficial to those suffering from cardiac or pulmonary diseases.



239-495-4000
www.lifecarecenterofestero.com
3850 Williams Rd.
Estero, FL 33928
Joint Commission accredited



Naples Daily News

2014
2013
2012
2011

southwest florida

choice
CHAMPION

Our 14 board-certified, fellowship-trained radiologists are the best the field has to offer.

HOW CAN NDIC SERVE YOU?

- We've served the community for over 25 years.
- NDIC was Naples' first medical diagnostic facility.
- Images evaluated locally.
- Today, we're proud to have a full array of diagnostic services and equipment second to none.
- Image Wisely: NDIC technologists have taken a pledge to insure radiation safety for our patients.

Bill Akins, MD
Joel Berman, MD
Pamela Caslowitz, MD
Paul Dorio, MD
Jason Hamilton, MD
Bill Hutchins, MD
James Lim, MD
Robert Melli, MD
James Pawlus, MD
Daniel Singer, MD
David Smock, MD
Michael Theobald, MD
Eric Vensel, MD
Theresa Vensel, MD

NAPLES  RADIOLISTS

 **NDIC**

NAPLES DIAGNOSTIC IMAGING CENTER

Affiliated with NCH Healthcare System

CALL (239) 593-4222 TO SCHEDULE YOUR APPOINTMENT. NAPLESIMAGING.COM

HOME Buyers **MARKETING II, INC.**

A NATIONAL REAL ESTATE COMPANY

NEW LISTING 27601 Riverdale Ln., Bonita Springs



OPEN HOUSE
Every Sunday from 1-4pm

\$565,000 - NEWLY RENOVATED!



DeAnn Kamp

Broker/Realtor® GRI, CSMS

DeAnnKamp@gmail.com

239.398.5527

www.DeAnnSellsFloridaRealEstate.com



GULFSHORE
CONCIERGE MEDICINE

YOUR HEALTH
IS WORTH THE BEST CARE



Award-Winning Doctor and President,
Collier County Medical Society

ERIC HOCHMAN, M.D.

Call To Schedule a Private Consultation

239.325.1020

www.gulfshoreconciergemedicine.com

Banyan Professional Center
1350 Tamiami Trail North, Suite 101
Naples, Florida 34102

MILLENNIUM PHYSICIAN GROUP

our physicians are accepting new patients

Maria Julia del-Rio Giles, M.D.

Internal Medicine

1735 SW Health Parkway
Naples, Florida 34109

239-249-7800



Charles Kilo, M.D.

Internal Medicine

1495 Pine Ridge Rd., Suite 4
Naples, Florida 34109

239-594-5456

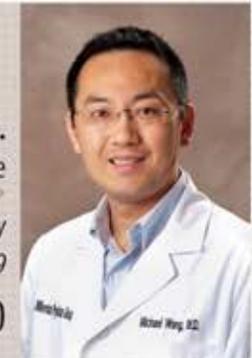


Michael Wang, M.D.

Family Medicine

1735 SW Health Parkway
Naples, Florida 34109

239-249-7830



Luis Pozniak, M.D.

Internal Medicine

1735 SW Health Parkway
Naples, Florida 34109

239-249-7800



Fritz Lemoine, Jr., M.D.

Internal Medicine

400 8th Street North, 2nd Floor,
Naples, FL 34102

239-649-3365



MILLENNIUM
PHYSICIAN GROUP

www.MillenniumPhysician.com

Accepting New Patients
Same Day Appointments Available

Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

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

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

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

A Passion for Diabetes Education

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

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

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

Understanding Diabetic Terms

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

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

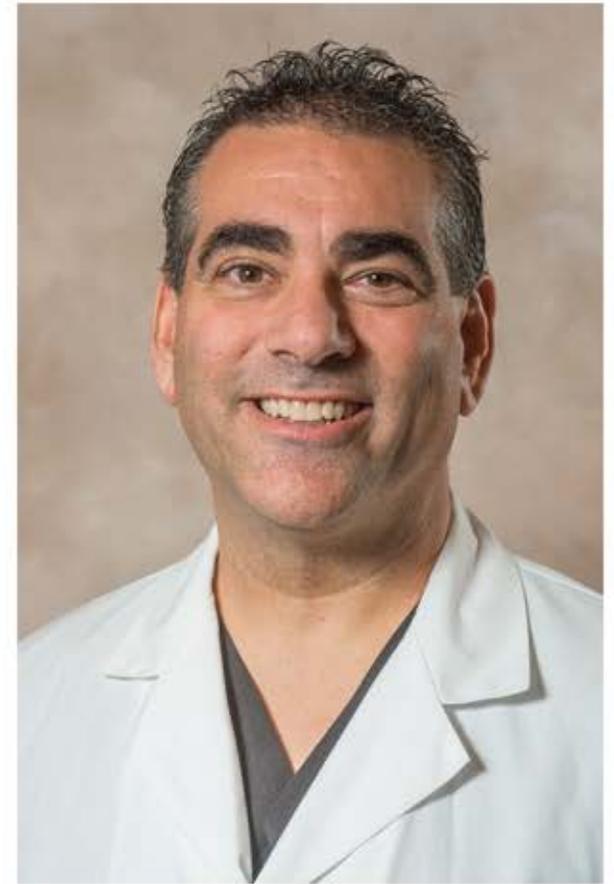
The biggest impact on the fight against diabetes in children is making sure they get enough exercise and a healthy diet. "Encouraging your child to exercise in the afternoon after school---even playing in the backyard---is extremely helpful to their health," says Kilo. "We also want to assist them in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

Diagnosing Diabetes

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

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

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



Charles Kilo, M.D.

Taking Control of Diabetes

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

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

MILLENNIUM
PHYSICIAN GROUP

1495 Pine Ridge Rd., Suite 4 - Naples, FL 34109
239-594-5456 | www.millenniumphysician.com

CT Enterography: Detect Crohn's Disease and Other Bowel Abnormalities

Until recently, diagnosis of small bowel pathology had relied primarily on radiological techniques, in part due to the relative inaccessibility of the small bowel to conventional endoscopy. Progress continues to be made in cross-sectional imaging technologies, harnessing the power of computer tomography, MRI and ultrasound, facilitating rapid, accurate and minimally invasive investigation of the small bowel and adjacent tissues.

What is CT Enterography?

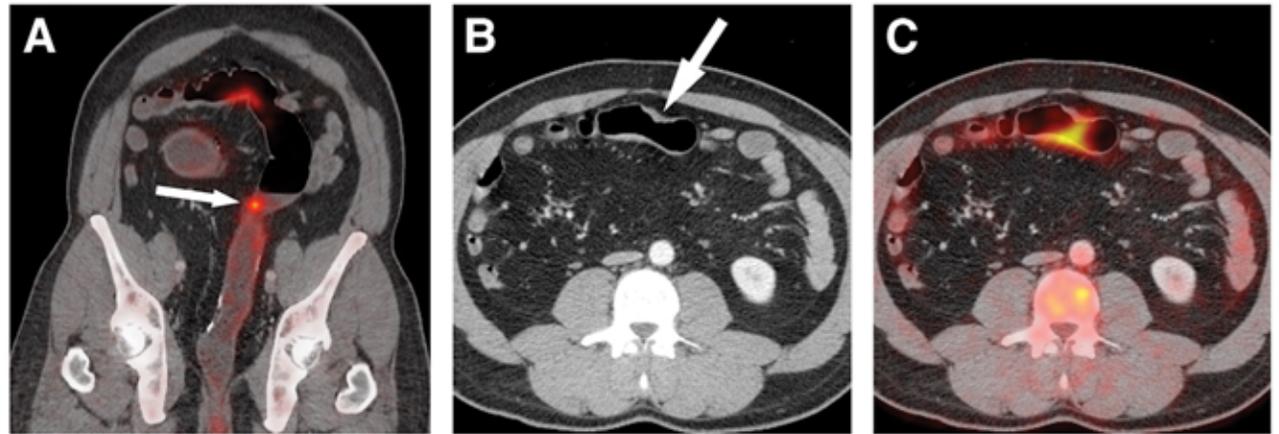
Computed tomography, more commonly known as a CT or CAT scan, is a diagnostic medical test that, like traditional x-rays, produces multiple images or pictures of the inside of the body.

CT enterography is a special type of computed tomography (CT) imaging performed with intravenous contrast material after the ingestion of liquid contrast material that helps produce high resolution images of the small intestine in addition to the other structures in the abdomen and pelvis.

CT enterography is a non-invasive imaging technique that offers superior small bowel visualization compared with standard abdomino-pelvic CT, and provides complementary diagnostic information to capsule endoscopy and MRI enterography. CT enterography is well tolerated by patients and enables accurate, efficient assessment of pathology arising from the small bowel wall or surrounding organs.

The cross-sectional images generated during a CT scan can be reformatted in multiple planes, and can even generate three-dimensional images. These images can be viewed on a computer monitor, printed on film, or transferred to a CD or DVD.

CT images of internal organs, bones, soft tissue and blood vessels typically provide greater detail than traditional x-rays, particularly of soft tissues and blood vessels.



Physicians use CT Enterography to identify and locate:

- small bowel inflammation
- bleeding sources within the small bowel
- small bowel tumors
- abscesses and fistulas
- bowel obstruction

CT enterography is also used to diagnose Crohn's disease, and determine its location, severity and unexpected complications, in order to guide effective treatment.

Benefits of CT Enterography

- CT scanning is painless, noninvasive and accurate.
- A major advantage of CT is its ability to image bone, soft tissue and blood vessels all at the same time.
- Unlike conventional x-rays, CT scanning provides very detailed images of many types of tissue as well as the lungs, bones, and blood vessels.
- CT examinations are fast and simple; in emergency cases, they can reveal internal injuries and bleeding quickly enough to help save lives.
- CT has been shown to be a cost-effective imaging tool for a wide range of clinical problems.
- Compared to other imaging procedures of the small intestine, CT enterography is able to visualize the entire thickness of the bowel wall and to evaluate surrounding soft tissues. The other examinations, some of which are invasive, are only able to image the inner lining of the small intestine.

- CT enterography has been shown to diagnose and/or rule out certain conditions/diseases that could help determine your future medical care.
- CT enterography may eliminate the need for video capsule endoscopy (VCE) and the potential complications of that procedure.
- CT enterography allows other organs in the abdomen to be seen.
- CT is less sensitive to patient movement than MRI.
- CT can be performed if you have an implanted medical device of any kind, unlike MRI.
- No radiation remains in a patient's body after a CT examination.

Who interprets the results?

A radiologist with expertise in supervising and interpreting radiology examinations will analyze the images and send an official report to your primary care physician or physician who referred you for the exam, who will discuss the results with you.



239-593-4222
www.NaplesImaging.com



The COOL way to Rejuvenate

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

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

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

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

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

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

Science behind Cryotherapy

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



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

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

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

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

Benefits Using The Cry Chamber

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

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

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

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

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

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

Overwhelming Results

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

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

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



CALL NOW

Schedule your TRIAL SESSION

(239) 658-COOL (2665)



Let's Brighten Those Florida Smiles!!

Just in time for National Children's Dental Health Month, the dental hygiene students of Florida SouthWestern State College (FSW) have been very busy planning events that focus on the dental educational needs of a variety of entities throughout Southwest Florida. Community members from the youngest to the oldest benefit from instructions in oral healthcare provided by these students with each presentation tailored to the specific needs of the group.

Give Kids a Smile Day

From 9:00am-3:00pm on Saturday, February 13th, area dentists and dental hygienists will join with FSW students and faculty in promoting pediatric oral health through free oral health services and fun, educational activities. The first 100 children, ages three to 17, will receive free oral hygiene instructions, dental examinations, x-rays, dental cleanings, and dental sealants as well as a free toothbrush and toothpaste.

No appointments are necessary for this event; patients will be accepted on a first come, first served basis. For additional information about the "Give Kids a Smile Day" event, please call (239) 985-8334. The dental hygiene clinic is located on the Thomas Edison (Lee) campus in Fort Myers at 8099 College Parkway, Building A.

School Visits

Dental hygiene students will also be active in the community during the month of February promoting oral health at local elementary schools. Twelve hundred first grade and kindergarten students at Calusa Park Elementary, Tice Elementary, Diplomat Elementary, Gateway Charter, and Tree Line Elementary will receive oral health education and their own age-specific toothbrush and toothpaste. Dental hygiene students will present educational information on topics such as the first dentist visit, proper brushing and flossing, nutrition for good oral health, and cavity prevention.

February is not the only month in which the dental hygiene students reach out to young students, however. In Fall 2015, over 300 VPK students in three counties participated in presentations that included instruction in basic tooth brushing and flossing, the loss of primary (baby) teeth, and the first visit to a dental

office. Florida's Voluntary Prekindergarten Education Program (VPK) is a free educational program for children who are four years of age. VPK develops pre-reading, pre-math, language and social skills so students are more likely to succeed.

Also in fall, the dental hygiene students visited the Buckingham Exceptional Student Center located in east Fort Myers that serves students from all of Lee County with disabilities including, but not limited to, movement difficulties, sensory losses, and/or behavior problems. The dental hygiene students individualized the educational presentation to each student's functional and/or intellectual ability. Ten classrooms with over 100 students received instruction that day, and students that could not actively participate due to their disabilities enjoyed skits performed by the students.

Community Outreach

The fall semester also included outreach efforts for Women, Infants, and Children (WIC). The dental hygiene students set up booths at WIC centers in Fort Myers and Lehigh Acres dispensing information on the care of children's and infants' teeth as well as the care of mothers' teeth during pregnancy. WIC, the supplemental nutrition program for Women, Infants, and Children, is a food and nutrition program for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, as well as infants and children up to age five who are at nutritional risk. The focus of the presentation was to set a path for a lifetime of healthy habits for infants and children.

The elderly population residing in assisted living or nursing homes throughout Collier, Lee, and Charlotte counties also benefitted from presentations from the dental hygiene students. The students gave instructions to 130 staff members who care for more than 800 senior residents. Instruction included dental care for the residents as well as the care of residents' removable dentures and partial dentures. One of the most important aspects addressed is the potential for pneumonia if saliva containing dental plaque is aspirated into the lower respiratory tract. Therefore, staff members were encouraged to focus on the dental care of residents, especially for non-ambulatory residents, as an important part of daily care.

FSW is proud to serve our community through the many programs within the college. Serving the community is an important component of the college experience and sets a path for a lifetime of connecting with others to solve problems and improve lives. Through these volunteer programs the Florida SouthWestern State College dental hygiene students gained a sense of pride, satisfaction, and accomplishment while giving back to others in need. This is just one example of how the programs at FSW are not just in the classroom but working in our community as well.

About Us: Brenda G. Schwing, RDH, BASDH
Clinical Coordinator - Dental Programs
Florida SouthWestern State College

Carol Chapman, CDA, RDH, MS
Clinical Coordinator - Dental Programs
Florida SouthWestern State College



Important Dates

at Florida SouthWestern State College

Give Kids a Smile Day

Thomas Edison (Lee) Campus
February 13, 2016
9am-3pm

Spring Break

March 7-13, 2016
College Closed

FSW Open House

April 11-14, 2016
3pm-5:30pm

Visit www.fsw.edu/openhouse
for more information



www.FSW.edu - (800)749-2322
Naples | Fort Myers | Punta Gorda | LaBelle

Florida SouthWestern State College

@FLSouthWestern Instagram: FloridaSouthWestern

Depression in Older Americans

The Untold Truth

One of the most loved comedians, actors and philanthropist, a staple in most people's living rooms is no longer with us. One who could make even the funniest comedians speechless with his animated comic relief, suffered with a dark demon that impacts nearly 1 in 10 adults in the United States, depression. Robin William's death has brought some much needed light on an epidemic that has become a silent killer to many.

According to the National Alliance on Mental Health, at least 5.6 million to 8 million Americans age 60 and older have a mental health condition, "Wellness is essential to living a full and productive life," said Jamie Seneca, Community Outreach Coordinator, Nurse On Call. "We may have different ideas about what wellness means, but it involves a set of skills and strategies to prevent the onset or shorten the duration of illness and promote recovery and well-being. It's about keeping healthy as well as getting healthy," Seneca said. "Wellness is more than absence of disease; it involves general, mental and social well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health.

Everyone is at risk of stress, given the demands it brings and the challenges at work and at home, but often a population that is overlooked for Mental Health is the Senior Population. Often people think that certain depressive behavior is a normal part of aging and a natural reaction to chronic illness, loss and social transition, when in fact appropriate intervention and treatment can greatly increase their overall health and quality of life.

Nurse On Call Home health Care, a Medicare Home Health Agency is committed to their Psych services, understanding that this is an integral part of an aging person's scope of care. Services that are provided to a patient to maintain well-being and help achieve



physical and mental wellness are; educating the patient on the importance of a balanced diet, a comprehensive medication management service combined with cognitive behavioral therapy, and the development of coping skills that promote resiliency and emotional awareness, through psych nursing and social workers and occupational therapist. Home Health can play an essential role in the care of older patients who have significant life crises, lack social support or lack coping skills to deal with their life situations. As a result of larger numbers of elderly people living alone, having inadequate support systems or being homebound for any reason including social anxiety, special efforts are needed to locate and identify these people to provide them with needed care.

"Just as we check our blood pressure and get cancer screenings, it's a good idea to take periodic stock of our emotional well-being. Fully

embracing the concept of wellness not only improves health in the mind, body and spirit, but also maximizes one's potential to lead a full and productive life," Seneca said.

Robin William's a man who brought so much joy to others, is now tragically gone, maybe for reasons that most won't understand, nonetheless, no matter what demands he fought, he will continue to live in American's hearts as our "what if", what if he received appropriate help? What if he didn't have to suffer silently? What if.....?



(239) 643-9940

HHA: 299993629

How Healthy is Your Heart?

Simple Steps to Enjoying a Healthy Retirement

February is American Heart Month, and with all of the information on heart health in the news, it can be difficult to know where to start. As you near retirement and beyond, it becomes even more important to take action to help keep your heart healthy and strong.

According to the American Heart Association, cardiovascular diseases are the nation's number one killer, but there are simple steps you can take each day to reduce your risk.

Below are some easy ways to add a little exercise to your daily routine. Remember, it's very important to check with your doctor before beginning any fitness program.

- **Get walking.** In warmer weather, partner up with a friend and walk outside. On rainy days, you can always walk laps around your local mall.
- **Enjoy the outdoors.** Routine activities like housework and gardening are great for getting your heart rate up.
- **Go for a swim.** Head to the beach or your local gym for a great exercise that's fun.
- **Get motivated.** Working out with a friend is a great way to stay on track.
- **Join in.** Exercise classes, like those available at many retirement communities, are perfect for getting heart healthy while making new friends.

Tuscany Villa of Naples is a luxury rental resort-style senior living community. Retirement living is a great way to begin a healthier lifestyle with all of the fitness programs, activities, and healthy eating options provided, you can feel great about the choices you make each day. At Tuscany Villa of Naples, where loved ones are cared for like family, our knowledgeable, caring staff is always available to answer any questions and offer support along the way.

A happy, healthy retirement—it's as simple as listening to your heart.

To learn more about heart healthy retirement living, or Tuscany Villa of Naples, call 239-775-2233.



TUSCANY VILLA OF NAPLES

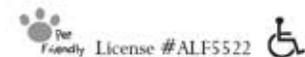
ASSISTED LIVING FACILITY #5532



8901 Tamiami Trail East
Naples, FL 34113

239-775-2233

www.TuscanyVillaofNaples.com



**SALVATORI, WOOD, BUCKEL,
CARMICHAEL & LOTTES**

Attorneys at Law

REAL ESTATE • ESTATE PLANNING • CORPORATE • LITIGATION • TAX

9132 Strada Place • Fourth Floor • Naples, Florida 34108

239.552.4100

www.swbcl.com

The hiring of a lawyer is an important decision that should not be based solely on advertisements. Before you decide, please visit our website at www.swbcl.com to read about our qualifications and experience

Discover a life more fulfilling 
ACUTE WOUND CARE

Are you suffering from lymphedema and chronic swelling of upper or lower extremities?

We Can Help!

Whether you need short-term recovery assistance or a long-term treatment plan, we deliver the supplies you need to shorten recovery time in your own home!

Specializing in Pneumatic Compression Systems, specialty dressing supplies for treatment of chronic and hard to heal wounds.



Call Us Today!
239-949-4412

www.acutewoundcare.com

*Deductibles and co-pays may apply. Coverage may vary and is based upon individual insurance benefits. Covered by most insurance and Medicare for qualifying patients, deductibles and copays may apply.



Proven Knee Arthritis Treatment

By Physicians Rehabilitation

FDA Approved Treatment for Knee Arthritis Offered Locally

Currently, 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 have usually taken for granted.

For many knee pain makes it hurt to walk, stand, stoop, get out of a chair, or to go up and 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 tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call (239) 687-2165 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand 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 Viscosupplementation treatment for knee arthritis, you can always have more radical procedures preformed later if necessary. However with knee replacement surgery, once done there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that Viscosupplementation is unable to help, but as we have seen with many of our patients a total knee replacement is a very extreme measure to take without considering all your options for a condition as common as knee arthritis.

Will Insurance cover this Treatment?

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

What are other people saying about it?

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



So what are you waiting for?

Pick up the phone and call us today at (239) 687-2165 to schedule your No-Cost, No-Obligation, consultation at one of our two convenient locations. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call.



239-687-2165 | www.PhysiciansRehabilitation.com





CATARACTS: Third Leading Cause of Blindness in the United States

By Jonathan M. Frantz, MD, FACS

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

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

What causes a cataract? Cataracts usually develop as part of the aging process. Other causes include:

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

The amount and pattern of cloudiness within the lens can vary. If the cloudiness is not near the center of

the lens, you may not be aware that a cataract is present. However, many people experience common symptoms, which include:

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

I am honored to be one of the top five laser cataract surgeons in the country. I introduced Bladeless Laser Cataract Surgery to southwest Florida in 2012 and continue to embrace the latest technology for my patients by being the first surgeon in the state of Florida to offer the VERION Image Guided System, which tracks your eye from the planning stages to your actual procedure. We also

offer the area's only ORA with VerifEye for an in-depth analysis of the eye during surgery. The combination of the most advanced technology, a wide choice of intraocular lenses, and our vast surgical experience offers area residents the opportunity to experience unparalleled cataract surgery.

A thorough eye examination can detect the presence and extent of a cataract, as well as other conditions that *may* be causing blurred vision or discomfort

To make an appointment for your cataract evaluation online, visit www.bettervision.net or call the Naples office of Frantz EyeCare at 239-430-3939.

Jonathan M. Frantz, MD, FACS, is named in *The Guide to America's Top Ophthalmologists*. He and his team of doctors at Frantz EyeCare offer a broad spectrum of patient-focused comprehensive care from eye exams and eyewear to bladeless laser cataract removal, bladeless WaveLight LASIK, treatment of dry eye and eye diseases, and facial and body rejuvenation, with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

FRANTZ
EyeCare
239-430-3939
www.BetterVision.net

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

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



www.PhysiciansRehabilitation.com

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

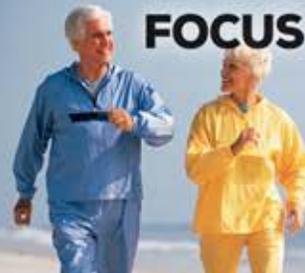
Locations:

- 6150 Diamond Centre Ct. Bldg. 100 Ft Myers, Fl. 33912 - (239) 768-6396
 - 5668 Strand Ct., Naples, Fl. 34110 - (239) 687-2165
 - 3380 Tamiami Trail, Unit C. Port Charlotte, Fl. 33952 - (941) 467-1666
 - 3801 Bee Ridge Rd. Unit #9/10, Sarasota, Fl. 34243 - (941) 702-9575
 - The Villages at Spruce Creek Professional Center, 10935 SE 177th Pl. #405/406/407, Summerfield, Fl. 34491 - (352) 775-3339
- Toll Free to all at 855-276-5989

Orthopedics | Osteoarthritis Treatments | Physical Therapy
Platelet Rich Plasma | Vax-D Spinal Decompression
We are Medicare providers and accept most insurance plans.

FOCUS on the things that matter most to YOU

with Bladeless Laser Cataract Surgery from Frantz EyeCare



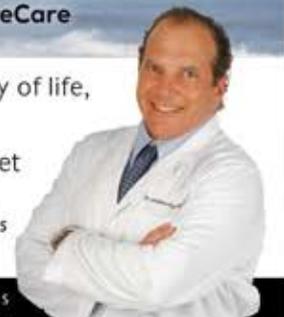
For improved vision and an overall improved quality of life, call us to schedule your cataract evaluation today!

FRANTZ
EyeCare

430-3939 | BetterVision.net

Jonathan M. Frantz, MD, FACS

One of our Country's Top 5 Bladeless Laser Cataract Surgeons



Fort Myers | Cape Coral | Lehigh Acres | Punta Gorda | Naples

THERAPEUTIC OPTIONS TO IMPROVE BLOOD CIRCULATION

By Alyssa Parker

Blood circulation is one of the most important components of our overall health and well-being. When clinical symptoms begin to arise due to poor circulation it's vital to seek preventative treatment options to avoid further complications. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness in affected limb. Blood circulation is driven by our heart which supplies our entire body with blood through the blood vessels. When the normal anatomy and function of our venous system has been disrupted that may lead to conditions such as venous insufficiency and lymphedema.



Chronic venous insufficiency (CVI) is when blood is unable to circulate from the lower limbs back to the heart. CVI is caused by incompetent valves and venous hypertension, in both parts of your venous system. The venous system is comprised of two parts, deep circulation and superficial circulation which are interconnected by perforating veins. Your venous system is an important component to delivering blood to the heart, then passing it through the lungs to obtain oxygen. The oxygenated blood is then delivered to the lower limbs.

Venous hypertension leads to secondary Lymphedema from the lymphatic system's inability to keep up with an abnormally high demand of protein rich fluid. Lymphedema is chronic swelling from protein-rich fluid accumulation in the tissue. Lymphedema occurs secondary to CVI when the lymphatic system is obstructed causing damage, blockage, or abnormal development. Primary Lymphedema can be hereditary or congenital condition, where an individual is born with a compromised lymphatic system. Signs and symptoms of this condition may take years to manifest in an individual.

RISK FACTORS

Once your circulatory system has been obstructed leading to venous insufficiency or lymphedema this may lead to an interruption in the venous and lymphatic flow. Both diseases are manageable and treatable however there is no cure for either one. Risk factors may include

- Unknown swelling of a limb
- Family history
- Invasive surgical procedure i.e. radical cancer surgery
- Chronic open wounds
- Decreased mobility
- Infections such as cellulitis/ lymphangitis
- Skin changes such as discoloration or hardening

THERAPEUTIC OPTIONS: COMPRESSION PUMP

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body. Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long term treatment. Compression devices are widely recognized and highly effective treatment. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb. A pneumatic compression device mimics the muscle contraction that

naturally occurs when performing a cardiovascular activity. Compression Devices are a recognized treatment option by Medicare and many commercial insurers.

WOUND HEALING

Chronic wounds are a huge burden on patients as well as health care providers. With poor blood circulation our body's ability to heal itself becomes less efficient. Compromised skin integrity from poor circulation will progress without treatment. At Acute Wound Care we provide patients with specialty dressings that heal the wound quickly and effectively direct to the home.

Remember it is important to seek treatment options to avoid further complications. The compression pump and specialty wound dressings are a therapeutic option recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. Our highly trained staff will assist you in finding the appropriate treatment that will offer you a better quality of life.



ACUTE WOUND CARE

For more information and articles on this topic,
Google "Acute Wound Care" or visit
www.AcuteWoundCare.com or call
239-949-4412
and speak with a specialist



So You Have Made it to the Gym, I Commend You For that. So Here's A Very Important Tip. I Term It, Making The Negative into A Positive. (The "Cadre" Method)

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

I am in the gym many times per week, I Witness This, All The Time, With and Without a Partner or even Worse, their Personal Trainers, Giving Support of, It's ALL You, It's ALL YOU, or ONE More Rep.

The Power of the Down Rep

As life takes us down the path of experiences, we all learn that almost all things have a beginning and an end. And just like our workout agenda, from the bench press to the Squat. So, let's get to it. As we apply maximum effort, we either push or pull to move the bar, dumbbells, or grips of the equipment. To make my point as clear as possible let's talk about the Bench press. As we position our bodies under the barbell, we have the bar with the already loaded plates (That depend on our preserved ability ie. 20lbs to 220lbs). We Grip the barbell, move it off the hook catches, and bring the barbell downward to our Chest area (the starting point) We Envision moving the barbell, smoothly upward towards the ceiling (which is the positive action). But now, a very important issue arises. So PLEASE, listen carefully because this is the crucial point that will take you higher and closer to your ultimate goal. Make the barbell freeze at the top of

the push (here it is). After the pause, slowly let the barbell descend just as slow as you pushed it upward. Now, as it slowly descends to your chest, control the bar so that it stops approximately one inch from your chest. Hold that position for the same duration time wise as you held it at the top position. Yes, this method of bench pressing is more time consuming and these sets will slow you down. But, the rewards will be evident quickly. This style of Performing the movements regarding the speed of the entire Rep, will greatly increase the isometric value of the movement And will have the muscle tissue engaged LONGER, and therefore should display size and growth much Faster than having the barbell descend quickly That sometimes it may actually bounce off the chest plate. The key and most critical factor in lifting The Cadre Prescribed Style, is slow even speed downward is as important, if not more so than upward (or The Positive) movement.

So if you have watched the N.F.L. Football Combines on National T.V. Please Consider, WE are NOT in our early 20's (sorry to say), And please don't bounce the bar off your chest to get a quicker start upward!



One Clean "Cadre" Rep = 3.5 Billy Bob Reps

Have A Great Workout, and may the Spirit of the Cadre lead you to Your Greatest Accomplishments.

Best Always,
6 Pack Jack

561-951-1026

www.jackhammerfitnessthecadre.com

FLORIDA SOUTHWESTERN STATE COLLEGE
Established 1962

800-749-2322 • FSW.edu
Fort Myers - Naples - Punta Gorda - LaBelle
On campus. Online. Evenings and Weekends.

Florida SouthWestern State College is an equal access, equal opportunity organization.

JACK HAMMER FITNESS "THE CADRE"

Health and Fitness for Southwest Florida,
Marco Island, Naples, Bonita Springs and Estero.

WE COME TO YOU

No memberships, upgrades, or long term packets. Every clients' work-out is specifically designed for that client and their needs only.

We, the Cadre, do the program with YOU. Every rep and set to ensure proper form, speed, release points, and the breathing cadence.

We Specialize In:

Fitness • Lifestyle Coaching • Senior Fitness • Balance Work for Seniors • Fall Prevention for Seniors
Increase Strength and Flexibility • Endurance • Nutritional Guidance • Weight Loss • Toning • Circuit Training

www.jackhammerfitnessthecadre.com | 561-951-1026



IS FATTY LIVER CAUSING YOUR FATIGUE AND WEIGHT GAIN?

By Gastroenterology Specialists

Fatty liver occurs when excess fat accumulates inside liver cells. This means normal, healthy liver tissue becomes partly replaced with fatty tissue. The fat starts to invade the liver, gradually infiltrating the healthy liver areas, so that less and less healthy liver tissue remains. The fatty liver has a yellow greasy appearance and is often enlarged and swollen with fat. This fatty infiltration slows down the metabolism of body fat stores, which means that the liver burns fat less efficiently, resulting in weight gain and inability to lose weight. However some people can have a fatty liver without being overweight.

Fatty liver was first described in 1980 by the Mayo Clinic. It is known in medicine as Non-Alcoholic Fatty Liver Disease (NAFLD) and is the most common cause of abnormal liver function tests in the USA, UK and Australia. NAFLD is the most common cause of liver disease in industrialized countries.

There is a type of NAFLD called Non-Alcoholic Steato-Hepatitis (NASH) where severe liver damage is caused by the fat, and results in cirrhosis and liver failure. Indeed such severe cases of NASH can lead to liver cancer.

Around one in five persons in the general population, in the USA has a fatty liver. Fatty liver is usually associated with abdominal obesity and insulin resistance and is more common in people with type 2 diabetes.

What causes fatty liver?

It is most commonly caused by incorrect diet, weight excess, obesity, alcoholism and diabetes. However other causes can be malnutrition, congenital metabolic disorders and excessive use of or toxicity of prescribed medications and pain killers.

What is the outlook for fatty liver?

If the fatty changes in the liver increase, inflammation and fibrous tissue may build up and cause more serious symptoms to occur. If nothing is done to improve liver function, the patient will become more overweight and the quality of life will gradually diminish.

How would you know if you have a fatty liver?

Many people with a fatty liver are unaware that they even have a liver problem, as the symptoms can be vague and non-specific, especially in the early stages. Most people with a fatty liver feel generally unwell, and find they are becoming increasingly fatigued and overweight for no apparent reason. They may have elevated liver enzymes on a blood test for liver function. Fatty liver is diagnosed with a blood test and liver ultrasound scan.

Possible symptoms of fatty liver include:

- Weight excess in the abdominal area
- Inability to lose weight
- Elevated cholesterol and/or triglyceride levels
- Fatigue
- Nausea and/or indigestion
- Overheating of the body
- Excessive sweating
- Red itchy eyes
- Discomfort over the liver area

How is fatty liver reversed?

Fatty liver is reversible. Here are six ways to achieve this:

Eat less carbohydrate

Poor diet is the leading cause of fatty liver disease. The biggest offenders are sugar and foods made of white flour; they should be avoided. However, a high intake of carbohydrate rich foods in general can promote fatty liver, as the liver converts any excess carbohydrate into fat. Foods that need to be restricted include bread, pasta, rice, breakfast cereals, cakes, pastry, donuts, biscuits, fries, chips, pretzels (and other similar snack foods) and any food made of flour.



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

Drink less alcohol

Excess alcohol consumption is the second biggest cause of fatty liver. Alcohol can cause inflammation and damage to liver cells, resulting in fatty infiltration. People with a fatty liver should limit alcohol consumption to seven standard drinks per week, with at least two alcohol free days per week.

Eat more vegetables, protein and the right fats

Raw vegetables and fruits are the most powerful liver healing foods. These raw foods help to cleanse and repair the liver filter, so that it can trap and remove more fat and toxins from the bloodstream. Eat an abundance of vegetables (cooked and raw salads) and fresh fruits.

Protein is important because it helps to keep the blood sugar level stable, helps with weight loss from the abdomen and reduces hunger and cravings. Protein should be consumed with each meal. Good sources of protein include eggs, poultry, seafood, meat, nuts, seeds, legumes and plain or Greek yogurt and cheeses.

Healthy fats to include more of in your diet are found in olive oil, oily fish, coconut oil, flaxseeds, hemp seeds, chia seeds and raw nuts and seeds. Most processed vegetable oils and margarines can worsen a fatty liver. Deep fried foods are also bad for those with a fatty liver.

Drink raw vegetable juices – these should be consumed 2 to 3 times a week and 250 to 300 mls (8 to 10 ounces) is adequate. Your juice should be comprised of 90 to 95 percent vegetables, with the remainder comprised of fruit if desired to improve the flavor. Citrus fruits are the most healthy for the liver.

Many patients develop severe liver disease, which sadly could have been prevented by early detection and lifestyle changes. There needs to be more awareness of liver diseases so that patients can be treated early, preventing cirrhosis, liver failure and liver cancer. Make sure you have your liver function checked annually with a blood test.

W How Can Heart Health Affect Your Hearing

Are you aware that there is a link between heart health and hearing loss? There is a strong link between healthy hearts and hearing well. The Better Hearing Institute (BHI) recommends that everyone who is 40 or older have their hearing checked routinely as part of their health care. Many cardiologists see the ear as an indicator of heart health in aging adults. If you are 65 or older and have a hearing loss and do not have a history of being exposed to noise or have a family history of hearing loss, then the hearing loss can be due to hypertension or heart disease.

Blood flows through the inner ear where there are very small capillaries. Our ears are very sensitive to changes in blood flow. If there is not enough blood flowing to the inner ear and central auditory system or there is trauma to the blood vessels in these areas, your hearing can be affected. This is similar to what occurs with diabetes and vision problems.



There is even a correlation between certain patterns of hearing loss and heart disease. A low frequency hearing loss may indicate you are at risk for heart disease. If a reverse slope hearing loss is found along with other risk factors for cardiovascular disease such as a large waist circumference, increased body mass index and an inactive lifestyle, a referral to a physician to assess your cardiovascular health may be recommended. If you

have risk factors for cardiovascular disease or if you have already been diagnosed with heart disease, you should be vigilant about your hearing health.

If your cardiovascular system is impaired, your peripheral and central auditory systems can be adversely affected. Vascular trauma in the brain such as a stroke can affect your nervous system, motor and thought processes. A stroke can lead to decreased hearing on the affected side of the brain. Smoking is also linked to hearing loss. Smoking can damage your blood vessels and cause hypertension. Your overall heart health can impact your hearing.

A healthy cardiovascular system plays an important part in your hearing health. When your heart, veins and arteries are working well, blood flows to your body parts, like your ear and brain, without being compromised. Eating healthy and increasing your physical activity can improve your heart health and decrease your risk of hearing loss.



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



24810 Burnt Pine Drive Suite 2,
Bonita Springs FL 34134
Phone 239.271.2735

www.hearingcareswfl.com
Email: hearingcareswfl@comcast.net



Dedicated to serving you!

1656 Medical Blvd.
Suite 301
(239) 593-6201
gastronaples.com

Board Certified Gastroenterology Specialists



Manuel F Bustamante, MD | Steven A Meckstroth, MD | Karina Hooper, PA-C | William R Gonzalez, PA-C

**Health Insurance... How does it work today?
Confused? We can help!**

- Health Care Reform (Obama Care) - Subsidy how does it work? We can help!
- Individual/Family Health Insurance - We can help!
- Employer Group Plans - do you qualify for tax credit? We can help!
- Medicare Supplement Insurance and Medicare Advantage Plans

Logical Insurance Solutions your solution to multiple carriers all in one place. We have the contracts and we can answer your questions so you can make the most educated informed decision to best suit your needs.

**Logical
Insurance
Solutions USA**

Save Money Gain Peace of Mind! Call for FREE Consultation!

• Health • Life • Disability • Annuities • Long Term Care • Financial Planning Services



Ulla-Undine (Dee) Merritt
Broker-President/Licensed Insurance Agent

239-362-0855

www.Logicalinsurance.com
Dee@Logicalinsurance.com



What Does Your Thyroid Do & Why is it Important?

By John Canterbury, M.D.

The thyroid is a butterfly shaped gland that is located over the trachea (wind pipe) just below the larynx (voice box). The thyroid gland plays a very important role in most all the metabolic processes of the body. The thyroid gland produces a hormone and together the gland and hormone are responsible for regulating metabolism.

How Thyroid Hormone is Made

The hypothalamus, often referred to as the body's "thermostat" is responsible for making sure the thyroid blood levels are normal. When the hypothalamus notices the thyroid blood levels decreasing it releases TRH (thyroid releasing hormone). The TRH then signals the pituitary gland to release TSH (thyroid stimulating hormone). TSH stimulates the thyroid gland to begin producing thyroid hormone.

When the body's levels of thyroid hormone become normal and the body is functioning normally the pituitary gland will cease its release of TSH and the process stops until the hypothalamus notices the thyroid hormone levels decreasing again.

Hypothyroidism

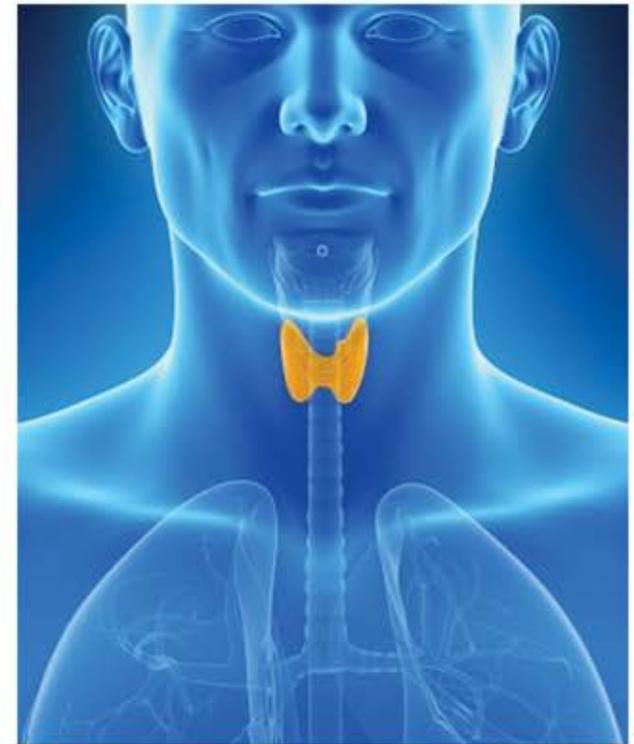
Hypothyroidism is caused by insufficient production or absorption of thyroid hormone that causes abnormally low blood thyroid hormone levels. This problem with the thyroid gland is usually brought about as a result of iodine insufficiency, a tumor, a damaged thyroid gland, or vitamin deficiencies. This type of hypothyroidism is called primary hypothyroidism.



Hypothyroidism can also be a result of the pituitary gland and/or hypothalamus failing to function properly. This type of hypothyroidism is called secondary hypothyroidism.

Low thyroid hormone levels may not only make you feel old, they can propel you into the conditions and diseases associated with aging. Low levels of T4 can be responsible for weight gain, since T4 plays a role in controlling the body's metabolism. The changes that are brought about as a result of the aging process such as changes in the fat to muscle ratio and the shrinkage of organs can also be caused by a lack of thyroid hormone. A decrease in the amount of lean body mass can in turn interfere with the activity of an enzyme that converts thyroxine (T4) into triiodothyronine (T3). T3 is about 5 times more potent than T4.

Adequate levels of thyroid hormone are needed to regulate blood sugar, so a deficiency of thyroid hormone can lead to adult-onset diabetes. Low levels of thyroid hormone can also greatly increase the risk of cardiovascular disease due to an increase in the levels of cholesterol and triglycerides and may cause high blood pressure. Also, iodine is essential to the proper functioning of the thyroid gland, several studies that have been done have shown a correlation between low iodine levels and an increased risk of cancer.

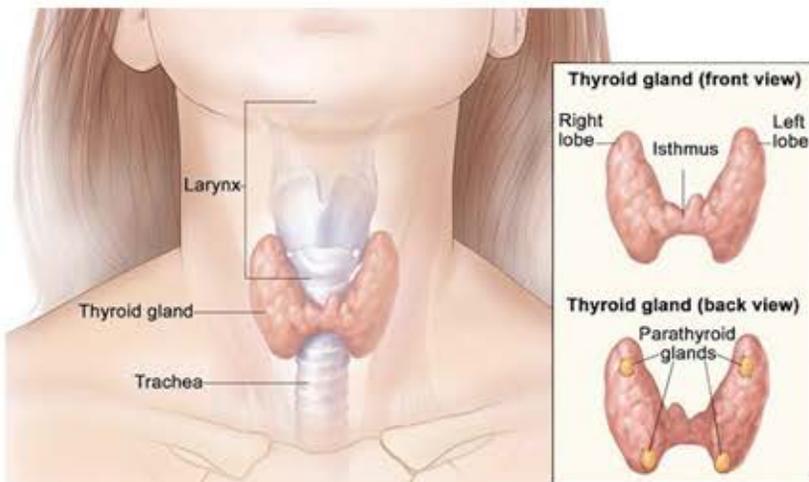


Symptoms of Hypothyroidism include:

- weakness, fatigue, and lack of energy
- dry, flaky, pale skin
- dry, coarse, dull hair, loss of hair
- lack of appetite
- weight gain
- thinning of eye brows
- sensitivity to cold
- brittle nails
- cold hands and feet
- constipation
- low body temperature

Hypothyroidism is one of the most overlooked conditions in older patients. The general opinion of many in the medical community has been that the drop that occurs in hormone levels is a normal part of the aging process. Thyroid replacement therapy that can alleviate or improve most, if not all the symptoms caused by the thyroid gland.

John Canterbury MD
South Florida Internal Medicine
 680 Second Avenue North, Suite 203
 Naples, FL 34102
239-330-1382



DECREASING BALANCE INCREASES RISK OF FALLS IN THE BATHROOM

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

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

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

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



Comfort and Security With a Walk in Tub

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

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

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

By remodeling your bathroom to suit your changing lifestyle, you

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

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

AGING IN PLACE

www.curtisallendesigns.com

239-597-2711

John Canterbury MD
South Florida Internal Medicine
 680 2nd Ave N Ste 203, Naples, FL 34102
(239) 330-1382

- Allergies
- Anemia
- Cardiac Arrest
- COPD
- Depression
- High Cholesterol
- Hypertension
- Kidney Disease
- Osteoporosis
- Thyroid Disease

AGING IN PLACE!!
Let Our Experts Renovate Your Home To Fit Your Changing Needs!
 Safety Tubs • Roll In Showers • Ramps • Railings • Wider Doorways • Grab Bars
 Handicapable Kitchens & Bathrooms • Additions • Storm Shutters • & More

\$500 OFF
with Ad - Ends Soon!

Local 40 Years • Family Owned & Operated
239-597-2711
www.curtisallendesigns.com

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

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

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

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

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

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

SOME SWAN TREATMENT OPTIONS: SKIN TIGHTENING & WRINKLE REDUCTION



Swan-Freeze™

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



FAT REDUCTION

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

Swan-Lipo™ & Swan-Cavi™

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



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

1-800-965-6640

www.SwanCenters.com

3301 Bonita Beach Road #106
Bonita Springs, FL 34134

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

141 10th Street South
Naples, FL 34103

950 S. Tamiami Trail #100
Sarasota, FL 34236

NEW LOCATION!!!
415 Commercial Court, #A-2
Venice, FL 34292

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

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



SKIN RENEWAL for the FACE & NECK

Swan Lift™

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

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

Swan Light Therapy™

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

Cleaning Tips to Keep the Flu Virus at Bay and Out of Your Home

Flu season is among us and with an increase in the number of people in the area for the winter, preventing the flu and other viruses can be difficult this time of year. The muscle aches, fever, chills and fatigue that accompany the virus affect five to 20 percent of the U.S. population each year and hospitalize hundreds of thousands, according to the Center for Disease Control and Prevention.

Many of us are armed with an array of physical preventatives — from flu-shots to Emergency-C packets, neti-pots to home remedies — but what are we doing to stop the illness from spreading in our own homes, amongst our families and community members?

MaidPro expert cleaners, offer these tips to help you clean for health year-round and to stop the flu virus from invading your home:

1. Wash your hands regularly in warm soapy water. For quick clean-up, use antibacterial hand sanitizer. Make an effort not to touch your mouth or nose without first washing your hands.
2. Wear rubber gloves when cleaning household items to protect yourself. By wearing gloves, you will be less likely to touch your eyes, nose or mouth, which are havens for the flu virus.

3. Spray disinfecting spray on a cloth, wipe toys, door-knobs, appliance handles, keyboards, remote controls, light switches, phones and facial tissue box covers. Viruses can live up to 48 hours on hard surfaces.

4. Wash items like towels and bedding in hot water with soap if someone has been sick in the home. Be sure not to share these items until they are thoroughly cleaned.

5. Change vacuum bags monthly or more frequently.

6. Boil toothbrushes for one minute in water and vinegar, run through a dishwasher cycle or purchase new brushes.

7. Use antibacterial wipes on your keyboard, phone and pens to protect yourself from spreading germs at work.

8. Wash telephones, cabinet handles, doorknobs, light switches and refrigerator door handles using a slightly dampened cloth with a solution of mild detergent and warm water.

9. Wash mop heads in a solution of ¼ cup bleach and one gallon water, dry thoroughly, then store. Not only will mop heads pick up germs and dirt, but they also can also grow mold and mildew if they don't dry out completely.



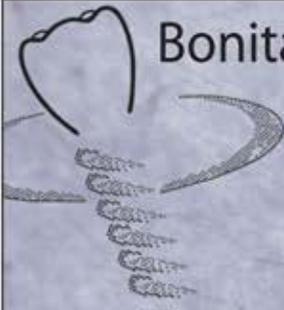
10. Disinfect the bathroom and kitchen, especially the faucet and toilet handles, daily. The kitchen and bathroom are the most used rooms in the home and possibly the most contaminated.

MaidPro is a residential cleaning service that uses a tried and true approach to clean each home for health, combining environmentally preferable cleaning supplies and state-of-the-art equipment to maintain the healthiest living environment possible

If you're worried about the flu virus showing up uninvited, give MaidPro a call to schedule a cleaning.



239.596.5200 maidpro.com/naples
239.437.5527 maidpro.com/fortmyers
239.206.2881 maidpro.com/marcoisland



Bonita Periodontics and Implants

Juan M. Teodoro, D.M.D.

- Diplomate American Board of Periodontology
- Diplomate & Fellow International Congress of Oral Implantologists
- Clinical Assistant Professor University of Florida
- Conscious Intravenous Sedation Certified
- Laser Assisted New Attachment Procedure Certified



**Implants • Bone Grafting • Wisdom Teeth
 IV & Oral Sedation • Extractions • Gum Grafts**

Bonita Springs:
 9510 Bonita Beach Road, Suite 102
 Bonita Springs, Florida 34135

239.333.4343

www.bonitaimplants.com

We've taken cleaning to a whole new level...

SERVICES AVAILABLE

Home & Office Cleaning



NOT YOUR STANDARD CLEANERS

- Damage and theft protection
- Employee backgrounds
- Knowledgeable cleaners
- Satisfaction Guaranteed

MaidPro MUSCLE Services



NOW OFFERING! MaidPro MUSCLE Services

- Immediately Dry & Green Carpet Cleaning
- Upholstery • Tile & Grout
- Pressure Washing
- Window Cleaning




\$75 off CLEANING SERVICES

\$25 OFF YOUR 1ST, 3RD & 5TH CLEANING

plus up to

\$125 off \$25 OFF EACH INDIVIDUAL MAIDPRO MUSCLE SERVICE

MAIDPRO MUSCLE SERVICES OFFER CANNOT BE COMBINED WITH OTHER OFFERS.



maidpro.com
239.596.5200

Servicing Marco Island, Naples, Bonita Springs and Fort Myers Area

Treating Erectile Dysfunction with Acupuncture and Chinese Herbs

By Toni Eatros, MS, Dipl Ac, AP

Men, when they reach their 40s and 50s, typically undergo a transition into a new stage of life called andropause. Overall health will determine how much testosterone levels may drop during this time. The bigger the “beer belly”, the more dramatic the drop in testosterone. Excess fat in the abdomen creates hormonal imbalance by producing inflammatory chemicals and excess estrogen, which inevitably shuts down testosterone production. Noticeable physical symptoms of this are erectile dysfunction, circulation issues, less energy and lack of vitality. Dr Oz refers to the penis as the “dipstick of men’s health.”

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

Sexual disorders such as erectile dysfunction, are treated with drugs such as Viagra (Sildenafil) and Cialis (Tadalafil) by our western medical system. These drugs generally have a quick onset of effect, and they work primarily by increasing blood flow to the penis. However, these drugs may cause unwanted side effects such as headache, upset stomach, diarrhea, dizziness or lightheadedness, flushing, nasal congestion, blindness, breast enlargement, rash, painful erection, prolonged erection, fainting, chest pain, and itching or burning during urination. These drugs may work for the short term, however, they do not cure the problem or address the root of the dysfunction.

Traditional Chinese medicine takes a different approach. In Chinese medicine, Kidney yang deficiency is often the reason for male sexual dysfunction. One main function of Kidney yang is the regulation of sexual and reproductive functions. Yang tonics have been used for thousands of years in traditional Chinese



medicine to treat male sexual disorders. Vitality, by Evergreen Herbs, is formulated with yang-restoring Chinese herbs that are directly linked to the increased secretion of endogenous sex hormones.

Vitality is a Kidney yang tonic formula that treats sexual disorders, such as decreased libido in men, impotence, premature ejaculation, and spermatorrhea. Though this formula is very effective, it does not have an instantaneous effect, but rather requires continuous use of two to three months for maximum effect.

The Vitality herbal formula is contraindicated in people with a pacemaker. Individuals who take anti-arrhythmic drugs or cardiac glycosides such as Lanoxin (Digoxin) or patients who are on anticoagulant or antiplatelet therapies, such as Coumadin (Warfarin) should not use this formula. Vitality should be used with caution in patients with pre-existing hypertension, since many herbs in this formula are warm or hot in nature and may raise the blood pressure to some degree

Acupuncture has been shown in hundreds of studies to increase blood flow, reduce stress and improve mood. Acupuncture also successfully relieves the adverse effects of antidepressant medications on sex drive and sexual function. The combination of herbs and acupuncture is amazing at restoring kidney yang.

Both drugs and herbs are effective for treating sexual disorders. Pharmaceuticals have a quick onset of action, but they only have one specific indication and have numerous significant side effects. Herbs have a gradual onset of action, but may be used to address the root cause of a wide variety of sexual disorders. Furthermore, herbs are safe and natural, and have few or no side effects. Finally, it is important to remember that neither drugs nor herbs prevent pregnancy nor do they protect either partner from sexually transmitted diseases and HIV.

We are happy to assist you in maintaining or regaining the vim and vigor you had as a younger man. Your comfort and confidentiality are priority at Acupuncture and Natural Health Solutions. Call today, 239-260-4566, to schedule an appointment.

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

 **Acupuncture & Natural
Health Solutions**

239-260-4566

www.AcupunctureSolutionsOnline.com

GOING GREEN IN MUNIS — FOR THE RIGHT REASONS

Provided by RBC Wealth Management and John Barnes

Since the first 'green' municipal bond deal was completed in 2013, issuance has increased slowly and they represent a small part of the municipal bond market. That being said, with increasing demand for municipals in general and the ongoing interests on the part of investors in 'green' or socially responsible investing issuance should increase in coming years. In building diversified portfolios, investors should, however, look to balance their desire to invest responsibly versus building a diversified fixed income portfolio, especially since many municipal bond issues go to fund projects that benefit society in general such as infrastructure, education, and healthcare.

What Makes a Bond Green?

The cornerstone of a Green Bond is the use of its proceeds. The Green Bond Principles (GBP) recognize the following broad categories of Green Projects:

- Renewable Energy
- Energy Efficiency (including efficient buildings)
- Sustainable waste management
- Sustainable land use
- Biodiversity conservation
- Clean transportation
- Clean water and/or drinking water

These principles recommend that all designated Green Project categories provide clear environmental benefits that can be described, assessed, and quantified. The GBP was written to assist underwriters and issuers to move towards a standard disclosure that will facilitate transactions. RBC Capital Markets is one of the 25 investment banking firms that has signed onto the GBP.

Munis, Green with Envy?

Since the World Bank issued the first green bonds in 2008, several supra-nationals, federal and local government agencies, commercial banks and private corporations have issued green bonds. In 2013 alone, green corporate bond issuance totaled \$11.8 billion, up from \$2 billion in the prior year, according to RBC Capital Markets analysts. Issuance has increased further in 2014 with year-to-date issuance at approximately \$20 billion.

Not to be outdone, the municipal bond market has recognized the opportunities with Green Bonds and in June 2013 the Commonwealth of Massachusetts issued the first muni green bond, selling \$100 million green bonds as part of a \$670 million of General Obligation bond issue. Since then there have been three other green muni issues: in June the New York State Environmental Facilities Corporation sold \$213 million green bonds, in July the District of Columbia sold \$450 million green bonds, and the State of California included \$200 million of green bonds in its \$2.1 billion issue in September. Based upon investor appetite in these recent deals there is much pent up demand which could likely foster increased issuance going forward.

They Are, After All, Still an Investment

From an investor standpoint, green bonds allow them to enjoy social and environmental returns, as well as financial returns. As a result, they are an attractive investment alternative as investors build diversified financial portfolios.

It is important however for investors to evaluate green bonds, whether taxable or tax exempt, as they would any other investment from the standpoint of risks and returns,

recognizing that being socially responsible doesn't necessarily guarantee superior returns. To date tax exempt Green Bond issuance has not been large enough to build a diversified Green Bond-only fund so performance is difficult to track. However, in a review of existing funds with a Green-Bond component, The Bond Buyer concluded the returns of these funds have lagged those of similar non-green funds. Furthermore, according to The Bond Buyer secondary market activity has been inconsistent with yields higher or lower than market.

The bottom line is investing, even in bonds, entails risks and for many investors it is a balancing act to invest in a socially responsible manor while building a diversified investment portfolio. It is possible to do both, but in our opinion investors shouldn't let their desire to invest in green issues outweigh the need to make the appropriate investment decisions.

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

RBC Wealth Management, a division of RBC Capital Markets LLC, Member NYSE/FINRA/SIPC

JOHN BARNES

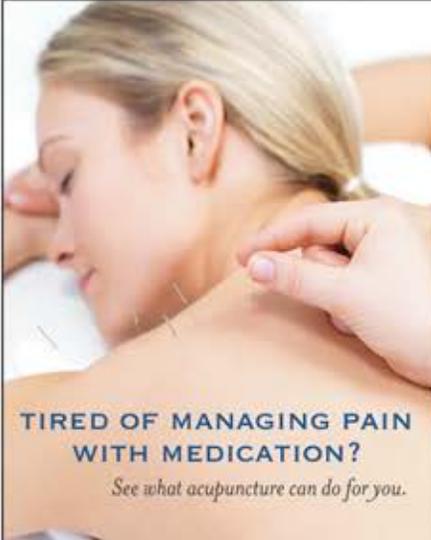
Senior Vice President – Financial Advisor

800 Laurel Oak Drive, Suite 500

Naples, FL 34108

(239) 649-2120

john.barnes@rbc.com | www.johnbarnesrbc.com



Acupuncture & Natural Health Solutions
 Pediatric • Adult • Senior Acupuncture

Acupuncture Effectively Treats:

- Back Pain • Neck Pain • Headaches
- Sports Injuries • Chronic Pain • Anxiety and much more...

Toni Eatros, Acupuncture Physician
 14 Years of experience and expansive medical knowledge.

Call NOW To Schedule An Appointment
239-260-4566
www.AcupunctureSolutionsOnline.com

TIRED OF MANAGING PAIN WITH MEDICATION?
See what acupuncture can do for you.



DO YOU OWN BOND FUNDS?

Many bond funds hold very large positions of illiquid securities which were easily purchased when the bond market was strong, but may not be so easily sold when interest rates begin to rise. John Barnes has been helping investors to create individualized fixed income portfolios for over 30 years. Let him show you how.

JOHN BARNES
 Senior Vice President – Financial Advisor



RBC Wealth Management
 800 Laurel Oak Drive, Suite 500
 Naples, FL 34108
 (239) 649-2120 | john.barnes@rbc.com | www.johnbarnesrbc.com

There's Wealth in Our Approach.™

© 2014 RBC Wealth Management, a division of RBC Capital Markets, LLC, Member NYSE/FINRA/SIPC.

What you may not know about your heart?

Journey to a Healthier Heart: Your First Step Begins Now

By Drs. Drew and Kanema Clark

February is American Heart Month, therefore it is only fitting that our focus be on the state of our hearts. As important as it is to discuss how our hearts should be filled with compassion, empathy, love and goodwill toward our neighbors, a more pressing conversation rests with the health of our beating lifeline. According to the World Health Organization, heart disease is the leading cause of death in the US, accounting for about 25% of all deaths. These numbers are staggering, however heart disease is still perceived as being someone else's problem; that is, until it becomes ours. Fundamentally, the problem rests with the fact that in many circumstances the first sign of heart disease is a heart attack itself and if we consider the data about a third of those are fatal. I think we can all agree that being proactive could be the difference between actively participating as our children or grandchildren grow & mature or leaving them with a memory of our lessons in wisdom. Therefore, there is no better time than NOW, to talk about your Heart Health!



We all know a lot of the controllable risk factors for Heart Disease:

- Smoking
- Obesity or being overweight
- Diabetes
- Inactivity
- Smoking
- Unhealthy Diet
- High Blood pressure
- High Cholesterol
- Stress

Instead of feeding you information that you've probably heard over and over again, we want to single out one or two things and share something that you may not be aware of.

Cholesterol is NOT the problem!

Contrary to popular belief, cholesterol is not the problem and actually serves many important roles in the body.

To name a few, it is used:

- by the liver to form enzymes that are essential to digestive health
- by the ovaries in women to form progesterone and estrogen
- by the testicles in men to form testosterone
- by the skin to help repel dangerous chemical substances from being absorbed and prevent the body from losing too much water.

Cholesterol is the good guy, the accumulation of cholesterol in the arteries is what causes the problem. Artificially lowering cholesterol, which is vitally important for so many bodily functions and subjecting ourselves to chemicals with potentially dangerous side effects (medications) may not be the best approach to decreasing our risk of Heart Disease. We should give a lot more thought to addressing what is actually causing the accumulation of cholesterol in our arteries and therefore leading to heart disease.

Chronic inflammation is the bad guy and this causes damage to the artery walls which in turn favors the buildup of cholesterol. If we consistently ingest foods that the body was never designed to process, or foods that have been handled and sprayed with dangerous chemicals, the end result is chronic inflammation. The accumulation of cholesterol is merely the body attempting to repair our mess. So yes, diet is important but not just for the purpose of weight management. We have to think of food as fuel for our bodies. We would never put diesel fuel in an unleaded fuel driven car and expect it to work properly. Therefore, we cannot repeatedly eat highly processed carbohydrates or foods (sugar, breads, flour, pasta) and expect our bodies to continue functioning properly throughout our lifetime.



239-200-7248

www.ChooseHealthSWFL.com

For your reference:

- If it comes in a bag, box or can it is processed.
- Adding fresh unprocessed foods can greatly enhance the health of your heart and all supporting arteries.

Natural Help with Blood Pressure

Most of you are aware that diet and exercise are key factors in maintaining a healthy heart. However, did you know that Upper Cervical Chiropractic Care may also be used in your fight against Heart Disease? High Blood pressure is another risk factor associated with the likelihood that someone develops a problem with their Heart. According to a study published in the Journal of Human Hypertension, correcting misalignments at the top of the neck can actually lower blood pressure, without the potentially harmful side effects of medication. Furthermore, the study demonstrated that a correction of the top bone (atlas) was just as effective as 2 of the leading blood pressure medications combined.

Fundamentally, when we consider how a misalignment at the top of the neck disrupts nerve communication from brain to body, we begin to understand how this interferes with the body's capacity to control or regulate normal body functions. (ie Blood Pressure) Couple this information with the concept that the sole purpose of Upper Cervical Care is to restore proper nerve communication; one could begin understanding how Upper Cervical Chiropractic can help in many cases. This is accomplished by evaluating the delicate relationship between the first bone (Atlas) and the brainstem, which is a vital component of the neural communicating pathway. If a problem with this atlas bone is detected, we gently and specifically reposition the bone, freeing nerve communication thus maximizing your body's natural recuperative power. Our job is not to treat or cure Heart Disease, we simply, yet effectively ensure proper Brain to Body communication, allowing your body to function as intended.

So this February, show a loved one that you really care, trade in the heart-shaped greeting card, for a visit to your Upper Cervical Chiropractor!



Drs. Drew and Kanema Clark

26731 Dublin Woods Circle Ste 2
Bonita Springs, FL 34135

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

By Juan M. Teodoro, D.M.D.

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

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

of Periodontology in 1997 involving 113 Pima Indians with both diabetes and periodontal disease. The study found that when their periodontal infections were treated, the management of their diabetes markedly improved. In fact, periodontal treatment combined with antibiotics has been shown to improve blood sugar levels and thus decreasing insulin requirements.

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

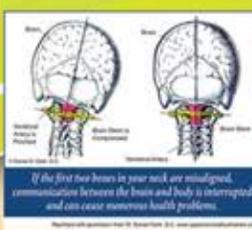
If you have been diagnosed with Diabetes and have been treated by your general dentist for gum pockets, or received a deep cleaning or antibiotic gum therapy more than once it is likely that you already have periodontal disease. Keep in mind, that once bone support is lost it cannot be restored, however,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

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



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

Adding Life To Your Years!
Through Upper Cervical Care



Everything that happens in our body from heart rate to immune system strength is dependent on how well our nerve system is functioning.



The Only Husband and Wife Team of Upper Cervical Doctors in South West Florida

Drs. Drew and Kanema Clark

New Location! (239) 200-7248
26731 Dublin Woods Circle, Bonita Springs, FL 34135

Info@ChooseHealthSWFL.com
Visit us at: www.ChooseHealthSWFL.com
Like us at: www.facebook.com/UCarcoflife

ARC of LIFE
FAMILY SPINAL CARE

Cherished Moments.
Make sure you hear them all.



Hear for yourself
FREE
HEARING SCREENING
AND CONSULTATION
FREE
Accessory with Pair
of Unique 440
Hearing Aids.
Offer Expires 2/29/16

Darlene Ballew, Au. D.,
Board Certified Doctor of Audiology



Audiology & Hearing Care
OF SWFL

Hearing aids starting at \$750 each
We Adjust, Fit and Repair
9 Major Hearing Aid Manufacturers.

WIDEX UNIQUE
LIVE LIFE LARGE

Call 239.271.2735 today to schedule a hearing check.
www.hearingcareswfl.com
24810 Burnt Pine Drive, Suite 2
Bonita Springs, FL 34134

CAN YOU AVOID A GUARDIANSHIP?

By Rebecca M. Vaccariello

Some people believe that a guardianship proceeding may be inevitable if they age and become incapacitated before dying. That is not the case however. As long as a person has a power of attorney document that covers all the financial aspects of their life and also their health-care decisions, the general rule is that that person does not need a guardianship proceeding commenced if they become incompetent. A durable power of attorney survives a person's incompetency.

As we all know, there are always exceptions to the rule. There are some instances where a person has a power of attorney, and a guardianship proceeding is still needed. For some of these instances, you can avoid them with careful planning. Other situations may not always be able to be prevented because they cannot be anticipated, such as your appointed agent acting improperly and not acting in your best interests. If the agent you select needs to be removed and you are already incapacitated, you will need to have a guardian appointed and your agent can be subject to both civil and criminal penalties.

One notable and widely reported example of the problems that can arise when an agent acts improperly involved philanthropist Brooke Astor, who appointed her son as her agent only to have him steal her expensive artwork and use her money to pay his own expenses. In that unusually extreme situation, not only was a guardian eventually appointed, but her son was charged and convicted in criminal court in New York on multiple counts. A recent reported case in Florida involved a grandmother suing her two granddaughters for exploitation as well as breach of fiduciary duty under a power of attorney in which she appointed them as her agents. There are things you can do to try to prevent problems down the road, as set forth below.

1. CHOOSING A TRUSTED AGENT

The single most important thing you can do is to thoughtfully choose your agent who will act for you. This single step is perhaps the most crucial to avoid both a guardianship and mismanagement of your assets when you are incapacitated. It is also important to have a trustworthy person because that person will immediately have the ability to take over your financial accounts, even if you are not incapacitated yet. Some people consider telling the agent



that they are named, but not providing the actual power of attorney document to them, and telling them the attorney who has it in the event it is needed due to incapacity.

2. OTHER SAFEGUARDS IN THE POWER OF ATTORNEY DOCUMENT

Some people may want to name two co-agents as a safeguard, however this can create logistical problems if two agents have to act together. It also may not be advisable to name two agents who may not be able to work together because that also could create the need for a guardianship. Everyone should be clear on whether gifting is permitted under the power of attorney, and the limits of such gifting. You can also require that your agent provide regular accounting statements to an attorney or other third party as an additional check and balance on your agent. While this is not commonly done, it is an option that can be written into any power of attorney document. Unlike a guardianship proceeding where a court reviews annual accounting statements, with a power of attorney document there is no supervision of your agent other than what you expressly require.

3. OTHER OPTIONS

There are also other estate planning options that should be considered in conjunction with a power of attorney document. While this article is focused on

powers of attorney, such documents are often something that are part of other estate planning documents. A trust could be a good option for some people. The trustee can initially be you, and can later be another third party.

BOTTOM LINE

You can avoid guardianship in most cases. Potential problems with documents such as a power of attorney document are largely preventable with proper planning. If you have specific concerns about your family dynamic or the agent you are seeking to appoint, it is always important to be open and honest with your attorney. There may be options you are unaware of that your attorney can bring to your attention and that are beyond the scope of this article. However, if you fail to execute a power of attorney document, that is the one way to ensure that your family or a third party will need to commence a guardianship proceeding in the event you become incapacitated and cannot handle your own medical and financial affairs. It is more cost effective and less stressful for everyone involved to avoid a guardianship proceeding when possible.

SWB & L SALVATORI, WOOD, BUCKEL,
CARMICHAEL & LOTTES
Attorneys at Law
REAL ESTATE • ESTATE PLANNING • CORPORATE • LITIGATION • TAX

Rebecca M. Vaccariello



Rebecca M. Vaccariello is a litigation attorney at Salvatori, Wood, Buckel, Carmichael & Lottes. Rebecca focuses her practice on civil litigation matters, including trust and estate litigation and guardianships. She is involved in the Florida Bar Real Property, Probate and Trust Law (RPPTL) Section and a member of the Guardianship, Advance Directives and Power of Attorney Committee, as well as the Probate and Trust Litigation Committee.

239.552.4100
WWW.SWBCL.COM

New to the area or just moving from one county to another? How does this affect your current insurance?

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

Most people don't realize that when you move that there is a lot you need to do that does not involve your new home, but it can greatly affect you personally. When you shop for a new home you should shop for new health insurance as well and compare the difference as this can affect your budget. Many people don't realize that not all of the plans that are available in Lee County are available in Collier County, now that is a small example now think of one state to another. The good thing is that due to the Affordable Care Act (PPACA) or as most like to call it Obama Care everyone qualifies for coverage. But did you know that there is an **Open Enrollment Period that just ended January 31st 2016 for 2016**. Yes that means that if you didn't enroll or have health insurance by January 31st you may be penalized up to 2.5% of your earnings in 2016. Also you **CAN'T BUY** qualified health insurance for the rest of this year unless you have a special election period.

There are special election periods that are very important and the timeline that you can purchase them is very important, so don't be caught off guard. A move is a special election period if you move out of the plans service area or out of state. Most life change events have a maximum of 60 days to make that change. The majority of the time you're earliest effective date is the 1st of the month following enrollment and if you enroll after the 15th of the month it is effective the 1st of the following month. An example is if applied on March 16th the earliest your plan would be effective would be May 1st. Many people cannot afford to be without coverage for a month or even a couple of days and honestly you never should be. No one ever plans to have a sudden accident or become terminally ill or die. It happens to healthy people as well, remember in most cases we all started out healthy, and then life



happens. Special Election Periods are moving out of the plans service area; loss of coverage; marriage; child birth or adoption; divorce, etc. visit www.healthcare.gov for rules, timelines and exceptions.

Short Term Medical Insurance is available all year long. These policies can be bought for up to 1 year. They do have medical underwriting so not everyone will qualify. But they are many times less expensive and you can purchase higher deductibles or catastrophic plans. They do not meet the government's creditable coverage standards so you could still be subject to the tax penalty for not having coverage.

Employer Group Coverage - New groups can be formed all year long. This is very important as the government made the law very specific to say that an employer may NOT pay for an employee's medical insurance (or any part of) and if they do they will be assessed a \$100 per employee penalty per day. So if you are and employer that is doing this it's time to shop for group insurance again. The advantages for individual insurance policies are going away and group is your best option now going forward.

You want to speak to a Broker that deals with both group and individual so they can build a strategy that would best suit your and your employee's needs.

This month is **National Colorectal Cancer Awareness Month**; did you know that most insurance plans cover preventive Colorectal Cancer Screening at "NO CHARGE" check your plan and DO NOT DELAY. Cancer can be deadly but many deaths can be prevented with early detection and screening. Living a healthy life style is never too late to make a difference in your families' lives. The old saying the family that plays together stays together. Well the family that eats right, does their annual exams, and exercise's will most likely live a long life and share many wonderful memories. So don't delay start today. Can you imagine living to 100, well so many people are so let your 100th birthday be a happy and healthy one.

Also remember when moving to check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local attorney, CPA, Financial Planner / Insurance Agent. An annual review is very important. To many times people assume, don't assume ask a professional most of the time your first consultation is at no charge.



Logical Insurance Solutions
Dee Merritt
239-362-0855

www.Logicalinsurance.com
Dee@Logicalinsurance.com

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

SUCCESSFULLY TRANSITIONING TO A RETIREMENT COMMUNITY

By Amy Hilliard

Selecting the right senior living community is one of the most important housing decisions an older adult and/or their families will make. Although an adult child may feel at ease once mom or dad has moved into a community, the thought of being the “new kid on the block” may cause hesitation for seniors who haven’t had to move or make new friends in years.

By following a few simple steps, older adults will soon discover that moving to a retirement community can be the beginning of lasting friendships and new interests and hobbies.

Get to know the senior living community before moving in

The staff at most senior living communities understand that transitioning may be an overwhelming time for older adults who may feel outside their comfort zone.

To help ease the transition, communities such as The Carlisle Naples, a luxury resort-style retirement community in North Naples, invite prospective residents and their families to attend and participate in any number of programs and special events planned each day. Whether it’s a fitness class, a musical performance or The Carlisle’s annual charity fashion show—the marketing team finds that those residents who have participated in community events prior to moving to the community are quicker to connect.

Participate in community activities

After move-in, another great way to beat the anxiety-inducing aspects of a new senior living community is to experience the community through any number of daily activities. Gone are the days when communities simply offered monthly bingo games or weekly shuffleboard contests.

Innovative communities know that today’s consumers demand exciting activities that combine their favorite pastimes with their need to remain active and mentally challenged. Therefore, a full-time activity director is responsible for planning residents’ entertainment which may include health and fitness activities, intergenerational programs, cultural events and outings, and on-going educational programs.



Although many senior living communities encourage residents to be as active as they wish and determine their own level of involvement, it is recommended that seniors try to participate in at least one “new” activity each week, especially during the first few months of living at the community. Try a class. Attend a movie or an outing. Opportunities for socialization are endless.

In addition to expanding one’s interests, it’s another great way to get to know fellow neighbors.

Be patient. Friendships aren’t developed overnight.

Forming a new friendship may make even the most outgoing person a little self-conscious. Remember that it takes time to develop friendships. Don’t feel frustrated if your neighbor doesn’t become a close friend instantly. Genuine, long-lasting relationships need to be nurtured and developed over time.



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

One of the best tips for cultivating new friendships is to sit with a different group of people each evening for dinner. It’s also one of the easiest ways to get to know everyone. It’s surprising what one can discover about people over a meal. Perhaps they share a hobby or grew up in neighboring towns. Senior living communities also do their part to welcome residents to the neighborhood as well. From gift baskets to welcome committees, the staff is there to help make new residents make a smooth transition.

Try viewing the move to a senior living community as another chapter in the book of life. Older adults who maintain positive attitudes find the uncertainty of being in a new place is quickly replaced by the confidence to discover a whole new world of endless possibilities.

Located at 6945 Carlisle Court in Naples, The Carlisle offers spacious one-and two-bedroom residences including lifetime care and maintenance, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and a complimentary full breakfast plus choice of lunch or dinner in the community’s gourmet-style restaurant. For more information about the community, please call 239-221-0017 or visit www.TheCarlisleNaples.com.



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

Good News on the Lottery: You Didn't Win!

As I write this, the largest lottery prize in world history has just been won. As of this moment, it appears that the prize will be split among three winners. With a total in play of about one and a half billion, that's about \$500 million to each winner!

Prior to the drawing, the news was full of long lines of people, in some cases wrapped around buildings, waiting to get hold of their tickets. And most (all?) of those folks *really* wanted to win. To get rich.

Is there anything wrong with wanting to get rich? Maybe . . . Consider this thought from the Apostle Paul, in 2 Timothy 6:9, "But those who want to be rich fall into temptation, a trap, and many foolish and harmful desires, which plunge people into ruin and destruction."

But wait a minute! Doesn't getting a whole lot of money solve a whole lot of problems? According to the God of the Bible, maybe less so than it would first seem. Psalm 49, from the ancient Hebrew scriptures, called by Christians the Old Testament, offers some observations.

First, on the **triviality** of wealth, in verses 6 and 7.

They trust in their wealth and boast of their abundant riches. Yet these cannot redeem a person or pay his ransom to God since the price of redeeming him is too costly.

In short, there are a number of big problems that can't be solved with money. Failing health, a wayward child, the betrayal of a friend. And for those of us who accept the teaching of scripture, the problem of our own sin.

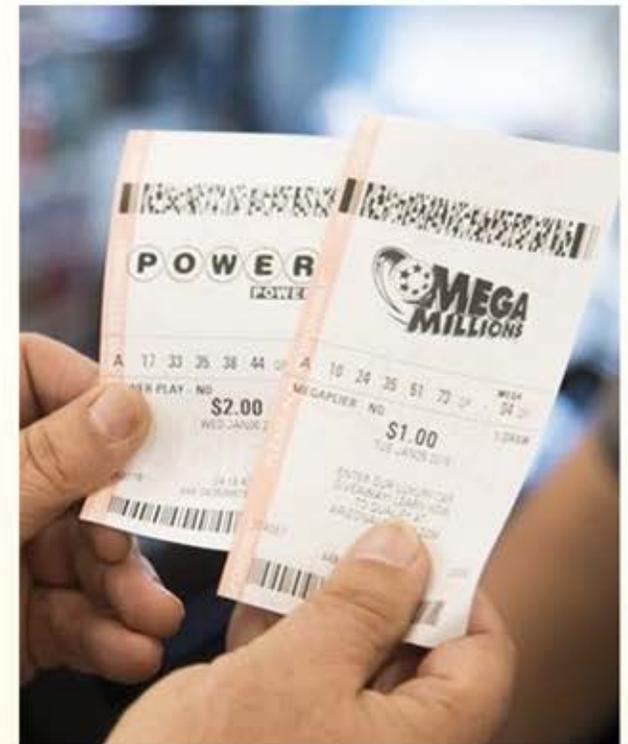
Second, the psalm speaks to the **transience** of wealth in verse 10.

For one can see that wise men die; the foolish and the senseless also pass away. Then they leave their wealth to to others.

Whatever is yours today will not be yours for long. And leaving a large inheritance can lead to a special kind of family destruction and chaos!

And finally, the psalm speaks of the **toxicity** of wealth. Verses 18 through 20 offer this observation:

Though he praises himself during his lifetime – and people praise you when you do well for yourself – he will go to the generation of his fathers; they will never see the light. A man with valuable possessions but without understanding is like the animals that perish.



According to these verses, if you get a great deal of wealth, you'll have a lot of friends. However, and this is problematic, you'll also develop a heightened sense of self-sufficiency. The risk is that you would see yourself as successful, victorious, and cared for apart from your relationship to God. That's the single most dangerous thing that could ever happen to you!!

So, good news. You didn't win! You get to go forward through life understanding that you are dependent upon the Lord to meet your daily needs. Trust Him!

 **McGREGOR**
BAPTIST CHURCH

www.mcgregor.net

**3750 Colonial Blvd.
Fort Myers, FL 33966
(239) 936-1754**

Vanish Vein and Laser Center

Noticeable Results with Little to No Downtime

VARICOSE VEINS

Performed by a Vascular Surgeon and Board Certified in Phlebology.

Treatment of Veins Almost Everywhere in the Body

Wouldn't You Rather Trust Your Vein Care to a Vascular Surgeon Who Has Performed Over 12,000 Laser Vein Procedures:

- LASER • VNUS CLOSURE
- SCLEROTHERAPY • CLARIVEIN

VANISH VEIN & LASER CENTER has now incorporated CLARIVEIN (Mechano Chemical) Ablation into its arsenal of vein therapy. For the appropriate patient, Clarivein can reduce procedure time, bruising and recovery.



State-of-the-Art Vein Closure Technique



Pre-Treatment



Post-Treatment



Before Vanish Vein Laser Treatment



Before Face Vein Sclerotherapy



After Vanish Vein Laser Treatment



After Face Vein Sclerotherapy



John P. Landi, M.D.

1/2000 Physicians Worldwide
Certified by the American Board
of Venous and Lymphatic Medicine

**Naples' State-Of-The-Art, Physician Directed
Facility by Dr. John P. Landi.**

Experience a Variety of Services and Therapies in the comfort
of Old World Charm and Beauty Vein Treatment

NOW OPEN
NEW LOCATION IN
NORTH NAPLES!

Vanish Vein and Laser Center

North Park Center

9955 Tamiami Trail North, Naples, FL 34108
(99th Avenue North across from the entrance of Pelican Marsh)

(239) 403-0800

www.vanishvein.com