

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

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

February 2016

Lee Edition - Monthly

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

**FREE**



**BE SWEET  
TO YOUR  
HEART**

this February

**WARNING  
SIGNS**

and Prevention Tips  
for Heart Disease

**HEALING**

Outside the Box  
with Turmeric  
from Fiji

**GO RED**  
for Heart Health



## 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](http://www.YolloWellness.com)

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



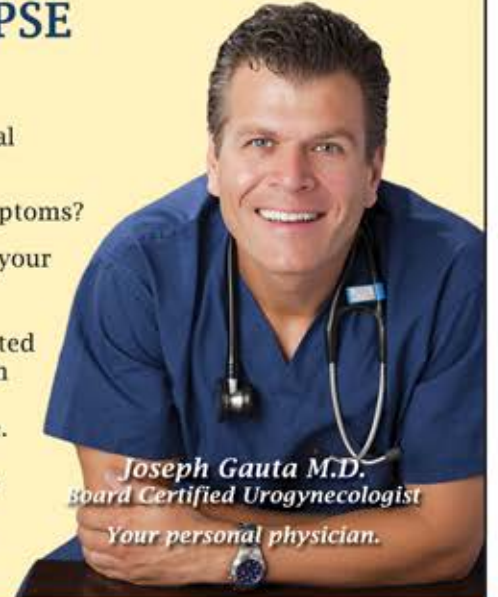
FLORIDA BLADDER  
INSTITUTE  
EXCELLENCE IN WOMEN'S PELVIC HEALTH

## 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](http://WWW.FLORIDABLADDERINSTITUTE.COM) • 1890 SW HEALTH PKWY., SUITE 205



## Radiology Regional Center

Designated Lung Cancer Screening Center  
by the American College of Radiology



CT LUNG CANCER SCREENINGS  
are **SAVING**  
**LIVES** WITH EARLY  
DETECTION!

PROVEN TO REDUCE LUNG CANCER RELATED DEATHS BY 20%

**Annual CT Lung Screenings are 100% COVERED by Medicare and most commercial insurance companies if you are high-risk!**

**So who is eligible for 100% coverage?**

- Current smokers or quit within the past 15 years
- Age 55-80 (or 55-77 for Medicare)
- Asymptomatic (no signs or symptoms of lung cancer)
- Have an order from your healthcare provider
- Carry Medicare or one of the many insurance companies that have adopted this standard

For more information, call us today...  
It could save your life!

(239) 936-2316 • [www.radiologyregional.com](http://www.radiologyregional.com)



# 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 How Endovenous Closure Has Changed the Treatment Paradigm for Superficial Venous Insufficiency

8 It Takes a Team: Relationships Are Key to Addressing Osteoarthritis

9 Stem Cell Therapy: A Defining Moment for COPD

10 Cancer Nutrition Drink is a Must Have

11 Ultrafast CT Screening of the Heart

12 Strengthen Your Pelvic Floor with Kegel Exercises

13 Depression in Older Americans: The Untold Truth

14 Be Sweet to Your Heart this February

16 Parkinson's Disease and The Importance of Exercise

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

19 Hazards in the Home: Cancer Causing Household Products to Avoid

20 Life-Threatening Sleep Apnea and the CPAP Alternative

22 Effective Fitness Based on Science and Heart Monitoring

23 Go Red for Heart Health this February

24 Healing Outside the Box with Turmeric from Fiji

26 Cervical Spine Instability

## 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

### 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!

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



Learn more at  
[CaringMedical.com](http://CaringMedical.com)

or call  
239.303.4069

### CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Cristan Gensing**  
[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

OWNER / CREATIVE DIRECTOR  
**Sonny Gensing**  
[sonny@gwhizmarketing.com](mailto: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](mailto: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

28 The Nutraceutical Break-Through That's Completely Changing the Way We Age

30 What is Neurology, and What Does a Neurologist Do?

32 Warning Signs and Prevention Tips for Heart Disease

33 Cataracts: Third Leading Cause of Blindness in the US

34 Be One in a Million Do Your Part to Protect Your Heart

36 Is a Bunion Causing Your Foot Pain?

37 The Heart of the Matter

38 Protect Your Family with Safe Green Cleaning

39 Relax with a Couples Massage

40 Proven Knee Arthritis Treatment

41 The Heart and Mouth Connection: How Heart Disease and Oral Health Link

42 Patient Advocate: It's an Interesting Term, But What Does it Mean, and Why Should I Care?

43 Decreasing Balance Increases Risk of Falls in the Bathroom

44 The Weird Reason You Cannot Create Your Own Individual Special Needs Trust?

46 Your Painful Pet Arthritis is More Common Than You Think

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

48 Acute Diarrhea + Tourist = "Travelers Diarrhea"

49 Therapeutic Options to Improve Blood Circulation

50 Successfully Transitioning to a Retirement Community

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



Find us on:  
**facebook®**



## Heart Walk

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

The Commons Club Gazebo at The Brooks



### Why do we walk?

To celebrate more of life's precious moments.

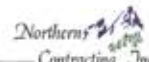
NATIONAL SPONSOR:



Local My Heart, My Life, Platform Sponsor

**LEE MEMORIAL HEALTH SYSTEM**

Platinum Sponsors



Silver Sponsors

CUMMINGS & LOCKWOOD LLC

LAST MILE SERVICES

Media Sponsor



heart.org

## Hearing For Life Since 1950



# LEONARDI

## HEARING CENTER, INC.

**FREE SERVICES:**

Hearing Tests  
Video Otoscopy  
Consultation

**SALES, SERVICE & REPAIR:**

All Makes & Models • Call For Free Quote  
Shooters & Musicians Earplugs  
Tinnitus Relief

Voted the Best 10 years!

**0% Financing Available for those who qualify**

Voted one of the best Hearing Healthcare Professionals in the Nation by the Hearing Review magazine for 2 years in a row.

**Free 2nd Opinion**



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



oticon  
PEOPLE FIRST

Starkey.

SIEMENS

HANSATON  
Hearing & Vision

REXTON

unitron.

**FREE**  
**"IN HOUSE"**  
**SERVICE**  
**PLAN**  
With Purchase

**239-997-8288**  
www.leonardihearing.com

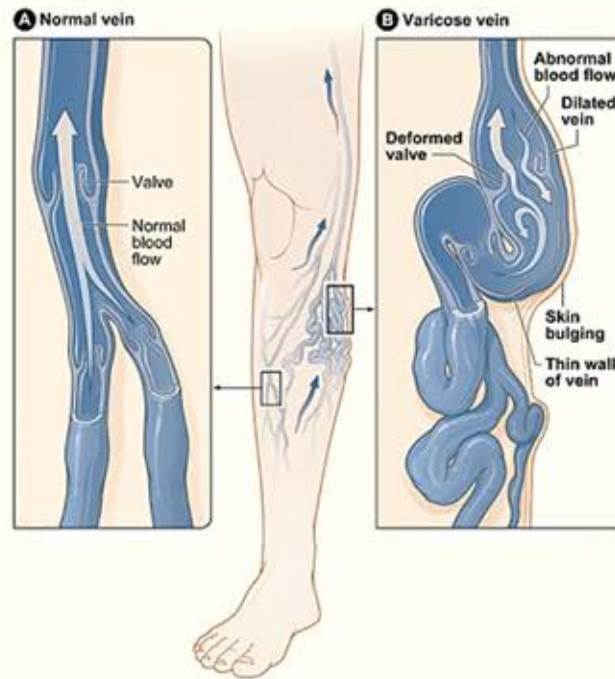
16251 N. Cleveland Ave. #8  
(corner of Littleton Rd.)  
North Fort Myers, FL 33903

# How endovenous closure has changed the treatment paradigm for superficial venous insufficiency

By Joseph Magnant, MD, FACS, RPVI

Up until the year 2000, physicians had very limited treatment options for patients with symptomatic superficial insufficiency. Conservative therapy consisting of elevation, anti-inflammatory medications and compression stockings has changed only in the fabric technology. Today there are more shear compression garments which has helped improve patient compliance with this type of therapy. Great saphenous vein ligation and stripping and phlebectomy of more superficial tortuous branches were generally reserved for patients with the most severe presentations of bleeding, ulceration and venous claudication. These procedures were dangerous and rarely considered in patients since general or regional anesthesia was commonly employed. Patients usually were hospitalized for 2-4 days and it was often weeks until full recovery and return to work or normal activity was possible. From the time of the reintroduction of great saphenous vein ligation and stripping in the late 1950s until endovenous closure made its debut in 2000, there was little advancement in the understanding or treatment of venous reflux disease.

Varicose veins were often considered a cosmetic condition, rather than one of the many manifestations of a potentially more significant underlying condition, now referred to collectively as venous insufficiency or venous reflux disease. Presenting symptoms other than varicose veins may include swollen achy legs, venous claudication, skin discoloration and thickening, overt external bleeding from an eroded vein just under the skin to ulceration of the skin in the lower leg and ankle area. Other, more obscure and less appreciated signs and symptoms of venous insufficiency include nighttime leg cramps, restless legs syndrome, nighttime urination and "idiopathic" edema. An estimated 35-40 million adults in the USA suffer from the more commonly appreciated and recognized presenting symptoms, and countless of others may also be affected by this same problem but are likely going under diagnosed or undiagnosed.

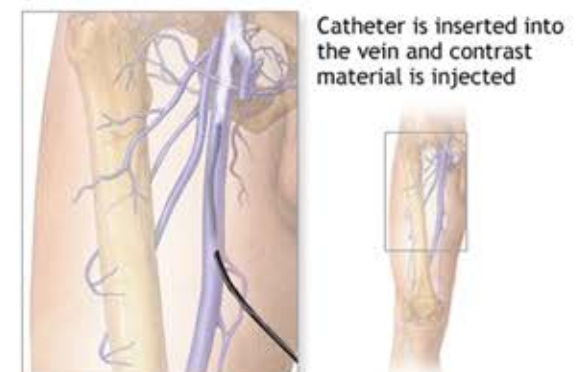


The physical, emotional and functional impact of severe venous insufficiency is not quantifiable as the true prevalence of the disease is not known and the persistent misperceptions of the public regarding the symptoms of the disease, the method of diagnosing the disease and most importantly the available treatment options continue to be issues. The natural history of untreated severe superficial venous insufficiency has been well documented in the wound care centers around the nation as the unchecked venous hypertension progresses from the benign appearing varicose veins to the chronically swollen limb 5 years later, to the insidious skin changes which ensue in the years to follow resulting in one of the more serious complications such as bleeding, recurrent infection or ulceration.

Endovenous closure has changed the evaluation and treatment paradigm for patients with all of the above noted presenting symptoms and signs. This minimally invasive technique of sealing the incompetent vein from within (rather than stripping the vein out) results in more effective and immediate remedy of the underlying problem of venous hypertension. Side branches are immediately depressurized (rather than avulsed as in stripping) which frequently results

in marked resolution of the varicose veins, expeditious improvement in skin discoloration, bleeding or ulceration. In addition, the procedure may be more safely performed in a completely outpatient setting under local anesthesia with very little time lost from work or normal activity. Venous insufficiency is accurately and reliably diagnosed with duplex ultrasound in the capable hands of an experienced registered vascular technologist.

Venography is essentially a thing of the past in the diagnosis of venous pathology, unless performed in an angiography suite in conjunction with thrombolysis (infusion of clot busting medicine) of deep vein thrombosis(DVT) or some other interventional procedure. Duplex ultrasound also allows for stratification of the severity of venous insufficiency which is critical to the decision phase and planning of subsequent treatments. Not all insufficient veins need to be sealed. Only those severely insufficient veins in the distribution of the patient's symptoms and pathology should be considered for ablation after failure of conservative therapy, as described above, for a 3-6 month trial as mandated by insurance panels. The only exceptions to this conservative trial policy may be those patients who have had recurrent bleeding episodes from varicose veins or those who have large ulcerations which threaten the patient's immediate well being or serve as an ongoing infectious source.



Endovenous ablation or endovenous closure in the treatment of symptomatic superficial venous insufficiency has allowed a more proactive approach to patients with this disease. Rather than reacting to the complications of the disease with compression wraps, wound care and submission, we now have a much more definitive, effective and noninvasive therapy to offer patients with appropriate indications for intervention. Endovenous ablation has opened the door to millions of adults who were once thought to be too sick for stripping, too young for stripping, too obese for stripping, too old for stripping, too anticoagulated for stripping and now we should be encouraged to reconsider these and many other patients for a more definitive treatment. Our understanding of lower extremity venous pathophysiology has risen to a higher level due to the availability of ultrasound guided, percutaneous endovenous ablation and we now understand that veins other than the great saphenous vein, such as the small saphenous vein, anterior accessory great saphenous vein, posterior accessory great saphenous vein, intersaphenous (Giacomini) vein and the various perforating veins can contribute to the underlying venous hypertension which causes the myriad of symptoms and signs of venous reflux disease. Endovenous closure is not a license to seal veins at will. Rather, it is a minimally invasive, highly effective method which, in experienced hands and judiciously applied, has changed for the better, the lives of many patients with symptomatic superficial venous insufficiency. Endovenous closure has indeed changed the treatment paradigm of venous insufficiency as much as any other modern minimally invasive technique in any other disease entity and we will not likely witness as significant a technologic advancement in the treatment of superficial venous insufficiency in the next 20 years.



### Leaders in Vein Treatment

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



Obtain your **FREE virtual vein consult now!**  
Scan the QR code or log on to **eVeinscreening.com**



239.694.VEIN (8346)

**eVein Screening.com**

Joseph Magnant, MD, FACS, RPVI  
Board Certified Vascular Surgeon

Brought to you by:



### About Dr. Magnant

*Dr. Joseph Magnant earned his Doctorate in Medicine and performed his General Surgery residency at the Medical College of Virginia in Richmond, Virginia. He completed his Vascular Surgery fellowship at Dartmouth-Hitchcock Medical Center in Hanover, New Hampshire and is certified by the American Board of Surgery in Vascular Surgery. He is an active member of the Society for Vascular Surgery, the American College of Phlebology, the Southern Association for Vascular Surgery and is also a Fellow of the American College of Surgeons. He practiced arterial and venous vascular surgery as part of a large multi-specialty group for 14 years after he completed his fellowship in vascular surgery until opening Vein Specialists in 2006. He is the only board certified vascular surgeon in southwest Florida whose practice is 100% dedicated to venous diseases and he has offices in Fort Myers and Bonita Springs.*

**1** 1510 Royal Palm Square Blvd., Suite 101, Fort Myers, Florida | **2** 3359 Woods Edge Circle, Suite 102, Bonita Springs, Florida

# It Takes a Team: Relationships Are Key to Addressing Osteoarthritis

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

**W**hen faced with the diagnosis of osteoarthritis, one of the most important things to remember is that you are not alone. While encouragement and support can come from a variety of individuals, including family and friends, it is important to remember that your doctor can also serve as one of your most valuable relationships during this time. That's why finding the right doctor is essential to developing a mutually-beneficial relationship and ensuring that you are receiving the best care possible.

At some point in our lives, we all must choose a doctor. From the start of your osteoarthritis journey, this decision becomes increasingly imperative. As an osteoarthritis patient, regular trips to the doctor are a common occurrence, and the need for a healthy doctor-patient relationship is particularly important to ensuring you are making the most of your experience. A successful relationship allows you to attune your care options to match your needs and standards, and provides a trusting support system that will benefit the quality of your care.

Open, honest communication is key to doctor-patient partnerships, and is essential in order for patients to become better informed about their condition. This includes understanding the diagnosis, surgical and non-surgical treatment options, and if surgery is planned, how long the surgery will take as well as recovery. The greater knowledge you have in regards to your health care, the better equipped you are to make the right decisions relating to your treatment. To ensure that you are making the most of your visits to the doctor, consider the following recommendations:

- Come prepared. Make a list of any concerns or questions you may have regarding your condition.
- Take notes during your appointment and ask for clarification if there are any terms or procedures that you do not understand.



- Be open with your medical history and keep a complete list of all medications, including any over-the-counter medications, vitamins or nutritional supplements.
- Ask your doctor for resources that can help you learn about your condition and treatment options.

Key to your health and overall quality of care, you must feel comfortable discussing your condition with your doctor to ensure that they are fully aware of your symptoms so that they can be addressed. Trained professionals understand what you are going through as a patient with osteoarthritis, and they have the knowledge to help you understand your condition, take action to prevent or subdue symptoms and treat your osteoarthritis through medication or surgery. If surgery is necessary, a good relationship will allow you to rest assured, knowing that you are in good hands.

As you manage osteoarthritis, members of your health care team will serve as a strong support system as you monitor the progress of your condition, assess the status of how your body functions

with osteoarthritis, and develop a plan of treatment that fits your needs. A strategic pairing can build a healthy doctor-patient relationship and a partnership that is dedicated to the quality of your health.

When looking for a doctor, it is important to learn how you and your condition will be treated, and Dr. John C. Kagan and his staff are ready to answer all of your questions. Dr. Kagan has more than 30 years of experience as an orthopedic surgeon and sports medicine specialist treating patients in Southwest Florida. He specializes in treating patients with knee, shoulder and hip pain, as well as general orthopedics and hand surgery. For more information, visit [www.kaganortho.com](http://www.kaganortho.com) or call 239-936-6778.



**JOHN C. KAGAN** M.D.  
BOARD CERTIFIED ORTHOPAEDIC SURGEON



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

# 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!**

**A**s 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.



***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**.

# Ultrafast CT Screening of the Heart

**W**ith obesity and complications from smoking on the rise, the American Heart Association has predicted that cardiovascular disease will account for nearly 18 million deaths worldwide in 2016, with that number escalating to nearly 24 million by the end of 2030. The US alone is witness to almost 2,200 cardiovascular-related deaths each day – or one every 40 seconds. And nearly half of those individuals experienced no recognizable symptoms before hand.

While a healthy diet and exercise plan can play a significant role in preventing such diseases, it's also vital to make regular appointments with a physician to ensure all your risk factors are in check. "Regular cardiovascular screening is important because it helps you detect risk factors in their earliest stages," said Barry A. Franklin, Ph.D., director at William Beaumont Hospital in Royal Oak, Mich., and an American Heart Association volunteer. "This way, you can treat the risk factor with lifestyle changes and pharmacotherapies, if appropriate, before it ultimately leads to the development of cardiovascular disease... For many patients, screening results can serve as a wake-up call."

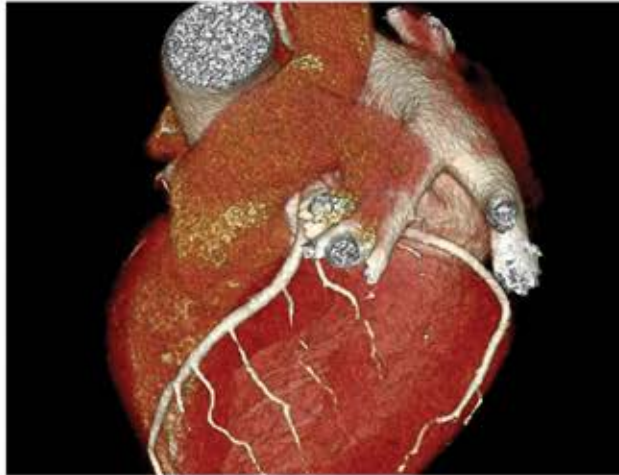
One such method of screening is the Ultrafast CT Screening of the Heart, which is provided at six Radiology Regional Center locations. Screenings can be conducted with or without an order from your primary care physician, so those wanting to take initiative with their health can do so.

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

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

The test allows the radiologist to determine whether a patient has a serious risk of degree of plaque burden in the coronary arteries. More importantly, it allows physicians to find hardened arteries early, allowing treatment with medication and lifestyle changes.

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



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

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

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

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

There are no dyes, no needles, no fasting and no pain. The only preparation required for the Ultrafast CT Screening of the Heart is for the patient to complete a standard medical history questionnaire at the time of his appointment.

## How long does the procedure take?

The scan takes 15 minutes or less. The scanner acquires a series of x-ray images of your heart while you hold your breath for 23 seconds. Results will be sent to you in three to four business days.



(239) 936-4068  
radiologyregional.com

## What does my cardiac score mean?

- **Score 0 (Zero):** No identifiable atherosclerotic plaque (a negative examination). Adherence to general guidelines on diet and exercise are stressed.
- **Score 1 to 10:** Minimal identifiable plaque. Significant obstructive coronary disease is unlikely.
- **Score 11 to 100:** Definite but mild plaque. Risk factor modification is recommended, clinical follow-up is necessary.
- **Score 101 to 400:** Definite, moderate plaque. Risk factor modification is recommended with non-invasive stress testing preparatory to an exercise program. Clinical follow-up and further testing such as stress test, nuclear test, cardiac ultrasound or other studies should be considered.
- **Score over 400:** Significant plaque burden indicating a high likelihood of "significant" coronary stenosis. Aggressive risk factor modification is recommended with non-invasive stress testing and possibly angiography.

## What is the cost and is it covered by insurance?

The Ultrafast CT Screening of the Heart costs only \$99! As with most screening tests, your CT scan is not covered by insurance or Medicare at the present time. Payment is due when services are rendered.

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

Radiology Regional Center is an experienced and trusted leader in Southwest Florida's diagnostic healthcare. Our physicians and technologists are skilled in the use of CT technology for both screening and diagnostic purposes. Your scan will be performed on the same CT scanners that local physicians rely on for their patients. To make an appointment, call our scheduling team at **239.936.4068**.



# STRENGTHEN YOUR PELVIC FLOOR WITH KEGEL EXERCISES

By Joseph Gauta, M.D.

**A**s 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

# 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.....?



239.590.3016

HHA: 299991763

# Be Sweet to Your Heart this February

**M**ost of us are aware that reducing dietary fat, monitoring our blood pressure and exercising are heart healthy, but far too few of us are aware of new research revealing more about the link between added dietary sugar and our risk for disease.

According to a recent study found in the American Heart Association's journal *Circulation*, daily consumption of sugar-sweetened beverages was associated with an increase in a specific type of body fat that may affect heart disease and diabetes risk.

Data collected from research in the ongoing Framingham Heart Study revealed a direct correlation between greater sweetened beverage consumption and increased visceral fat among middle-aged adults.

This deep type of fat, which wraps around vital organs like the intestines, pancreas and liver, affects hormonal function and is believed to play a key role in insulin resistance, a primary risk factor in developing heart disease and Type 2 diabetes.

"Our message to consumers is to follow the current dietary guidelines and to be mindful of how much sugar-sweetened beverages they drink. To policy makers, this study adds another piece of evidence to the growing body of research suggesting sugar-sweetened beverages may be harmful to our health," stated Caroline S. Fox, M.D., M.P.H, lead study author and a former investigator with the Framingham Heart Study of the National Heart, Lung, and Blood Institute and a special volunteer with the National Institutes of Health (NIH). "There is evidence linking sugar-sweetened beverages with cardiovascular disease and type 2 diabetes."

In 2001-2004, the average intake of added sugars in the American diet was 22.2 teaspoons daily, or an extra 355 calories a day. Today, that number is higher as individuals consume the two most common forms of added sugars, high fructose corn syrup and sucrose, in soda (both caffeinated and decaffeinated), sports and energy drinks, sugar-added fruit juices, lemonades and specialty coffee drinks.

As a result of the growing body of evidence linked with consumption of sweetened beverages, the American Heart Association developed the following recommendations:

- No more than 100 calories/6 teaspoons per day of added sugars for women
- No more than 150 calories/9 teaspoons per day of added sugars for men

If all of this information has you pondering reducing your added sugar intake, you should know that the sweet stuff is often incorporated in many food items and beverages that you don't typically think of having added sugar, i.e. spaghetti sauce, soup, dried fruits (read the labels).

When checking the ingredient list, be sure to look for added sugars under the following names:

- Brown sugar
- Corn sweetener
- Corn syrup
- Fruit juice concentrates
- High-fructose corn syrup
- Honey
- Invert sugar
- Malt sugar
- Molasses
- Raw sugar
- Sugar
- Sugar molecules ending in "ose" (dextrose, fructose, glucose, lactose, maltose, sucrose)
- Syrup



**You can dramatically reduce the amount of added sugar you consume daily by following these basic tips:**

- **Toss the table sugar.** This includes white and brown sugars, syrup, honey and molasses. Try using half the amount with coffee, tea, breakfast cereal, pancakes, etc.
- **Swap out the soda.** Opt for low-calorie beverages. Water is always the best choice!
- **Eat fresh, frozen, dried or canned fruits.** Avoid fruit canned in syrups and select those in water or their own juice. Or, rinse and drain them.
- **Compare food labels** and choose products with the lowest amounts of added sugars. Dairy and fruit products will contain some natural sugars. Check out the ingredients list for added sugars (see names above).
- **Add fruit.** Use fresh or dried fruits in cereal or oatmeal (bananas, cherries or blueberries, raisins or cranberries). Get creative – your taste buds will thank you.
- **Cut the serving back.** When baking, try cutting the amount of sugar called for by 1/3 or 1/2.
- **Try extracts.** Instead of adding sugar to your recipes, use almond, vanilla, orange, lemon or other extracts for a boost of flavor.
- **Replace it completely.** Dump the sugar and pump-up the spices using cinnamon, ginger, allspice or nutmeg. Experiment!
- **Substitute.** Use unsweetened applesauce instead of sugar (1 to 1 ratio).
- **Go for dark chocolate.** Celebrate Valentine's Day the right way and select only the highest quality dark chocolate (50% or higher) to make your love interest and his or her heart happy. Darker chocolate is often lower in sugar and fat while being extra rich in heart-healthy antioxidants.

Be sweet to your heart and start reducing added sugars from your diet this February. To learn more about the Framingham study and reducing sugar intake, as well as other heart-healthy measures you start this Heart Month, please visit [www.Heart.org](http://www.Heart.org).



## 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](http://www.lifecarecenterofestero.com)  
 3850 Williams Rd.  
 Estero, FL 33928  
*Joint Commission accredited*

## Joint Problems?



### New Age-Defying Liquid Collagen Hits the Market!

37 clinical trials support it's 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](http://www.healthyjointsandskin.com)

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



# Joint Pain? Let Experience Help.



## John C. Kagan, M.D.

Providing world-class orthopedic care for 34 years in Southwest Florida

Hips • Shoulders • Knees • Bones

## Orthopedic care is a joint endeavor.

You need an experienced partner who will empower you to make informed decisions about your options. Let Dr. John Kagan show you innovative solutions to improve mobility and reduce pain—sometimes without surgery. Call today to explore your options.

**JOHN C. KAGAN M.D.**  
 BOARD CERTIFIED ORTHOPEDIC SURGEON

Team physician since 2000 for



Phone: **239-936-6778**

Web: [www.kaganortho.com](http://www.kaganortho.com)

Blog: [kaganbonehealth.com](http://kaganbonehealth.com)



FORT MYERS: 3210 Cleveland Ave., Suite 100, Fort Myers, FL 33901  
 CAPE CORAL: 2721 Del Prado Blvd., Suite 260, Cape Coral, FL 33904



# Parkinson's Disease and The Importance of Exercise

By Todd D. Smith, MPT

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

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

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

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



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

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

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

*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.*



**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



**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

**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](http://lunginstitute.com/health)



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

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

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

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

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

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

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



### Swan-Freeze™

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



### FAT REDUCTION

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

### Swan-Lipo™ & Swan-Cavi™

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



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

# 1-800-965-6640

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

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.

# Hazards in the Home – Cancer Causing Household Products to Avoid

By DeAnn Kamp, Realtor®

**W**hen we talk about cancer prevention, much of the focus is on lifestyle. Diet, exercise, and personal habits are major contributing factors in the development of many common cancers. However, environment also plays a large role in cancer statistics. Unfortunately, when we talk about environmental cancer risks most people tend to only see the big picture, focusing on pollution, radiation, or toxic waste disposal. But there are many cancer-causing agents that might be lurking closer to home. Many of the household products that we take for granted may actually be increasing our risk for developing cancer. Fortunately, there are steps we can take to cancer-proof our homes. But before we can do that, we have to identify the cancer causing household products that we need to avoid.

## Household Cleaners

We all want to keep a clean house, both for appearance sake and for our own good health. But many of the common household cleaners we have relied on for years actually contain harmful chemicals that have been linked to a variety of health issues, including asthma, cancer and neurological disorders. Many common household cleaners and detergents contain toxic chemicals, such as Acetone, Diethanolamine, Ethoxylated Nonyl Phenol, and Methylene Chloride. The names of the chemicals alone are a good indicator that we really don't want these products in our homes.

A majority of these household cleaners can be replaced with all natural alternatives, such as hydrogen peroxide, baking soda, and white vinegar. For example, a general all-purpose cleaner can be made from simply combining one cup of white vinegar with one cup of water. A simple solution that can handle most common kitchen and bathroom messes and yet is perfectly safe for the home and family.

*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



## Nonstick Cookware

The Teflon revolution was major news in the 1950's and 1960's, and housewives all around the country were trading in their cast-iron skillets for new-fangled non-stick cookware. Unfortunately, what we didn't know at the time was that the main chemical in those non-stick coatings, perfluorooctanoic acid (PFOA), was carcinogenic. We know better now, but many people are still using non-stick cookware on a regular basis. Now is the time to get rid of any chemical based non-stick cookware in your kitchen, and switch to traditional glass or cast-iron, or try some of the new chemical free non-stick cookware that uses ceramic or titanium as a surface coating.

## Cosmetics

The majority of over the counter cosmetics are full of potential carcinogens. The chemicals used in many so-called "health and beauty" products are actually toxic, and over time can have a disastrous effect on our health. Again, just a list of the chemicals used in most cosmetics is indicative of the health hazards they contain. Consider the following common chemicals found in most cosmetics:

- Formaldehyde
- Hydroquinone
- Pheylenediamine
- Mercury
- Lead
- Coal Tar
- Diethanolamine

Fortunately, there are healthy alternatives out there. All natural cosmetics are now available, and offer an alternative to the chemical dependent products that dominate the marketplace. Also, look for fragrance free products, as the term 'fragrance' typically indicates the use of chemical additives.



## Pesticides and Weed Killers

Many common chemicals in pesticides marketed for home use have been linked to instances of cancer. Particularly disturbing is the apparent link between these pesticides and weed killers and the occurrence of brain cancer in children. Carcinogenic chemicals found in many common lawn and garden products include chlordane, tetrachlorvinphos, dichlorovus, and permethren. Again, even the ingredient names should give one pause. The healthy alternative to using pesticides and weed killers on your lawn is to learn to garden organically. Pull weeds by hand, and use natural pest repellents whenever possible. Also consider introducing natural predators into your home garden that will feed off of the pests but will leave the plants themselves untouched.

These are just a few examples of the carcinogens that can be lurking in our household products. If cancer prevention is to be effective, it must extend beyond diet and lifestyle to include the environment we occupy most – our own homes. Now is the time to take a good look in your cupboards and garage for cancer causing products that may be threatening the health of you and your family.

# LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

## SNORING VS. SLEEP APNEA

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

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

## SERIOUSNESS OF OSA

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



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

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

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

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

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

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

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

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

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

## TREATMENT OPTIONS

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

### TREATMENT OPTIONS

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

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

### SCREENING FOR OSA AT THE DENTIST OFFICE

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

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

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



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

**CALL 239-948-2111**



Drs. Rich and Lacy Gilbert  
[www.pelicanlandingdental.com](http://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](http://www.pelicanlandingdental.com)



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

## Effective Fitness Based on Science and Heart Monitoring

**O**rangetheory Fitness, a group training fitness studio, combines strength and cardio interval training with the science of heart monitoring into a 60-minute session.

Orangetheory is based on the science of heart rate-based interval training, so you know exactly what you're doing in each class and how it's going to lead to your weight loss/fitness goals. In other words: No more plateaus.

### What is the Orange Effect?

Physiologist Ellen Latham inspired the unique concept of Orangetheory. It relies heavily on the science of excess post-exercise oxygen consumption.

The future of fitness is here. Backed by the science of post-exercise oxygen consumption (EPOC), our heart-rate monitored training is designed to keep heart rates in a target zone that spikes metabolism and increases energy. The result is the Orange Effect – more energy, visible toning and extra fat and calorie burn for up to 36 hours after your workout!

Orangetheory suggests that members who exercise in the zone, designated between 84 to 92 percent of their maximum heart rate, or the "Orange Zone," achieved the greatest fitness results and produced the highest metabolic increase and calorie burn. Members wear heart-rate monitors in order to ensure they exercise in the Orange Zone, and view their heart rate on flat-screen monitors throughout the club.

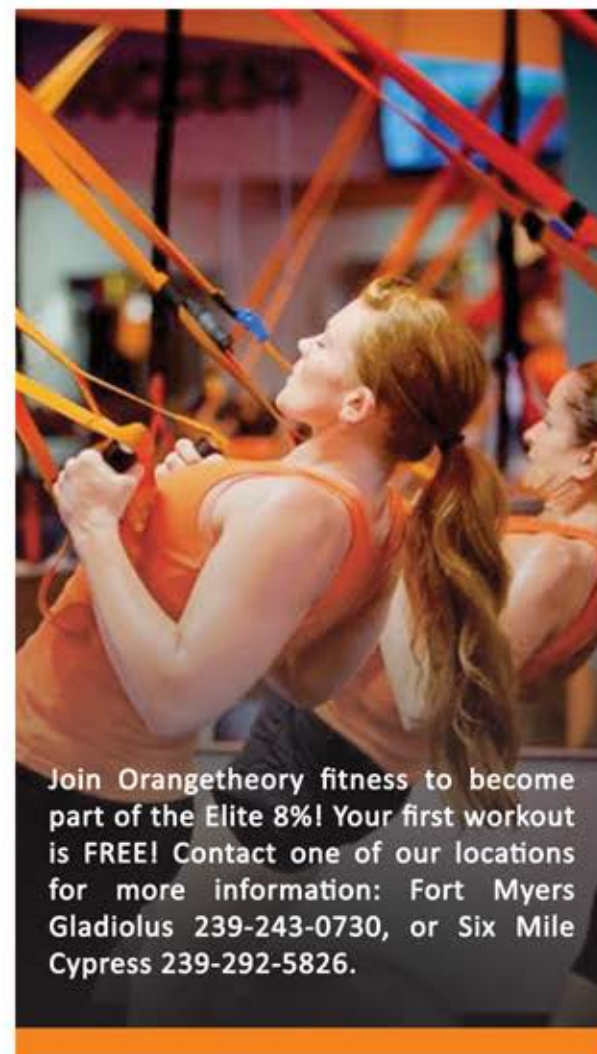
Orangetheory Fitness uses the Polar® Cardio GX software to track its members' heart rates.

The ability to monitor their heart rate is appealing to members. It's the quickest way to burn calories and have an increase in metabolic rate. The concept has drawn an increasing number of members to Orangetheory Fitness. Wearing a heart-rate monitor has been the only way to execute the program.

By providing you with a heart-rate monitor, we can monitor your 5-zone interval training sessions that we call the Orange 60. During the 60-minute workout, you will perform multiple intervals de-

signed to produce 12 to 20 minutes of training at 84% or higher of your maximum heart rate, which translates to Zones 4/5. This program design produces workout "afterburn" effect, which is an increased metabolic rate for 24 to 36 hours after the workout. When combining the amazing workout with EPOC, our clients burn an average of 500 to 1000 calories.

People of all different ages and fitness levels participate — and they're only working out at their own fitness level. Participants can expect to see increased energy after one month, and amazing results after three months. The program uses an assortment of equipment, including treadmills, rowing machines, TRX suspension training™ and free weights.



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



The Orangetheory workout produces increased muscle Endurance, Strength and Power and if desired, tremendous weight loss. With energetic music, a talented group of fitness coaches and a high-energy studio, you have the recipe for a workout that produces BIG and LASTING results.

### TRY US FOR FREE!

Check us out. See if Orangetheory Fitness is right for you. Join us for free workout sessions, no obligation, no commitment required. If you do not love Orangetheory, walk away, no hard feelings. Stop by or give us a call and discover for yourself how Orangetheory can work for you!

**239.292.5826**

**OTF - SIX MILE CYPRESS**

8001 Dani Drive, Unit 6  
Fort Myers, FL 33966

**239.243.0730**

**OTF - GLADIOLUS**

11600 Gladiolus Drive, Unit 317  
Fort Myers, FL 33908

**ORANGETHEORYFITNESS.COM**

# Go Red for Heart Health this February

**T**he Southwest Florida Division of American Heart Association encourages individuals, businesses and organizations to "Go Red" for Heart Month this February by participating in National Wear Red Day, Friday, February 5, 2016.

In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took actions which eventually resulted in the development of National Wear Red Day, annually held the first Friday in February, and the Heart Association's Go Red for Women® campaign, a movement designed to educate women about their risk for cardiovascular disease.

While all of February is National Heart Month, Friday, February 5 is National Wear Red Day, designed to bring attention to the facts about heart health:

- Cardiovascular disease is the leading global cause of death, accounting for 17.3 million deaths per year, a number that is expected to grow to more than 23.6 million by 2030.
- Nearly 787,000 people in the U.S. died from heart disease, stroke and other cardiovascular diseases in 2011. That's about one of every three deaths in America.
- Cardiovascular diseases claim more lives than all forms of cancer combined.
- Someone in the U.S. dies from heart disease about once every 90 seconds.
- Cardiovascular disease claims the lives nearly 500,000 women in the US each year.

Now in its 13th year, Go Red for Women has made advances in addressing CVD among women:

- 21% fewer women are dying from heart disease
- 23% more women aware that it's their # 1 health threat
- Publishing of gender-specific results, established differences in symptoms and responses to medications and women-specific guidelines for prevention and treatment now takes place
- Legislation to help end gender disparities is in place

Individuals, organizations and businesses can participate in National Go Red Day by:

- Wearing red on Friday, February 5, 2016, National Wear Red Day.
- Turning social media profiles/pages red using the Red Dress image.
- Sharing photos and information on social media with #GoRed.
- Coordinating to have offices/buildings "go red" by lighting it with red bulbs/filters.
- Sharing American Heart Association/Go Red materials with friends, family and colleagues.
- Participating in #GoRedMercato at the Mercato shops in Naples.

For more information on National Wear Red Day and the Heart Association's Go Red for Women® campaign, please visit [www.GoRedForWomen.org](http://www.GoRedForWomen.org). Go Red is nationally sponsored by Macy's. Local Cause sponsors include Lee Memorial Health System and Arthrex.

LEE MEMORIAL  
HEALTH SYSTEM

Arthrex

## About the American Heart Association and the American Stroke Association

The American Heart Association and the American Stroke Association are devoted to saving people from heart disease and stroke – America's No. 1 and No. 4 killers. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based American Heart Association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. The American Stroke Association is a division of the American Heart Association. To learn more or to get involved, call 239.495.4903, visit [swflgored.ahaevents.org](http://swflgored.ahaevents.org) or call any of our offices around the country. Follow us on Facebook and Twitter.



nationally sponsored by  
★ macy's

**Debra, 54**  
Sudden Cardiac  
Arrest

**Lisa, 38**  
Stroke

**Mariam, 36**  
Congenital Heart  
Defect



# Healing Outside the Box with Turmeric from Fiji

By Yollo Wellness

**T**urmeric 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

# CERVICAL SPINE INSTABILITY

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

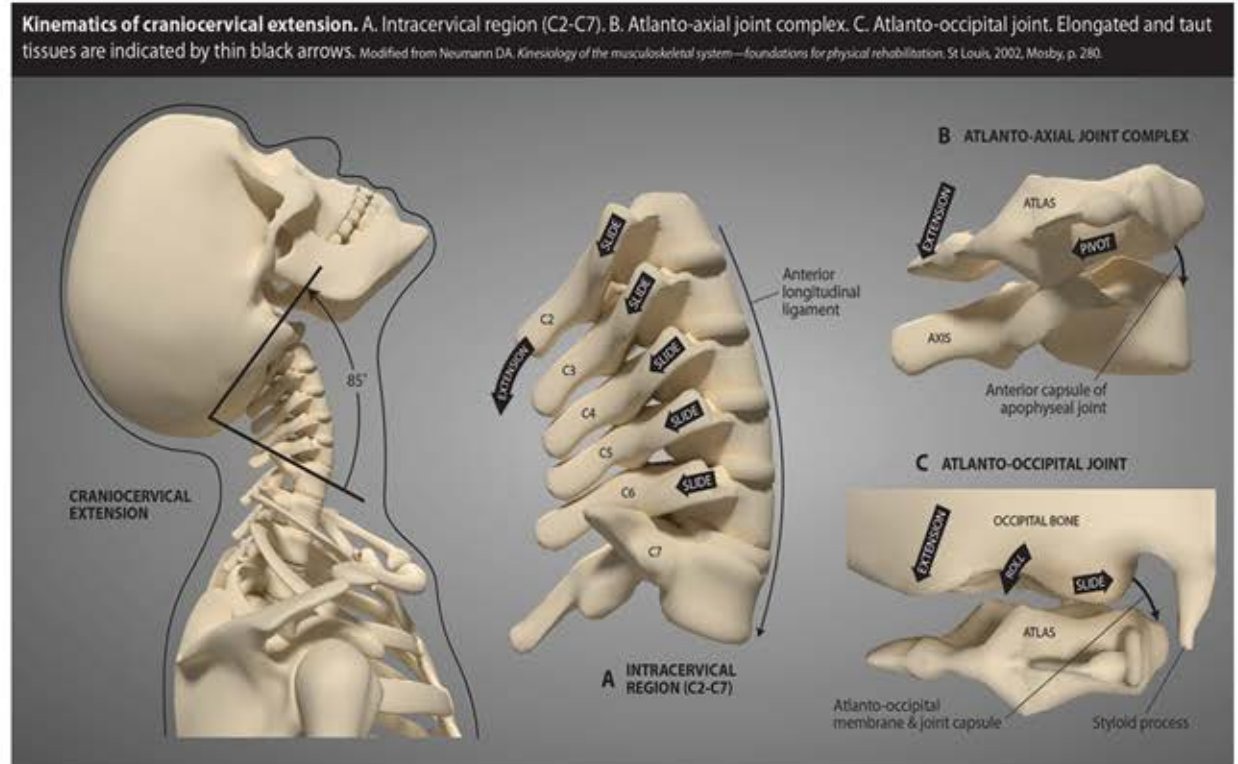
By Debra K. Brinker, RN

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



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 vertebrasilar 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**

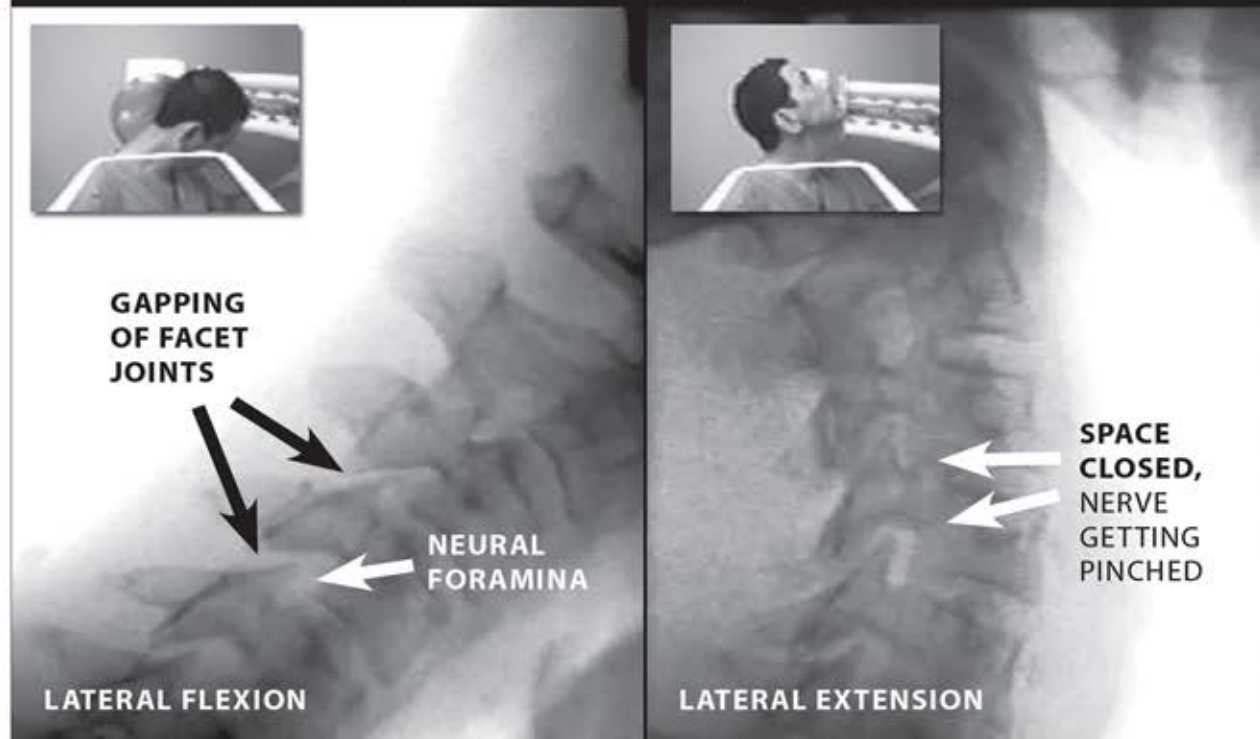
Digital Motion X-ray is a functional imaging tool that visualizes the bony structures and joints with video radiography while the body is in motion. (See Figure 3.) Standard imaging such as radiographs, MRI's or CT scans that generate static images have a limited capacity to realize the pain source. 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](http://www.CaringMedical.com)

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



**D**id 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.

## 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.



## 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.



**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  
NutritionalIngredients 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.

**N**eurology 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.

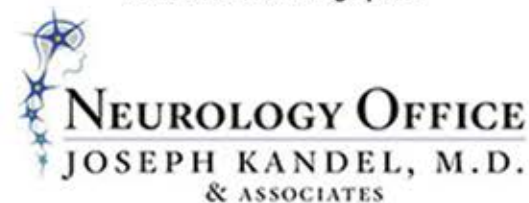
Upon examination there are classic findings for nerve twig involvement at the right wrist with motor deficits and sensory loss that is consistent with a carpal tunnel syndrome. A diagnostic workup may include imaging of the wrist, electrodiagnostic studies; treatment might include a neutral wrist splint 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](http://www.NeurologyOffice.com)



**Orangetheory**  
FITNESS

- ✂ BURN CALORIES UP TO 36 HOURS POST-WORKOUT
- ✂ BUILD ENDURANCE, STRENGTH AND POWER
- ✂ BEGINNERS TO ADVANCED
- ✂ GROUP PERSONAL TRAINING
- ✂ 1 HOUR WORKOUTS
- ✂ BURN 500-1,000 CALORIES EACH WORKOUT\*\*

**239.292.5826**  
OTF - SIX MILE CYPRESS  
8001 Dani Drive, Unit 6  
Fort Myers, FL 33966

**239.243.0730**  
OTF - GLADIOLUS  
11600 Gladiolus Drive, Unit 317  
Fort Myers, FL 33908

**ORANGETHEORYFITNESS.COM**

\*First time visitors and local residents only. Certain restrictions apply. At participating studios. See studio for details. \*\*Includes the afterburn. Individual results may vary. Orangetheory®, OTF®, and other Orangetheory® marks are registered trademarks of Ultimate Fitness Group, LLC. © Copyright 2015 Ultimate Fitness Group, LLC, and/or its affiliates.


**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

Find Area Listings  
Real Estate Search provided by HMLT, Inc.

# 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**  
**8771 College Parkway • Building 1 • Suite 101**  
**Fort Myers, FL 33919**  
**239-590-3016**

HHA: 299991763

# Warning Signs and Prevention Tips for Heart Disease

**Y**ou may have heard these statistics before, but they are still startling. The Center for Disease Control (CDC) reports that about 600,000 people die from heart disease in this country every year – that is 1 out of every 4 deaths.

Most cardiovascular disease, which includes heart disease and stroke, occurs when plaque builds up in the arteries that supply blood to the heart. It can cause heart attack, angina, heart failure, and arrhythmias. It costs the U.S. over \$300 billion each year in terms of health care services, medications, and lost productivity.

## The five major symptoms of a heart attack are:

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.

## Heart Disease is Preventable and Controllable

Although this condition affects a huge number of citizens, the CDC says it is preventable and controllable. During February the center and the American Heart Association (AHA) encourage us to take baby steps toward a healthier life.

We can help prevent heart disease by making healthy choices and managing any medical conditions we may have. Here are a few heart health tips:

- **Eat a healthy diet.** Eat lots of fresh fruits and vegetables (5 a day for adults) plus foods low in saturated fat, trans fat, and cholesterol and high in fiber. Limit salt.
- **Maintain a healthy weight.** Being overweight or obese can increase your risk for heart disease. Ask your doctor to evaluate your BMI or body mass index.
- **Exercise regularly.** Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. Adults should exercise for at least 30 minutes most days.
- **Monitor your blood pressure.** High blood pressure often has no symptoms, so be sure to have it checked on a regular basis.

- **Don't smoke.** Cigarette smoking greatly increases your risk for heart disease.
- **Limit alcohol use.** Avoid drinking too much alcohol, which can increase your blood pressure. (Men 2 drinks per day, women no more than one).
- **Have your cholesterol checked.** Have it checked at least once every 5 years.
- **Manage your diabetes.** If you have diabetes, monitor your blood sugar levels closely, and talk with your doctor about treatment options.
- **Take your medicine.** If you're taking medication to treat high blood pressure, high cholesterol, or diabetes, follow your doctor's instructions.

## How Seniors Can Change Bad Habits:

- **Create realistic goals and strategies.** If you are trying to eat more vegetables, don't start by gorging yourself. Pace yourself.
- **Keep it simple.** If you aren't used to eating something, try gradually adding it to your diet.
- **Be patient.** Changing isn't easy. But if you slip, just get back on track.

Here are five easy, eat healthy resolutions for every lifestyle: drink more water, eat lots of fruits and vegetables, eat seasonably fresh foods, cut out processed foods and eat more fiber.

In terms of processed foods, for example, she encourages everyone to "just say no" to aspartame, high fructose corn syrup and hydrogenated oil. Also, drop processed foods. Rivera-Brut explains that high salt intake puts us at risk for high blood pressure. In fact, 75 percent of the salt in the average American diet comes from salt added to processed food and restaurant food.

The CDC offers this list of the Saltiest Top 10 Foods: bread and rolls, cold cuts and cured meats, pizza, poultry, soups, sandwiches, cheese, pasta dishes, meat dishes and snacks.



Heart Walk

## Prevent Heart Attacks by Joining Million Hearts®

If you haven't heard of it, Million Hearts® is a national initiative to prevent 1 million heart attacks and strokes by the end of 2016.

Million Hearts® brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke. It invites each of us to be "One in a Million" by taking responsibility for our own heart health.

## Million Hearts® Steps for Heart Health:

- **PREVENT** heart disease and stroke in your family by **UNDERSTANDING** the risks.
- **GET UP** and **GET ACTIVE** by exercising for 30 minutes on most days of the week.
- **KNOW your ABCS:**  
Appropriate Aspirin Therapy  
Blood Pressure Control  
Cholesterol Management  
Smoking Cessation
- **STAY STRONG** by eating a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.
- **TAKE CONTROL** of your heart health by following your doctor's instructions.

**Estero Medical Center**  
10201 Arcos Ave., Suite 105  
Estero, FL 33928  
239-333-2273

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



## Join us for the American Heart Walk

The Brooks/Bonita Bay

## Heat Walk

Saturday, February 6th  
8:30am

The Commons Club Gazebo  
at The Brooks





# CATARACTS: Third Leading Cause of Blindness in the United States

By Jonathan M. Frantz, MD, FACS

**S**tudies 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](http://www.bettervision.net) or call the Fort Myers office of Frantz EyeCare at 239-418-0999.

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  
239-418-0999  
[www.BetterVision.net](http://www.BetterVision.net)



**Now Offering check-in express**  
Check in...and **wait where you want!**  
It's **FREE** and **EASY** to use  
Estero text 2273 to 239-330-2654  
Cape Coral text 3333 to 239-330-2654

**We're passionate about your health.**  
[www.UrgentCareSWFL.com](http://www.UrgentCareSWFL.com)  
[facebook.com/UrgentCareSWFL](https://www.facebook.com/UrgentCareSWFL)  
M-F 8am-7pm, Sat 9am-5pm, Sun 9am-4pm  
1708 Cape Coral Pkwy West, Suite 2, Cape Coral • 239.333.3333  
10201 Arcos Ave., Suite 105, Estero • 239.333.2273

**urgent + care center**  
of SW FLORIDA



**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 | 418-0999 | [BetterVision.net](http://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

# BE ONE IN A MILLION

## DO YOUR PART TO PROTECT YOUR HEART

It is unfortunate, but not surprising, that if you are reading this you know someone who has had heart disease or stroke, maybe even yourself. Heart disease and stroke are the first and fourth leading causes of death in the United States. Heart disease is responsible for 1 of every 4 deaths in the country. For some groups, such as African Americans, the burden is even greater. As a nation, we can—and must—change these numbers. The good news is that heart disease and stroke can be prevented, and February—American Heart Month—is a great time to refresh your memory on the small but important actions you can take.

The annual update, recently released by the American Heart Association provided the following statistics on heart disease, stroke and other cardiovascular conditions:

- **Cardiovascular disease (CVD)** takes the lives of more than 2,150 Americans each day, an average of 1 death every 40 seconds.
- **Stroke** is a leading cause of disability in the U.S.
- **Smoking** – 18% of students grades 9-12 report being current smokers. Among adults, 21% of men and 17% of women are smokers.
- **Physical Activity** - Only 21% of adults meet the federal guidelines for physical activity. Among 9 through 12 graders, only 28% meet the recommendations.
- **Healthy Diet** – Less than 1% of U.S. adults meet the definition for “Ideal Healthy Diet”; essentially no children meet the goal. Of the 5 components of a healthy diet, reducing sodium and increasing whole grains are the biggest challenges.
- **Body Mass Index** - The estimated prevalence of overweight and obesity in U.S. adults is 155 million, which represents 68% of this group. Among children, 32% are over-weight and obese (24 million children) and 17% are obese (13 million children).
- **Cholesterol** - An estimated 32 million adults have total serum cholesterol levels  $\geq 240$  mg/dL, with a prevalence of 14%.
- **Hypertension** - An estimated 78 million U.S. adults are hypertensive. About 82% are aware of their condition and 75% are using antihypertensive medication, but only 53% of those have their condition controlled.
- **Diabetes** - An estimated 20 million adults have physician-diagnosed diabetes. An additional 8 million adults have undiagnosed diabetes and about 87 million adults have prediabetes.



When considering the above statistics, it is no surprise that cardiovascular disease is very expensive—heart disease and stroke hospitalizations cost Americans more than \$450 billion in health care expenses and lost productivity annually. It is not all dark and grim though, there has been some light shed at the end of the tunnel. The CDC and other sectors of the US government recently launched Million Hearts™, an initiative aimed at preventing 1 million heart attacks and strokes over the course of a few years. The main objective of the program is to educate and empower everyone to make heart-healthy choices.

### The Million Hearts™ Initiative seeks to prevent 1 million heart attacks and strokes by the end of 2016 by:

- **Empowering Americans to make healthy choices** such as avoiding tobacco use and reducing the amount of sodium and trans fat they eat. These changes will reduce the number of people who need medical treatment for high blood pressure or cholesterol—and ultimately prevent heart attacks and strokes.
- **Improving care for people who do need treatment** by encouraging a focus on the “ABCS”—Aspirin for people at risk, Blood pressure control, Cholesterol management, and Smoking cessation—four steps to address the major risk factors for cardiovascular disease and help to prevent heart attacks and strokes.

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



Dr. Louis J. Scala MD, FACC, FASA

South Cape Business Center  
3208 Chiquita Blvd. S, Suite 110  
Cape Coral, FL 33914

(239) 574-8463  
www.flccg.com



Voted TOP DOCTOR four years in a row by Castle Connolly

### Our Cardiologist

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

Cardiac  
Care  
Group, LLC

(239) 574-8463  
www.flccg.com

**Reduce Your Risk by Knowing Your ABCS:**

**A: Aspirin**

Talk to your health care provider and team to see if taking an aspirin each day is right for you.

**B: Blood Pressure Control**

High blood pressure is one of the leading causes of heart disease and stroke. One in three American adults has high blood pressure—that's about 70 million people. Unfortunately, less than half of people with high blood pressure have their condition under control. Work with your health care team to find out if you have high blood pressure. If you do, take steps to reduce it:

- Get active by exercising for at least 30 minutes most days of the week.
- Eat a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol.
- Follow your health care provider's instructions when it comes to taking medicines or measuring your blood pressure at home.

**C: Cholesterol Management**

High cholesterol affects 1 in 3 American adults. Getting a simple blood test is the only way you can know if have high cholesterol. Your doctor can suggest steps you can take to prevent high cholesterol or to reduce your levels if they are high.

**S: Smoking Cessation**

Cigarette smoking greatly increases your risk for heart disease. If you're a smoker, quit as soon as possible, and if you don't smoke, don't start. Get help from 1-800-QUIT-NOW or Smokefree.gov.



Unfortunately, heart disease and stroke affects all of our lives, which is why it is important that we all play an active role in decreasing our own risks. Prevention starts with you. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and making heart-healthy choices. As the old saying goes, be the change you

want to see in the world. Let's all do our part in educating others about preventing heart disease!

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

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

Specializing in the diagnosis, treatment & prevention of diseases of the heart & vascular system.



**Louis J. Scala**  
MD, FACC, FASA

Board Certified in Internal Medicine, Brown University  
Board Certified in Cardiology, Cedars Sinai Hospital, UCLA  
South Cape Business Center  
3208 Chiquita Blvd. S., Suite 110  
Cape Coral, Florida 33914

**Assessment & Care of**

- Coronary Artery Disease
- Congestive Heart Failure
- Arrhythmias, Angina
- Valvular Heart Disease
- Hypertension

**239.574.8463**  
**www.FLCCG.com**



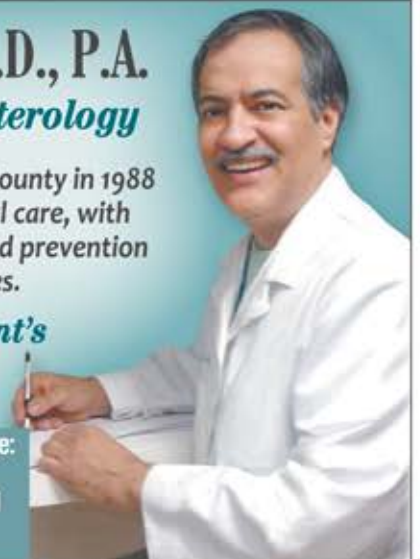
**James J. O'Mailia, M.D., P.A.**  
*Specializing in Gastroenterology*

Solo practitioner, established in Lee County in 1988  
Providing courteous, skilled medical care, with emphasis on diagnosis, treatment and prevention of gastrointestinal diseases.

***"Knowledge is a patient's best defense."***

We take most major insurances. Call us today.

Main office centrally located by the Midpoint Bridge:  
1553 Matthew Drive Fort Myers, FL 33907.  
Satellite office on Del Prado Blvd. in Cape Coral  
**(239) 275-3695**



# Is a Bunion Causing Your Foot Pain?

By Christopher M. Cole, L.Ped

**A**re you one of the nearly 5.5 million Americans troubled with foot pain caused by a bunion?

## What is a bunion?

A bunion is a bony bump located at the base of the big toe. It can be painful when it rubs against the shoe. Hallux abducto valgus is the medical term used to describe the position of the big toe, and is generally used together with the term bunion, which describes the enlarged joint. Bunions are one of the most common big toe problems.

Symptoms of a bunion include redness, swelling or pain at the base of the big toe. Initially, a bunion may present as non-painful deviation of your big toe towards the others. As the big toe progresses towards the others, calluses, corns and deformities of the other toes occur. You may also experience limited big toe motion.

## How do bunions form?

A bunion forms when the big toe moves out of place. A bunion is the result of improper forces being passed through the joint during walking. Excessive pronation (or flattening of the foot) can contribute. In other words, the bunion is usually the result of a long period of incorrect foot function.

Your big toe is the big toe for a reason: it is designed to bear most of your weight when you walk. When the big toe is not functioning properly (as in the case of a bunion) you may experience symptoms in your feet, knees, hips and low back. Bunions are not inherited, but they can run in families. What can be inherited is your foot type, and some foot types are more prone to bunion formation than others.

## How are bunions treated?

The initial goal of bunion treatment is to relieve pressure on the bunion and any symptoms that may be present.

## Footwear Modifications

Correct fitting shoes are essential to addressing the pain from a bunion that may be caused by rubbing against the inside of the shoe. Corns and calluses should be treated as well. Felt padding can be used to buffer the bunion against the shoe. Padding can also be placed in between the big toe and the second toe, which may lessen some of the pain. Keep in mind that these options can help the symptoms, but do not address the cause of your bunions.



## Exercises and Splints

Exercises can be performed that may help keep the joint mobile. A night splint can be worn to try and prevent a loss of mobility. Night splints are more effective when used with young patients who still have considerable mobility in their joints.

## Surgery

Surgery is often done on an outpatient basis. The most common type of surgery involves realigning the bones of your big toe. Ligaments and tendons may be tightened and the bunion may be shaved away. If your bunion requires surgery, it is crucial that the cause of the problem is also addressed. Failure to do this may result in additional surgery when your bunion returns in a few years.

## Orthotics

Custom Biomechanical Arch Support™ orthotics from Foot Solutions will address your bunion by correcting the cause of your foot dysfunction. Abnormal joint positions can be reversed allowing affected tissues to heal and normal joint function to be restored. In this way the orthotic provides both primary treatment and preventative care.

A Foot Solutions Custom Biomechanical Arch Support™, unlike typical custom orthotics, are designed to completely support the corrected arch of your foot, determined by a unique way of capturing your optimal foot position. When this is done, the cause of your bunion is being addressed rather than just the symptoms.

## What can I expect from treatment?

*It is common to achieve bunion arrest or reversal with the right orthotics – especially in mild to moderate cases. Even in severe cases, Custom Biomechanical Arch Support™ orthoses are indicated to help restore proper function of the foot. The time to symptom resolution varies with the type, severity and cause of your bunion. Your age and the mobility of your joints is also a factor in your recovery. Custom Biomechanical Arch Support™ custom orthotics are critical to avoid re-occurrence after surgery as well.*

*This information is to provide a general overview on bunions and may not apply to everyone. To determine if custom orthotics can help treat your bunions or to get more information about proper footwear, talk to your Foot Solutions specialist today. Call 239-495-8911 or stop by Foot Solutions of Estero, 21301 S. Tamiami Trail (Corner of US41 & Corkscrew Rd – next to Publix).*

## Christopher M. Cole, L.Ped



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

**FOOT SOLUTIONS**  
ESTERO  
(239) 495-8911  
[www.footsolutions.com](http://www.footsolutions.com)

# The Heart of the Matter

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

**T**he month of February is designated as National Heart Health Month. Maintaining a healthy heart is extremely important for a multitude of reasons. The heart is the most vital organ in our body to promote an overall sense of well-being.

What the majority of people don't realize is how much a healthy heart can have a direct correlation to hearing and hearing loss. When the heart is functioning normally it is responsible for sending a "proper" flow of blood and oxygen to all of our internal organs including the auditory nerves and the part of the brain that interprets speech. Without "proper" blood circulation, the nerves of the inner ear lose their ability to transmit sounds to the brain where we recognize and discriminate the spoken word. Eventually, the nerves will lose function, causing atrophy in the brain. Nerve damage is permanent and cannot be reversed.

However, individuals suffering from this malady can benefit from wearing hearing instruments. In fact, hearing devices are the only viable option for people with nerve deafness.



Hearing instrument technology has grown by leaps and bounds in the past several years. Digital hearing devices have made analog technology virtually obsolete. Digital hearing instruments contain computer chips that "prescription fit" each individual's hearing loss; like eyeglasses. Unlike prescription fitted eyewear, however, when a person's hearing changes digital hearing instruments can have their computer chips re-programmed, without the necessity of purchasing newer hearing devices.

Multi-memory technology allows users to adjust the sound input of each instrument up or down, depending on their environment to ensure the patient's hearing devices stay at comfortable listening levels. Directional microphones allow the user to pick-up only sounds in front of them in noisy environments, without amplifying noise from behind.

In addition, automatic telephone response enables the user to hear over the phone, without the annoying squeal of older technology.

Early detection is key for any medical problem to be diagnosed and addressed. Johns Hopkins School of Medicine recently determined that individuals with mild hearing loss were twice as likely as those with normal hearing levels to develop dementia or Alzheimers disease. Those found to have severe hearing loss were five times as likely to contract the disease. This occurs due to the brain lacking "proper" stimulation, resulting in atrophy and loss of function.

Hearing exams, like vision, are recommended annually if you are fifty-five years of age or older. If you or a loved one suspects a hearing problem, then the first thing to do is set-up a hearing evaluation.

**Call for a FREE Evaluation at 997-8288.**



## LEONARDI HEARING CENTER, INC.

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

W.L. "Hunter" Huntley, III, HAS, BC-HIS, Board Certified, attended Edinboro State College, Edinboro, PA, on a football scholarship and finished his education at the University of FL before entering training with Beltone Electronics in Chicago, IL. He was a Beltone hearing instrument dispenser from 1986 to 1992. Hunter is also a 3 time brain cancer survivor in 1993, 1994 & 2015. He has operated Leonardi Hearing Center, Inc., since 1994. Voted one of the best Hearing Healthcare Professionals in the Nation by the Hearing Review magazine for 2 years in a row. He is also a Hearing Healthcare member in good standing with the International Hearing Society for over 20 years.

16251 N. Cleveland Ave. #8 | (Corner of Littleton Road) | N. Fort Myers, FL 33903  
**239-997-8288**

**I noticed the difference immediately.**

**Your diabetic footwear may be covered by Medicare and Insurance. See store associate for details.**

If you have Diabetes, you know how important your feet are. Foot Solutions offers many options for helping the Diabetic foot including custom crafted body aligning inserts, shoes and accessories

**Come in today for your FREE holistic foot and gait analysis.**

**FOOT SOLUTIONS.**  
We make you feel good

Corner of US41 & Corkscrew Road (Next to Publix) - 21301 South Tamiami Trail #300, Estero, Florida  
**239-495-8911** [www.FootSolutions.com/Estero](http://www.FootSolutions.com/Estero)

\*Conditions may apply, see store associate for additional information.

**WHY DO YOU NEED A PATIENT ADVOCATE?**

**Lora McCann**  
Owner

- You may have trouble understanding, remembering or even speaking to your doctor.
- You may not understand your diagnosis, your insurance benefits or your policy.
- All of your children are north and you need a "second set of ears".
- Let Us Help You Navigate...

Call us today at **239-322-9153** for your complementary consultation.

**Peace of Mind Patient Advocacy**

1616 Cape Coral Pkwy. W., Suite 102, PMB 245  
Cape Coral, FL • (239) 322-9153  
[www.peace-of-mind-pa.com](http://www.peace-of-mind-pa.com)

# Protect Your Family with Safe Green Cleaning

**M**olly Maid supports nationwide efforts for a healthier, more environmentally-friendly world. For many professional cleaning companies, green home cleaning is just another trend, one requiring some different products labeled "natural." For us, green house cleaning is an extension of what we already do on a daily basis—safeguard families.

As a professional cleaning company, we take pride in reducing the allergens, bacteria, and germs that make your family sick. Our residential housekeepers disinfect your home against rhinovirus and other common causes for colds, flu and allergies. That means fewer missed work and school days for you and your children and grandchildren.

## Our Green Cleaning Products

Using green home cleaning business practices makes sense to us because it protects our residential maids, our customers, and our planet. We're proud to share green home cleaning tips and practices that help our communities follow suit.

Many companies claim to provide "natural" or "green" home cleaning products and services. At Molly Maid, we won't label a bottle of bleach "green" just because it's in a recycled container. We won't claim green cleaning products have disinfectant qualities, because we know organic cleaners don't kill harmful bacteria. Instead of "green washing" we educate customers on our products and business practices for a more balanced approach to green house cleaning services.

Our green cleaning products are 100% biodegradable, making them environmentally safe. To reduce our carbon footprint and minimize packaging waste, our green cleaning products are supplied in concentrate and distributed in reusable bottles. This system drastically reduces our overall impact on the environment.

## Product Specifications

Our bio-based green cleaning products are non-toxic, non-reactive and non-corrosive. They do not contain any known or suspected carcinogens and have extremely low or no Volatile Organic Compounds (VOCs). VOCs are gases and vapors emitted from liquids, which can have short and long term adverse health effects. In addition, our green cleaning products have no ozone depleting compounds or chemicals, both of which are known to damage the environment.



## Product Contents

The green cleaning products are made from renewable, plant based materials such as palm kernel oils, coconut oils, sugars and soybeans resulting in a healthier indoor living environment and minimal allergic reactions. Sometimes stronger cleaning products are necessary to meet our high cleaning standards but the use of these products is kept to a minimum.

## Customized Green Cleaning

Keeping germs and harmful bacteria away from your family requires using disinfectants. That's why Molly Maid recommends allowing residential maids to use this concentrated house cleaner during your initial house cleaning. For some customers that may not be acceptable. It's your home and we'll clean it your way.

Our flexible green cleaning services take your preferences into account. Where available, Molly Maid can use all green cleaning products. Or we could alternate the use of disinfectants and green house cleaners. For example, that could mean using disinfectants in your bathroom during your weekly cleaning service, or rotating the use of green cleaning products with disinfectants in that room, or any other room, of your home.

## Health Benefits of Professional Cleaning Services

In the United States alone, 1 billion colds are reported annually, according to the National Institute of Allergy and Infectious Diseases. The Center for Disease Control reports 22 million school days are lost annually in the United States because of common colds.

Proper cold prevention, as recommend by the National Institute of Allergy and Infectious Diseases, includes eating a balanced diet, exercise, hand washing and home cleaning. Professional maid services disinfect stair railings, door knobs and other commonly used surfaces where Rhinoviruses live.

Besides reducing bacteria, cleaning provided by Molly Maid professional maid services reduce common allergens like dust and mold. Molly Maid specifically employs methods to control dust and prevent mold spores from returning.

As professional house cleaners, we ensure efficient home cleanings by using the right products and the right amounts. Many inexpensive, diluted cleaners leave a residue and require more work to clean your home. Our concentrated cleaners do more by using less.

**For a cleaning plan designed around your lifestyle call Molly Maid.**

Contact your Local Molly Maid to learn about our approach. We listen to your preferences, we care about your home and we clean accordingly.



239-418-0052 | [www.mollymaid.com](http://www.mollymaid.com)

# Relax with a Couples Massage

**A**t Massage Heights, we found one of the best ways to spend time with your loved one is a Couples Massage. Couples massage is a unique experience that has become very popular for couples needing a brief getaway together without any interruptions.

Couples massage are very popular due to being able to enjoy a mini-vacation without having to travel too far. Our guests reap the same rewards of getting away but in less time!

We offer a relaxing-quiet environment where you and your partner can reconnect and unwind from your everyday stressed and simply enjoy yourselves.

**Couples Massage Benefits Include:**

- The opportunity to relax while the therapist provides massage strokes specific to the couples' desires.
- Open communication between partners--it provides time for a relaxed conversation that paves the way for a wonderful union between the pair.
- You're together. Many new to this experience may feel a tad uncomfortable, but again, having a partner there to provide companionship and solidarity is key.

**Not Just For Lovers**

The term "couples" is not limited to lovers and can include friends and family as well. The draw of a couples massage is that you and your partner are in the same room, experiencing a relaxing massage together. You each have your own therapist so that your massage can be tailored to your specifications.

Valentines Day is the perfect excuse to book a couples massage. Not that you need an excuse – massage is more than just a pampering indulgence. Regular massage can provide relief from stress and pain, relaxation and long lasting effects for personal well-being. Can you think of a better way to enjoy quality time with a partner, loved one, friend or someone special?

*Contact Massage Heights today to schedule a Couples Massage!*

**Give the Gift of Relaxation**

Nothing says love like the gift of relaxation. What better way to give that gift than share that gift in our inviting Couples Retreat? It's what you've come to expect from Massage Heights but in a larger room, with two of our Signature Tables with two Therapists, one working on each of you. Working in synchronization, our Therapist will orchestrate your Couples experience to ensure you are both relaxed and rejuvenated. It's a beautiful way for the two of you to relax, escape, and revive...together.



**Gift Certificates Available**

It's the season of love and nothing says you're special like a gift of wellness and relaxation. Give the gift of love this Valentine's Day. Purchase a Gift Certificate for any of the relaxing massages available at Massage Heights today!

**Be Resolute About Relaxation!**

Studies show that massage can help boost immunity and counteract stress. This year, make a resolution to take care of you and schedule regular massages into your health routine. We have packages designed to meet your needs. Come in and enjoy a massage today!



**Call 239-908-4007 TODAY for your appointment!**



**WE'LL TAKE IT FROM HERE.**

After spending the day with your grandkids, let Molly Maid handle the dirty work. Our professional cleaning services will get your home as clean as it was before your babysitting duties began.



**10% OFF ANY SERVICE**

Minimum of two hours. New customers only. Participating locations only. Some restrictions apply. Offer expires 4/30/16

**Molly Maid  
Ft. Myers  
(239) 418-0052**

©2015 Molly Maid, Inc. Each franchise independently owned and operated. Molly Maid is a member of the Service Brands International family.

give your valentine an **exclusive** 3-MONTH membership\*

**Valentine's Promotion**

1 Hour Massage w/ Elevation & 1 Hour Customized Facial

**\$99.00**



9902 Gulf Coast Man St, Ste 105  
Fort Myers, FL 33913

**(239) 908-4007**  
massageheights.com



gift certificates available

# Proven Knee Arthritis Treatment

By Physicians Rehabilitation

## *FDA Approved Treatment for Knee Arthritis Offered Locally*

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

A person with knee pain knows how often it gets in the way of doing the things they want and need to do in daily life. Because the knee is a weight bearing joint, knee pain affects almost everything we do that requires mobility, including those things most of us 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) 768-6396 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) 768-6396 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.



239-768-6396 | [www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.com)





# The Heart and Mouth Connection: How Heart Disease and Oral Health Link

By Dr. Ricardo S. Bocanegra, DDS

**A**ccording to the Centers for Disease Control and Prevention (CDC), heart disease will claim an estimated 600,000 lives this year, making it America's number one killer.

Did you know that heart disease and oral health are linked? There are two different connections between heart disease and your oral health:

Studies have shown that people with moderate or advanced gum (periodontal) disease are more likely to have heart disease than those with healthy gums. In addition, oral health holds clues to overall health. Studies have shown that oral health can provide warning signs for other diseases or conditions, including heart disease.

Because the mouth is a pathway to the body, people who have chronic gum disease are at a higher risk for heart attack, according to the Academy of General Dentistry (AGD). Gum disease (called gingivitis in its early stages and periodontal disease in the late stages) is caused by plaque buildup.

Some researchers have suggested that gum disease may contribute to heart disease because bacteria from infected gums can dislodge, enter the bloodstream, attach to blood vessels and increase clot formation. It has also been suggested that inflammation



caused by gum disease may also trigger clot formation. Clots decrease blood flow to the heart, thereby causing an elevation in blood pressure and increasing the risk of a heart attack.

More than 90 percent of all systemic diseases — including heart disease — have oral symptoms. In addition, dentists can help patients with a history of heart disease by examining them for any signs of oral pain, infection or inflammation. According to the Academy of General Dentist, proper diagnosis and treatment of tooth and gum infections in some of these patients have led to a decrease in blood pressure medications and improved overall health.

Although gum disease seems to be associated with heart disease, more studies are needed before we can say with certainty what the relationship is. Research has not shown that treatment for one of these diseases will help control the other, but we do know that regular dental checkups, professional cleanings and good oral hygiene practices can improve oral health and that good oral health contributes to good overall health.

While regular dental exams and cleanings are necessary to remove bacteria, plaque and tartar and detect early signs of gum disease, you can play a major role in preventing gum disease. If you have heart disease it is imperative that you establish and maintain a healthy mouth. This means brushing and flossing daily and visiting your dentist regularly. Eat a healthy diet and avoid cigarettes and smokeless tobacco. Make sure your dentist knows you have a heart problem, and share your complete medical history, including any medications you are currently taking. Remember, prevention is better than cure.



**239-482-8806**  
6805 Porto Fino Circle  
Fort Myers, Florida 33912

Ricardo S. Bocanegra, D.D.S.

**porto fino dental**  
IMPLANT, COSMETIC AND RESTORATIVE DENTISTRY

**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.



**PHYSICIANS REHABILITATION**  
SPECIALIZING IN BACK, NECK & KNEE PAIN

[www.PhysiciansRehabilitation.com](http://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.

**porto fino dental**  
IMPLANT, COSMETIC AND RESTORATIVE DENTISTRY

**Quality dentistry for people of all ages...**  
239-482-8806 Ricardo S. Bocanegra, D.D.S. 

**Our Services**

- Preventative and Restorative Dentistry • Crown and Bridges
- Cosmetic Dentistry / Veneers • Implant Restoration
- Emergency Visits • Endodontics and Root Canals
- Neuromuscular Dentistry / TMJ Disorder • Teeth Whitening
- Periodontal Cleanings • 3M Mini Implant Denture Stabilization
- Pediatric Dentistry • Nitrous Oxide Sedation
- Digital / Laser Dentistry • CAD / CAM Same day porcelain crowns
- Dentures • Dental Lab on Premises

6805 Porto Fino Circle • Fort Myers, Florida 33912  
[www.portofinodental.org](http://www.portofinodental.org) • [info@portofinodental.org](mailto:info@portofinodental.org)



# Patient advocate.

## It's an interesting term, but what does it mean, and why should I care?



**A** patient advocate is someone who helps their clients navigate the healthcare system. Healthcare today is more challenging and complicated than ever. The term healthcare itself is confusing. What do I mean by healthcare? I include both the health insurance coverage and the treatment.



and unable to remember what you were told. An advocate can provide a second set of ears at appointments. An advocate can help you develop questions for the doctor so that you have information to help you make treatment decisions. Additionally, an advocate can help find a doctor for a second opinion.

Perhaps you have senior parents who are dealing with health issues. Finding a balance between work and family can be stressful. An advocate can help. The advocate can attend your parents' appointments and with their

Gone are the days where you had a deductible on your health insurance policy, and once you paid that amount, everything else was paid for by the insurance company. Today, you may have an HMO plan, a PPO plan, an Affordable Care Act (Obamacare) plan, or something else. Your doctors may or may not be in network. You may have different levels of co-pays for different types of services. Health insurance today is a complicated alphabet soup. Don't think that if you're on Medicare you're safe. There's an alphabet soup there as well. There's Medicare Part A, Medicare Part B, Medicare Part D. And there are Medicare Advantage plans as well as Medigap policies. Do you know what type of plan you have, and how to use it? A patient advocate can help you cut through the details so that you receive appropriate benefits.

Once you get past the insurance, can you deal with the various doctor visits, diagnoses, and possible second opinions? It is not uncommon to go to a doctor visit and receive so much information in such a short period of time that you walk out overwhelmed

permission, report to you on what the doctor said. Think of the advocate as an adult child extender. You can't be in two places at once, but this is a great alternative.

An advocate can help you with the things for which you don't have the time or energy. An advocate allows you to focus on your health and keep your peace of mind.

Lora McCann, owner of Peace of Mind Patient Advocacy, has clients ranging from 26 years of age to 82 years of age. Following are examples of the services she has provided. She obtained a referral to a specialist for a client on an HMO. The primary care physician refused the patient's request so McCann intervened. McCann found insurance coverage for a middle aged client who fell in to the Medicaid gap in Florida. For an elderly client who is a winter visitor, she provided bedside monitoring when he was hospitalized and provided his family with updates whenever he saw a doctor. Her services allowed him to winter in Florida and provided peace of mind to his distant family.

Advocates can come from varied backgrounds. They can be social workers, nurses or accountants. They also can be a graduate of one of many patient advocacy programs.

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



Lora McCann, Owner

### Peace of Mind Patient Advocacy

1616 Cape Coral Pkwy. W.  
Suite 102, PMB 245  
Cape Coral, FL I  
(239) 322-9153

[www.peace-of-mind-pa.com](http://www.peace-of-mind-pa.com)

# DECREASING BALANCE INCREASES RISK OF FALLS IN THE BATHROOM

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

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

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

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



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

By remodeling your bathroom to suit your changing lifestyle, you

### Comfort and Security With a Walk in Tub

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

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

won't have to give up your independence. Curtis Allen Designs builds custom-designed bathrooms that feature a variety of accommodations and 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](http://www.curtisallendesigns.com)

**239-597-2711**

### 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](http://www.LogicalInsurance.com)  
[Dee@LogicalInsurance.com](mailto:Dee@LogicalInsurance.com)

## 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](http://www.curtisallendesigns.com)

# THE WEIRD REASON YOU CANNOT CREATE YOUR OWN INDIVIDUAL SPECIAL NEEDS TRUST?

By Steven J. Gibbs, Esq.

Hello Friends & Colleagues!

**A**s we launch into 2016, we look toward new legal changes in Elder Law and Estate Planning on the horizon. One ever-changing area that is applicable to Health & Wellness is Special Needs Trusts.

**If you're receiving Social Security Disability Benefits under the SSI Rules, then setting up a Special Needs Trust can allow you to remain qualified for disability benefits while providing a means of supplemental financial support. You may not know that if you're under age 65, and qualified as disabled under the Social Security Act, the process of setting up an SNT is expected to become a bit simpler.**

As a bit of background, an "Individual SNT" is a trust drafted particularly for one beneficiary who is under the age of 65 and receiving SSI disability benefits as defined by the Social Security Act. The SNT appoints a trustee to manage the trust and make disbursements, and the trustee might be a family member, friend, an attorney, or a bank. These are often called "D4A" trusts after the section of the Federal Medicaid statute relating to them. A "Pooled Trust" or "D4C" trusts is an alternative to an Individual SNT and is available to people who are over age 65.

I wrote about the basics of SNTs last year in talking about how parents can establish them to protect disability benefits for children and adult children. I also wrote more recently about the ways to use your SSI benefits and how to utilize a Special Needs Trust to protect benefits.

**So, the next question is, if you have a disabled beneficiary or if you are disabled and receiving SSI disability benefits, how do you go about establishing an SNT?**

The Federal Legislature has established that an individual who is under the age of 65 and is defined as "disabled" under the Social Security Act, cannot set up an SNT on his or her own behalf. So, the SNT must either be established by the Court, a parent, grandparent, or legal guardian. For an SNT to be "self settled" by definition, the Court would be establishing the SNT. Otherwise, a third party such as parent, grandparent or legal guardian would be setting up a "Third Party SNT" for the disabled person. What most people don't know is that the Federal legislature originally intended to allow the disabled person to set up the SNT on his/her own behalf and the language was accidentally omitted in the legislation. We expect a change in 2016 but of course this happens at a "glacial" pace in Washington. With this change, individuals who are under the age of 65 will be able to "self settle" their own SNT without having to petition the courts.



YOUR CIRCLE OF TRUST

239.415.7495

[www.gibbslawfl.com](http://www.gibbslawfl.com) • [info@gibbslawfl.com](mailto:info@gibbslawfl.com)

In this author's humble opinion, the most effective way to set up an SNT for an adult who is under the age of 65 is from a parent or grandparent in a Revocable Living Trust. I've written about this option in a recent blog article entitled "7 Key Ways to Use Your Revocable Trust" and that you can access on line at: <http://www.gibbslawfl.com/blog/>.

The reason that setting up an SNT in a revocable living trust is so advantageous is because the SNT is revocable during the parent's lifetime or can be updated during the parent's lifetime, or even thereafter, to suit any changes in law. This approach also provides maximum efficiency upon the death of the parent to assure that the adult child is not disqualified of benefits.

An individual SNT is not available for adults who are over the age of 65 because the way to prove a disability becomes more complicated when the adult is eligible for Medicaid. Depending upon the state laws, there are procedures in place to determine eligibility and a "Pooled Trust" is often used for people who are over age 65. Here again, a parent of someone who is over age 65 or even a spouse can include provisions in a revocable living trust to direct assets to be placed in SNT or Pooled SNT in order to allow the individual to stay qualified for disability benefits.

It is important to remember that SNTs are very specific as to how the trust assets are spent and penalties can occur if the Trust funds are used for certain specific food and shelter items. Also, transfer penalties can occur when people transfer assets into a "self settled" SNT. Transfer penalties can be avoided when a parent or grandparent sets up an individual SNT for an adult child or grandchild.

As I've stated in the past, these cases are complicated and should be reviewed with an experienced elder law attorney before making financial decisions. As always, I hope this is helpful and...

Until next time.

Steven J. Gibbs, Esq.



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

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

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

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

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



**Special Friends Deserve Special Care**  
**Dr. Iris Ramirez, DVM**

Dr. Ramirez is available to talk to your group, business, or organization to help you learn more about holistic, chiropractic, and alternative medicine. See how you can help your pets to lead happier, healthier lives.

**239-454-PETS (7387)**  
**www.affectationatelypets.com**

**New Cold Laser Treatment**  
Alternative therapy for healing and pain management.

**Shop at our Online Pharmacy**  
Over 100,000 items competitively priced.



**Your Circle of Trust**

Envision "client centered" legal services with no egos. Our goal is simply to partner with you to protect life's most valuable assets. We cover 360 degrees of Legal Asset Protection ranging from Trusts and Estate Planning, to Business Planning and Real Estate, to Probate and Trust Administration. Find out more about joining Your Circle of Trust today!

**Steven J. Gibbs, Esq.**  
Gibbs Law Office, PLLC  
8695 College Parkway, Suite 2330  
Fort Myers, FL 33919  
**239-415-7495**  
[www.gibbslawfl.com](http://www.gibbslawfl.com) • [info@gibbslawfl.com](mailto:info@gibbslawfl.com)



**GIBBS**  
LAW OFFICE  
YOUR CIRCLE OF TRUST



# Your Painful Pet.

## Arthritis is more common than you think.

Affectionately Pets

**A**rthritis is a very common and complex condition in pets that involves inflammation of one or more joints. Many causes exist, from immunemediated attacks on the joints (rheumatoid arthritis), to infectious causes (septic arthritis). By far the most common cause among our pets, however, is osteoarthritis (OA), also known as degenerative joint disease (DJD), and is the most common cause of chronic pain in our pets. Not just dogs develop arthritis, either. A recent study found that around 90% of cats over twelve years of age had significant arthritis.

Osteoarthritis usually begins in relatively young animals, though the clinical signs might not show up for some time later. Many joints can be affected; shoulders, hips, elbows, knees, and backs are all commonly afflicted. Typically owners will notice a general reluctance to move, stiffness, difficulty getting up, and lameness after periods of exercise. Owners usually also note that, once up, their dog seems to "warm out" of the stiffness. Signs in cats often manifest themselves as difficulty grooming, inappropriate urination or defecation, acting aggressive when handled, jumping less, and lameness.

Damage to the cartilage overlying the ends of bones (trauma), excessive weight (obesity), and joint incongruity (hip dysplasia, elbow dysplasia, etc.), place improper stresses on the abnormal joints. The bones try to correct these instabilities by growing denser, thicker, and with tiny bone spurs (osteophytes) at the joints. Pain and inflammation ensue, weakening the joint further, and perpetuating the progression of the OA. These changes are permanent. So, minimizing and slowing this progressive degeneration is the goal for treatment.

Weight management cannot be understated. As pet owners we should strive to keep our pets at a healthy weight. If your pet has arthritis, weight loss should be at the top of your to-do list.



For the most part, pets do not go grocery shopping, they cannot open cabinets, and they do not fix themselves dinner. Their weight is one of the only aspects of their health that owners have complete control over. With few exceptions, if your pet is fat, you can fix it.

Rest and exercise restriction are immensely important when your pet has a flare up. Continuing to allow running, jumping, and climbing will perpetuate the inflammation and speed joint damage.

In addition to weight loss and exercise restriction, many medications will dramatically improve your pet's quality of life. A MULTI-MODAL approach to pain management is KEY. This means that combining several of the following medications will give much better results than any one therapy.

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are the mainstay and powerhouse of the fight against pain and inflammation in patients with osteoarthritis. This class of drugs quickly suppresses the inflammatory chemicals that cause not only pain, but also the cartilage breakdown. A cat is not a dog, and neither of them is human. Tremendously different and deadly results can be seen when owners try to treat their pets with

their own medications. Never use a human medication on your pets without specific directions from your veterinarian.

Many pharmaceuticals are available to help ease pain and inflammation in dogs. Cats have virtually none that can be used long term. See your family vet to discuss options for your pet and to assess comfort levels.

As a vet offering alternative therapies, I favor the use of Nature's products for pain and inflammation because their "side effects" are all good and herb constituents (natural chemicals in each herb) work together to improve conditions in the body. I find I can avoid drugs altogether or use them less in many pets. Alternatives include such things as Yucca, Boswellia, Turmeric and others. The use of acupuncture and cold laser are very helpful in many cases. Chiropractic should be considered for every pet. Avoiding pro-inflammatory foods like junk treats and grains can also be helpful.

Diets containing glucosamine/chondroitin and higher levels of omega-3 fatty acids help repair cartilage and reduce inflammatory proteins, respectively. Other nutraceuticals of notable benefit include MSM (methylsulfonylmethane), antioxidants (Vitamins C and E), and Adequan, an injectable cartilage component. Acupuncture, massage, and physical therapy are also very safe methods that can be employed long term.

Osteoarthritis is an exceptionally common and unquestionably painful condition in our pets. The best recommendations involve employing many methods to stave off its progression. Monitoring your animals for signs of arthritis, and discussing options with your veterinarian will help to ensure the best quality of life for your pets.

For more information, please contact Dr. Iris Romirez at 239-454-7387, or visit us online at [www.affectionatelypets.com](http://www.affectionatelypets.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

**M**ost 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](http://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](http://www.Logicalinsurance.com)  
[Dee@Logicalinsurance.com](mailto:Dee@Logicalinsurance.com)

**To learn more about Health Care Reform or schedule an appointment contact:**  
**Logical Insurance Solutions- Dee Merritt**  
**[www.Logicalinsurance.com](http://www.Logicalinsurance.com) 239-362-0855**



## ACUTE DIARRHEA + TOURIST = "TRAVELERS DIARRHEA"

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

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

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

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

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

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



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

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

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

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

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

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

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

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

*Be well and stay well.*



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

1553 Matthew Drive  
Fort Myers, FL 33907

Satellite office on Del Prado Blvd. in Cape Coral

**(239) 275-3695**

We take most major insurances. Call us today.



# THERAPEUTIC OPTIONS TO IMPROVE BLOOD CIRCULATION

By Alyssa Parker

**B**lood 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](http://www.AcuteWoundCare.com) or call

**239-949-4412**

and speak with a specialist

# 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](http://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](http://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!

**A**s 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](http://www.mcgregor.net)

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

# We're Sooo...Vein!

I bet you wish your legs  
didn't swell so much!

**100% DEDICATED TO VEIN CARE**



**ALL VEINS... ALL the time!**  
A Vascular Surgeon who treats vein  
problems, kind of makes sense doesn't it?

**Joseph G. Magnant**  
MD, FACS, RPVI  
Vascular Surgeon  
& Vein Expert



*Call to schedule an appointment:*

**239-694-VEIN** (8346)

**weknowveins.com**  [facebook.com/weknowveins](https://facebook.com/weknowveins)

**FORT MYERS & BONITA SPRINGS**

*Take your FREE, virtual vein consult  
now at **eVeinScreening.com***

*Find out if you have Venous Insufficiency From The Privacy Of Your Home!*



SCAN THIS CODE

**CONVENIENT • 24/7 • 365 DAYS/YEAR**