

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

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

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**FREE**



**IT'S TIME TO TALK  
ABOUT YOUR  
COLORECTAL HEALTH**

ON THE COVER:

**Alexandra R. Grace, D.O., MPH**  
Board Certified in Gastroenterology

**NEW CANCER  
THERAPY IS  
CHANGING LIVES!**

**IS GOOD HEALTH  
IN YOUR FUTURE?**

**SKIN CANCER  
Q&A**



# SKIN CANCER

Diagnosis and Treatment

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Tanya Ames, PA-C



Joel F. Waltzer, MD



Tanya Buck, PA-C



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# Q & A SKIN CANCER

**Q: How common is skin cancer?**

**A:** One in five Americans will develop some form of skin cancer. Most of these are basal-cell and squamous-cell carcinomas. Melanoma, while not the most common, is the most serious form of skin cancer and continues to show increasing rates. One American dies every hour from melanoma.

If melanoma is recognized and treated early, it is almost always curable, but if it is not, the cancer can advance and spread to other parts of the body, where it becomes hard to treat and can be fatal. While it is not the most common of the skin cancers, it causes the most deaths. The American Cancer Society estimates that at present, about 120,000 new cases of melanoma in the US are diagnosed in a year.

**Q: Are all skin cancers caused by sun exposure?**

**A:** Ninety to 95 percent of cases are caused by sun exposure, and most of these are basal-cell and squamous-cell carcinomas. Melanoma is a bit more complicated because there are other risk factors beyond sun exposure. Fortunately, sun exposure is a risk factor you can control.

**Q: How do moles relate to skin cancer?**

**A:** When looking at a mole, we consider its size, shape and color and then whether these characteristics are changing. If moles are abnormally dark, irregularly colored, or increasing in size, or if you have many large or irregular-looking moles, you should come in for an exam.

**Q: How can I tell if I am at risk for skin cancer?**

**A:** Risk factors for skin cancer include exposure to sun, greater than 50 pigmented moles and a personal or family history of skin cancer. Also, people with red or blond hair, light eyes, sun freckling and an inability to tan are at greater risk.

**Q: What are some things I can do to prevent skin cancer?**

**A:** We suggest staying out of the sun between the hours of 11am and 2 pm. Daily use of sunscreen is important. Use a broad-spectrum sunscreen with an SPF of 30 or higher. Wear protective clothing while outdoors. A wide-brimmed hat is also an excellent investment for your skin.

**Q: How can I tell if I have skin cancer?**

**A:** If during a self-exam you notice red or scaly spots, pigmented spots, spots that change shape or size over time, spots that bleed or have scabs that won't heal, or spots that remain tender beyond a few days, you should come in for an exam. The best way to determine whether a spot is skin cancer is to have it examined by a doctor. We can often tell within seconds whether something is wrong or not.

If you have a mole, it is important to check it regularly for any changes. *Learning the ABCDE of Melanoma may save your life:*

**A- Asymmetry** - If you draw a line through this mole, the two halves will not match.

**B- Border** - The borders of an early melanoma tend to be uneven. The edges may be scalloped or notched.

**C- Color** - Having a variety of colors is another warning signal. A number of different shades of brown, tan or black could appear. A melanoma may also become red, blue or some other color.

**D- Diameter** - Melanomas usually are larger in diameter than the size of the eraser on your pencil (1/4 inch or 6 mm), but they may sometimes be smaller when first detected.

**E- Evolving** - Any change — in size, shape, color, elevation, or another trait, or any new symptom such as bleeding, itching or crusting — points to danger.



Look for the ABCDE signs of melanoma, and if you see one or more, make an appointment with a physician immediately. During the coming months, we are exposed to the sun's ultraviolet rays daily. Taking a minute or two to cover your exposed skin with sunscreen may just save your life. Please use sunscreen EVERY day, don't become a melanoma statistic.

**We offer comprehensive skin cancer screenings.**

**Call today to schedule your appointment.**



Joel F. Waltzer, MD

Tanya Ames, PA-C

Tanya Buck, PA-C

1108 Goodlette Road North  
Naples, FL 34102

**(239) 434-0303**

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## CONTACT US

OWNER / ACCOUNT EXECUTIVE

**Cristan Gensing**  
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR

**Sonny Gensing**  
sonny@gwhizmarketing.com

EDITOR

**Lisa Minic**



Publishing • Advertising • Web Design • Graphic Design

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[Cristan@gwhizmarketing.com](mailto:Cristan@gwhizmarketing.com)

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

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## Your Team in the Fight Against Breast Cancer

Elizabeth Arguelles, MD, FACS  
Breast Surgeon

Kristina Mirabeau-Beale, MD, MPH  
Radiation Oncologist



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# YOUR “ARCH” ENEMY

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



The signs and symptoms of flatfeet problems can include lower leg pain and weakness, pain around the inside ankle, sometimes with swelling.

You may have weakness inverting (pointing the toes inward) the foot. You may find that you have uneven shoe wear and notice that your regular shoes seem to be collapsing. You may also find that you have the inability to stand on your toes. Sometimes flatfeet can contribute or exacerbate other problems such as plantar fasciitis, posterior tibial tendonopathy, achilles tendonitis, shin splints, bunions, stress fractures and calluses.

times flatfeet can contribute or exacerbate other problems such as plantar fasciitis, posterior tibial tendonopathy, achilles tendonitis, shin splints, bunions, stress fractures and calluses.

## So how should you treat this?

First, you should be properly evaluated by a Foot and Ankle Orthopaedic Specialist who will review your medical history and examine your feet, and if necessary, your gait.

## Why an orthopaedist?

Simple!! The foot has twenty eight bones that need and should be evaluated by a bone doctor!!! Be sure to bring your regular shoes so that these may be examined. X-rays of both feet should be done for comparison and to determine, if it exists, the severity of the flatfoot. Muscle and tendon strength should be evaluated by your Orthopaedic Foot and Ankle Specialist.

Treatment can vary depending upon the cause. Conservative treatment can include shoe modifications, arch supports and custom orthotics. An injection of corticosteroid may be used to calm an inflammatory pain in your flatfoot. Resting and icing the involved extremity can help. Physical therapy may be necessary to strengthen and stretch the surrounding tissues, helping to alleviate the stress placed on to your affected foot.

However, frequently the only way to correct your painful foot is through surgery. Surgical procedures can help reduce or eliminate the pain and can improve bony alignment. They can include Arthrodesis, or welding (fusing) two bones together, Osteotomy or cutting or reshaping a bone to correct alignment, Excision or removal of extra bone or spurs, Synovectomy or cleaning the sheath of a tendon, and/or Tendon Transfer, to replace a worn or ruptured tendon.



Having flat feet can be a very serious matter. If you are experiencing foot pain and think it may be related to flatfeet, see an Orthopaedic Specialist as soon as possible. This is a problem that often worsens over time with treatment becoming more and more complicated. With 28 bones in your foot, you need to be evaluated by a Board Certified Orthopaedic Surgeon with a Sub-specialty, Fellowship Trained in Foot & Ankle surgery. In fact I am the only surgeon with these qualifications in our area. I believe this makes me uniquely able to deal with these problems in a state-of-the-art atmosphere and method that will keep you in good hands and provide you with the most desired result.

**L**ook down at your feet right now! Do they seem different from ten years ago? Does your foot arch look the same as it did, or are you imagining that it has changed? Does your arch seem flatter to you? Well, maybe it has become flatter. And quite possibly that flatness may result in a lot of severe foot problems for you.

First, try the wet test. Wet your feet, then go and stand on a flat, dry surface that can leave an imprint of your foot. A normal footprint has a wide band connecting the ball of your foot to the heel, with an indentation on the middle, inner side of your imprint. A foot with a high arch has a large indentation and a very narrow connecting band, and conversely, a flatfoot leaves a nearly complete imprint with almost no curve.

There are several reasons for having flatfeet. They can be present at birth (congenital), caused by ongoing stresses to your foot, obesity, diabetes, Osteoarthritis, Rheumatoid arthritis, hypertension, or traumatic injury to your foot or ankle.

You may have flatfeet and be pain free. But you must understand that the arch in your foot is there to help distribute your weight across your entire foot. Painless flatfeet can deteriorate over the years and become painful. By that time, it may be too late to treat conservatively.

**Myles Rubin Samotin, MD**  
Board Certified Orthopaedic Surgeon  
Fellowship Trained, Sub-specialist in Foot and Ankle Surgery  
Columbia University, Maimonides Medical Center,  
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# Commonly Asked Vein Questions

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

**V**aricose and Spider Veins affect millions of people throughout the world. Over the last ten years the treatment of both Varicose and Spider Veins has changed drastically. Initially, the only available treatment for Varicose Veins was a radical surgical procedure called "Ligation and Stripping" which required multiple incisions and multiple stitches. This has now been replaced by techniques that close the leaking valves of the veins with either a Laser or Radio Frequency instrument. Spider Veins which were initially treated only with an irritating saline solution with multiple potential side effects has largely been replaced by Foamed Sclerotherapy, which has excellent results and very few side effects.

In my vein practice there are a multitude of commonly asked questions concerning veins and these will be addressed in the next few paragraphs.

## What Causes Varicose Veins?

This is the most common question proposed to me. Varicose Veins have many factors that can lead to their formation. The most common reason for Varicose Veins to form is strictly a heredity component. If one's mom or dad has Varicose Veins then there is a strong propensity for this to be passed on to their children.

The second most common cause of Varicose Veins in women is pregnancy. This is due to the uterus putting pressure on the pelvic veins resulting in weakening of the valves leading ultimately to Varicose Veins. Other common causes of Varicose Veins are trauma, prolonged standing, aging and prolonged inactivity.

## What are the complications of Varicose Veins?

Varicose Veins can lead to many potential complications. These can include clots in the veins called "Superficial Phlebitis" or "Superficial Thrombophlebitis." In addition to this, Varicose Veins can bleed. They can cause "Ulcerations" and they can lead to a condition called "Chronic Venous Insufficiency" which is a discoloration and swelling of the leg from backup of blood over a long period of time.

## Are the treatments of Varicose Veins and Spider Veins considered "Cosmetic?"

The answer to this question can be both Yes and No. Varicose Veins are almost always a non-cosmetic issue when it can be proven that they are due to Valvular Insufficiency. Valvular Insufficiency is proven by an extensive Venous Ultrasound. Spider Veins on the other

hand can be due to Valvular Insufficiency. This occurs in about one third of Spider Veins and is proven by insistent Venous Ultrasound. However, if there is no Valvular Insufficiency demonstrated then Spider Veins would be considered strictly cosmetic.

## What is Phlebitis?

Phlebitis is essentially an inflammation of the veins and there are two kinds of Phlebitis. One is called Superficial Phlebitis or Superficial Thrombophlebitis, which is due to a clot in a Varicose Vein. This is usually treated with warm compresses and anti-inflammatory medication and usually resolves within ten days to two weeks. There is a very low threat of this progressing to a Deep Thrombophlebitis and Pulmonary Embolism. On the other hand, Deep Venous Thrombophlebitis is a clot of the deeper veins, namely the Femoral and Popliteal Veins and also the Iliac Veins. These are veins located deep in the body. Clots that develop in these areas are serious and must be treated with anticoagulation consisting usually with Heparin and Coumadin. They also carry a risk of breaking off and going to the lungs to cause Pulmonary Embolisms.

## Do Varicose Veins recur after treatment?

The recurrence rate of Varicose Veins after Vein Closure Treatment is approximately five percent within five years. If veins do occur then a source for the recurrence must be established. This could be other valves that have reopened or Accessory Veins that have formed or even missed or duplicated veins. Again, this can be ascertained by a Duplex Ultrasound.

## How do you treat Varicose Veins?

The treatment of Varicose Veins, as mentioned in the first paragraph, is to close the leaking valves with either a Laser or Radio Frequency device. This is done in an office environment under a local anesthesia with mild sedation and carries an excellent cosmetic result. There is no longer any need for extensive incisions or any prolonged surgery.

## How do you treat Spider Veins?

Spider Veins are treated using Sclerotherapy, which is the injection of a solution to eradicate the vein. There are many forms of Sclerotherapy including: Liquid Sclerotherapy, Ultrasonic Guided Sclerotherapy and Foamed Sclerotherapy. There are also many kinds of Sclerotherapy agents including, the detergent agent sodium tetradecyl and the irritant, glycerin. The old Sclerotherapy of Hypertonic Saline is rarely used.

## What happens to blood in the leg after Varicose Veins are treated?

This is one of my most commonly asked questions in patients who undergo Laser Vein Ablation. One must remember that the Saphenous Vein is a Superficial Vein. So, in treating this vein we are only treating veins in the Superficial System. There are actually three levels of veins in the body. A Superficial System, a Deep System and a Connecting System. The Deep and Connecting Systems are not touched, therefore, once the Superficial System is closed, blood will flow normally through the Connecting System to the Deep System without any change in the function of the leg.

## Another commonly asked question is, for how long do I wear Compression Hose following Vein Treatment?

As a rule of thumb, following Laser Vein Ablation or Radio Frequency Ablation, two weeks of Compression Therapy is recommended. This usually consists of a graduated Compression Stocking or Support Bandages. In reference to Spider Vein Treatment usually forty-eight hours of Compression Therapy is all that is necessary.

## How is the diagnosis of Valvular Insufficiency made?

The answer to this question is that an extensive Duplex Ultrasound of the Venous System will make the diagnosis of Valvular Insufficiency. This should be done by a Certified Technician and interpreted by a Physician Certified to read Duplex Ultrasounds.

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To learn more or to schedule an appointment, please call Vanish Vein and Laser Center at 239-403-0800 or visit us online at [www.vanishvein.com](http://www.vanishvein.com).

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(99th Avenue North across from the entrance of Pelican Marsh)

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## About Dr. Landi

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



# daVinci Prostate Cancer Surgery - Personalized, Comprehensive Prostate Cancer Treatment

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Deciding on your treatment options can be one the most important decisions you make in dealing with prostate cancer. Such a complex decision is often hard to make. It is very important to decide which treatment option is right for you. There is no "one size fits all" treatment for prostate cancer.



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*Alexandre M. Rosen, MD*

Dr. Rosen has a broad practice and welcomes all urological conditions. He has special interests in laparoscopic and robotic surgery for prostate and kidney cancers as well as prosthetic surgery for the treatment of urinary incontinence and erectile dysfunction. Dr. Rosen is Board Certified, and a Diplomate of the American Board of Urology.

### EDUCATION & TRAINING

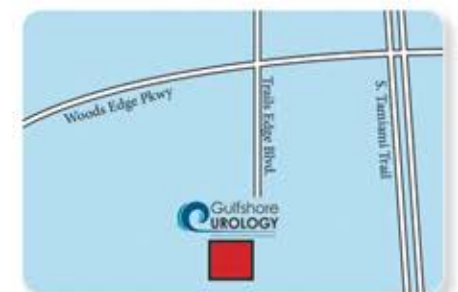
- College: University of Miami
- Medical School: Northwestern University
- Residency: University of Chicago

### DISTINCTIONS

- Authored a book chapter on artificial urinary sphincters for the treatment of stress urinary incontinence
- Published in international, peer-reviewed journals
- Presented at national and international conferences



955 10<sup>th</sup> Ave North, 2nd Floor, STE A | Naples, FL 34102



28930 Trails Edge Blvd. #200 | Bonita Springs, FL 34134



# MARCH IS NATIONAL NUTRITION MONTH

**M**arch is National Nutrition Month and the Greater Naples YMCA wants you, your family and your children to eat healthy!

We all know that a balanced diet, along with healthy living habits and exercise can and will contribute to a better life – and here are a few tips that will go a long way to help you do just that:

### Drink plenty of liquids

With age, you may lose some of your sense of thirst. Drink water often. Lowfat or fat-free milk or 100% juice also helps you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which liquids are better choices.

### Make eating a social event

Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.

### Plan healthy meals

Find trusted nutrition information from ChooseMyPlate.gov and the National Institute on Aging. Get advice on what to eat, how much to eat, and which foods to choose, all based on the Dietary Guidelines for Americans. Find sensible, flexible ways to choose and prepare tasty meals so you can eat foods you need. Learn to recognize how much to eat so you can control portion size. When eating out, pack part of your meal to eat later. One restaurant dish might be enough for two meals or more.

### Vary your vegetables

Include a variety of different colored vegetables to brighten your plate. Most vegetables are a low-calorie source of nutrients. Vegetables are also a good source of fiber.



### Eat for your teeth and gums

Many people find that their teeth and gums change as they age. People with dental problems sometimes find it hard to chew fruits, vegetables, or meats. Don't miss out on needed nutrients! Eating softer foods can help. Try cooked or canned foods like unsweetened fruit, low-sodium soups, or canned tuna.

### Use herbs and spices

Foods may seem to lose their flavor as you age. If favorite dishes taste different, it may not be the cook! Maybe your sense of smell, sense of taste, or both has changed. Medicines may also change how foods taste. Add flavor to your meals with herbs and spices.

### Keep food safe

Don't take a chance with your health. A food-related illness can be life threatening for an older person. Throw out food that might not be safe. Avoid certain foods that are always risky for an older person, such as unpasteurized dairy foods. Other foods can be harmful to you when they are raw or undercooked, such as eggs, sprouts, fish, shellfish, meat, or poultry.

### Read the Nutrition Facts label

Make the right choices when buying food. Pay attention to important nutrients to know as well as calories, fats, sodium, and the rest of the Nutrition Facts label. Ask your doctor if there are ingredients and nutrients you might need to limit or to increase.

### Ask your doctor about vitamins or supplements

Food is the best way to get nutrients you need. Should you take vitamins or other pills or powders with herbs and minerals? These are called dietary supplements. Your doctor will know if you need them. More may not be better. Some can interfere with your medicines or affect your medical conditions.

### Cooking with young children

Cooking with your children can be a lot of fun – and a way of reinforcing good eating habits early in their lives:

1. Decide on the area of the kitchen where you will be cooking.
2. Gather stools or chairs that will allow your child to stand or sit comfortably while working.
3. Wash hands.
4. Get out the recipe you will be using.
5. Read the recipe with your child. Explain that you will be following the steps in the recipe to prepare the food.
6. Set out the equipment and supplies that you will need (such as a mixer, blender, bowls, pans, measuring cups, knives, and spoons) as well as the ingredients that you will be using.
7. Have your child participate in cooking activities (such as washing fruits and vegetables, adding ingredients, mixing ingredients, and kneading dough).
8. Clean up with your child.
9. Eat what you have prepared.

For great information on eating healthier, visit <http://www.nutrition.gov>.

# SPRING BREAK CAMP

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# IT'S TIME YOU TALK ABOUT YOUR COLORECTAL HEALTH

By Randall Kenneth Jones

**W**e have all been there. We are having a chat with a friend who shares: sorry I can't go with you tomorrow—I'm prepping for a colonoscopy. Then they groan—they always groan.

For those of us with a family history of gastrointestinal issues—and routinely undergo colonoscopies—we know better. There's really nothing to groan about.

True, colonoscopy prep isn't exactly fun. However, if you think about it, we are all experienced in matters of the commode. Each one of us has "been there and done that" countless times.

In truth, there are a variety of preparation methods for colonoscopy. These range from liquids (of varying quantity) with or without enemas, to pills. A gastroenterologist's ability to examine a clean colon is essential—it better enables the doctor to complete a careful examination for polyps or other abnormalities.

Plus, the alternative can be far worse. In the U.S., colorectal cancer is the third most common cancer diagnosed among men and women—and the second leading cause of death from cancer.

According to Dr. Alexandra Grace, a gastroenterologist at Physicians Regional Healthcare System, "Some gastrointestinal issues run in families such as gall bladder disease, polyps, inflammatory bowel disease and celiac disease. Colon cancer can also be hereditary. There is a higher incidence of precancerous polyps and colon cancer in family members with the same findings."

Of course, one's gastrointestinal history is not typically a part of everyday conversation; however, as your health is at stake, this information can be vital.

Does this mean you should talk to your parents and other immediate family members about their GI medical history? Absolutely, it does. This same discussion may ultimately save their life as well.

True, the examination of gastrointestinal issues is sensitive at best. Most of us have been taught that the areas involved are private property. However, we must understand that our physicians cannot be shocked—they have seen and heard it all. The concepts of embarrassment and/or shame cannot play a role in our collective need to seek the medical treatments we need.

In the simplest terms, colorectal cancer can typically be prevented by removing precancerous polyps—known as adenomas—during the colonoscopy before cancer even develops.

According to the American College of Gastroenterology, a colonoscopy is a procedure which enables a physician (usually a gastroenterologist) to directly visualize and examine the entire colon. It is effective in the diagnosis and treatment of various GI disorders such as colon polyps, colon cancer, diverticulosis, inflammatory bowel disease, bleeding, change in bowel habits, abdominal pain, obstruction and abnormal x-rays or CT scans as well as in providing treatment (for example, removal of polyps or control of bleeding).

No one is immune to colon cancer. Each person's lifetime risk is approximately 5% for women and 6% for men. Important risk factors include obesity, cigarette smoking, inflammatory bowel disease like ulcerative colitis, African Americans and excessive alcohol consumption.

## **But how can we adjust our daily routines to (hopefully) avoid colon cancer in the first place?**

"A healthy diet always helps with gastrointestinal health," says Dr. Grace. "In fact, anything that is good for your heart is typically good for your GI tract. For example, fried/fatty foods are always harder for your body to process. A high fiber diet as well as fresh fruits and vegetables have been proven to decrease the risk of colon polyps and cancer."

## **Then there's the question: How often do I need a colonoscopy?**

"This depends on your family history," suggests Dr. Grace. "A low/average risk individual is screened starting at 50 years of age and if they have a clean bill of health on their colonoscopy, they can repeat the procedure in 10 years. It gets a little trickier if there is a family history of colon cancer or if you have polyps. At this point, you and your gastroenterologist will discuss your history and determine the timing of your next colonoscopy."

Now, what's the best advice for those who wish to improve their GI health? Find a gastroenterologist who is right for you. Few relationships will ever be as important as the one between doctor and patient.

**To Dr. Grace:** "It's very important to see a gastroenterologist who understands your needs and can give you the best recommendations for your preventative testing. Remember the doctor/patient relationship is a team and requires a collaborative effort from both sides. Be an active participant in your health care!"



**PHYSICIANS REGIONAL  
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To schedule an appointment, please call Dr. Alexandra Grace's office at 239-354-6525.

# Congress and the Vatican Agree: Stem Cell Therapy Shows Promise in Curing Diseases

By Maren Auxier - Staff Writer

Stem cell therapy is gaining worldwide support from international policymakers, including the U.S. Congress and the Roman Catholic Church, helping progress the field of regenerative medicine. Congress passed the *Stem Cell Therapeutic and Research Reauthorization Act* on Dec. 16, 2015, securing stem cell industry funding for at least 5 more years. The Vatican also showed their support for stem cell therapy earlier this year, announcing *The Third International Conference on the Progress of Regenerative Medicine and its Cultural Impact* to be held within the Vatican April 28-30, 2016.

"It remains one of the best kept secrets in America that umbilical cord blood stem cells and adult stem cells in general are curing people of a myriad of terrible conditions and diseases in adults as well as children," said U.S. Representative Chris Smith (R-Hamilton, NJ)<sup>1</sup>

The Vatican released a similar statement regarding the benefits of regenerative medicine. "The new field of regenerative medicine holds great promise to alleviate the pain and suffering for hundreds of millions of people around the world. We must unite to discover and advance such new therapies, and find ways to bring them to all those in need," said Cardinal Gianfranco Ravasi, president of the Pontifical Council for Culture.<sup>2</sup>

This may come as surprising news to people whose familiarity with stem cell therapy extends only to the controversy surrounding *embryonic* stem cells. It is a common misunderstanding that all stem cells are derived from human embryos. In fact, stem cells can be derived from umbilical cords, blood, fat and bone tissue. The Catholic Church's position is to support *ethical* stem cell research, which, under their interpretation, excludes the use of embryonic stem cells.

Regenerative medicine provides patients with alternatives to traditional invasive or chemical treatments. Regenerative medicine is helping people with multiple sclerosis, blindness, rheumatoid arthritis and lung disease.



International policymakers like the Vatican and U.S. Congress are calling for advancement of the field of regenerative medicine after seeing positive outcomes.

Lung disease is the third-leading cause of death in the United States, and traditional treatment options have not changed in 30 years. The advent of stem cell therapy represents the greatest advancement in decades for people suffering from a degenerative lung disease.

The Lung Institute ([www.lunginstitute.com](http://www.lunginstitute.com)) helps fight lung diseases by harvesting stem cells from a patient's own blood, fat tissue or bone marrow in a minimally invasive outpatient procedure. Stem cells act as your body's natural healing system, working to promote healing and reduce inflammation. While current stem cell treatments are not considered to be a cure for lung disease, they have shown the ability to improve patients' quality of life.

Lung Institute patient Becky D. explains how stem cell therapy improved her quality of life.

*I wanted to be able to do all my activities of daily living without being short of breath, which is showering and all that stuff...and I do. I wanted to be able to walk across a soccer field to see my grandson play soccer, and I can. I wanted to be able to dance a little again, and I did.*

According to a white paper recently released by the Lung Institute, 84 percent<sup>3</sup> of patients who received stem cell therapy for COPD experienced an improvement in their quality of life. Several patients also saw an improvement in pulmonary function. COPD is a degenerative disease, making any improvement in lung function in such a case truly remarkable.

While the field of regenerative medicine is relatively new, it has made great strides in a short period of time and shows great potential to revolutionize the healthcare industry.

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

1 <http://chrissmith.house.gov/news/documentsingle.aspx?DocumentID=398635>

2 <http://www.cbsnews.com/news/vatican-announces-third-regenerative-medicine-conference/>

3 <https://lunginstitute.com/resources>



# IS GOOD HEALTH IN YOUR FUTURE?

By Danielle Perrault, Founder, Director  
World Institute of Natural Nutrition

One of the most serious problems of modern civilization is malnutrition. Whether we consider malnutrition caused by poverty and shortage of food as encountered in third world countries, or witness the dietary abuse problems common to the rest of the world, we find enormous suffering caused by the way we feed ourselves. Obesity has reached endemic proportion. The plethora of 'solutions' offered everywhere in the media, is quickly exhausted against the number of excuses fabricated. Let's face it, the majority of us are fat, and dying of malnutrition.

This phenomena engenders its own inevitable fate, in the form of a great many diseases, most of them preventable. "Eat less and move more" is the generally accepted rule of thumb when it comes to fighting obesity, but whichever way we look at the problem, WHAT we eat and WHY we eat is the key as well as the salvation.

It takes courage to face the fact that through ignorance and lack of interest in the needs of our own bodies, we are slowly bringing ourselves to the point of extinction.

Fortunately, there is a light at the end of the tunnel. We are seeing an awakening to a new and vital interest in nutrition. This curiosity is not aimed at the traditional dietetic and scientific field. It involves an emerging sphere of nutrition that encompass not only the characteristics of food, but explores the quality of the food source and the holism of the consumer. This new vital area of nutrition is called '**natural nutrition**'.

For over fifty years science has dominated the civilized world. If something is not demonstrated scientifically, it is claimed to be invalid and unworthy of attention. Some would even have us believe that ignoring scientific claims is 'dangerous', putting into question the existence of our ancestors for millenniums. Some food manufacturers have exploited

## March is National Nutrition Month



this phenomenon to their financial advantage. The supermarkets are swamped with supposedly beneficial artificial foods, adulterated and 'improved' beyond any nutritional value.

We have become a generation of gullible consumers. And those whom we may have counted on in the past to guide us, are willingly backed by these processed food giants.

### Let's begin the process of unlearning, of getting back to basics....

A shift is slowly occurring. We are beginning to understand that the only person in charge of us, individually, is us and that no one knows more about what's good for us than we do. The wisdom of 'listening to your body' is making waves. What Martha Graham said in the context of dance, "*The body says what words cannot*" is true of all body functions. Our body language well heard is the avant-garde of our health.



In this move towards personal freedom and wisdom, today's informed consumer recognizes that he is what he eats. He also realizes that food does not nourish the physical body alone. Mind and consciousness are not divided from the physical self.

It becomes clear then that there is no diet that is right for everyone all the time. Neither are there miracle nutrients that will cure all ills. Each person is uniquely different, and each must exercise his judgment as to what is right for his own well-being. This is a simple matter of self-responsibility. If we value our health and have a genuine concern for the quality of our life as well as for our potential longevity, then we cannot conveniently turn a blind eye to the quality of our food sources.

Following this realization comes a new insight: the quality of the food eaten affects the degree of well-being experienced. It is easy to comprehend that artificially created food, or food grown under sub optimal conditions, cannot contribute the ingredients necessary to good health. Only natural, wholesome food can produce the degree of health that brings peace of mind and enjoyment of life. In our modern society, this requires constant vigilance as to what we choose to eat.



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**The properties of natural nutrition are simple...**  
Let's remember the acronym **NAG**

**Natural**, as in unprocessed, unrefined foods such as whole grains and legumes.

**Alive**, meaning food that still contains live enzymes, such as fresh fruit, vegetables, and sprouts.

**Good Quality**, meaning grown in soil rich in essential nutrients such as organically grown foods (pesticide free and grown without synthetic fertilizers).

These simple words can serve as a guide to everyone wishing to improve their health. Awareness and understanding of the *simplicity* of our nutritional needs will inevitably lead to individual and collective good health. We need to learn to look at good nutrition, not as a means to stop our diseases, but as a tool to create our own immunity and overall good health.

**Where do we find quality food?**

The neighborhood supermarket is not always our best source of natural food. Fruit and vegetables are often imported from foreign countries, and by the time they reach our table they have lost all major nutrients. In our country fruit and vegetables are often grown carelessly in poor soil full of pesticides, all in the name of profit and certainly with no regards for the health of the consumer.

Fortunately we see an emerging trend towards fresh markets consciously striving to offer quality organic produce, and local farmers' markets where you can actually speak to the person who grows your food, and find products you won't find anywhere else. These markets are a wonderful way to bring people together because they are fun. The farmers connect with the consumers who love what they sell and appreciate their hard work. The satisfaction of buying natural foods, socializing with like minded people while enjoying the fresh air is good for body and soul.

**What can we expect in the future?**

We are not doomed to perpetuate obesity and malnutrition! All it takes is a conscious rethinking of our everyday food choices. That's where courage comes in handy. It is so much easier to maintain status quo, believe what we are told and hope for the best. What we really need to do, however, is to take a good look at the quality of food that's foisted on us too many times, and, yes, complain!

As more and more consumers demand the quality of food that we are entitled to, we will find that food manufacturers and suppliers will begin to provide it. We will then see a significant move towards the prevention of obesity and disease starting with a most important requisite: natural nutrition.

*Danielle Perrault, Certified Holistic Nutritionist, has been teaching and promoting natural, holistic nutrition for over twenty years. She first founded the Canadian School of Natural Nutrition in 1994, then expanded internationally with the World Institute of Natural Nutrition with Head Office in Fort Myers, Florida.*

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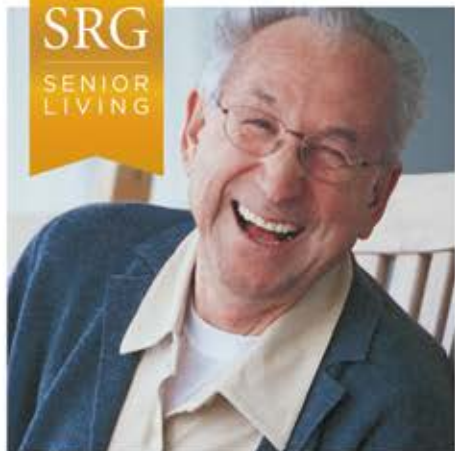
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# When Should You See A Vascular Surgeon?

By Julian J. Javier, MD  
Cardiac and Vascular Specialist

**Y**our arteries and veins are like highways for blood transportation. This helps your organs function, delivers nutrients and hormones, and contributes to essentially every bodily process. Like highways, they require maintenance and care to function properly.

The circulatory system can be described as the road network within our city example. Like a road system, it carries food to individual homes and carries waste away. There are major highways (arteries and veins), and side alley ways (capillaries). In our bodies, blood is a specialized bodily fluid that flows down the roads which carries nutrients and oxygen to cells and carries wastes like carbon dioxide.

If you are concerned that you have circulatory problems do not put off getting those concerns addressed. Circulation problems are sometimes difficult to diagnose. They can masquerade as other medical conditions. Some symptoms that mimic circulation problems are actually other physical problems, like nerve or joint problems. A vascular surgeon is the best person to help you diagnose and treat any circulatory problem you may have.

A vascular surgeon is a highly trained physician dedicated exclusively to the care of disorders of the circulatory system, including the arteries and the veins. The arteries carry blood from the heart to the vital organs and limbs, and the veins that return the blood back to the heart.

Conditions that affect the arteries include aneurysms, an enlargement or "bulge" in an artery, and atherosclerosis, plaque that builds up inside arteries blocking of blood flow.

Conditions that affect the veins include varicose veins and venous thrombosis, or blood clots. Vascular surgeons can provide comprehensive care for patients with these conditions.

Vascular surgeons help patients manage these conditions, whether through diet, exercise and medication, or interventional procedures. Vascular

surgeons are the only physicians trained to perform minimally invasive procedures, like angioplasty and stent, and traditional surgery.

## "Hardening of the arteries."

The carotid arteries are found in the neck, and are the main route of blood supply to the brain. Sometimes, small pieces of plaque inside the artery can break off and travel to the area of blood flow. If a piece of plaque breaks off in the carotid artery, it may travel to the brain and cause a stroke or a mini-stroke may occur.

It is a warning that a more severe stroke is likely in the near future. More often, the plaque will not have caused symptoms, but is identified on an ultrasound of the carotid arteries. A vascular surgeon can tell you if your artery is narrowed enough to require intervention, and whether that is better done with an operation, a carotid endarterectomy, or a stent. A vascular surgeon is the only physician trained to perform both procedures.

## If you have varicose veins or other vein problems.

Varicose veins are unsightly, but contrary to popular belief, they can also cause health problems. They can cause leg pain and swelling. They can lead to blood clots in the leg. They may also cause ulcers on the leg that are resistant to healing. Other types of vein problems can cause similar leg problems. A vascular surgeon can fully evaluate your leg veins, and develop the right treatment plan for you.

Poor circulation is most commonly caused by a progressive blocking of the arteries in the leg. Those with diabetes are more likely to develop poor circulation to the foot. Other risk factors for developing poor circulation include a lack of physical activity, smoking, high blood pressure and high cholesterol.

Dr. Julian J. Javier is a well known highly respected Cardiac and Vascular Specialist. If you are experiencing circulation problems call to set up your appointment today. Dr. Julian Javier is a cardiologist in Naples, Florida and is affiliated with multiple hospitals in the area, including Naples Community Hospital and Physicians Regional Medical Center.

Julian J. Javier, M.D.  
Cardiac and Vascular Specialist



**LANGUAGES:** English, Spanish, Creole

**HOSPITAL PRIVILEGES:** Naples Community Hospital

**SPECIAL FOCUS:** Venous Disorders

**BOARD CERTIFICATIONS:** Interventional Cardiology, Cardiology, Internal Medicine

**MEDICAL SCHOOL:** UASD

**RESIDENCY:** Saint Louis University School of Medicine

**FELLOWSHIP:** Saint Louis University School of Medicine

**ACADEMIC APPOINTMENTS:** University of Miami School of Medicine, Nova Southeastern University

**MEMBERSHIPS:** American College of Cardiology, Society of Cardiac Angiography Intervention, American Heart Association, Collier County Medical Society, European Society of Cardiology



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# CELEBRATING THE GRAND OPENING OF THE PHYSICIANS REGIONAL - CROSSROADS PLAZA WALK-IN CLINIC

By Randall Kenneth Jones

**A**s patients, we place extraordinary value on care, efficiency, attention-to-detail and, of course, convenience. We simply love to maximize our time.

With the January 18, 2016, Grand Opening of the Physicians Regional - Crossroads Plaza Walk-in Clinic, patients in East Naples have much to celebrate. The brand new facility is located in the Crossroads Shopping Center across from the Physicians Regional - Pine Ridge campus. The clinic offers walk-in appointments seven days a week.

"I am proud at how quick the word got out," says Practice Manager Melissa Jessup. "I did a seminar in the Vineyards area recently and the residents seemed to be quite excited. Patients seem to feel better knowing there's a convenient, walk-in clinic nearby. They don't have to call for a last-minute doctor's appointment and they don't have to wait in the ER. Patients appreciate alternatives. When it's my turn to be a patient, I know that I do."

According to Jessup, the walk-in clinic is best suited to non-critical care. "We're the ideal location for those who find themselves saying: 'I have the sniffles' or 'I think I have the flu.'"

As always, individuals experiencing more serious symptoms—such as shortness of breath or chest pain—should dial 9-1-1 and/or seek emergency medical care.

The Physicians Regional - Crossroads Plaza Walk-in Clinic is staffed with two highly skilled advanced registered nurse practitioners (ARNPs): Aimee Bermudez and Brunette Bastien.

While a physician (or medical doctor) will have formal education and training in medicine (to include the treatment of diseases using drugs, procedures and/or surgery), a nurse practitioner is a registered nurse with advanced education and training in the diagnosis, treatment and management of common and chronic illnesses.

Though a nurse practitioner can treat almost as many ailments as a medical doctor, should physician input be required, the clinic is located right across the street from the Physicians Regional-Pine Ridge campus.

Physicians Regional Healthcare System is comprised of two Naples hospitals with more than 300 physicians who offer advanced medical care in more than 45 specialties and subspecialties. The Joint Commission recently named the Physicians Regional Healthcare System a Top Performing hospital for heart attacks, heart failure, pneumonia, surgical care and immunization. No other hospital in the area achieved this distinction. Additionally, the Pine Ridge campus holds full accreditation as a chest pain center from the Society of Cardiovascular Patient Care.

As patients, we also value our relationships with those responsible for our health care—so let's get to know a bit more about Aimee and Brunette. Why wait?

## How would you describe your approach to patient care?

**Aimee:** My approach to patient care has always been holistic—this means you treat the patient as a whole by taking into consideration their physical, mental, spiritual and environmental health. My experience in the medical field has shown me that all aspects of a human being should be treated to promote optimal health.

**Brunette:** Personally, I like to discuss patient health problems and listen to patient opinions. My role is to advise patients with factual data and diagnostic testing, but the patients are ultimately in charge of making their own decisions. My job is to provide the best information possible to assist with that decision making.

## What type of response have you had to the new facility?

**Aimee:** Patients find it beneficial to walk through our doors without an appointment and know our providers will take care of them. We offer treatment for minor illnesses such as upper respiratory infections, earaches, sore throat, urinary tract infections and more.

**Brunette:** All my patients have responded very positively. Some like the convenience. Some comment on the fast pace while others have mentioned that coming here is less expensive than going to ER. Others have come in just to check us out because they have heard about us on the radio, online or by word of mouth.

Just last Sunday I heard a patient comment: 'I felt so bad. I was wondering where to go and I found this facility online. It was so close to me and I did not even know about it.'



Brunette Bastien, ARNP



Aimee Bermudez, ARNP

## What excites you the most about being part of this new facility?

**Aimee:** I am excited to be part of a team that makes patient care a priority. Our new Walk-in Clinic will help to decrease the wait times for our patients while providing high quality care.

**Brunette:** What always excites me is the ability to contribute to someone's health—to help someone get better. That's what we do—we help people get better, we educate, and we promote good health.

## What is the most common advice you tend to give all patients?

**Aimee:** The general advice I give all my patients is that exercise and water are your best friends. This easy and effective combo can prevent many ailments and contribute to preventive health care.

**Brunette:** Your body is special to you—and nobody knows it better than you. Taking care of yourself is supposed to be your priority. Take time within your busy day to exercise, eat healthy, take your vitamins, and use your primary provider as a health counselor to help you maintain a healthy lifestyle.

**The Physicians Regional** – Crossroads Plaza Walk-In Clinic is located in the Crossroads Shopping Center (across Napa Blvd. from Physicians Regional-Pine Ridge) in between Walgreens and Publix.

Hours are Monday through Friday from 7 a.m. to 7 p.m. and Saturday and Sunday from 8 a.m. to 4 p.m.



For more information, please call 239-348-4280-or better yet: just WALK IN!

# MonaLisa Touch Therapy for Vaginal Dryness and Pain

**A**s women age and approach the menopause years in their late 40's and early 50's, estrogen levels rapidly decline. The result is a long list of changes that may affect women's overall health and quality of life. These may include painful vulvar and vaginal dryness with intercourse, urinary frequency and incontinence, and relaxation of the vaginal walls. For decades, the treatments for these conditions tended to center around hormone replacement therapy with various forms of estrogen. However, many women fail to respond to estrogen, are reluctant to use any form of estrogen due to potential risks, or may be prohibited from using estrogen as instructed by their physicians. There were few if any other effective options for these women . . . until now.

MonaLisa Touch is an innovative laser procedure, designed and produced by DEKA (Italy), that delivers fractional CO2 laser energy to the vaginal wall tissue. This is the same type of laser technology used in many facial "rejuvenation procedures" performed by dermatologists and plastic surgeons, so it has already been studied extensively and deemed safe for sensitive parts of the body. The Mona Lisa Touch procedure offers significant advantages over current treatment options as it addresses the issues that cause vaginal dryness and pain, rather than simply working on the symptoms.

**The Science:** How Does It Work? The MonaLisa Touch laser stimulates fibroblast cells in the vaginal tissue to promote a natural regeneration process, mainly by increasing the formation of collagen and other important "building block" molecules, and by restoring the premenopausal blood supply. In as little as 30 days after treatment there is formation of new tissue in the vaginal walls and the protective mucosa recovers volume, hydration and elasticity. The MonaLisa Touch creates longer-lasting relief than current treatments and offers a safe and a life-changing option for patient groups who were previously not suitable for existing treatments.

**Who Is It For?** Any woman suffering from painful vaginal dryness and it's associated symptoms – women who have had their ovaries removed, menopausal women, breast cancer survivors and all other women who are prohibited from using estrogen products



If you want to regain the harmony of your womanhood, do not hesitate contact MonaLisa Touch Naples.

**Is it Safe?** It is FDA approved, and has been proven clinically effective and safe in numerous studies by leading researchers in the United States and around the world.

**What Should I Expect on the Day of My Appointment?** The MonaLisa Touch procedure is performed in an office environment without the need for anesthesia and with virtually no pain or side effects. It is quick (it takes approximately 5 minutes), resulting in virtually no down time. It is able to yield noticeable results after the first treatment (3 treatments are recommended). Most patients are able to return to their daily routines immediately.

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## Max L. Kamerman, MD, FACOG

Dr. Kamerman has been practicing Obstetrics and Gynecology in Naples since July, 2003. Dr. Kamerman is originally from Miami, FL, and relocated to Naples upon completing his specialty training at The George Washington University Medical Center in Washington, DC.

His areas of interest include high risk obstetrics, basic infertility, and advanced pelvic surgery for women.

Dr. Kamerman enjoys saltwater sportfishing, boating, and travel.

- Bachelor of Arts Duke University, Durham, NC (1993)
- Doctor of Medicine Ponce School of Medicine, Ponce, PR (1999)
- Internship The George Washington University Medical Center, Washington, DC (1999-2000)
- Residency The George Washington University Medical Center, Washington, DC (2000-2003)
- Active State Licensure Florida
- Active Staff Member Naples Community Hospital and North Collier Hospital
- Board Certified American Board of Obstetrics and Gynecology (2005)



## Karysse J. Trandem, D.O., FACOG

Dr. Trandem has been practicing Obstetrics and Gynecology since July 2012. Dr. Trandem is originally from Minneapolis, MN and relocated to Naples after practicing for 2 years in Grand Rapids, MN.

Her areas of interest include abnormal vaginal bleeding,

minimally-invasive surgery, advanced pelvic surgery, pregnancy, and pelvic organ prolapse. Outside of the office and operating room, Dr. Trandem loves to participate in medical missions and research around the world, the performing arts, and any beach or church activity!

- Bachelor of Science, Bethel University, St. Paul, MN (2001)
- Doctor of Osteopathic Medicine, Kirksville College of Osteopathic Medicine, A.T. Still University, Kirksville, MO (2008)
- Internship, University of Minnesota, St. Paul, MN (2008-2009)
- Residency, University of Minnesota, St. Paul, MN (2008-2012)
- Active State Licensure, Florida and Minnesota
- Active Staff Member, Naples Community Hospital, North Collier Hospital
- Board Certified, American Osteopathic Board of Obstetrics & Gynecology (2012)

## Do You Need a CT Urogram?

**A** urogram is a radiograph, or X-ray image, of the urinary tract, and the process of making one is known as urography. It is used in diagnostic testing for various conditions related to the urinary tract and is also used to follow up on treatment for conditions like kidney stones and cancers of the urinary tract. As a general rule, urography is an outpatient procedure.

In addition to using X-rays for urograms, it is also possible to use Computed Tomography (CT) machines. A CT urogram is often of better quality than one produced with X-ray, and it sometimes reduces exposure to radiation for the patient. Not all hospitals offer this option, however, and it can be more expensive than a traditional one.

Urograms can reveal blockages such as kidney stones, congenital abnormalities, and cancers of the urinary tract. If something unexpected or abnormal is identified, the patient may need follow up tests, such as biopsies, to determine the nature of condition and to help determine what the next step should be. After treatment for conditions like kidney stones, it is common to request a urogram to ensure that the all of the stones have passed.

### CT Urogram Exam Preparation

- No Barium.
- No solid food 4 hours prior to the exam.
- Drink water, there is no restriction on your water intake.
- If you have an allergy to the IV iodinated contrast media you will need to be premedicated.
- Patients may be asked to dress into an exam gown.

### During the CT Urogram Procedure

- Any metal that is within the area to be scanned will need to be removed.
- The technologist will insert an IV for the injection of the iodinated contrast media.
- During the scan your arms will be brought above your head and a compression belt will be placed around your waist. Pressure will be applied for a short time during the scan.
- You will be asked to hold your breath for 10-20 seconds while the images are being taken.
- Exam should be completed within 30 minutes.

### After the Exam

- Following your exam you will be asked to remain in the department until your IV has been removed and a standard X-ray may be taken 20 minutes after the CT.

- The report will be forwarded to your doctor so the appropriate next steps can be taken if treatment is needed.

For more information about the CT Urogram exam and other diagnostic imaging services available, call 239-593-4222.



**Dr. Eric Vensel**

B.S., Trinity College - 1995  
M.D., University of Miami School of Medicine - 2000  
Internship, General Surgery, University of Florida - 2000-2001  
**Certified:**  
American Board of Radiology - 2005

**Residency:** Diagnostic Radiology, University of Florida 2001-2005; Chief Resident 2004-2005

**Fellowship:** Interventional Radiology, University of Florida - 2005-2006

**Areas of Special Interest:** Interventional Radiology



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# Relieve Heel Pain with Deep Tissue Laser Therapy

**H**eel pain is most often caused by plantar fasciitis, a condition that is sometimes also called heel spur syndrome when a spur is present. Heel pain may also be due to other causes, such as a stress fracture, tendonitis, arthritis, nerve irritation, or, rarely, a cyst.

Because there are several potential causes, it is important to have heel pain properly diagnosed. A foot and ankle surgeon is able to distinguish between all the possibilities and determine the underlying source of your heel pain.

## What Is Plantar Fasciitis?

Plantar fasciitis is an inflammation of the band of tissue (the plantar fascia) that extends from the heel to the toes. In this condition, the fascia first becomes irritated and then inflamed, resulting in heel pain.

## Causes

The most common cause of plantar fasciitis relates to faulty structure of the foot. For example, people who have problems with their arches, either overly flat feet or high-arched feet, are more prone to developing plantar fasciitis.

Wearing non-supportive footwear on hard, flat surfaces puts abnormal strain on the plantar fascia and can also lead to plantar fasciitis. This is particularly evident when one's job requires long hours on the feet. Obesity may also contribute to plantar fasciitis.

The symptoms of plantar fasciitis are:

- Pain on the bottom of the heel
- Pain in the arch of the foot
- Pain that is usually worse upon arising
- Pain that increases over a period of months

People with plantar fasciitis often describe the pain as worse when they get up in the morning or after they've been sitting for long periods of time. After a few minutes of walking the pain decreases, because walking stretches the fascia. For some people the pain subsides, but returns after spending long periods of time on their feet.



## Deep Tissue Laser Therapy Successfully Treats Heel Pain

Deep tissue laser therapy may sound like something out of a sci-fi movie, but is a real technology used to accelerate your body's own natural healing process. In a process called photo-bio-stimulation the laser sends photons into damaged cells, which increases blood flow, stimulates the healing process, and reduces inflammation.

Laser therapy is effective in treating chronic conditions, acute conditions and post surgical pain. The clinical benefits of Laser therapy include fast treatment time, painless, and is non-invasive.

Laser therapy can alleviate pain, reduce inflammation, and accelerate recovery from a wide range of acute and chronic clinical conditions. As rehabilitation specialists know, the main goal of treatment for many when treating painful, debilitating conditions is to facilitate improved function and mobility. Laser therapy is a drug-free, surgery-free technique to help make that goal a reality.

## ALTERNATIVE TO DRUGS AND SURGERY

The non-invasive nature of deep tissue laser therapy provides a solution for those who are looking for alternatives to prescription drugs and surgery.

## WHAT TO EXPECT

Patients feel a soothing warmth as laser energy gently penetrates tissue and boosts your body's own regeneration powers to relieve your pain. Treatments are painless and generally last only five to ten minutes.

Results can be immediate but the most observed results are after 6 to 10 treatment sessions. The body continues to benefit from the effects of the

therapy for 18-24 hours after treatment. During this time, modulated cellular activity leads to decreased pain and inflammation.

## IS DEEP TISSUE LASER THERAPY RIGHT FOR YOU?

Providing a solution that did not exist before, deep tissue laser therapy has become a preferred by those who have long sought relief without success. Its ability to impact pain on a cellular level provides pain relief for complex and simple conditions alike.

Deep Tissue Laser Therapy effectively treats pain and inflammation associated with:

- Plantar Fasciitis
- Sports Injuries
- Achilles Tendonitis
- Heel Pain
- Morton's Neuroma
- Tarsal Tunnel Syndrome
- Foot & Ankle Conditions
- And Much More!

Contact us today to determine if Deep Tissue Laser Therapy is right for you. Get back in action today, call for more information or to schedule an appointment, 239-775-0019.



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# ATTENTION DISORDER: MUCH MORE THAN JUST A LACK OF FOCUS!

By Joseph Kandel, M.D.

**H**ave you been told by friends and family that you just don't focus? That you can't seem to pay attention? Has this been an ongoing issue, but now you feel it is time to address it?

Well, no matter what you may have read or heard, Attention Deficit Disorder is a very real condition. There is no simple blood test, and the diagnosis is a clinical one; that means the diagnosis is made by the physician based on the history and background, and also by ruling out other diagnoses that may act like Attention Disorder. Your doctor may order a brain scan (MRI), EEG, lab tests, and even paper and pencil testing (neuropsychological testing). Often this is a genetically transmitted disorder. There is usually a parent or grandparent or siblings with the same traits.

## So what are some of the characteristics of Attention Deficit Disorder (ADD)?

We've all had friends or coworkers that are distracted, disorganized, impulsive, and masters of procrastination. They always have that messy room or work station, projects started at home and work but never finished, a thousand ideas a day (and 2 or 3 might be really great...if you can sort them out from the other 997!). But these same people are also extremely bright, inquisitive, creative and often "the life of the office". Their high IQ does not always translate to high achievement; hence, they suffer from an "achievement gap". On the negative side, they have a hard time maintaining focus if they have a task or activity that is not interesting or engaging for them. Often they fidget, changing from one task to another and not completing anything. On the positive side, they have a unique ability to hyper-focus. They can maintain attention for prolonged periods of time, often hours or even days, for tasks that they enjoy. This includes gaming, binge TV watching, computer / I.T. work, etc. So when a person with this disorder finds his or her passion, there is no ceiling to their success...assuming they use the tools and get the help that they need!



## So how is ADD treated?

Think of four wheels of a car, and the driver. The first wheel is education. No, I am not talking about how far you go in school. I am talking about learning all you can about ADD; what fits, and what doesn't. Checking out DVD's at the library and watching You Tube videos, these are just two ways to get a handle on this issue.

The second wheel is counseling. Not insight counseling, where you talk about your parents or your feelings. That type is fairly ineffective for individuals with ADD. The type of counseling needed is goal oriented behavior modification. Let's say you need something finished by the weekend, and it is Monday. How do you break things down so you can manage a little bit each day and not have to worry the night before it is due? You might need a friend, a life coach, or a mentor (not a family member) to help you with this.

The third wheel is adaptive devices. Like your calendar on your cell phone, a write on and wipe off board, sticky notes, a recorder....and possibly the most important, a watch. Without this, how do you know "when" you are....are you on time, late for that meeting or date, or did you get distracted and miss the appointment entirely?

The fourth wheel, not more important than the others, is medication. Sometimes this is necessary so the other wheels can be put in place. Many patients

tell me that the medication has changed their life; or more correctly, has allowed them to focus well enough to allow them to change their life.

And what is the driver? This is very important.....exercise. Not just any exercise. Aerobic exercise at your target heart rate [THR = 220 - your age X (60-80%)]. Let's say you are 50 years old. Your THR is 170 X 60% = 102 up to 170 X 80% = 136. You need to exercise keeping your heart rate between 102 and 136 for 30 minutes. This reboots the computer of your brain and raises serotonin levels (as well as many other brain chemicals).

The last thing is to follow the mantra, OHIO: Only Handle It Once. You touch it, you own it. For example, let's say you get your mail, see possibly a bill, you open it and decide you will get to it later. Late fee! With OHIO one of two things could happen; open the bill and finish the task. Write the check, put it in the mail, and you have finished the task. Or, don't open it (let's say you are heading out to dinner) and deal with it when you come back. That way you are managing your time. Task completion and time management. If this sounds like you or someone one you care about, contact Neurology Office for more help.

Go online and check out my book, Adult ADD, The Complete Guide.

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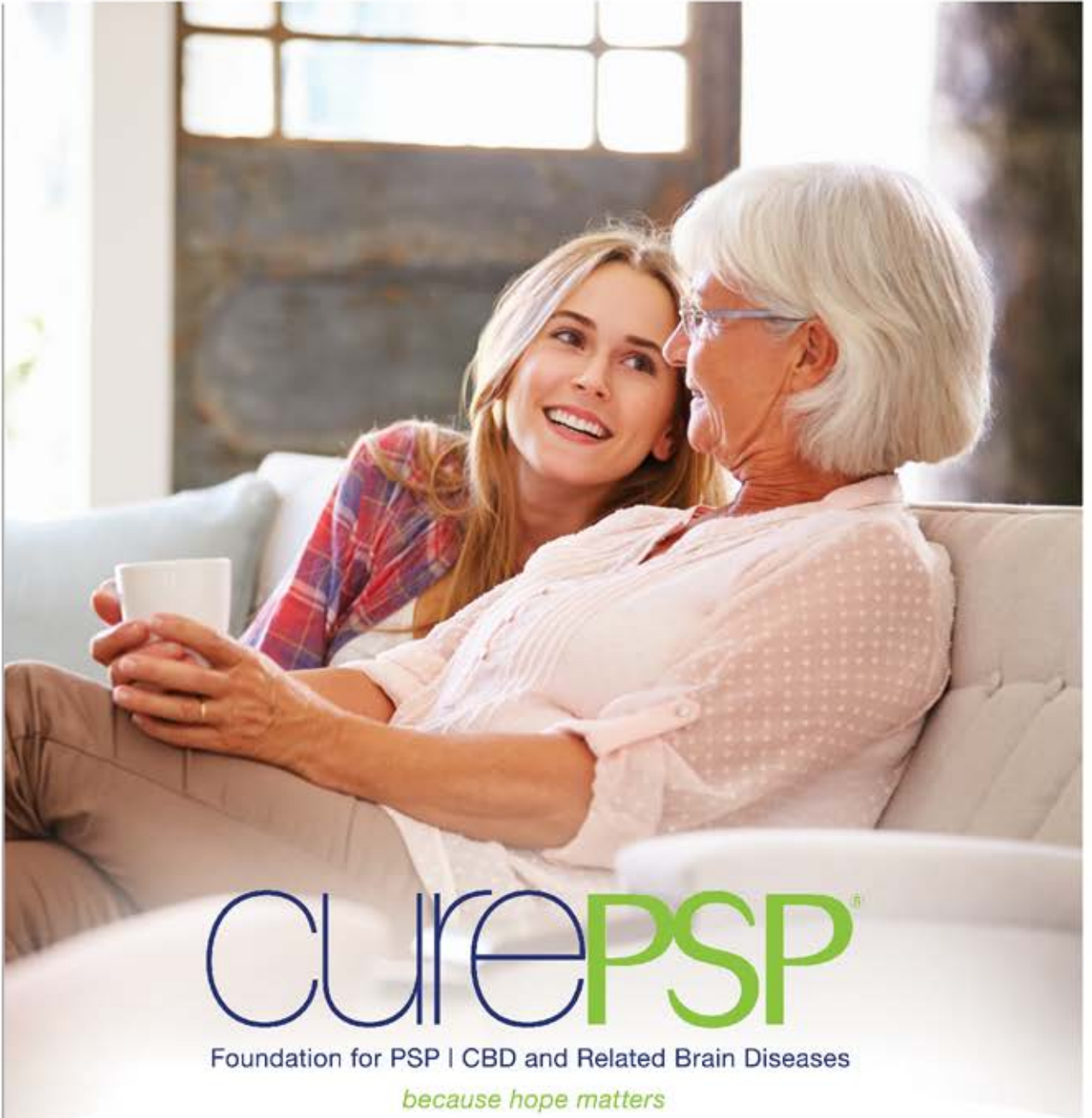
To see the expert therapy team at Neurology Office, call to make an appointment with Dr. Kandel 239-231-1414 (Naples) or 239-231-1415 (Ft. Myers) or check out the web site: [www.NeurologyOffice.com](http://www.NeurologyOffice.com)

# PSP, Lost in Identity

**P**rogressive supranuclear palsy (PSP) is a rare brain disorder that causes serious and progressive problems with control of gait and balance, along with complex eye movement and thinking problems. PSP and Parkinsons present very similar, but they are quite different. Due to the fact that there isn't a lot of resources out there for PSP or an over abundant of people out there that suffer from PSP it is often mis diagnosed as Parkinson's. One of the classic signs PSP, is an inability to aim the eyes properly, which occurs because of lesions in the area of the brain that coordinates eye movements. Some individuals describe this effect as a blurring. Affected individuals often show alterations of mood and behavior, including depression and apathy as well as progressive mild dementia. Five to six people per 100,000 will develop PSP. Symptoms begin, on average, when an individual is in the early 60's, but may start as early as in the 40's. PSP is slightly more common in men than women, but PSP has no known geographical, occupational or racial preference.

The disorder's long name indicates that the disease begins slowly and continues to get worse (progressive), and causes weakness (palsy) by damaging certain parts of the brain above pea-sized structures called nuclei that control eye movements (supranuclear). Progressive supranuclear palsy (PSP) is a neurodegenerative brain disease that has no known cause, treatment or cure. While this is a tragic disease, there are wonderful organizations out there such as, CurePSP, which serves is a lifeboat for those drowning in despair.

CurePSP funds a lot of genetic research and patient clinical trials in order to help find a cure. In addition to research, they provide a lot of patient education, support groups for both the patient and their caregiver as well as a respite fund for those in need. On March 12th, in Marco Island, marks the twelfth year of the CurePSP Awareness & Memorial Walk around the beautiful lake at Mackle Park on Marco Island, Florida. The walk is from 10:30 am - 1:30 pm, and registration is \$25 for adults, \$10 for students. Participants receive a T-shirt and lunch,



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*because hope matters*

plus can partake in a silent auction and give-aways. Registration can be done online, at [spec@curepsp.org](mailto:spec@curepsp.org). Together we can make a difference and make the community aware of what Progressive supranuclear palsy (PSP) is. It is time that PSP has its own identity. With awareness, comes funding, and funding can be the difference of life and death.



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# BOTOX® for Overactive Bladder

Frustrated with your Overactive Bladder (OAB) medication not working?

Do the side effects pose more health risks than benefits?

By Joseph Gauta, MD, FACOG

**W**hen you have Overactive Bladder, you learn to settle. To settle not only for the constant bathroom trips, but also for treatments that haven't worked as well as you'd like or left you with unpleasant side effects.

There's another approach. BOTOX® is approved to treat Overactive Bladder symptoms, such as a strong need to urinate with leakage, urgency and frequency in adults when another type of medication (anticholinergic) does not work well enough or cannot be taken. Even people with electrical stimulation treatments or devices can add Botox to their regimen if their current treatments are not working well enough.

## A different type of treatment for OAB

BOTOX® takes another approach to targeting the source of your OAB: the bladder muscle itself. And now just might be the right time to ask your doctor about how BOTOX® treatment may help you with your OAB symptoms.

## How does BOTOX® work?

BOTOX® works on the nerves and bladder muscle, blocking the signals that trigger OAB. In your body, certain chemicals travel from nerve cells to muscle cells to make your bladder contract so that you can urinate. With OAB, these muscles contract uncontrollably and you frequently feel like you have to empty your bladder.

BOTOX® treatment works by calming the nerves that trigger the Overactive Bladder muscle, helping to:

- Reduce daily leakage episodes
- Treat the strong need to urinate right away
- Reduce the number of times that you need to empty your bladder daily

## Proven results

In two 24-week clinical trials, patients who received BOTOX® (vs. those who did not) reported a significant reduction in the number of their daily leakage episodes at week 12.



If you're still not sure if you should talk to your urogynecologist about BOTOX®, ask yourself this question:

**Have you tried taking medications to manage your OAB and stopped because:**

- The side effects were intolerable?
- Or you still experienced urgency, frequency, or leakage?

If this sounds familiar, you are not alone. You're in the majority of people with your condition who are frustrated with their current treatment. In one study of 1117 patients, 73.5% reported that they stopped taking their OAB therapy within 1 year. According to two separate surveys, the top reasons that OAB patients discontinued anticholinergics were due to side effects and/or lack of results.

Ask a urogynecology specialist if BOTOX® could be right for you.

Do you suffer from OAB, or other bladder, bowel, or pelvic disorders? Incontinence often negatively impacts daily living. The good news is that virtually all types of incontinence are treatable. The Florida Bladder Institute's expert team is dedicated to helping you achieve the highest level of health and quality of life.

The clinical staff of the Florida Bladder Institute is well-versed and experienced in using a variety of techniques including medication, rehabilitation, minimally invasive surgical intervention and lifestyle education to improve your overall health and help you regain control and reclaim your freedom. For more information on BOTOX® and other treatment options, call 239-449-7979 today!

## Joseph Gauta M.D.

Board Certified Urogynecologist

Dr. Gauta is now the first physician in S.W. Florida dual board certified in Urogynecology and Obstetrics and Gynecology. Dr. Gauta's practice, The Florida Bladder Institute, is solely dedicated to Urogynecology. One out of every six women suffers from overactive bladder and half of all women will suffer from pelvic organ prolapse. A challenge for women seeking treatment is that they would go to a urologist for one problem, a gynecologist for another and a gastroenterologist for another. Dr. Gauta explains "A Urogynecologist has the skill and experience to assess the entire pelvic region including the uterus, bladder, vagina, rectum as well as the muscles, ligaments, connective tissue and nerves that support those systems. Evaluating your pelvic system as a whole ensures the best treatment and outcome". Some of the newer treatment options include biofeedback, electrical stimulation, Botox, and minimally invasive outpatient surgery. In addition to providing the most advanced medical care for his patients, Dr. Gauta is a preceptor for Boston Scientific, Medtronic and Olympus and trains other physicians from around the world on how to do the most advanced Urogynecology procedures. He is the recipient of the prestigious Castle Connolly's Top Doctors award, and is amongst the top 1% of physicians in the country who are honored with the Patient's Choice Award for 5 years in a row. Dr. Gauta received his training at Tulane University in New Orleans mentored by world renowned Urogynecologists David Herbert M.D. and Thomas Elkins M.D.

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# IS YOUR KNEE JOINT LIKE A LOOSE HINGE?

## Repair Options using Regenerative Injection Therapy

By Debra K. Brinker, RN

**M**ost of us walk and go about our daily activities without much thought to the structure and stability of our knees, until they begin to hurt or we sustain an injury from a fall or while playing sports. Injuries to the ligaments of the knee are quite common. How often do we hear of athletes missing their entire season due to injuries such as an anterior cruciate ligament (ACL) tear? The concern is greater than just the ACL tear because any change in the structures of the knee, including the muscles, tendons, ligaments, menisci, cartilage and bone, will set the knee joint up for further instability and injury. (See Figure 1.) Secondary injury can occur over time as the instability of the knee joint puts too much pressure on additional structures. Some of the conditions which may arise due to instability of the knee joint include patellar tendonitis, meniscal tears, runner's knee, patellofemoral pain syndrome, chondromalacia patella, and osteoarthritis. (See Figure 2.)

**Anterior view of the knee.** Most injuries occur in the knee when the tibia rotates excessively compared to the femur. One can easily see that even a small ligament injury causing knee rotational instability would lead to meniscus tears and degeneration.



**To understand our joints, think of cabinet doors**  
Cabinet doors are similar to two adjacent bones. In order for the doors to glide properly, and not hit each other in the middle, the hinges must be secured. If a screw in one hinge becomes loose, it will eventually effect the other screw and the hinge loosens. This allows the door to swing too far out, wobble, and hit the other cabinet door. It will also put additional pressure on the other hinges, eventually causing them to loosen as well. All the while, the doors are hitting, wearing away at the finish or warping the wood at the site of contact.

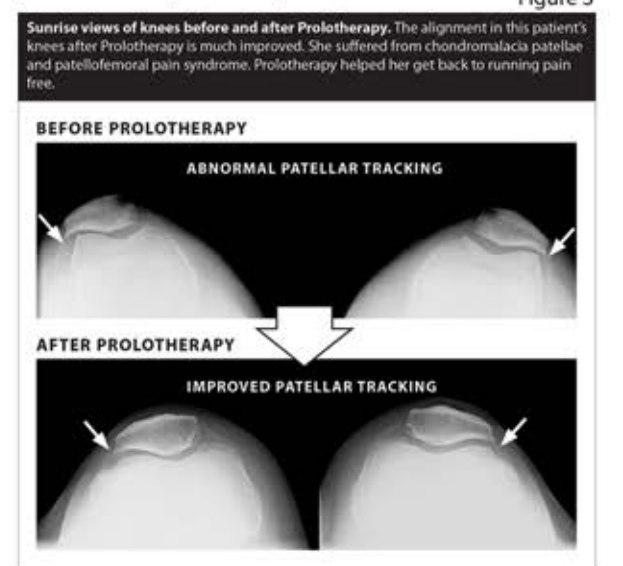


**Conditions caused by knee joint instability.**  
When it comes to our joints, the ligaments are like the screws that hold the hinge in place. Ligaments play a crucial role in the stability of the knee, yet are particularly vulnerable when the loads placed on them exceed their allowed elasticity, which then results in overstretching and a destabilized joint. This excessive bone movement, just like with a wobbly cabinet door, puts added pressure on the surrounding structures. The body tries to protect the joint by swelling it, overgrowing bone (spurs), or by the over-engagement of the surrounding muscles, causing spasms/tightness.

### Treatment for joint pain must address the loose ligaments

Continuing with the hinge analogy, injured ligaments do not heal well on their own, just like a screw is not going to tighten itself. To fix the wobbly cabinet door, the best option is to tighten the loose screw with a screwdriver. Therefore, a treatment for effective long term results must act as a screwdriver. However, most conservative treatments such as corticosteroid and hyaluronic acid injections or NSAIDs focus only on short-term relief of symptoms. Corticosteroids and NSAIDs have both been linked to the acceleration of the arthritic process, among other deleterious side effects, and hyaluronic acid has not been shown to result in benefit.<sup>1</sup> When these treatments fail to resolve the pain, symptoms and progression of the disease process, surgery is often the next step. Although surgical intervention may be needed in some cases, surgical arthroscopy for osteoarthritis has been shown to lack benefit,<sup>2</sup> even when compared to exercise and other non-operative treatments.<sup>3</sup> Arthroscopic partial meniscectomy for meniscal injuries has also been questioned in studies due to lack of efficacy<sup>4</sup> and a strong association with acceleration of the arthritic process.<sup>5</sup> In the example of the hinge, these treatments would be like oiling the hinge, sanding the door, or replacing the door. These would not be ideal home improvement choices, when a simple screwdriver is needed.

The treatment that best relates as a screwdriver for a loose hinge is Prolotherapy, a regenerative injection treatment that targets the ligaments and soft tissues. It promotes the long term repair of the connective tissues, allowing the joints to glide properly and therefore relieving pain and the long term effects of joint instability. (See Figure 3.)



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# "My Doctor Said There Was No Help For Neuropathy... Until Now!"



## Do You Suffer with Pain, Burning, Numbness and Tingling in Your Feet?

**F**inally, after all these years of research there is a Medical Breakthrough Treatment for Neuropathy. 10-20 Million Americans suffer from Neuropathy. Many suffering do not even realize that the symptoms listed below could be due to Peripheral Neuropathy.

If you suffer from one or more of these problems, you may have Peripheral Neuropathy and if you do, you're not alone. Often, these good people have been frustrated by taking prescribed medication such as Lyrica®, Neurotin®, Gabapentin®, or Cymbalta® for these terrible problems.

Many are still seeking help. Back in Motion has studied 10 years of research on "peripheral neuropathies." In fact, helping people with these problems has become their primary focus.

### Neuropathy Treatment Breakthrough Proves Highly Effective at Reversing Neuropathy Pain and Symptoms

#### Discover the Answer to Defeating Neuropathy Pain

It's not unusual for them to hear stories from patients who've suffered for years with terrible symptoms. For many, they are missing out on the things they love to do. They aren't enjoying life as they once did.

#### Do you suffer from:

1. Numbness
2. Burning Pain
3. Restless Legs
4. Sharp, Electric Pain
5. Difficulty Sleeping
6. Prickling/Tingling Feeling
7. Balance & Walking Difficulty



This unique individualized program has already helped hundreds of neuropathy pain sufferers nationwide.





In just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

## Are You A Candidate for this Neuropathy Medical Breakthrough?

Back in Motion utilizes a unique approach to the treatment of pain that only a select group of medical physicians have been trained to treat your neuropathy symptoms. Their "Peripheral Neuropathy Optimal Therapy System" consists of a complete treatment plan that provides a non-surgical and non-narcotic therapy that provides relief by increasing oxygen and blood directly to the nerve—the cause of your pain/burning/numbness/tingling at the source. This type of therapy reduces swelling around the nerve and helps repair nerve function. This type of Neuropathy Treatment system and other progressive treatments attacks the source of the pain in multiple ways. These therapies work together to provide far superior results than anyone could on its own resulting in their high success rates.

When you call, tell the receptionist you'd like to come in for the Neuropathy Screening so she can get you on the schedule and make sure you receive proper credit for this special offer.

**Add some peace to your life or the life of someone you love.**

**Call today to make an appointment.**

239-598-2244

There is Hope.

There is a treatment for anyone suffering from the symptoms of peripheral neuropathy pain. And, the beautiful thing is that when these health situations are resolved, people have great improvements in the quality of their lives.

Do not let peripheral neuropathy keep you from simply walking or even wearing shoes. Don't let tingling legs keep you up at night. If all else has failed you may still benefit from this remarkable treatment.

**Back in Motion is now accepting 10 patient cases** who suffer from these conditions, who will receive a NO COST Screening to determine if you are a candidate for this life altering program. They recommend immediate action as these slots fill up quickly. Call 239-598-2244 today to determine if you are a good candidate for acceptance into their program.

P.S. Does your spouse, family member, or friend suffer from peripheral neuropathy? This offer is also available to them too. You can even come together. Their lack of health affects your life also. Maybe this will be your chance to really give them the help they need.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

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*After a series of sessions I had radically improved. My balance is much better and I am more confident in my walking ability. The therapy coupled with the dietary supplements has made a huge difference in my life.*

*The entire staff is extremely professional and helpful. They made me feel like a part of the family. If you are experiencing some of the symptoms that I have described, make an appointment with Dr. Ken French at Back in Motion. It will change your life!*

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# DIET AND INFLAMMATION

By Dr. Eric Hochman, MD  
Gulfshore Concierge Medicine

**A**s Hippocrates once noted in the 5th century BC: “Let food be thy medicine, and let thy medicine be food”. He spoke of the value in eating well and recognized that certain foods influence good health. Obviously much time has passed since those early days, but food and nutrient consumption still play a key role in our society today. It is hard to read a magazine, listen to the radio, watch television, or search the internet without seeing numerous references to how our diet affects our health. “Anti-inflammatory diets” are particularly popular today. Google ‘anti inflammatory diet’ and you will retrieve over 27 million hits in about a quarter of a second. Many of these articles tout the inflammation fighting qualities of certain foods and supplements. However, when it comes to true evidenced based medicine, the supporting studies in humans are sparse. For example, although claims have been made that avoiding certain food in favor of other foods is beneficial for rheumatic diseases, according to UpToDate, (the medical go-to source for clinicians which summarizes the most current, vetted research), fish oil is the only supplement/food with proven evidence of benefit on their list.

So then why do we hear so much about “anti-inflammatory” diets? Chronic inflammation is a pervasive condition in society. It impacts millions of people and can potentially lead to debilitating symptoms such as pain and gastrointestinal complaints, as well as life threatening diseases including strokes, heart attacks and even cancer. It is paramount to find strategies that can reduce the body’s inflammatory burden. Although a definitive causal relationship has not been found in most circumstances, some foods are linked to higher levels of inflammation, and some to lower levels. According to Christopher Cannon, MD, associate professor at Harvard Medical School, the anti-inflammatory diet is “probably very close to the Mediterranean diet”. Therefore consuming a diet rich in plant based foods (like fruits, vegetables, whole grains, legumes and nuts) with little processed foods, and an emphasis on fish may help limit inflammation.



Numerous studies promote the health benefits of fruits and vegetables. They are good sources of phytonutrients, vitamins, minerals, and antioxidants. Some studies have demonstrated that those who consume a larger amount of fruits and vegetables have a lower total inflammatory burden. Although it is not yet clear as to whether or not there is a cause and effect relationship, the association is clear. There is at least some data to suggest that antioxidant rich foods like blueberries (which are full of flavonoids), red grapes (which contain quercetin, a potent bioflavonoid which inhibits the flow of histamines) and dark green vegetables (such as kale, spinach, and broccoli) are associated with decreased inflammation. Furthermore, dark green vegetables and avocados are also high in Vitamin E, which may play a key role in protecting the body from pro-inflammatory molecules called cytokines. In addition, orange juice has been found to help neutralize the inflammatory stress from a high fat or high carbohydrate meal (due to its vitamin C and flavonoids).



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## ERIC HOCHMAN, M.D.



*Dr. Hochman, is an award winning physician who is triple board certified in Internal Medicine, Pediatrics and Rheumatology and founder of Gulfshore Concierge Medicine (GCM). He has been practicing in Naples since 2004 and is*

*currently the President of the Collier County Medical Society. Dr. Hochman is a guest columnist for the Naples Daily News writing about the benefits of the Blue Zones Project. He is on staff at NCH Hospitals and Physicians Regional Medical Center and has expertise in treating common diseases such as high cholesterol and diabetes. He also has completed additional training and is considered an expert at managing problems related to the musculoskeletal system.*

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Like fruits and vegetables, foods high in Omega 3 fatty acids are thought to be a key factor in reducing inflammation as well. In a Journal of Nutrition study on postmenopausal women, patients with the highest levels of omega 3 in their diet had lower levels of two inflammatory proteins, C-reactive protein (CRP) and Interleukin 6 (IL6). Fish, especially salmon, mackerel, and tuna, are an excellent source of Omega 3. In a study published in American Family Physician journal, 3 grams or more per day of Omega 3 has been found effective in reducing morning stiffness and number of tender and swollen joints in those with Rheumatoid Arthritis.

Foods that contain whole grains have more fiber, which has been shown to reduce levels of CRP, the inflammatory marker. When checking ingredients, whole grains should be listed as the first ingredient, and products labeled "100%" whole grain are best. Brown rice and bulgar wheat are good choices, while refined carbohydrates such as pasta and white rice should be avoided. In addition to fruits, vegetables, fish, and whole grains, there is evidence to suggest that nuts, like

almonds and walnuts, produce an anti-inflammatory response. Studies have associated nuts with reduced markers of inflammation and even a lower risk of cardiovascular disease and diabetes.

In contrast to the anti-inflammatory foods, there are a group of foods thought to be inflammation promoting. According to Harvard Health Publications and Harvard Medical school, the following foods are associated with inflammation and should be limited as much as possible: refined carbohydrates, fried foods, soda, red meat/processed meat and margarine/shortening. Generally speaking, foods high in sugar and saturated fat can spur inflammation. According to the University of Texas Medical Center, "they cause overactivity in the immune system, which can lead to joint pain, fatigue, and damage to the blood vessels".

While the bulk of this article has highlighted food and its potential impact on inflammation, it should be noted that level of activity may also influence the level of inflammation in the body. There is a strong correlation between exercising and reduced inflammation. More active people have lower levels of



CRP. It has been found that moderate physical activity induces the production of antioxidants, which can help lower markers of inflammation. Therefore, experts recommend incorporating exercise into daily routine for this and other synergistic health advantages.

Although definitive evidence is still needed to prove that "anti-inflammatory" diets can directly lower inflammation and prevent disease, preliminary data is certainly suggestive that preferentially choosing foods known to be associated with a lower total body inflammatory burden can be beneficial to your health. When this strategy is combined with exercise and a reduction in inflammation promoting foods, it will have the most benefit.

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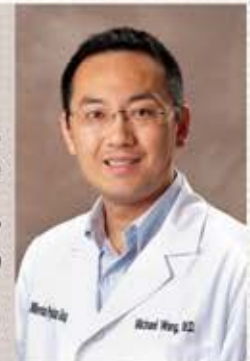
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# New Cancer Therapy is Changing Lives

By Dr. Stan Headley

**T**he cancer world needed a game-changing product to give cancer patients more than just a "fighting chance" to survive cancer and the aggressive therapies used to kill cancer cells. Patients have two great fears, first is the fear of the cancer itself, and the second is the fear of treatments such as chemotherapy, radiation, and surgery. CellAssure is the game changer we've all been looking for!

Statistics show that 85% of cancer patients lose weight while 20-40% of cancer patients actually die from severe weight loss or a condition called cancer cachexia - not the cancer itself! You must win both the battle with the cancer as well as preventing the weight loss and debilitating weakness from cachexia. It is also crucial to understand that just because you may be overweight does not mean you are even remotely protected from cancer weight loss and cachexia.

Medical nutrition is proving to be the answer and the leader in medical nutrition made specifically for oncology patients is CellMark Biopharma. After years of research they've developed a revolutionary, non-drug medical nutritional product that is producing extraordinary results affirming the amazing clinically proven results from the chosen ingredients. The following provides a sample of the ingredients and their benefits that make up their patent-pending CellAssure formula.

**Beta Glucan 1,3/1,6** – Decrease the size of the lung, liver and breast tumors in over 60% of patients when combined with chemotherapy then just chemotherapy alone! Works synergistically with anti-tumor monoclonal antibody therapy for greater results.

**HMB** – shown to increase LBM in 4 weeks in patient with cancer cachexia! As a combination therapy it is effective in increasing bodyweight in weight-losing patients with advanced stage 4 cancer!

**Curcumin + Copper 2** – Demonstrated to be particularly effective for gastrointestinal (GI) cancers including oral cancer, stomach, colon, liver, as well as, multiple myeloma (bone cancer), and pancreatic cancer!

**Pterostilbene** - promotes cancer cell death via a mechanism involving lysosomal membrane permeabilization.

**Silibinin** - studies have demonstrated clearly that silibinin is effective in many types of cancers, including prostate, breast, lung, oral and osteosarcoma.

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

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

Cancer is a multi-faceted disease that attacks the body in many ways causing multiple serious side effects, each which needs to be addressed aggressively 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 delivers on a level that brings smiles to patients, their families, as well as the physicians taking care of them – and as cancer patients we need a reason to smile. We need a reason to believe that we can overcome, conquer and beat cancer head on. There has never been a product like CellAssure before because there never has been a company like CellMark Biopharma™. CellMark Biopharma™ is the leader in advanced medical nutrition for all cancer patients offering unique products for cachexia, CellAssure, and chemo brain, Cognify (chemotherapy induced cognitive decline).

For more information visit: [CellMarkBiopharma.com](http://CellMarkBiopharma.com) or call 888-444-7992.

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# Uncover Food and Chemical Sensitivities with the Alcat Test

By Yollo Wellness

**T**he Alcat Test may help uncover which foods and other substances trigger chronic inflammation and its related health issues such as gastrointestinal, metabolic disorders and others.

The Alcat Test measures cellular reactions to over 450 substances.

Medical studies using the Alcat Test to guide diet have shown significant improvement of many common symptoms.

To date, the Alcat Test has helped over half a million people change their health.

## How it works

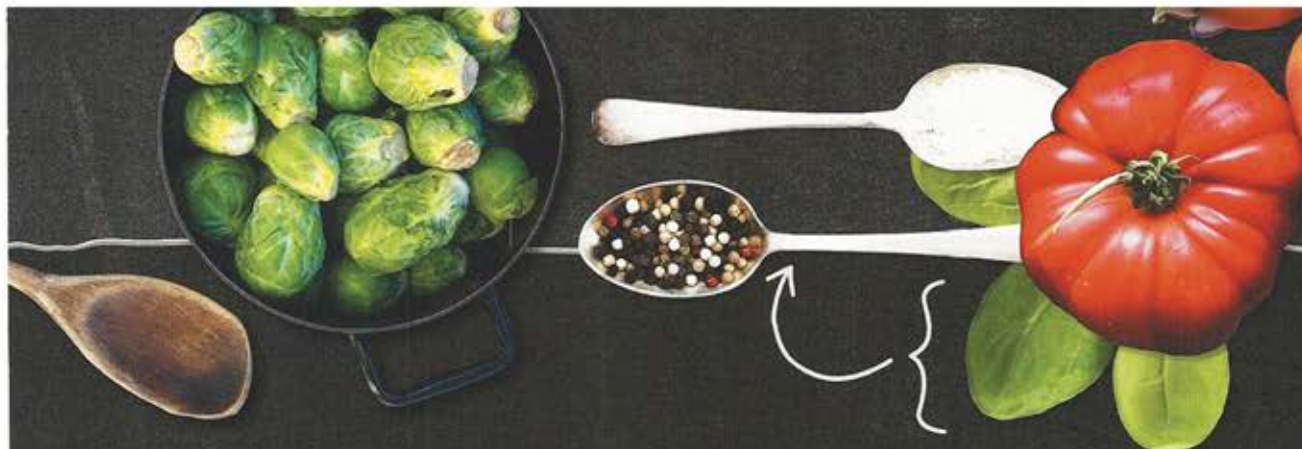
A small sample of your blood is sent to the laboratory overnight. Upon receiving the sample, the blood goes through a multi-step quality assurance process. During testing, your white blood cells are tested against foods and other substances in a process known as flow cytometry and cell impedance methodology. After testing, the results are presented in a clear and easy to read color-coded format.

## The power of knowing

There is a new paradigm in health and medicine - personalization. Health can be improved and maintained by knowing how food plays a role in your body.

The Alcat Test enables you to take advantage of leading technology to create a personalized nutrition plan resulting in benefits that can be seen and felt.

The results from the Alcat Test can help determine which foods and other substances may trigger unwanted inflammation. The personalized nutrition plan based on your immune response can assist with food choices that are better for your health and well-being. When complying with the Alcat Test results, many clinical symptoms associated with food sensitivity may be substantially improved or possibly prevented altogether



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| CLASS 3       | LBC, enzymes, probiotic, other results<br>(7 days after class 2)    |
| CLASS 4       | Eating out, shopping, cooking, entertain<br>(14 days after class 3) |
| CLASS 5       | LBC, Calories, carbs, protein, fats<br>(21 days after class 4)      |
| CLASS 6       | Vitamins, minerals, amino acids<br>(21 days after class 5)          |
| CLASS 7       | LBC, Incorporating Yellow Column<br>(21 days after class 6)         |

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  - \* Foods to Avoid based on your specific needs list, diet modifications
  - \* Helpful Grocery/Restaurant Tips
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  - \* Food Groupings
  - \* Vitamins, amino acids & minerals from our food or supplements
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### What is the "difference"

What makes us different from "other" providers of the Alcat test is what we do with your results. We provide you with unlimited consultations which breaks down your results so you understand each item you were tested for such as a certain mold or chemical and every place it can be found in your lifestyle and how to eliminate it. You also get extra education materials and LBC to analyze your blood for yeast, fungus, parasites, bacteria, acid and more. We teach you a life style change that will keep you healthy and keep your results.

If you are only interested in the classes and not the blood work, there is a reduced cost to the nutritional plan specified to the foods you like to eat. 5 consults for \$250.00.

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# LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

## SNORING VS. SLEEP APNEA

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

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

## SERIOUSNESS OF OSA

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



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

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

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

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

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

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

### SCREENING FOR OSA AT THE DENTIST OFFICE

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

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

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



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# Hook, Line, and Thinker: Therapeutic Fishing to Reduce Stress

By Deborah Helen Selman, DNP, RN  
Professor at FSW School of Health Professions Department of Nursing  
Florida SouthWestern State College

**T**his past weekend my husband and I decided to store away our big fish tank that had been running for over eight years. We were amazed at how much counter space we had when the job was complete. We sat for hours on the couch with an uneasy stressful feeling that we had done ourselves an injustice. We felt a void in our lives, something was missing. Then we realized that hearing the sounds from the bubbling water, echoed inner peace and tranquility throughout our home and in our minds, and there we sat puzzled by our own thoughts. So, we took our retreat into the backyard boat to rehabilitate with a little bass fishing.

Living in Southwest Florida is like having an outdoor rehab gym in our backyard. I find that fishing is the best stress relieving activity for me. I will outright claim the excuse, of many, that I don't have time to go to a gym nor do I find peace and harmony running on a treadmill. Knowing the significant health benefits of yoga, I will also admit that during my first and last session, I found my inner self crying out for a fishing rod and had a difficult time posing myself standing on a bank with my arms free flowing in the wind imagining that I was reeling in that big fish. What I learned from that lesson, was to seek and find my own personal balance of relieving stress to maintain a healthy emotional state of well-being; I have but to look no further than my own back door, Southwest Florida.

According to a report from the American Psychological Association (2015), research has demonstrated a clear connection between stress and health that is affected by emotional support. However, one out of five Americans are lacking others to rely on for that emotional support. So, what does one do when there is no one there when you need emotional support? I often find myself in this very situation and take to the sea as a refuge for stress relieving comfort. By focusing on fishing as one task, I am able to take my mind off the repetitive stressful thoughts running through my head. I am not alone on this journey seeking relaxation and emotional balance in life. The U.S. Veterans Health Administration has adopted Project Healing Waters Fly Fishing, dedicating fishing activities to support the emotional and physical rehabilitation of injured military veterans. This volunteer



program was established in 2005, and as of 2014 has enabled more than 6300 recovering veterans to participate in the emotionally therapeutic often life-saving fly fishing activities. Researchers Vella, Milligan, and Bennett (2013), studied the effects of a fly fishing program among a sample of veterans with post-traumatic stress syndrome (PTSD). The results demonstrated a link between leisure and recreation promoting numerous benefits of psychosocial health factors with a reduction of PTSD symptoms and somatic stress, depression, and anxiety resulting in a positive mood state.

What we do know is that the effects of stress can put us into a negative mood and even make us somatically ill, and this is not healthy for ourselves and for those around us. So, what don't we know about stress that we don't know? Interestingly, evidence in research indicates that stress can be a risk factor for age-related cognitive loss. There are two combined funded studies by the National Institute on Aging presenting a current project known as the ESCAPE project (Effects of Stress on Cognitive Aging, Physiology, and Emotions)(Scott et al., 2015). Over the next several years, the researchers for this project are seeking to find answers as to whether unconstructive repetitive thoughts from stressful experiences are related to an acceleration in cognitive decline. It is comforting to know that researchers in medicine are hard at work behind the scenes finding ways to understand and improve the short and long term impact of stress-related mediators that can negatively affect our health and well-being.

From the perspective of a Florida SouthWestern State College (FSW) Nursing Professor, Advisor to the new FSW Bass Fishing Team, avid fisherwoman, wife, and mother to six grown children with five lively little grandchildren, I am expected to be at my best. I need to know when to unplug and cast the line. My advice is to make therapeutic time for yourself and enjoy the calming, rejuvenating running waters of life. If you have not tried fishing as an outdoor recreation to reduce your stress, I hope you hook into the healthy advantages that our prestigious environment has to offer.

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## Important Dates at Florida SouthWestern State College

### FSW Open House

April 11-14, 2016

3pm-5:30pm

Visit [www.fsw.edu/openhouse](http://www.fsw.edu/openhouse)  
for more information

### Spring Break

March 7-13, 2016

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# The Hidden Consequences of Losing Teeth

## The Unseen Effects of Tooth Loss

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

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

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

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

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

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

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

Holistic dentistry combines traditional dental practices with alternative treatment approaches. Dr. Farrugia accomplishes this in several ways. Holistic dentists use



**Dental Implants Stop Gradual Bone Loss and Replace Teeth**

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

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

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

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

proven techniques with state-of-the-art technology for bioidentical and biological natural treatment and solutions. One of these techniques include Zirconia implants

## Dental Implants

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

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

## Ceramic (Zirconia) Dental Implants

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

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

## Benefits of Zirconia Dental Implants

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

**Allergies:** Zirconia Dental Implants are hypoallergenic.

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

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

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

Practicing (perfecting) the art of dentistry since 1995, Dr. Farrugia provides the finest quality dental care available today. He has extensive experience in implant, cosmetic and sedation dentistry to create that winning smile you so desire. If you want a dentist who truly cares about your physical, emotional, and spiritual wellbeing, set up an appointment to visit Dr. Farrugia today.



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Dr. Alan Farrugia, Director



# Can Weather Affect My Pain?

By Matt Fehniger, PT Outpatient Coordinator, Life Care Center of Estero

**R**ecently, it seems we have had a weather front coming through Southwest Florida every other week. For some of our patients, this causes their pain levels to change rapidly and drastically. Does the weather really have anything to do with changes in pain levels?

While there is not widespread agreement among scientists about the relationship between changing weather and pain, there are some theories about the potential relationship. A significant drop in barometric pressure is the leading theory on this topic. Although many people say that their pain worsens with damp, rainy weather, research has shown that it's not the cold, wind, rain, or snow. More likely, the drop in barometric pressure associated with bad weather is the cause for increased pain.

Barometric pressure refers to the weight applied to your body by the atmosphere. Imagine the capsules surrounding the joints are similar to a balloon. High barometric pressure, typically associated with good weather, regardless of the temperature, pushes against the body from the outside keeping these tissues from expanding. When a front comes through and the barometric pressure drops, the pressure applied to the "balloon" is less, allowing the tissues to expand. Research has come to mixed conclusions. There are some people who say that the barometric pressure does not affect their pain. While this remains just a theory, barometric pressure seems a likely explanation because barometric pressure does affect our bodies. Some patients have thought that moving to a place with a warmer climate will help their pain levels. However, as mammals, humans adjust to their environment, and this means that the body would adjust to the climate after living there for some time. Here are some tips for dealing with fluctuating pain levels during weather changes:



**1. Stay warm:** Dress in layers. Keep your house warm. Warm up the car before you have to get in it for work or errands. Sleep under an electric blanket.

**2. Try to prevent swelling:** If you have joint pain in your hands, try wearing spandex gloves at night to keep swelling out of the joints. Wear compression stockings for joint pain in your legs.

**3. Keep moving:** before going out into the elements, try moving around the house.

**4. Remember the pain is temporary:** when inclement weather approaches, the barometric pressure drops are only temporary. The body will adjust to the barometric pressure changes.

*Here at LifeCare Center of Estero, we offer skilled outpatient therapeutic intervention with Physical, Occupational, and Speech therapies and a variety of modalities and cutting edge technologies like the Alter G anti-gravity treadmill. For more information please call the outpatient Center at LifeCare Center of Estero at 239-495-4046.*

# What is Liquid BioCell™?

**L**iquid BioCell™ is 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 the vital components of joints and skin.

Liquid BioCell™ improves joint mobility and lubrication, reduces discomfort, promotes healthy cartilage and connective tissue, eliminates dryness without the use of topical moisturizers, increases skin's collagen content, hydration, and firmness and reduces the enzyme that can make your skin age.

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 muscle, to 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 slow the degeneration and aging processes. For example, HA has been shown in research to block the degrading enzyme, hyaluronidase.

Advanced joint breakthrough is clinically shown to work, unlike anything else!



Learn More

And it gets even better... Liquid BioCell™ reduces wrinkles from the inside-out without cosmetic injections. Clinical trials show that Liquid BioCell™ improves joint mobility, helps promote healthy cartilage and connective tissue, and promotes joint lubrication.

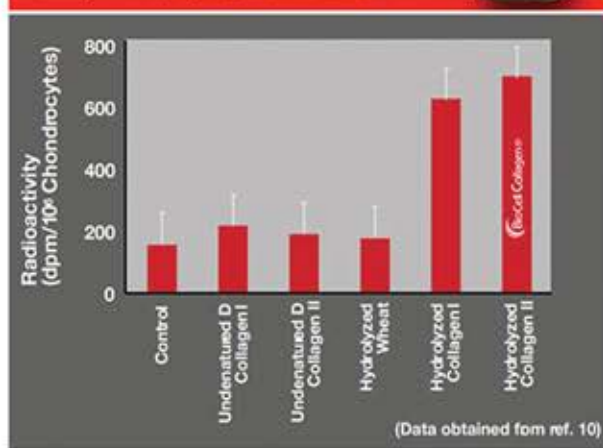
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Linebacker, SF 49ers  
Superbowl Champion

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Additional recent studies concluded that hydrolyzed collagen type II, which is a primary component of Liquid BioCell™, can directly stimulate collagen production, and promote healthy cartilage and connective tissue.

### What happens as we age?

Every cell in our body undergoes changes with time. Subcutaneous fat and moisture decreases. Pigmentation declines and age spots start show up. Healing takes longer, elasticity of cells decreases, 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.



## Changing the Way We Age

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

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 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 Life™ 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 in 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 Life™ a delicious 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 Life™ can provide a three way defense (collagen matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints.

Visible signs of aging and joint discomfort are a result of the progressive degeneration of connective tissue, where both collagen and hyaluronic acid (HA) are essential. Unlike anything else, Liquid BioCell™ offers a naturally occurring, patented matrix of Hydrolyzed Collagen Type II™, HA, and chondroitin sulfate and its patented Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb. It's been clinically shown to work! To view our clinical trial studies, visit our website at [www.healthyjointsandskin.com](http://www.healthyjointsandskin.com).

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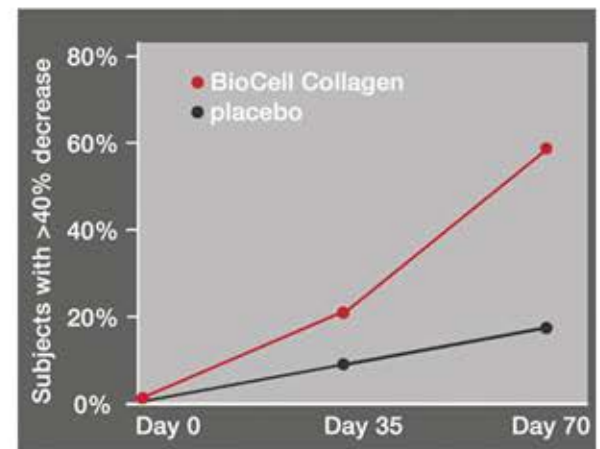
Chondroitin sulfate is a naturally occurring element of joint cartilage that gives it amazing shock absorbing properties.

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In a 28 day human study for best absorption, it was shown that by drinking 4 OZ of Liquid BioCell™ daily, the results were a remarkable 6,000% increase of hyaluronic acid in the body. In an eight week human clinical trial, 90% of human subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant improvement in joint mobility.

A 10-week trial enrolling subjects at an advanced stage of joint discomfort showed that more than 70% experienced a significant reduction of stiffness and soreness, improving their daily activities.



Liquid BioCell™ is a new generation of "super ingredients" backed by numerous clinical trials and 7 US and international patents. It's the only nutraceutical on the market backed by clinical trials to support both joint and skin aging.

It's hard to argue with science, but it's even harder to argue with results



For more information about the age-defying Liquid BioCell™ products, call Neil & Barb Ellis at 239-822-1106 today. [www.healthyjointsandskin.com](http://www.healthyjointsandskin.com)

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# TOTAL EYE CARE... for a Lifetime of Better Vision

By Jonathan M. Frantz, MD, FACS, Medical Director, Frantz EyeCare

**M**any of my patients have told me that they are so excited that they found an eye care practice that offers them true Total Eye Care. Previously they had spent several days going to different doctors' offices for the various treatments they needed – one office to get their glasses or contacts from their primary eye care doctor, then another office for treatment from a glaucoma specialist, a third office to check on their diabetic eye disease or macular degeneration, and yet another day spent at a facial cosmetic surgeon's office for eyelid surgery.

At Frantz EyeCare, we believe that a multidisciplinary approach to eye care provides you with a higher quality of care that is more convenient and cost efficient for you.

I have the privilege of heading up an incredible team of multidisciplinary, fellowship-trained specialists to better meet your eye care needs. I am a fellowship trained eye surgeon specializing in Bladeless Laser Cataract Surgery and am one of the top 5 Bladeless Laser Cataract surgeons in the country. I am also listed in *Best Doctors in America* and *The Guide to America's Top Ophthalmologists*.

Let me introduce you to our six other ophthalmologists who make up our subspecialty team at Frantz EyeCare.

Dr. Jeffrey Robin joined our practice with excellent academic and clinical credentials. He was selected by Trusted LASIK Surgeons as one of our country's top 1% of LASIK surgeons having performed over 65,000 laser vision correction procedures. He has also been honored for several years as one of the Best Doctors in America and was Past President of the International Society of Refractive Surgeons. In addition to his expertise in laser vision correction, Dr. Robin heads up our Dry Eye Center of Excellence team who work directly with you to determine the cause of your dry eye and then plan the best course of treatment.

Dr. George Corrent came to us from the faculty of the Bascom Palmer Eye Institute. He has an MD and PhD, and received Fellowship training in Cornea and External Eye Diseases at Bascom Palmer. He specializes in the treatment and diagnosis of corneal diseases, infections of the eye and cataracts, and can treat a broad range of ocular conditions. Dr. Corrent has been named to the Castle Connolly Top Doctors list in Florida since 1996.

Dr. Shawn Khan joined us from the faculty of the University of Michigan, after completing a Glaucoma Fellowship at the world-renowned Wills Eye Hospital in Philadelphia. He has over a decade of experience in advanced medical, laser and surgical management of glaucoma. He also has a Masters in Business Administration from the University of Michigan.

Dr. Robert Sherman is a Medical Retina specialist who focuses on treating people with macular degeneration, diabetic eye disease and other diseases of the retina and vitreous. He completed a Retina Fellowship at New York Medical College.

Dr. Oren Plous is a Medical and Surgical Retina specialist who focuses on the medical and surgical treatment of macular degeneration and diabetic eye disease, as well as diseases of the vitreous, retinal tears, simple and complex retinal detachments, and many other retinal problems. He completed a Fellowship in Vitreoretinal Medicine and Surgery at the University of Kentucky.

Dr. William Ehrlich attended the University of Michigan Medical School and completed two Fellowships in Orbital Diseases & Oculoplastic Surgery at the Albany Medical Center in New York and Moorfields Eye Hospital in London, England. He has extensive training and experience with eyelid and facial cosmetic surgery, dermal fillers and injectables true tumescent liposuction, fat grafting, natural breast augmentation and laser skin resurfacing.

Our Primary Eye Care doctors include Board Certified Optometrists Dr. Joe Legeic, Dr. Kim Feder, Dr. Sandler Burkley, Dr. Emilio Martinez, Dr. Thy Nguyen, Dr. Roger Paez, and Dr. Dan Jefferies. These doctors are experts at routine eye exams, eyeglass and contact lens measurements and prescriptions, and post-operative care of our patients.

Surgeries are performed at our on-site, state-of-the-art Suncoast Surgery Center at our main office in Fort Myers.

For the convenience of our patients, our specialists work at one or more of our five locations throughout southwest Florida. Because we all share an Electronic Health Records system, once you complete your paperwork at our office and you're in our system, all of your exam and surgery information becomes part of your record and is readily available to whichever doctor you see at any location.

To schedule an appointment online, visit [www.BetterVision.net](http://www.BetterVision.net) or call the Naples office of Frantz EyeCare at 239-430-3939.

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

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# Living with Diabetes?

Understanding the Disease from a Diabetologist's Perspective

By Kara Jacobs

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

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

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

## A Passion for Diabetes Education

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

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

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

## Understanding Diabetic Terms

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

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

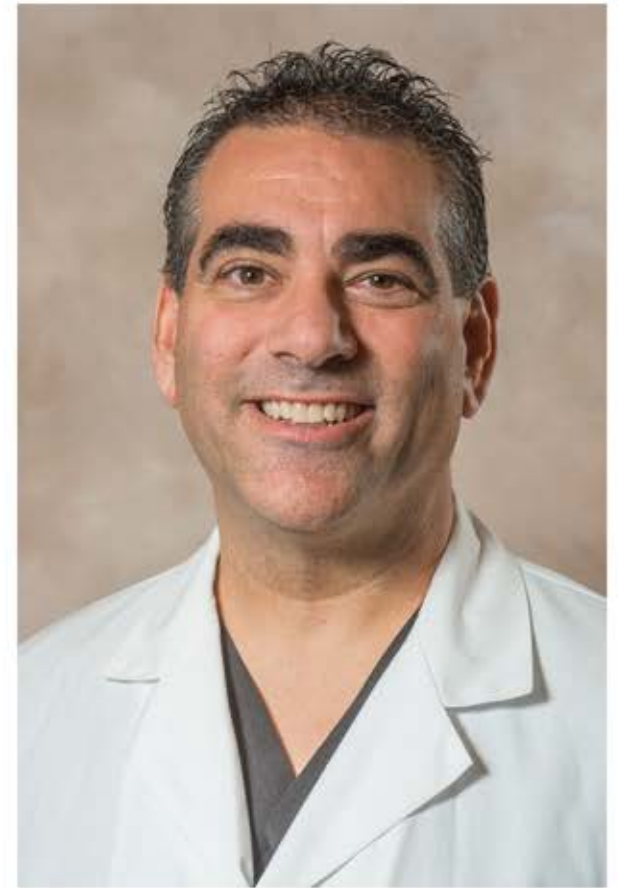
The biggest impact on the fight against diabetes in children is making sure they get enough exercise and a healthy diet. "Encouraging your child to exercise in the afternoon after school---even playing in the backyard---is extremely helpful to their health," says Kilo. "We also want to assist them in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

## Diagnosing Diabetes

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

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

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



Charles Kilo, M.D.

## Taking Control of Diabetes

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

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

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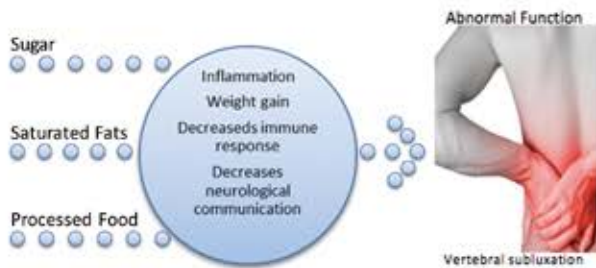
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# Relationship Between Nutrition and Chiropractic Care

Chiropractic care has become a popular discipline of alternative medicine because of the ability to diagnose and resolve many different aspects of our overall health. When we go to the chiropractor, our frame of reference usually tells us that we are going solely to treat musculoskeletal injuries and prevent future injuries. However, Chiropractic Care can help much more than simply align our spines and help us avoid back pain.

There has been an exponential growth in multifaceted chiropractic care facilities. These offices offer well rounded chiropractic care as well as wellness counseling, mainly framed around the importance of nutrition. Many research studies over time and in recent years had identified the direct relationship between our musculoskeletal health and what we eat.

If our daily diet includes too many saturated fats, sugars, and processed foods, we are likely to gain weight and stress our musculoskeletal system. The lack of a balanced diet can lead to decreased neurological communication, pain and tendency for alignment of bones and muscles to deteriorate. These are some of the complications that nutrition affects the musculoskeletal system, and chiropractors are not willing to stand idly by while their patients are enacting behaviors that directly contribute to poor outcomes.



Chiropractic Physicians receive years of training and education in science as well as in nutrition over the course of their academic pathway, which makes them an overall health care practitioner with great potential for consult not only in what chiropractic care encompasses but nutrition and overall health concerns. They can help us form nutritional and overall lifestyle strategies to promote better health outcomes.

This is one of many ways chiropractic care can aid in your musculoskeletal health and overall health to prevent injuries and illness. Proper nutrition and supplementing are excellent ingredients to ensure the body is functioning at optimal level. As chiropractic relates to the human body as a whole and not just parts; if one area is out of balance it can lead to problems elsewhere.

### HealthSource Chiropractic & Progressive Wellness

HealthSource offices offer gentle, caring chiropractic physicians that work side by side with highly trained massage therapists and progressive rehab team to get you feeling better again, quickly. Every member of our team has the right tools to educate you in Chiropractic Care and wellness. A HealthSource Chiropractic office not only focuses on back pain, neck pain, headaches, sciatica, fibromyalgia and other common concerns, but also in prevention, wellness and nutrition. Our offices utilize "Active Care" to get you actively involved in treatments for problems like: decreased mobilization, poor circulation, bad lymphatic drainage, muscle trigger points, decreased strength, decreased flexibility, decreased endurance, poor balance, decrease coordination, and bad posture.

Chiropractic Care is and always will be the foundation block of wellness care, but without addressing nutrition, exercise, meal planning, weight control, injury control, orthotics, and even sleep, you cannot lead the active healthy lifestyle that is obtainable.

We look forward to creating partnership in health with you and your family by providing the best Chiropractic Care.




### HealthSource Nutrition

Nutrition is the fuel that helps keep your body running smoothly. Without proper and adequate nutrition, the body has trouble creating energy, leaving you weak and prone to illness.

HealthSource's proven wellness program will have you on your way to living better, eating smarter, and living with the vigor that you always dream, whether your journey is just beginning or you're a seasoned veteran who wants to continue your path to an active healthy lifestyle. With programs like Progressive Wellness, we guide the patient to their specific needs.

Think of our HealthSource doctors like coaches. We'll help you strategize, work with you, and develop a plan to keep you energized and fit! That's the secret behind why most modern-day health and wellness program fail: there's no one guiding you and helping you reach your goals. Not only are we experts at getting you well, we're also the best coaches you'll find off the field!

**Call your HealthSource Chiropractic office TODAY to schedule your nutritional counseling session and get started on your road to an active, healthy lifestyle!**

Usual nutritional deficiencies	Sources	Why so deficient?	Supplementation Importance
<p><b>Omega 3 fatty acids</b></p> 	<p>Salmon, Herring, Flaxseed, Olive and Coconut oil</p> 	<p>Low dietary intake, decrease metabolism, body inflammation</p> 	<p>Provide the starting point for making hormones that regulate blood clotting, contraction and relaxation of artery walls, and inflammation; help prevent heart disease and stroke, may help control lupus, eczema, and rheumatoid arthritis, and may play protective roles in cancer and other conditions</p>
<p><b>Vitamin D</b></p>	<p>Sun, Salmon, Cod, Milk (cow), Yogurt, Eggs</p>	<p>Low dietary intake, obesity, kidney and liver disease, Crohn disease, certain medications</p>	<p>Muscle function, immune system, decrease Osteoporosis, Diabetes, heart and kidney disease, obesity, hair loss</p>



# Colon Cancer IS Preventable

By Gastroenterology Specialists

**T**he first step to prevent colon cancer is understanding what the risk factors are. Knowing that you are at risk will help motivate you to take the necessary steps to prevent it. Even if you are at high risk for colon cancer, there are steps that you can take to decrease your chances of developing it.

Most of the time, we give little thought to the idea that we may be setting ourselves up for colon cancer. In fact, most people don't think about colon cancer until they either have it or someone they love has it.

Age is one of the biggest factors. While young people can also get colon cancer, people over fifty are at the highest risk. Those who have a family history of cancer, as well as women who have had breast cancer, uterine cancer, or ovary cancer are at high risk. Your diet can put you at risk. If your diet is high in fat and calories, and low in fiber.

Other risk factors include polyps on the wall of the colon or rectum. If you have had either of these conditions, you may develop colon cancer later on. People who have IBD, or Inflammatory Bowel Disease, or Crohn's Disease are also at high risk.

As with any other illness or disease, it is ideal to prevent it instead of waiting to do anything until you actually have it.



Prevention is easier than curing a problem. The first step in prevention is to get regular screenings. In many cases, the only sign of colon cancer

is polyps that are in the colon. Finding and removing these polyps early helps to prevent late stages of colon cancer.

You may also need to make dietary changes. Lower your intake of fat and calories, as well as your intake of meats and alcohol. You should increase the amount of exercise you do as well. Experts also recommend that you stop smoking.

You should get five servings of fruits, vegetables, whole grains, calcium, and folic acid each day. It is important to maintain a healthy weight as well. The use of baby aspirin each day is also recommended.

Increasing your water intake, and making dietary changes will all help to prevent colon cancer. However, you should also get regular screenings to make sure that no polyps have developed. When colon cancer is detected early, it is the most curable form of cancer that there is.



For more information about colon cancer and would like to schedule an appointment to meet with one of our physicians, please contact our office at (239) 593-6201 or send an email with the subject "Colon Cancer" to [gastro@gispswfl.com](mailto:gastro@gispswfl.com).

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# SAFETY TIPS FOR LEAVING YOUR HOME ALONE WHEN YOU TRAVEL

**T**he holidays are upon us. All across America, people are about to go — or are already on — vacation. That, of course, leaves houses behind. Is your home safe when you're not around?

Do you travel with a false sense of security after discontinuing your newspapers and arranging to have your lawn mowed while you are away? Take a few minutes to review these 25 tips before your next vacation or business trip.

**Hold your tongue.** Although it is tempting to chat in public about your upcoming trip with bank tellers and grocery clerks, stifle the urge. The person standing in line behind you might be a professional crook who could use the information to rob your premises while you are away.

**Avoid advertising your intentions.** Never post a "house sitter wanted" advertisement. Where do you think a crook will look for potential break-in targets? Instead, contact a professional housesitting service.

**Notify authorities.** Be sure to notify your police department and alarm company of your travel plans. Provide them with a local emergency contact and a way to get in touch with you while you are away, including a cell phone number if possible.

**Arrange for extra police patrols.** Ask the local police authorities if they would be willing to patrol your neighborhood more frequently during your absence.

**Keep your house sitter in the know.** Take the time to create a printout or write a note that describes the locations of all water/gas valves, fuse boxes, and main circuit breakers. Give copies to your house sitter and your emergency contact person.

**Make the most of your camera.** Take photos of everyone who has permission to access the premises in your absence, including neighbors, contractors, yard maintenance people, and pet sitters. E-mail or give copies to the person who is watching your home.

**Let there be light.** Someone planning a robbery will generally avoid well-lit areas. Motion-sensitive yard lights have discouraged many a break-in.

*This information brought to you by:*



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**Increase the difficulty factor.** Crooks try to break in and get away as quickly as possible. If it takes them longer than 60 seconds to gain entry, they are likely to abandon the attempt. Install dead bolts on all windows and doors to make break-ins more difficult and time-consuming.

**Install an alarm system.** The reason behind a monitored alarm system is obvious: increased security for your home. However, you may also find that your insurance company will offer lower rates. In fact, they might be able to recommend alarm companies and/or provide discount coupons.

**Repair and replace.** Before you go, check all exterior lights. Replace bulbs or repair if necessary.

**Maintain the yard.** A well-maintained yard creates a lived-in impression. Arrange to have your lawn mowed and the hedges trimmed in summer, the leaves raked in the fall, and snow removed during the winter.

**Take care of small details.** Arrange for someone to pick up your mail daily and move the trash to the curb on garbage day.

**Create the illusion of occupancy.** Scatter a few children's toys around the yard. Borrow them from a friend or neighbor if you do not have any kids of your own.

**Park a vehicle in the driveway.** If you normally park in your garage, move your vehicle into the driveway. Arrange for someone to move it occasionally, or ask a neighbor to use your driveway for parking.

**Unplug the garage door opener.** Companies manufacture garage door openers on assembly lines. Many will

have the same frequencies or combinations. This means that an outsider might be able to open your garage, unintentionally or on purpose, by using another opener.

**Make use of your safety deposit box.** Do not leave jewelry and small valuables in your home. Instead, move them to your safety deposit box.

**Conserve electricity.** Unplug all but essential appliances, computers, and electronics. By doing so, you will protect surge-sensitive equipment, conserve electricity, and save a bit of money.

**Turn off all telephone ringers.** A phone that rings - and rings - and rings - without being picked up is an obvious sign of an unoccupied home.

**Be cautious with voice mail and answering machine messages.** Do not leave a message that says something like, "We're in Hawaii for a couple of weeks. See you when we get back!" This is an open invitation for troublemakers. Instead, record a generic message such as, "You have reached Jess and Bob. We cannot come to the phone right now, so please leave a message."

**Be careful with spare keys.** If you can find your spare key under a rock, in a garden gnome, or above the door, so can a thief. Leave your spare keys with your house sitter or emergency contact.

**Shut off the water.** Hoses spring leaks at the most inopportune times. Prevent water damage by turning off the water to appliances such as dishwashers and washing machines.

**Use timers creatively.** Connect timers to a radio and a few lamps so that they will turn on and off at random intervals during the day. Passersby will think that someone is home.

**Secure all pet doors, doors, and windows.** Burglars can gain access to your premises from amazingly small openings - including cat doors. Secure all pet doors and remember to lock every single window and door, including those on garages and exterior buildings or storage sheds.

**Leave the air conditioner on.** An inactive air conditioner on a scorching day is a big clue that nobody is at home. Leave your air conditioner on a moderate setting so that it will activate during hot days.

**Clear your voice mail or answering machine.** While you are gone, check your messages regularly to avoid beep patterns, immediate answer, or "voice mail full" messages that could indicate an empty home.

Do your homework, prepare, take necessary steps to safeguard your home, and then enjoy your vacation without worrying about home-sweet-home.

# 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.

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# Knee Pain? Back Pain? Neck Pain? No More!

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By Physicians Rehabilitation

**P**hysicians Rehabilitation specializes in relieving knee, back, and neck pain through the least invasive non-surgical methods known in the modern medical field. Physicians Rehabilitation physical therapists design a unique program for each patient that requires two or three sessions a week.

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They Offer Natural, FDA Approved, Drug-free treatments to relieve your pain. Long-lasting, non-surgical options for relief that you deserve.

Physicians Rehabilitation provides an alternative to joint replacement that involves injecting hyaluronic acid, a substance naturally found in the synovial fluid of joints. As we age, the acid degrades, becoming thinner and less viscous. They replace the fluid in the knee and combine that with physical therapy, strengthening the muscles around the knee and in the legs. Their goal is that by end of the period, the patient will be pain free and mobile, able to return to the things they like to do, be it golf, tennis, walking, or gardening. Relief from pain is a goal all patients that suffer with chronic pain want to achieve. Physicians Rehabilitation specializes in doing just that. At Physicians Rehabilitation they help all their patients escape their pain that seems to control their lives.

### Back Pain

At Physicians Rehabilitation they also help people who suffer with chronic back pain using a treatment called VAX-D.

### What is VAX-D and how does it work?

VAX-D is a non-invasive medical technology that stretches the spine and decompresses the spinal discs. VAX-D treatment is able to reduce the pressure within the spinal disc, thereby relieving the stress on inflamed and pinched nerves. In short, VAX-D breaks the cycle of pain caused by bulging and degenerated discs, and other spine related disorders, by eliminating nerve compression. By removing the cause of back pain, the body is allowed to naturally heal.

### What spinal conditions can be treated with VAX-D?

- Herniated Discs
- Degenerative Disc Disease
- Sciatica
- Spinal Joint Arthritis
- Work-related Injuries
- Sports-related Injuries
- Post Surgical Patients

VAX-D works by reducing the pressure within the discs, not to zero, but to negative levels! No other device has been shown to reduce the disc pressure to these desired negative levels. It is this negative pressure that causes the disc bulging or to decrease in severity. This in turn reduces pressure on the VAX-D is easy, convenient and painless.

It is non-invasive so it does not have the pain, risks and complications that are associated with surgery, injections, and anesthesia. Patients will require an MRI prior to treatment to make sure no other serious conditions are causing their pain. Once treatment commences, many patients experience relief of their pain during the first several treatment sessions spinal nerves, which ultimately leads to less or no pain.

### Neck Pain

If you suffer from neck pain you are not alone, as many people suffer from neck pain for many reasons. There are a number of triggers that can provoke your neck pain such as, a bulging disc, arthritis of the neck, trauma or an injury, worry and/or stress, improper sleeping positions, and overall poor posture on a daily basis whether sitting, standing, or laying down.

Among these common, everyday causes for neck pain, there is also the pain caused by traumatic events like auto accidents, such as whiplash; natural causes such as scoliosis; and also by osteoporosis. The pain may start with what most people call a "crick" in the neck that may progress into a painful, debilitating condition. If that neck pain becomes severe and it lasts for a long period of time, then it becomes chronic pain that needs urgent medical attention.. You can avoid expensive and painful surgery. Come see and learn what type of treatment you are a candidate for.

### Knee Pain

Billions of dollars have been spent in research and development in attempts to curb this pain. After careful study and several trials the FDA cleared a non-surgical treatment aimed at helping those with knee pain. This new treatment is a high tech answer for all those who think that surgery, dietary supplements and prescription medications are the only option to eliminate knee pain.

Do not put yourself through surgery if it can be avoided! Physicians Rehabilitation has helped hundreds of people who were told that surgery was the only answer. With 5 Florida locations in Ft. Myers, Naples, Port Charlotte, Sarasota and Summerfield (The Villages) Physicians Rehabilitation goals are to identify the source of your pain, promote healing and eliminate your pain.

They begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction.

Their therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments.



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# Computer Guided – Dental Implant Placement

By Juan Teodoro, D.M.D.

**C**omputer Guided Dental Implant Surgery actually allows the procedure to be “performed” in advance of the surgery. Surgical simulation can be done on the computer, so the exact size and ideal location for the implant is known. In essence, the treatment is completed on the simulator pre-surgically. Recent computer technology breakthroughs enable a surgical guide to be electronically constructed to guide implant placement during surgery.

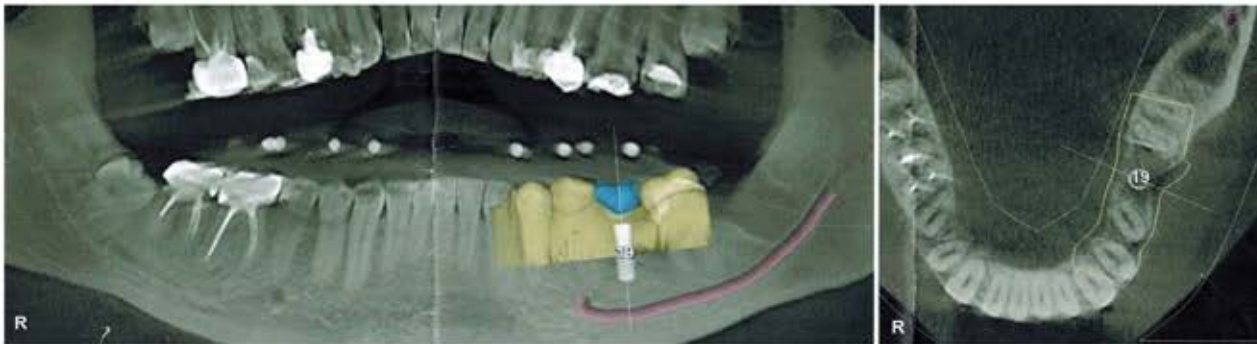
3-Dimensional Cone Beam Computerized Tomography (CBCT) imaging can provide important information regarding the width, shape, quality and volume of bone in cross-section. Once the scan is obtained, the shape of the bone can be clearly seen and a discussion can be conducted of whether procedure such as bone grafting will be required. Other important anatomic landmarks can also be identified that cannot be seen with traditional x-rays.



Computer Guided Dental Implant Surgery is typically performed in less than an hour. In most cases, no incisions or sutures are usually needed and therefore post-operative swelling / discomfort is minimal. This state-of-the-art procedure can be used for patients requiring 1 implant to patients in need of full mouth rehabilitation.



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



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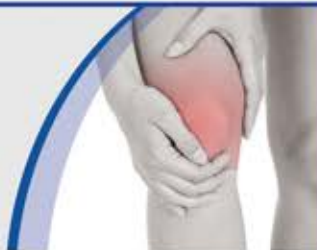
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# Tinnitus

**D**id you know that the ringing in your ears can be managed? It can! There is hope and there is help. How do I know? I am a board certified audiologist, have a doctorate in audiology and I suffer from tinnitus. I have two different kinds of tinnitus. One sounds like a motor running in my left ear when I move my head a certain way. This roaring electric motor sound used to be constant but now I have control over it thanks to Dr. Drew Clark, Arc of Life Family Spinal Care. I also have constant tinnitus in both ears that is a high pitch. The high pitch sound follows me around wherever I go, especially in quiet. It is there at night when I go to bed and when I wake up. It follows me around the house but seems to go away when I drive to work. I try to leave it in the car but it follows me into my 8 x 8 sound booth at work. The loudness of the tinnitus fluctuates. It is not noticeable when there is enough other noise around to cover it up or when I get really involved in an activity, then the noise seems to fade. I picture myself flipping the switch and turning it off but in reality it is more like a dimmer switch that quiets the ringing noise. Not focusing on the noise helps me. I have found that stress can make the noise more noticeable and that exercise and relaxation helps reduce the sound or allows me to cope with the sound better. Often, I find that people report that they have tinnitus constantly but is not as noticeable when they are busy or in noise. You might ask what about when you are trying to go to sleep? At night I used to turn on a fan so I had something besides the buzzing in my head to listen to. Now have I Mozart set to play for an hour when I go to bed. I am asleep before the music stops. If you can't sleep because of your tinnitus, you might want to try different sounds to listen to at night and see what works best for you. There are even small pillow speakers available.

For some people tinnitus is present but not bothersome during the day. For others, the noise inside their head effects their everyday lives. Most of the time tinnitus is associated with hearing loss. Sometimes tinnitus shows up before you even know you have a hearing loss. That is how it was for me. When I checked my hearing, I found I have a very slight high frequency hearing loss. I performed otoacoustic emissions testing (OAEs) on myself to find out more sensitive information about the outer hair cell function of my inner ear than can be detected by a hearing evaluation alone. I have baseline OAEs and a baseline hearing evaluation. I monitor my OAEs as any changes in OAEs will appear before a change on a hearing evaluation will. Now I make sure I wear custom musicians' plugs at concerts, wear my custom motorcycle plugs when my husband takes me for a ride on the Harley and wear my custom shooting plugs at the outdoor range. If you like noisy activities like I do, I can make custom hearing protection for you too.

I have had patients who have trouble communicating with their significant others, who I have fit with hearing aids, report that wearing hearing instruments gets rid of their tinnitus while they are wearing them. Some patient's even report the suppression of their tinnitus lasts for a while after the hearing aids are removed. They don't miss out on conversation when wearing their hearing instruments and many report they are less fatigued.

Other patients find that tinnitus therapy signals help them manage their tinnitus. Tinnitus therapy signals can be delivered in devices that start at \$950/each and go up to over \$3,000/each for a high end device with multiple programs and different therapy signals from white noise to fractal tones and more. You do not have to have hearing loss to be helped by a tinnitus therapy device, you just have to be self-motivated to try to manage your persistent bothersome tinnitus. Tinnitus devices are fit with a trial period just like hearing instruments so if you don't benefit from them you do not have to keep them. You can return the tinnitus devices during the trial period. This is not an issue at our office. Tinnitus therapy devices or hearing instruments that stay in a drawer have never helped anyone. If you want to get relief from tinnitus and would like more information, please contact Audiology & Hearing Care of SWFL today.

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Indications for Use: The ZEN Program is intended to provide a relaxing sound background for adults (21 years and older) who desire to listen to such a background in quiet. It may be used as a sound therapy tool in a tinnitus treatment program that is prescribed by a licensed hearing healthcare professional (audiologists, hearing aid specialists, otolaryngologists) who is trained in tinnitus management.

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# WHAT WOULD RISING INTEREST RATES MEAN TO YOU?

Provided by RBC Wealth Management and John Barnes

**F**ollowing the financial crisis of 2008, many investors rushed to the investment “sidelines” in order to avoid risk of any kind. While understandable given the market environment those that chose to remain invested in the markets have been well rewarded as both bonds and stocks have posted strong performance numbers since then. Bonds, given their perceived level of safety and backstopped by the Federal Reserve’s long-term commitment to low rates, benefitted the most with investors pouring billions into bonds and bond-based mutual funds.

Unfortunately however, investors may have “over-concentrated” their portfolios with bonds and bond funds. Additionally “the search for yield” within the bond asset class led many to take on too much credit risk or lengthen maturities exposing them to interest rate (or duration) risk. As a result, they may not be in quite the safe position they had envisioned. The reason? Bonds, like all investments, do carry some risk — in particular, interest-rate risk. And with the recent talk of the Federal Reserve considering lessening their monetary policy stimulus, the time may be near when that risk becomes apparent.

As you may already know, especially if you own bonds, interest rates and bond prices typically move in opposite directions. Consequently, if interest rates were to rise, the value of your bonds would fall, because no one would be willing to pay you the full face amount of your bonds when newer ones are being issued at higher rates.

You have likely seen the value of your bond portfolio change recently as market conditions have become more volatile due to the growing debate over the Fed’s next course of action. The Federal Reserve is actively working to keep short-term rates low, probably until 2015, at least. But the Fed has much less control over long-term rates — and these rates have far more room to move up than down. With the U.S. economy showing signs of recovery and the Fed beginning to discuss a “tapering” or reduction in their monthly stimulus efforts expectations are high that rates could begin to rise in coming months.

While we don’t feel rates are poised to move sharply higher imminently, we do believe investors need to take a proactive stance with regard to their bond portfolios. So, what should you do?

#### Here are a few suggestions:

• **Review your portfolio.** If you have taken on too much credit risk or interest rate risk, you may want to consider making some adjustments as these bonds are likely to be much more subject to volatile price swings from changes in interest rates. You could decide to sell some of these long-term or lower-rated bonds and put the proceeds into investments that will help diversify your portfolio — because diversification is still essential to a successful investment strategy. Make sure to include the composition of your bond funds in the review.

Keep in mind, though, that everyone’s situation is different. Your investment mix should be based on a variety of factors — your age, risk tolerance, long-term goals, and so on. If you are considering selling some of your long-term bonds, you may want to consult with a financial professional for guidance on how to properly diversify your holdings.

• **Build a bond ladder, or restructure an existing ladder.** A bond ladder may prove beneficial to you in all interest-rate environments. To construct this ladder, you need to own bonds and other fixed-rate vehicles, such as Treasury securities and certificates of deposit (CDs) of varying maturities. Thus, when market interest rates are low, you’ll still have your longer-term bonds, which typically pay higher rates than short-term bonds, working for you. And when interest rates rise, as may be the case soon, you can reinvest your maturing, short-term bonds and CDs at the higher rates.

It can be unsettling to look at your investment statement and discover that the value of your bonds has fallen. But, as we’ve seen, you do have methods of coping with rising rates and falling bond prices — we encourage you to be proactive, consider your options carefully and make those moves that can help you continue making progress toward your financial goals.

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

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



**JOHN BARNES**

Senior Vice President – Financial Advisor



RBC Wealth Management  
800 Laurel Oak Drive, Suite 500  
Naples, FL 34108

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# The COOL way to Rejuvenate

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

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

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

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

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

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

## Science behind Cryotherapy

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



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

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

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

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

## Benefits Using The Cry Chamber

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

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

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

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

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

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

## Overwhelming Results

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

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

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



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# Upper Cervical Care and Male Fertility

By Drs. Drew and Kanema Clark

**C**hiropractic and fertility? At first glance it might not be easy to see the connection between the spine and pregnancy.

But the experience of many couples having trouble conceiving a baby says that there are reasons to consider chiropractic care as you are weighing your options on how to handle infertility.

## What is infertility?

Infertility is the lack of the ability to get pregnant or conceive a child. Infertility may not be obvious until a couple attempts to purposefully get pregnant and find that they cannot. Many doctors won't make a diagnosis of infertility unless a couple has been trying to get pregnant for a year.

Official diagnosis of infertility is not always cut and dry—as there are many reasons why a woman, a man, or a couple may be considered infertile.

In this article we will talk about male infertility.

## Male infertility

When are men infertile? Infertility in men may be a diagnosis when it's found that a male has a very low sperm count, or that there is something wrong with the way his body makes sperm—so that most of his sperm cannot swim, or swim effectively. Without enough sperm, or sperm that can swim properly, it is not very likely that his partner's eggs will be fertilized.

In addition to unhealthy sperm, there also may be a problem with the testicles, where the sperm is made, causing a problem for the sperm to leave the body. A varicocele, an enlarged vein, is one example of this kind of problem. There may be disease in his prostate, or other nearby organs, that may block the effective movement of sperm out of the body.



## Hormone levels in men and infertility

Infertility in men is a growing and alarming trend that some say is caused by toxins in the environment. Infertility in men can be caused by an imbalance in the hormone levels in the body, a balance upset by toxicity.

The toxins in question are pollutants that are synthesized by the human body as false estrogens, or synthetic estrogens, or xeno-estrogens. Some of these toxins end up in the food supply and get stored in the human body.

## What is a false estrogen?

When the body is exposed to a false or synthetic estrogen, the chemical itself acts like an estrogen, or the female sex hormone, in the human body. In males this false estrogen lowers the normal male sex hormone, testosterone.

These pollutants are called endocrine disruptors because they disrupt the normal production of the endocrine (hormone) system. With testosterone being disrupted by false estrogens, the quality and amount of the man's sperm is affected.

For example, a study from 2002 showed that infertile men had higher traces of polychlorinated biphenyls (PCBs) and phthalate esters (PEs) – in their semen than men who were fertile. These are toxins that are common in certain foods, due to their presence in the environment.

## Chiropractic and male fertility

Right now, most of the research on chiropractic and fertility is focused on female health problems affecting fertility. It is estimated that only about 6% of the male population will experience infertility, largely due problems in sperm number, and the ability of sperm to move.

Dealing with the environmental toxicity may be the biggest factor for men in terms of raising their sperm count. But that doesn't mean that chiropractic can't help. In fact, if a female is seeking help from a chiropractor with fertility, it's always a good idea for her male partner to receive care at the same time.

A number of common benefits are reported by patients of chiropractic, especially upper cervical chiropractic care. These benefits include less body pain, more energy, less stress, and a greater sense of vitality. As energy and vitality are both important to conceiving a child, the male of any couple trying to conceive should consider supporting his partner's chiropractic care by being checked for vertebral subluxation as well.

For more information about treatment with upper cervical chiropractic care and subluxations please contact Arc of Life Family Spinal Care today.

## Drs. Drew and Kanema Clark

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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.

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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.

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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.



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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.

# Hemorrhoid Relief with Chinese Herbs, Acupuncture & Auricular Medicine

By Toni Eatros, MS, Dipl Ac, AP

**M**any people suffer in silence about this very uncomfortable issue, hemorrhoids. Hemorrhoids, also known as piles, develop when the pillow-like clusters of veins in lower rectum and anus become swollen and distended, similar to varicose veins in the legs. There are two types of hemorrhoids, internal and external. The internal ones are located in the lower rectum, above the anal sphincter. The external ones, are the most uncomfortable, and develop under the skin around the anus.

There are several theories about what causes hemorrhoids. Many believe that prolonged sitting on the toilet, chronic constipation, and straining during bowel movements interfere with proper blood flow to the area, leading to pooling and enlargement of the blood vessels. This compromise in blood flow is also evident when a woman is pregnant and the enlarged uterus pushes on the veins. Other studies show that people with hemorrhoids have a higher resting anal canal tone, even when not straining. Finally, as we age, the connective tissues that support and hold hemorrhoids in place weaken and lead to bulging and prolapse.

Some of the general at home recommendations for hemorrhoid treatment and prevention include eating plenty of high fiber foods, drinking adequate



amounts of water, taking sitz baths, regular walking, and avoiding smoking, alcohol, and spicy foods.


In western medicine, hemorrhoids are generally not treated except with use of over-the-counter (OTC) stool softeners and soothing agents. These methods offer only temporary and symptomatic relief. In more severe cases, invasive treatments may be performed, such as injection sclerotherapy, rubber-band ligation, laser destruction, infrared photocoagulation, and surgical hemorrhoidectomy. In other words, there are few options between mild OTC drugs that offer only temporary and symptomatic relief, and serious invasive treatments that completely eradicate body tissues.

Chinese herbs, acupuncture and auricular medicine (the use of the ear to treat the body) offer effective treatment options for the various presentations of hemorrhoids, including internal and/or external hemorrhoids, with or without swelling, inflammation or bleeding, and in both acute and chronic conditions. Herbs have been shown to have mild laxative effect to relieve constipation, an anti-inflammatory effect to reduce the swelling and inflammation of hemorrhoid tissues, and hemostatic effect to stop rectal bleeding. Therefore, not only are the herbs beneficial, they provide additional treatment options not available in western medicine.

The therapeutic benefits of herbs should be explored for treatment of hemorrhoids, as they offer great relief with few or no side effects. When necessary, and only in the most severe cases of hemorrhoids that do not respond to any other therapies, should the patient consider invasive treatment options.

You do not have to suffer in silence any longer with this very uncomfortable condition. Get relief immediately, schedule today at **239-260-4566** or [www.AcupunctureSolutionsOnline.com](http://www.AcupunctureSolutionsOnline.com).


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# Federal Study Reveals that Lower Blood Pressure Guidelines Could Save Lives

By John Canterbury, M.D.

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

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

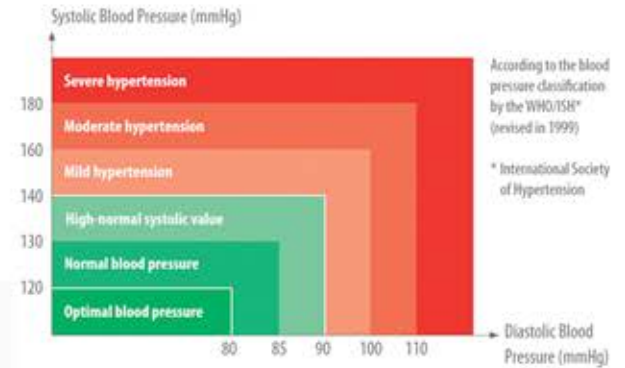
For years doctors have been uncertain what the optimal goal should be for patients with high blood pressure. The aim, of course, is to bring it down but how far and how aggressively remained a mystery. There are trade-offs — risks and side effects from drugs — and there were lingering questions about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

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

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

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

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



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

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

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





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

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

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

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

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

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

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

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

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

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

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

**John Canterbury MD**  
**South Florida Internal Medicine**  
 680 Second Avenue North, Suite 203  
 Naples, FL 34102  
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# Limb Swelling: Medicare Approved Treatment Options

By Alyssa Parker

**P**neumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. 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, or chronic ulcers in the affected limb.

## How does compression therapy work?

A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.



## What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities.

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

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc)
- Radiation exposure

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. 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.



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# Spring Cleaning Mental Prep

**S**pring is just around the corner! Sadly, it's also time to start thinking about how you will fit all those big, time-consuming spring cleaning jobs into your life. Consider trying out MaidPro's 49-Point Checklist for your recurring cleaning services (after you have purged and organized) and let them handle the tougher jobs listed below.

**Purge and organize small storage areas (closets, junk drawers, cabinets, vanities, toy boxes, paper and digital files).** These are great places to start before the weather gets too nice. Discard clothes that are worn or don't fit, food, cosmetics and medicines that are past date and be ruthless about shredding old bills and statements and deleting or archiving defunct files, emails and terrible photos from your computer.



**Purge big storage areas (attic, basement, garage).** Spring is a time for church and school fairs. For you, it's an opportunity to donate unwanted stuff AND get a tax deduction.

**Wash walls, clean ceilings and lighting fixtures.** This works wonders to brighten your home especially if you burn lots of candles or fires in the winter. It's also yucky, backbreaking work, requiring proper technique and an assortment of specialized tools (so, definitely worth outsourcing to a professional crew if you plan and budget carefully).

**Clean windows, screens and treatments.** This is another excellent candidate for outsourcing if you budget for it now. Otherwise, plan on dedicating at least an entire weekend and check out MaidPro's Spring Cleaning Survival Guide before turning your attention to the next several items on the list.

**Heavy linens, upholstery, behind and underneath furniture.** The guideline here is to take down and clean anything that lives higher up and is likely to shed dust, dander and other micro debris onto your floors in the process.

**Large appliances (refrigerator, oven, dishwasher, washing machine and dryer).** Appliances ought to be cleaned and, where appropriate, sanitized at least two to four times a year, so chances are at least some of these appliances are going to require your attention within the coming few months.



**Deep clean carpets/treat hardwood floors.** Being physically lowest, floors are the last thing you want to clean and treat before summer arrives. Be sure to wait until after spring's mud season to get the greatest long-term benefit.

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# SIMPLIFY

By Blake W. Kirkpatrick

In the last 20 to 30 years, as tax laws became more and more complicated many people's estate plans also became more and more complex as a result. For many, estate planning required sitting down with their estate planning attorney to construct a plan to deal with the applicable estate and gift tax considerations with the goal of minimizing or eliminating the possibility of paying estate and/or gift tax as a result of the transfer of wealth to the next generation. Now that the federal estate and gift tax exemptions have dramatically increased over the course of the last couple of years and as a result of favorable portability laws (see below), the goal of simplification is within reach. This article will address a few items to consider in simplifying your estate plan.

## REVISIT

If you have not recently updated your estate plan, it is definitely time to revisit your Will and/or Trust to take advantage of the changes in the tax laws that previously may have been a focal point of your prior estate plan. Looking back only 10 years, even those with modest wealth of less than \$1,000,000, may have been affected by the federal estate tax. Therefore, many plans were drafted to take into consideration each spouse's lifetime exemption from federal estate tax and contained complex trust provisions to minimize the exposure to federal estate tax at each spouse's death. Often, this meant that married couples would need to take title to assets in a way that was less convenient than had they taken titled jointly as husband and wife. While for a small percentage of people, this form of complex tax planning is still valid and/or necessary, the vast majority of people do not necessarily need complex planning. Since most estate plans are completely "revocable" or "modifiable" it is easy for one to revisit and, in fact, modify or change the estate plan with the goal of simplification.

## KEEP ALL OPTIONS OPEN

The current estate tax exemption for each individual is \$5,450,000. In addition, estate tax exemption portability is available in certain circumstances whereby a surviving spouse can utilize the unused estate tax exemption of the most recently predeceased spouse. For married couples, this means a combined estate tax exemption of up to \$10,900,000 is available. The effect is that over 99% of persons'



estates are really out of the realm of an estate tax problem. For those spouses with aligned estate planning goals (and assets likely titled in joint name anyway), a simpler estate plan might be to leave everything outright to the surviving spouse at the first death, whether by beneficiary designation, joint ownership or through a Will or Trust, followed by simple distributions at the second death too.

Nevertheless, despite the ability to simplify, it is important to keep your options open, with respect to your estate plan. Flexibility is still very important and maintaining control over the ability to make changes in the future still makes sense. Presumably, the estate tax exemption could drop back down to the old levels if new legislation is passed, albeit with the current make-up of Congress, this is less likely in the near future. Accordingly, although having a very simple estate plan in place may be desired, keeping a few contingencies in the estate planning documents to address tax issues may still be advisable. In other words, you can simplify, but have a back-up plan!

## CHANGE IN FOCUS

As alluded to above, simplification can be achieved with respect to a person's estate plan, especially at the first death. That being said, now that the focus is less on taxation it may be time to direct attention to other issues that are often overlooked or inadequately addressed. For some, it may still be important to plan for how one's estate will pass to their heirs (i.e., outright or in trust). Statements such as "I do not care how my child spends his or her inheritance, but whatever you do don't allow anything to go to my child's spouse," are

inconsistent and identify areas that may need to be addressed through some careful planning. Another thing that has changed is that more and more children face creditor issues and/or divorce. As such establishing trusts for your children or other heirs at the second death might become the primary focus. All in life is not that simple after all.

On the other hand, for those who may have included trusts for beneficiaries as a part of their estate plans and it is foreseeable that the trusts will be minimally funded or there are a number of beneficiaries dividing a declining estate, it may be time to revisit those plans as well. Small trusts with only a few hundred thousand or less are not cost effective to administer and it might be a good time to revisit or simplify that as well (especially when a corporate trustee is nominated as they are turning down more and more of these appointments).

Last, estate planning extends beyond the Will and/or Trust and it may be a good time to review how your traditionally non-probate assets such as life insurance or retirement accounts will pass at death. Unfortunately, inadequate or incomplete beneficiary designations can often cause these types of "non-probate" assets to pass through a probate administration at death of the insured/principal. That will lead to anything but simplicity!

In conclusion, now that you may be in the midst of spring cleaning and simplifying your life in other areas (such as cleaning out the garage), it is as good a time as ever to revisit and perhaps simplifying your estate plan.

*This Article does not constitute legal advice and may not be relied upon as such. Each individual's facts and circumstances are different. If you have any questions regarding your particular situation, please consult with legal counsel.*

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### Blake W. Kirkpatrick

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

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# 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.



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# BALANCED NUTRITION IS AN IMPORTANT FACTOR IN SUCCESSFUL AGING

By Amy Hilliard

**M**arch is National Nutrition Month and this year's theme is "Savor the Flavor of Eating Right". Created by the Academy of Nutrition and Dietetics, the campaign was formed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

For older adults, good nutrition is especially important. As we age, our bodies process food differently. This in turn can affect our dietary needs and appetite. Although there may be a natural decline in one's appetite during aging, maintaining a well-balanced diet is key to overall health and wellness.

Healthy eating has been proven to reduce the effects of osteoporosis, high blood pressure, heart disease, gastrointestinal ailments and chronic malnutrition.

Loss of appetite or poor nutrition can be attributed to several factors. Here are a few of the most common:

## Decline in Sense of Taste or Smell

According to the National Institute of Health, seniors experiencing a decline in taste or smell may begin adding too much sugar or salt to food to improve the flavor, causing a long-term impact on their health.

Experts recommend first seeking the advice of a doctor to be sure the decline is not connected to an underlying issue such as an upper respiratory infection. Then, consider using herbs and spices to enhance the flavor of food without adding extra calories.

Basil, for example, is perfect for kicking up Italian dishes, particularly those with tomato-based sauces, while tarragon is ideal for chicken and shellfish.

## Medication Side Effects

Americans, ages 80-84, take an average of 18 prescriptions per year. Unfortunately, many of these can have unintended side effects including loss of appetite. An article in "Today's Geriatric Medicine" found that "complications of unintentional weight loss include anemia, decreased cognition and quality of life, edema, falls, hospitalizations, hip fractures, infections, osteoporosis, and pressure ulcers".

Contact your doctor right away should you notice decreased appetite or weight loss.



## Lack of Tablemates

Dining alone for prolonged periods can affect one's appetite. Research shows it can be both mentally and physically unhealthy. In fact, just the thought of having to dine alone is enough to decrease one's appetite.

Nutritionists suggest seniors share a meal with family, friends or neighbors whenever possible. Studies have found that enjoying a meal with at least one other person increases the amount of food eaten by 35 percent!

## Hassles of Meal Preparation

The burdens of grocery shopping, cooking and cleaning up after a meal may deter older adults from maintaining a well-balanced diet. Also, having to scale down recipes to make a meal for one or two people may be too daunting and so a more convenient—often less healthy—dinner alternative is selected.

To overcome this challenge, it is suggested that when possible, prepare larger meals and freeze the leftovers. This offers a convenient solution for those looking for nutritious options without having to cook each day. Dieticians advise against store-bought frozen dinners which are often highly processed and high in sodium, fat and sugar.

A meal delivery service is also a great alternative.

At The Carlisle, our executive chef and his culinary team are greatly in tune to providing meals that are not only delicious but nutritious. In addition to providing a culinary experience that caters to residents' tastes and desires, our onsite restaurant, The Carlisle Room, offers heart-healthy menu options.



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The Carlisle Room provides the perfect setting for residents to socialize and engage in conversation with friends—new and old alike while our state-of-the-art fitness center and engaging, inviting wellness programs encourage residents to lead healthier lifestyles.

"The Carlisle offers a culinary experience unlike anything you'd expect at a senior living community," said Executive Director Bill Diamond. "Our resort-style restaurant is renowned for its extensive dining menu with fresh, seasonal ingredients and is open 12 hours daily, seven days a week. This offers residents the most flexibility and opportunities to maintain a healthy, well-balanced diet."

Located at 6945 Carlisle Court in Naples, The Carlisle offers spacious one-and two-bedroom residences, 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.*

# We're not getting any younger....

**T**wo thousand or so years ago, the Apostle Paul wrote a letter to a younger student of his. That student's name was Titus and Paul's letter to him survives to this day as the New Testament book of Titus. In that letter, there's a sentence that speaks volumes about the character that we ought to be developing as we move the autumn of life.

Here's the sentence, "Older men are to self-controlled, worthy of respect, sensible, and sound in faith, love, and endurance."

At least four character qualities emerge in that sentence (for those who would like to see it in context, it's Titus 2:2).

First, there is **intentionality**. He is to self-controlled. In short, this means that he says and does, in every situation, what he intends to say and do. All of us have had those moments in our lives when our mouth has gotten ahead of our brain, and usually that doesn't end well. We've also had those moments where we have acted on impulse without pausing for deliberate thought. However, as we mature, we should become increasingly focused on saying and doing what we mean to say and do. Less reactivity, more wisdom!

Second, there is **influence**. He is to be worthy of respect. Someone has said that as we get older, we either get better or we get bitter. There may be something to that. No one is interested in the thoughts and ideas of an angry, bitter old man (or woman). On the other hand, who among us has not benefited personally in our own journey from that wise elder who has seen life flow on by and who has taken it all in. May we strive to be people who, as our lives unfold, live and love in such a way that we earn the respect of the respectable, ultimately becoming, ourselves, the object of well-placed respect.

Third, there is **intelligence**. He is to be sensible. Dr. Henry Cloud, in his book Integrity is often quoted as saying, "The truth is always your friend." As we progress through our years, we should develop a closer and closer relationship with the truth. It is good to be idealistic and even visionary, but ideals and vision must always build on reality as it is, and the older adult should have the vision that accumulates from the years of life experience to help ground and guide the idealism of the young.

Finally, there is **integrity**. He is to be sound. Reliable. Trustworthy. Anchored in those three virtues of faith, love, and endurance. Wooden beams in old houses can be rotten, termite-infested, and prone to failure. Or they can be that tough old beam that has stood the test of time and continues to hold the entire structure together. We are responsible, as we move



through life, to do all that we can to remain solid. Injury and illness can surely disrupt us (you're probably reading this in a doctor's office!), but good attention to our own well-being can play an important role in our making it to our maturity with an intact ability to impact the lives of others.

So, for your community, your church, and your family, if you are an older adult, or one day hope to be one, set these goals for yourself. Because, after all, we're not getting any younger!

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