

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

Health & Wellness[®] MAGAZINE

April 2016

Collier Edition - Monthly

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ADDRESSING THE
OPIOID EPIDEMIC:
Q&A with Hazelden

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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 flatfoot 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. Some-

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.

Look 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.

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When Should You See Cardio-Vascular Specialists?

By Julian J. Javier, MD - Cardiac and Vascular Specialist

Arteries and Veins are very important for the proper function of all your body system. Arteries are responsible for delivering nutrients and oxygen to tissues, and Veins for collecting the use blood and taking it to the lungs to insert oxygen into the red blood cell and discard CO2.

Arteries and veins are called the Circulatory system. There is another component of the circulatory system called the lymphatic system. Lymphatic system is responsible for collecting lymph in the body that fights inflammation and infection.

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 Cardio-vascular specialist is the one of the best person to help you diagnose and treat any circulatory problem you may have.

A cardio-vascular specialist is a highly trained physician dedicated exclusively to the care of disorders of the heart and circulatory system, including the arteries and the veins. Their expertise in the entire cardio-circulatory system helps them not only to treat, but also to prevent it and halt the progression of circulatory problems

Multiple conditions affect the body. One of the most common one is the venous insufficiency. One out of three persons over 50 years old will have some form of venous disorder. These can manifest as tingling, numbness, restless legs, skin changes, swelling, leg fatigue among others. Veins disorder were exclusively treated by vascular surgeons in the past, however in the last 15 years the new forms of therapy have moved away from surgery and now these therapies can be done without surgery with small catheters running trough the veins similar to how they clean arteries of the heart. All is done in the comfort of the doctor's office under local anesthetic, and with immediate recovery, patient can resume their regular activities the same day. There are no blades or stitches use in theses new forms of therapies.

People that had suffered from deep vein thrombosis can developed what is called post-thrombotic syndrome, which causes pain, swelling, edema,



ulcers, and now we can treat with balloon and angioplasties, and stents. These treatments can restore quality of life to person suffering from post thrombotic syndrome.

Other conditions that can be treated without surgery are the bulging varicose veins. These can be very painful and lead to debilitating problems of the legs. Many women also suffered from a very particular problem related to veins of the pelvis, these are called Pelvic Veins congestion. They are due to venous insufficiency of the Pelvic Veins, mainly the ovarian veins. Many times these pelvic Varicose Veins can be responsible for severe pain during menstrual period or during sexual relationship with their partners. Many woman have been suffering from this condition all their life and are unaware that can be treated by cardiovascular specialists without surgery.

If you have vein problems.

As you can see there are many types of vein problems. Some can lead to leg pain and swelling, in others it can lead to menstrual pain. In other occasions they can lead to poor healing chronic leg ulcers. Venous insufficiency can also lead to blood clots in the leg and cause serious health problems like pulmonary embolism, which can be lethal.



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Dr. Julian J. Javier is a well known respected Cardiac and Vascular Specialist. Has published many articles and authored book chapters in peer review journals in Vein disorders, is a frequent speaker in many national and international vein conferences, and holds two patents in the market for devices use by Vein specialists to treat venous disorder. He is adjunct professor of medicine at Nova Southeastern university and volunteer Asst professor at University of Miami School of medicine.

If you are experiencing circulation problems call to set up your appointment today. Dr. Julian Javier is a cardiologist in Naples, Florida and head of the Naples Vein Center.

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



LANGUAGES: English, Spanish, Creole

HOSPITAL PRIVILEGES: Naples Community Hospital

SPECIAL FOCUS: Venous Disorders

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

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URINARY INCONTINENCE

What is it, and how do I prevent it?

Do you ever find yourself struggling to “hold it in?” You sneeze only to cross your legs because you felt a bit of urine leak out involuntarily. If so, you aren’t alone. These are signs of urinary incontinence, a common disorder that prevents you from being able to hold in your urine under pressure.

Those who struggle with this disorder may experience varying degrees of incontinence, from leaking while sneezing, laughing, or feeling pressure on the abdominal muscles, to a sudden need to urinate that is so urgent, it may not allow you to get to the bathroom prior to release.

What Causes Urinary Incontinence?

There are several different types of urinary incontinence. Those types include:

- **Stress Urinary Incontinence (SUI)**
 - The most common type of urinary incontinence, SUI is caused by physical stress that affects the pelvic floor muscles. This can happen if the muscles are weakened or stretched.
- **Overflow Incontinence**
 - This could be caused by a blockage, the bladder muscles’ inability to contract properly, or your body producing more urine than your bladder can contain.
- **Overactive Bladder (OAB)**
 - OAB affects over 30% of men and 40% of women in the United States alone. It causes you to have the urge to go, even when your bladder may not be full. This is typically caused by the individual’s bladder muscles being too active. For women, it often occurs after menopause or childbirth while for men it typically indicates a prostate issue.
- **Mixed Incontinence (SUI and OAB)**
 - This is literally a combination of SUI and OAB.

Risk Factors

There are several factors that increase your chances of developing one of these forms of urinary incontinence.

- Obesity puts additional pressure upon the abdominal muscles, weakening them.
- Heavy Smoking can lead to the development of a chronic cough that can cause bouts of incontinence.
- Childbirth or Menopause can cause stress to the abdominal muscles.
- Certain Diseases, Conditions, or Surgeries can have urinary incontinence as a side effect.
- Age can also play a factor as the urethra and surrounding muscles weaken with old age.

Treatment and Prevention

Most patients can manage or stop urinary incontinence by making a few lifestyle changes. Kegel exercises specifically strengthen the abdominal muscles, allowing patients to have better bladder control. Cutting out unhealthy habits such as smoking and maintaining a healthy weight can also help.

However, in cases where urinary incontinence cannot be remedied, there are certain vaginal/urethral devices, surgeries, pads, or medicinal or minimally invasive treatments available to help manage the condition.

If you or someone you know is struggling with urinary incontinence, consult your doctor. Our urologists currently service patients across Lee County and Collier County. To make an appointment, simply give us a call at 239-333-3200.



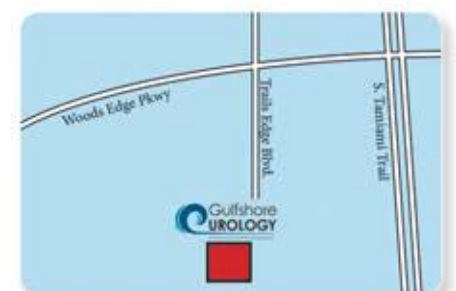
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Staying a Step Ahead of COPD

Chronic Obstructive Pulmonary Disease (COPD) has grown in prevalence over the last decade and is now the third leading cause of death in America. When diagnosed with an incurable chronic illness, people tend to search for alternatives to traditional medicine. The quest for treatment options can leave a patient feeling overwhelmed. Anxiety and depression can exacerbate symptoms, creating a vicious cycle. Despite the grim outlook a COPD diagnosis can produce, alternative ways exist to treat not only the symptoms of COPD, but the disease itself.

Coping Strategies

Stay Positive

Talk with someone when feeling anxious or depressed, whether it's a friend or a professional. Enjoy favorite activities, and explore alternative forms of stress management like yoga, tai chi and meditation. These produce mental benefits as well as physical. Find reasons to laugh often. Maintaining a positive outlook can improve overall quality of life.

Bolster Resilience

Choose activities that create a sense of accomplishment. For those who, for instance, love gardening but feel short of breath, a container garden could bring a goal within reach. If the pots are too heavy, a friend could help, and the results could be healthy, growing plants and a new gardening friend.

Pulmonary Rehabilitation

Consider a pulmonary rehabilitation class to address the disease head-on by improving lung capacity and blood oxygen levels. Rehab also involves nutrition. A good diet for someone with COPD includes iron-rich foods, such as red meat and green, leafy vegetables that promote oxygenation of the blood.

Alternative Therapy

There are many things people can do every day to stay a step ahead of COPD, but to treat the disease, rather than only the symptoms, alternative therapy using the patient's own stem cells has shown potential. The same cells that repair a simple cut on the skin, properly harnessed, can promote healing in damaged lung tissue. Adult stem cells do this naturally, only not at a rate fast enough to keep up with degenerative lung disease.



Don't just treat the symptoms. Treat the disease itself.

One medical clinic, the Lung Institute, is using adult, or autologous, stem cells, harvested from patients' blood or bone marrow, to boost the body's natural healing process. The Lung Institute's Jack Coleman, Jr., MD, recently released a white paper outlining a study showing that stem cell therapy in patients with lung diseases has the potential to improve pulmonary function and quality of life.

Dr. Coleman's white paper, titled "Autologous Stem Cell Therapy and its Effects on COPD: A Pilot Study," mentions that he tested approximately 100 patients with COPD. Within three months of therapy, 84 percent of patients found their quality of life improved, with an average improvement of 35 percent.

Coleman said in a press release, "COPD is currently the third leading cause of death in the United

States, and we give our patients an alternative that doesn't just mask the symptoms."

People hear things like, "COPD is a chronic illness that is both progressive and terminal," and hear that the traditional options all consist of prescription medications, supplemental oxygen and a highly invasive lung transplant. People are dissatisfied with this prognosis. With a rise in alternative options like stem cell therapy, revolutionary medical advancements to better address COPD could be just around the corner.

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

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Hand Veins & Facial Veins

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

When most people think of having veins treated, they are usually concerned with spider veins and varicose veins on their legs. However, with increasing frequency over the last ten years, there is a growing interest in eradicating ugly hand veins as well as facial veins on the forehead, temporal area, nose and cheeks. Treatment of both hand and facial veins fall under the category of cosmetic vein therapy.

Although both men and women develop prominent hand veins with age, women are usually more self-conscious about them. Hand veins tend to become larger and more obvious due to loss of fat volume and muscle tone that occurs with the aging process. In fact, the same tissue deflation that occurs in the aging face occurs in the aging hand. The areas that are the telltale signs of aging are the face, neck and hands.

Treatment of Hand Veins

There are essentially two types of hand veins, smaller and larger. Smaller veins can be treated by sclerotherapy (injecting them with a solution) and the larger veins are best treated by inserting a laser into the vein (endovenous) and dissolving the vein just as is done in treating leg veins. This procedure is done under local anesthesia and is cosmetically very satisfactory.

Treatment of Facial Veins

Facial veins can also be treated with excellent cosmetic results by a variety of modalities, such as topical laser, sclerotherapy, micro needle radio frequency, Vein Wave or Vein Gogh (both variations of topical radio frequency). Facial vein treatment usually requires three to five sessions at three to four week intervals. With the expanding aging population and the rapidly growing baby boomers, facial vein eradication is being sought after more and more.

NASAL VEIN SCLEROTHERAPY



Before

After

FACE VEIN SCLEROTHERAPY



Before

After

CHIN VEIN SCLEROTHERAPY



Before

After

LEFT HAND VEINS



Before

After

RIGHT HAND VEINS



Before

After

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.

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the entrance of Pelican Marsh)

Addressing the Opioid Epidemic

Q&A with Hazelden in Naples, Executive Director, Brenda J. Iliff, MA

Q: *Why is the Hazelden Betty Ford Foundation enhancing the treatment of opioid dependence?*

A: As a leader in the addiction industry, The Hazelden Betty Ford Foundation continues to respond to the national epidemic of addiction to opioids, including prescription painkillers (OxyContin, Vicodin, Demerol, etc.) and heroin, and a corresponding increase in the number of accidental deaths related to opioid addiction.

Q: *How has the Hazelden Betty Ford Foundation changed addiction treatment?*

A: The Hazelden Betty Ford Foundation formed a team of medical, clinical, research, administrative and communications professionals to research, study and implement solutions to the problem. To give its patients the best chances of long-term recovery from opioid addiction, the Hazelden Betty Ford Foundation has enhanced treatment programming to include tracks for those with opioid dependence. The innovative programming includes alterations to group therapy and lectures as well as use of extended, adjunctive medication assisted treatment as a means to assist people to a stable, Twelve Step-based recovery lifestyle and ultimate abstinence from opioids.

Hazelden in Naples has even added special programming for people with opioid addiction who are 50 and over.

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Brenda J. Iliff, MA, is executive director of Hazelden in Naples, Florida. She has more than 20 years of experience in the addiction field, as both a clinician and health care executive, and is the author of *A Woman's Guide to Recovery*.

Q: *What other treatment protocols for people with Opioid addiction will the Hazelden Betty Ford Foundation initiate?*

A: The features of opioid dependence, opioid withdrawal and recovery are incorporated into all aspects of treatment. The opioid treatment protocols focus on engagement over a longer period of time. Therefore, family and recovery community support, along with the use of recovery management interventions that provide significant structure and accountability, are integral parts of the treatment protocols. Like all other recovery protocols, they include education, therapy, medications when necessary and strong Twelve Step group support.

Q: *What if I have a problem or someone I know has a problem with opioids.*

A: Hazelden Betty Ford's Naples, FL location has been providing treatment for opioid addiction since it first opened its doors in 2010. We will continue to use best practices and treatment protocols that are proven effective to help people get and stay sober. Call today to talk to an addiction specialist who can help you determine if there's a problem and if so, what the best treatment program is for you or your loved one's individual treatment needs. Don't put it off any longer. Call today to get your life back.



Got Bunions?

What to do now?

Michael J. Petrocelli, D.P.M., F.A.C.A.S., C.W.S.P.

A bunion, (medical term: hallux abductovalgus) is a condition resulting in bony prominence at the inside of the foot at the big toe joint. A bunion occurs when the big toe begins to deviate toward the second toe. The biggest misconception is that bunions occur from an overgrowth of bone. While that may be true in very few people, the bunion really represents a dislocation of the big toe joint as it bulges against the skin.

Symptoms Of Bunions

Most patients complain of pain directly on the bunion area, within the big toe joint, and/or on the bottom of the foot. The bunion may become irritated, red, warm, swollen and/or callused. The pain may be dull and mild or severe and sharp. The size of the bunion doesn't necessarily result in more pain. Pain is often made worse by shoes, especially shoes that crowd the toes. While some bunions may result in significant pain, other bunions may not be painful at all.

Causes Of Bunions

Hereditary and shoe gear are probably the most likely causes. Tight pointy shoes (and high heels) may promote the formation of a bunion. A bunion may develop rapidly or develop slowly over time. Some people have bunions in their teens while others only develop a bunion later in life.

Bunions come in a variety of sizes – from small to severe. In some cases, the big toe may push against the second toe, and may result in pain and a hammer toe, or progress onto a severe disfiguring foot deformity. Depending on your overall health, symptoms and severity of the bunion, the condition may be treated conservatively and/or with surgery.

How Are Bunions Surgically Corrected?

Depending on the severity of your bunion there are many surgical procedures available. With each procedure the goal is to realign the joint, relieve the pain and discomfort, and correct the deformity.

While hundreds of bunion surgery operations have been described, surgeons generally correct bunions using one of two methods to realign the malaligned bones – they are bone cut (osteotomy) or bone mending (fusion).



- Bone-cutting procedures involve creating a surgical 'break' (medically called an osteotomy) in the deviated metatarsal bone to realign only a portion of the bone. A variety of shaped cuts can be performed to treat varying sizes of bunions.

- Bone-mending procedures realign the entire deviated bone at the root of the problem, where the deviation originates.

Recovery

Bunion Surgery recovery is not as debilitating as it used to be. Each type of specific procedure to correct a bunion comes with different healing times.

The usual recovery period after bunion surgery is 8 to 10 weeks, depending on the amount of soft tissue and bone affected. Complete healing may take as long as 1 year. Around 90% of patients stop taking pain medication 3-5 days after surgery. In mild to moderate cases of bunions, patients are allowed to be weight bearing immediately with the help of a knee scooter or surgical boot. They are also allowed to walk in a surgical boot /shoe.

The time it takes for bones to set/mend in the corrected position generally takes six weeks. Smokers and those in poor medical health may take longer to mend the bone. The biology of bone healing is about six weeks – that time frame can't be made quicker. What can be changed is the disability that one experiences while the bone is mending.

The success of your surgery largely depends on you. As the wound heals, you can gradually apply pressure and within the first few weeks you may walk short distances. You should be able to drive again within a week, but expect minor swelling for about six months.

It's important to remember that bunion surgery will not allow you to wear a smaller shoe size or narrow-pointed shoes. If you return to ill-fitted shoes, your bunion may reappear.

Benefits Of Immediate Walking After Bunion Surgery

Technology advances have allowed for walking after bunion surgery despite bunion size, although some patients may be advised to wait a little while before walking.

Less Down Time. Without the anchor of a cast and crutches, patients are able to resume their routines much quicker. In many cases, walking after bunion surgery means patients can get around but not run around. Patients are generally walking in a surgical shoe and usually keep weight on the heel or outer edge. Some are able to get back to work soon after surgery, especially when their jobs are more sedentary. Nonetheless, being mobile earlier leads to more rapid return to overall function.

Avoid Cast/Crutch-Associated Limb Problems. Cast and crutch use is associated with lower limb muscular atrophy (requiring weeks of rehabilitation) and upper extremity fatigue. Being immobile and sedentary after surgery and can lend itself to swelling and serious blood clots. Obviously avoiding these issues is advantageous.

Walking after bunion surgery might take some getting used to since you might experience initial toe numbness, one of many possible bunion surgery complications. Follow all your surgeon's recommendations, especially try to keep your foot elevated for the first 3-5 days to keep the swelling under control. In order to avoid most of the bunion surgery complications, make sure you do not put your weight on the healing toe or walk without special stiff-soled shoe to avoid re-injuring your foot.

Post surgery physical therapy will begin according to your surgeon's vision on how your bones and soft tissues are healing. Physical therapy can help make walking after bunion surgery more comfortable over time and ensure that your toe joint doesn't get too stiff.

Remember, we are here for you. Get back in action today, call for more information or to schedule an appointment, 239-775-0019.



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PARKINSON'S DISEASE: A BRIEF OVERVIEW

By Joseph Kandel, M.D.

When I see a patient for the first time and mention to them I feel they may have Parkinson's or a related condition, that is the last thing the patient hears. They think that their life is over, they won't be able to get out of the bed or the wheelchair, and won't be able to talk or communicate. That is the farthest thing from the truth. Parkinson's is a neurodegenerative disorder that affects a certain part of the brain, and leads to a movement disorder. It is a human condition, certain cells of the brain stop producing a chemical, dopamine, that is very important in movement. I explain to patients that anyone that lives long enough will likely have this process, and then try to go on to educate the patient regarding the disorder.

There are four types of Parkinsonian syndromes, and these are primary or idiopathic (which means as a physician we don't know the cause of the disorder), secondary or acquired, hereditary, and Parkinson's plus syndrome (multiple system degeneration). The most common form is the idiopathic version.

Parkinson's is a movement disorder. The classic features include stiffness, slowness, rigidity, and tremor. Balance issues, including falling over backwards ("retropulsion") is also frequently seen. Often a patient will demonstrate the classic Parkinson gait, which is an individual walking with a stooped or bent over posture, and a lack of arm swing. Because their center of balance is forward and they have a hard time adjusting their movements, they often have a shuffling type of gait which is called festination. Spouses of patients with Parkinson's will frequently state they have to tell the patient to "stand up straight".

There are other symptoms which can be seen in this condition, including difficulties with speech and swallowing (hypophonia, dysphagia), difficulties with writing, often with a small, chicken scratch type of signature or writing (micrographia), as well as a variety of cognitive and mood issues. Issues



with concentration, executive functioning and planning, memory and slowed cognitive speed can all be seen with this disorder. There is a higher risk of dementia in individuals who have been given this diagnosis. Not surprising, many patients will develop anxiety or depression. In addition, individuals will often have a sleep dysfunction, as they have a hard time turning themselves from side to side and will awaken frequently throughout the night. They may have issues with additional aspects of their nervous system, in particular controlling blood pressure, sweating, and their bowel or bladder.

ESTABLISHING A DIAGNOSIS:

The diagnosis is made with a clinical examination. I often explain to my patients that I can walk into any mall and pick out the five or 10 people with Parkinson's in one or two minutes. However, it takes me much longer to examine the patient and convince them that I know what the disorder is and what the best approach to treatment will be. On the examination I will often find increased tone, stiffness, and rigidity. Speech, appearance, slowness of movements, and imbalance can also reveal the diagnosis. Often an MRI or CT of the brain will be ordered, to rule out any other type of problem that could cause similar symptoms. If there is a cognitive change, an EEG may be appropriate. Laboratories to rule out reversible causes of cognitive decline may be helpful. More recently, there is a diagnostic test, the

DAT scan, which can reveal a pattern of reduced dopamine activity in the basal ganglia and this certainly aids in the diagnosis of Parkinson's disease.

HOW IS THIS TREATED?

There is no cure for this disorder. However, medications, include levodopa (replacement chemical for what the brain is no longer making), dopamine agonists (boosters that help the levodopa), and MAO-B inhibitors (prevent breakdown of Dopamine) can all be effective. Many other medicines play a secondary role. There is also brain surgery, particularly deep brain stimulation, which is most beneficial for those whose disorder includes tremors and motor fluctuations, poorly controlled with medications.

WHAT IS THE ROLE OF EXERCISE AND TREATMENT?

I educate my patients that this is essential. Only a small percent of the medication crosses the blood-brain barrier, but this increases when the patient does aerobic exercise. In addition, the brain does something amazing, called up regulation. There is a significant increase in the number and activity of the dopamine receptors. I often explain to my patients that one pill can often act like nine pills, with quite a bit less side effect.

If you or someone you love may have Parkinson's, contact the Neurology Office, Joseph Kandel, M.D. and Associates, to find out what you can do to start on a healthier journey!

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



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

Is Your Cholesterol Medication Causing Your Nerve Pain?

If you experience tingling and numbness in your extremities, you likely suffer from nerve damage. Neuropathy--also called peripheral neuropathy--refers to any condition that affects the normal activity of the nerves of the peripheral nervous system. The peripheral nervous system is the network of nerves that connects the central nervous system--the brain and spinal cord--to the rest of the body.

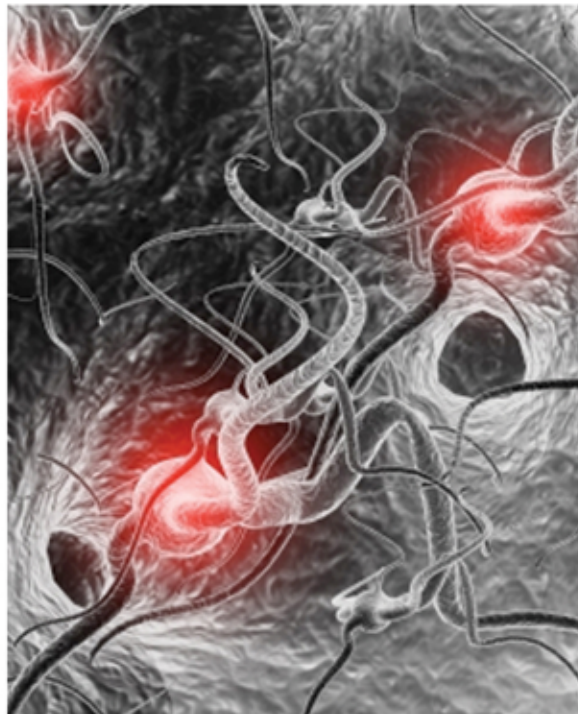
Neuropathy results when nerve cells, or neurons, are damaged or destroyed. This distorts the way the neurons communicate with each other and with the brain. Neuropathy can affect one nerve or nerve type, or a combination of nerves.

There are many causes of neuropathy, including the use of statins.

Many people may be aware of the fact that statins cause nerve damage, but the topic isn't given as much consideration as it should when doctors prescribe the medication. The same statin drugs that reduce cholesterol can cause peripheral neuropathy--damage to the nerves in your arms, legs, feet and fingers signaled by burning, tingling, and numbness.

A well-known research study was conducted in Denmark about the nerve damaging side effect of statins. The study concluded that people who were taking a statin drug had a 16.1-fold increased risk of neuropathy compared to people not taking statins. And people who had taken statins for two or more years had 26.4 times more risk. It was also determined that the larger the dose of the drug, the higher the risk.

Even after these findings were published, many American doctors continue to prescribe statins, although there are sometimes other alternatives to lowering cholesterol levels. Statins are supposed to be used only after strict diet and lifestyle recommendations have failed, but in this country, the whole message about diet and exercise has been lost and we are paying the price



for it. More and more patients are filling waiting rooms because they have muscle and nerve damage as a result of taking their prescribed statin drug. Unfortunately, it can be very difficult and a long recovery to heal damaged nerves.

If you are one of the many Americans suffering with statin-induced neuropathy, there are a few things you can do to reverse the damage.

Talk to your doctor about reducing or completely stopping your use of statins. To do this successfully, you will have to make an effort to lower your cholesterol naturally. You've probably heard it a hundred times, but maintaining a proper diet can lower LDL levels and increase HDL levels. It is recommended that people with bad cholesterol levels eat less saturated fats while increasing their consumption of soluble fiber. Regular physical activity is also important when trying to achieve desirable cholesterol levels. If you maintain a proper diet and physical activity level, but still need help lowering your LDL level, ask your doctor about the different supplementations that are available.

Testimonial:

Over the last couple of years I have had difficulty walking and was experiencing balance issues. Symptoms included, aching legs, numbness, prickliness, and my feet always seemed to be cold. While at an appointment at Back in Motion, I noticed that they were offering a new therapy for neuropathy. The diagnostic procedure was very comprehensive and it was abundantly clear that I was suffering from neuropathy.

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!

Are You Suffering from Nerve Pain in Your Feet or Hands?

Call today. They may be able to help you live a normal, pain-free life again...
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MonaLisa Touch Therapy for Vaginal Dryness and Pain

As 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)

CONCIERGE MEDICAL SERVICES: Private Personalized Care Without Limits

By Dr. Eric Hochman, MD
Gulfshore Concierge Medicine

Personalized health care is the keystone to any concierge medicine practice. Concierge medicine was created as an alternative to the traditional model, to offer patients a more convenient way to receive medical care. Concierge doctors provide you with the time you deserve, the time to create your personal plan for a long, healthy life.

Concierge medicine may also be referred to as private medicine, membership medicine, concierge healthcare, cash only practice, direct care, direct primary care, direct practice medicine, and boutique medicine. These all share the same basic theme, advanced personalized health care. The basic elements of modern concierge medicine are personalized care, direct care, quality care, and affordable care.

The Traditional Treadmill

Traditional medical practices often focus on treating you when you are sick, addressing the symptoms as they are presenting to your doctor at the moment. Traditional medical practices often rely heavily on reimbursement from healthcare insurance companies to survive. The result is often overcrowded waiting rooms, difficulty obtaining treatment, and short office visits focused only on the illness that is presenting itself at the moment. Traditional physicians are often forced to keep turning patients over quickly to maximize the amount of patients treated each day to keep their practice afloat. Many physicians today are finding themselves suffering from burnout due to the high paced environment and low reimbursement rates, while patients are questioning the availability and quality of their care.

The Concierge Medicine Alternative

An alternative exists to the traditional model of healthcare. Concierge medicine was created to deliver the highest level of personalized care and ensure healthcare access to patients. Concierge doctors provide patients with the time they need, when they need it, allowing the concierge doctor to have a greater opportunity to catch illnesses early on and decrease the chance of future hospitalization. A concierge medicine practice is optimized to ensure the highest level of patient-centered care.



More Time For You

Concierge doctors have fewer patients than traditional practices, and therefore have more time to spend with you. An average doctor at a traditional practice may see 3,000 to 4,000 patients per year, whereas a concierge doctor manages a dramatically reduced patient community. The reduction in the amount of patients allows the concierge doctor to expand the services to the concierge medicine patients, and therefore spend much more valuable time with each patient.

Freedom To Heal

Time is the key benefit to concierge medicine. The concierge doctor dedicates more time to his patients, and from time, flows benefits. This time allows the concierge physician to: allow direct access to patients, consider all the relevant factors to a patient's health, implement plans of treatment free from third party dictations, and create truly personalized care.

Concierge medicine provides concierge doctors a greater opportunity to catch illnesses, control existing conditions, and reduce the incidence of hospitalization. Let us not forget that a smaller practice also means the end of crowded waiting rooms, and the welcomed option of same day visits or phone consultations.



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The Future of Healthcare

Modern concierge medicine provides affordable, personalized healthcare programs with expanded access, at affordable rates. These programs are designed to ensure the highest level of care, while making them available to more patients. Concierge doctors are now offering these affordable solutions through direct-pay or membership programs across the country.

Concierge medicine will continue to grow and gain popularity among patients that value the direct access, personal care, and patient-centered focus that a concierge doctor provides. Traditional healthcare will face many challenges as The Affordable Care Act reaches full implementation nationwide. Forecasts predict that current existing shortage of physicians will continue to grow as new patients enter the marketplace under The Affordable Care Act. Patients who find themselves dissatisfied with the access to, or quality of, their healthcare will have an alternative solution. Concierge medicine will offer them a high-quality choice for their healthcare.

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.

GCM is a state-of-the-art doctor's office that provides exceptional care to patients and offers a personalized four-step approach to optimize health and maximize longevity called the WELLStrides(tm) Plan. GCM follows the concierge medical model where patients pay an annual fee for comprehensive care that includes access to personalized medical care 24/7, same day appointments with 'no rush', individualized and thorough health plans, in-office lab testing, immunizations, medical travel assistance, VIP service, and much more.

CT Scans Provide Quick and Invaluable Images

Computed tomography (CT or CAT scan) ranks as one of the top five medical developments in the last 40 years, according to most medical surveys. CT has proven so valuable as a medical diagnostic tool that the 1979 Nobel Prize in Medicine was awarded to the inventors.

How it works

Both CT and conventional x-rays take pictures of internal body structures. In conventional x-rays, the structures overlap. For example, the ribs overlay the lung and heart. In an x-ray, structures of medical concern are often obscured by other organs or bones, making diagnosis difficult.

In a CT image, overlapping structures are eliminated, making the internal anatomy more apparent.

During CT imaging, an x-ray tube rotates around the patient so that multiple images are collected from many angles. These images are stored in a computer that analyzes them to create a new image with the overlying structures removed.

CT images allow radiologists and other physicians to identify internal structures and see their shape, size, density and texture. This detailed information can be used to determine if there is a medical problem as well as the extent and exact location of the problem, and other important details. The images can also show if no abnormality is present.

A CT scan that shows no abnormality still provides useful data. The information aids a diagnostician by focusing attention away from unnecessary medical concerns.

Modern CT scanners acquire this information in seconds – sometimes in fractions of a second – depending on the examination.

Benefits of CT include more effective medical management by:

- determining when surgeries are necessary
- reducing the need for exploratory surgeries
- improving cancer diagnosis and treatment
- reducing the length of hospitalizations
- guiding treatment of common conditions such as injury, cardiac disease and stroke
- improving patient placement into appropriate areas of care, such as intensive care units

Head CT Scan

CT of the Head is fast and readily available, which makes it a great choice for trauma evaluation, sudden onset of headaches, and sinus disease. CT is also alternative to MRI when patients cannot have an MRI due to pacemakers, aneurysm clips, pain stimulators and metal implants. IV iodinated contrast media is often indicated for an accurate evaluation of the vasculature and/or disease. The need for IV contrast is determined by the reason for the scan.

The following is a list of the many reasons that CT of the head are done: headaches, cancer, trauma, stroke, visual changes, sinus disease, aneurysm, skull fracture, dizziness, memory loss, and other conditions as deemed necessary.

Neck CT Scan

CT of the neck is the preferred exam when evaluating the soft tissue structures of the neck. The scan includes the orbits through the top of the lungs and is used extensively to evaluate the glands and lymph nodes of the neck. IV iodinated contrast media is often indicated for an accurate evaluation of the vasculature and/or disease. The need for IV contrast is determined by the reason for the scan.

The following is a list of the many reasons that CT of the neck are done: lumps, swelling, goiter, trauma, sore throat, difficult swallowing, hoarseness, and gland or pharynx problems.

Spine CT Scan

CT of the spine including the cervical, thoracic and lumbar is most often done to evaluate injury to the vertebral column and/or post surgery. The bone structure and inter-vertebral disc spaces are well visualized with CT.

CT is also alternative to MRI when patients cannot have an MRI due to pacemakers, aneurysm clips, pain stimulators and metal implants. IV iodinated contrast media is not usually indicated, but may be necessary to evaluate post surgical changes and/or infection. The need for IV contrast is determined by the reason for the scan.

The following is a list of the many reasons that CT of the spine are done: pain, tingling, scoliosis, fractures, trauma, osteoporosis, numbness, herniated disc, and cancer.

Extremities CT Scans

CT of the extremities is done most often for fracture evaluation or trauma. CT is also used in conjunction with arthrograms to evaluate joint injuries. The ability of CT to view anatomy in multiple planes with excellent detail makes CT a popular choice for bone imaging. IV iodinated contrast media is not usually indicated, but may be necessary to evaluate tumor or infection. The need for IV contrast is determined by the reason for the scan.

The following is a list of the many reasons that CT of the Extremities are done: fracture, trauma, rotator cuff or meniscus tear, tumor, and bone fragments.

CT scanning provides medical information that is different from other imaging examinations, such as ultrasound, MRI, SPECT, PET or nuclear medicine. Each imaging technique has advantages and limitations. The principal advantages of CT are:

- Rapid acquisition of images
- A wealth of clear and specific information
- A view of a large portion of the body

No other imaging procedure combines these advantages into a single session.

NDIC has Board-certified Fellowship trained Neuroradiologists on staff to interpret your CT's. You can contact Naples Diagnostic Imaging Center at (239) 593-4222.

Dr. James Lim

B.S., University of Nebraska-Lincoln - 1978

M.D., University of Kansas School of Medicine - 1983

Residency:
Diagnostic Radiology,
University of Oklahoma
Health Sciences Center -1988

Certified: American Board of Radiology - 1988
Added Qualification in Neuroradiology - 1995

Fellowship: Neuroradiology, The Johns Hopkins Hospital - 1990

Areas of Special Interest: Neuroradiology



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Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, body toning or targeted fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results without surgery or injections.

They offer multiple targeted fat reduction options with many clients seeing very rapid results. They also offer skin rejuvenation and anti-aging treatments to help restore your natural glow and slow the aging process. Swan Centers offer a wide range of customized services to help clients ages 35 to 90, look younger, thinner and more vibrant.

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science, exclusive techniques 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.

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SOME SWAN TREATMENT OPTIONS:



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FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, back, love handles, thighs, buttocks or arms. Swan Age Reversal Centers believe that they have the answer! They offer a

new approach to targeted fat reduction, combining multiple devices to help maximum results. Swan Centers can focus on specific targeted body parts and transform bodies with remarkable results, with clients seeing inches lost off their waist, belly, back, arms, hips and thighs. These treatments are a safe and effective way to lose inches of fat without surgery and with no downtime! Treatments are quick and easy, and generally take 45 minutes or less and unlike plastic surgery procedures, our 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 wave lengths 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.

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Cancer Nutrition Drink is a Must Have

By Dr. Stan Headley

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

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

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

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

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

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

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

- Demonstrate Anti-Cancer / Anti-tumor effects
- Provide needed nutrition for cancer patients with zero sugar in formula
- Improve immune system response
- Maintain or increase appetite
- Increase LBM (lean body mass)
- Reduce stress / anxiety and lower cortisol levels
- Provide relief with nausea/vomiting and diarrhea
- Mitigate anemia and improve my liver function

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

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

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



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

When do I start taking CellAssure?

While most people think that their 'Day of Diagnosis' is when their battle with cancer begins – we know better. The fact is on the 'Day of Diagnosis' their body has already been compromised by the cancer and their nutritional challenges have already started. Cancer has already started waging war and the need for additional nutritional medication is now. It is recommended that you start taking CellAssure from your day of diagnosis forward. Proper nutrition is something helpful regardless of where you are in the cancer process. Of course following a healthy diet along with CellAssure makes the most sense and your healthy eating should continue even after you've won your battle against cancer!

CellAssure is scientifically formulated to help "Fuel the Fight Against Cancer". CellAssure delivers on a level that brings smiles to patients, their families, as well as the physicians taking care of them – and as cancer patients we need a reason to smile. We need a reason to believe that we can overcome, conquer and beat cancer head on.

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

For more information visit:
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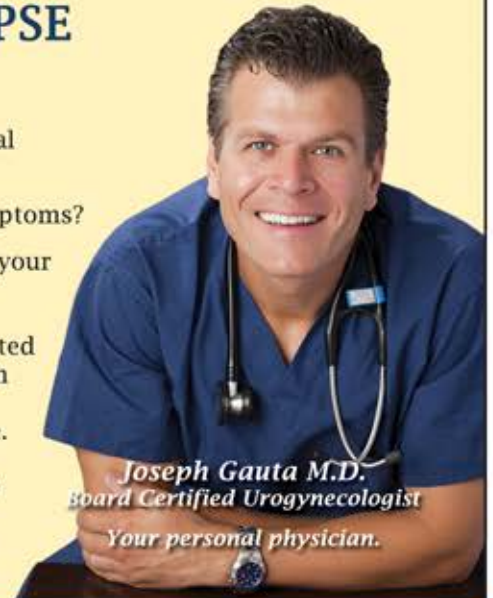
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Do You Have GHERD?

By Yollo Wellness

Where does it all start? This important question can determine the success or failure of medical treatments so we better get it right. Actually there are several starting places to chronic illness but the one I want to talk about here starts in the stomach. There is an obvious symptom which starts screaming at us with a host of GERD symptoms when things start going wrong in our lives.

One of the most important points for doctors and patients to realize is that GERD is a deficiency disease meaning it is not caused by excess acid it is caused by deficient acid. When the stomach does not produce enough acid the food sits in the stomach and repeats back up to the esophageal sphincter. It is, as they call it an excess acid condition only because it is an acid mix, just not high enough to create proper digestion, but high enough to burn tissues that it is exposed long enough to.

Hydrochloric acid, referred to as HCl, is produced in the stomach by the parietal cells that lie deep in the stomach walls. The truth is, we wouldn't be able to digest at all without it. Two main causes are stress and dietary deficiencies.

I never claim to know everything, so I found excerpt From: Dr. Mark Sircus. "Anti-Inflammatory Oxygen Therapy." IMVA Publications.

"We know some basic things about why cancer starts. We know it is initiated under low-oxygen conditions. We know that it is initiated also by trauma and inflammation. We know with low-oxygen conditions and inflammation we have infectious agents running around out of control. Evidence supports the emerging hypothesis that metabolic syndrome may be associated with the risk of many common cancers but we really do not need "evidence." If we know how to think rationally we know that diabetes, which starts with metabolic syndrome, leads a person more easily to the gates of cancer. The earliest inflammations hold the potential to create the conditions that eventually lead to cancer. That is worth saying and reading again and again and this is not only true for the stomach it is also true for the mouth when the gums become inflamed."



"So we have low O₂, low CO₂, low pH (acidity) and low cellular energy; we have infection hordes fighting for their claim of the territory. Mix in some inflammation, heavy-metals and chemical contamination and nutritional deficiency (along with some genetic disruption) and we have the recipe for CANCER—a beast that is eating the human race alive starting with the elderly but now increasingly working its way down to the young and very young where death should not be lurking."

Symptoms of low stomach acid, malnutrition and lack of oxygen:

- Extreme fullness after meals
- Belching
- Heartburn/burning sensation
- Gas, flatulence after meals
- Indigestion
- Burning
- Vitamin B12 deficiency
- Aging due to malabsorption
- Food allergies/sensitivities
- Anemia
- Constipation
- Diarrhea
- Food allergies/sensitivities
- Skin problems
- Weak nails"

"Researchers found that an increase of 1.2 metabolic units (oxygen consumption) was related to a decreased risk of cancer death, especially in lung and gastrointestinal cancers."

"Alkaline high oxygen conditions retard cancer growth. At a pH of 8.0 or slightly greater, cancer cells and cancer-causing pathogenic microbes (viruses, bacteria, fungus) do not do well. They get sick, stagger and then die in large numbers, so quickly in some cases that the body has trouble clearing the carnage.

Oxygen-rich environments are critical for combating the growth of anaerobic bacteria (i.e.: bacteria that grow in the absence of oxygen) In contrast, cancer only thrives in an oxygen-deficient (hypoxic) environment. Most cancer patients have very acidic body tissue pH, around 4 or 5.

A healthy cell breathes oxygen for energy.

A cancer cell shuns oxygen and ferments sugar instead for its energy requirements."

"The ideal task of cancer therapy is to restore the function of the oxidizing systems," wrote Dr. Max Gerson in his book, *A Cancer Therapy: Results of Fifty Cases and the Cure of Advanced Cancer*. And for good reason! Deprive a cell 60% of its oxygen and it will turn cancerous. Deprive a cell 35% of its oxygen for 48 hours and it may become cancerous said Dr. Otto Warburg. Deprived of air we die but the cells have a bastardly trick up their sleeves where they can survive low oxygen conditions. Only problem is that we call this condition cancer and it's the slow rotting of the cells."

"The lower oxygen levels go the lower the voltage drops in the cells as pH drops into the acidic range. Voltage is the stored potential to do work. Cells must have enough voltage to work. Cells must have sufficient oxygen to fire up the mitochondria to make the energy for the cells to work. This energy is expressed in cell voltage.

Wherever the body suffers from low oxygen conditions we have disease and often cancer. Wherever the body becomes acidic, voltage drops as does tissue oxygen levels creating a downward spiral into permanent low oxygen conditions which leads to fermentation in the cells.

It is important to understand that the voltage of cells and tissues as well as their pH begins with oxygen deficiency. The lower the voltage their physiology becomes compromised. People experience this as fatigue and chronic pain.

As oxygen levels decrease infections occur for the cells simply do not have the energy necessary to do their job.

Our bodies and cells also need to have enough raw materials (nutrition) to get better. But nutrition without oxygen does not work. To resolve disease one must raise the voltage (pH) by whatever means that allows you to insert electrons into the system, including alkaline water, raw fruits and vegetables, sunshine, moving water, exercise, etc. In emergencies of course the quickest way is administering baking soda (sodium bicarbonate), which acts like the perfect medicine it is with its power to instantaneously shift pH to less acidic, more alkaline. This of course has the instantaneous effect of raising the oxygen, voltage and pH of tissues.

WELLNESS DEFINED

Consistent with the World Health Organization's definition of "health," the 2013 Global Wellness Tourism Economy report defines wellness as a state of complete physical, mental, and social well-being. It goes beyond mere freedom from disease or infirmity and emphasizes the proactive maintenance and improvement of health and well-being. Expressed on a continuum that extends from reactive to proactive approaches to health, wellness falls firmly on the proactive side, incorporating attitudes and activities that prevent disease, improve health, enhance quality of life, and bring a person to increasingly optimum levels of well-being.

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For younger-looking skin, it's necessary to replace or rebuild the underlying structure. Unfortunately, getting to this deep layer of skin, called the dermis, isn't a simple matter because the skin's outer layer purposefully protects that structure.

Creams and lotions can't easily reach the dermis; they work on a topical level. Cosmetic injections can penetrate the structure from the outside, but that's not always an easy, healthy, long-term, or cost-effective option. Researchers looked for an alternative that works and found it in Liquid BioCell™.

By drinking Liquid BioCell™ hyaluronic acid increases in the body. Liquid BioCell™ improves skin tone and texture, helps bring elasticity and moisture back to the skin, and even goes an important step further, it helps reduce the enzyme that can make your skin age.

Are you one of the 40 million people who suffers from joint or mobility issues? Tens of thousands of men and women, young and old, have had their lives changed thanks to the clinically validated, super-nutraceutical...Liquid BioCell™.

Joint problems can come with athletic activity, strenuous work, and aging. But what you're really experiencing is the progressive degeneration of connective tissue where both collagen and hyaluronic acid are essential. Taken orally, in a patented, highly-absorbable form, Liquid BioCell™ allows you to replenish these important substances and is clinically shown to work!

Benefits of Liquid BioCell



DOCTOR'S PERSPECTIVE



Doctors' Perspective

Louis P. Brady, M.D., AAOS, ACS
Board Certified Orthopedic Surgeon
Associate Clinical Professor at the University
of Central Florida College of Medicine

How I Believe Liquid BioCell™ Works.

Liquid BioCell™ very closely resembles our own connective tissue, and has a liquid delivery system that allows absorption to begin immediately. To understand how Liquid BioCell™ works, it is necessary to understand that every organ system in our body is composed of HA (hyaluronic acid), chondroitin sulfate, collagen, a number of different elements, and water.

Jusuru researchers discovered in the early 2000's a matrix of collagen type II, HA, and chondroitin sulfate that very closely resembles our own connective tissue. In 2008 after years of additional research, a liquid form was produced. This brought about a quantum leap in bioavailability. Liquids have certain advantages over pills and capsules. Liquid BioCell™ begins to be absorbed immediately as we drink it via the blood vessels in the mouth and under the tongue.

Liquid BioCell™ patented hydrolysis process produces an ideal molecular weight for increased bioavailability. Another unique quality of Liquid BioCell™ makes it recognizable to our body for ease of assimilation. Liquid BioCell™ is a complex patented molecule composed of naturally occurring HA, chondroitin sulfate, and collagen type II that undergoes a patented hydrolysis process by which collagen peptides, and all other constituents, including hyaluronic acid and chondroitin sulfate, are broken down to low molecular weight forms resulting in increased bioavailability.

Hyaluronic acid (HA) is an integral lubricating component of natural synovial fluid in the joints and is important to overall joint function and health. We begin to lose HA the day we are born and begin to absorb free radicals at the same time. Beginning in our late twenties or early thirties we also begin to lose collagen. The congruent decline of both HA and collagen brings about the changes that we recognize as aging, namely wrinkling and drying out of our skin, degradation of our joints, as well as a host of other changes.

As we age a couple of things come into play: 1) the effects of unremembered joint trauma, 2) the diminished quality of the synovial fluid. Just as our skin wrinkles, a similar process is going on in our joints. Liquid BioCell™ is clinically shown to increase HA levels in our bodies, help promote healthy cartilage, and I believe, improve the quality of synovial fluid.

I believe "bone on bone" is a misnomer. Another consideration that I believe, is the term bone on bone, that is frequently used to explain the x-ray



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appearance of joint discomfort, is a misnomer. There is always a thin layer of cartilage present or the joint would be full of blood. In the worst hip or knee that I have ever operated on, there was always twenty to forty percent of fairly normal looking cartilage but slightly rough to feel. It is this same cartilage that I believe Liquid BioCell™ can support.

The source of the collagen in this product closely resembles our own connective tissue, thus allowing the body to recognize it.

The size of the molecule is so small that it is easily absorbed starting in the mucous membrane of our mouth.

Liquid BioCell™ is like nothing else we've seen. Liquid BioCell Life consists of three components: 1) Liquid BioCell, 2) resveratrol, 3) 13 antioxidant superfruits.



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2015 Anti-Aging Award Winner
TasteForLife Supplement Essentials

2015 Editor's Pick
Remedies Magazine

Best Joint Health Supplement
SupplySide West CPF Editor's Choice Award



Liquid BioCell has changed our lives! My husband is a tennis Pro. But, after every game he would spend hours (and I mean hours) icing his knees after playing. About two months after being on Liquid BioCell we were having lunch with the person who introduced Liquid BioCell to us, and it hit me that we had just played tennis the night before and my husband was not icing his knees! We could not believe how great he felt after playing four hours of tennis! The change was subtle but very powerful. It was because of Liquid BioCell. My husband is also a personal trainer who now introduces everybody to Liquid BioCell. It has been an amazing seven months! Thank you Liquid BioCell!"

Cathy S. - St. Petersburg, FL

Resveratrol, comes from the skin of red grapes. It's known for its antioxidant and cardiovascular health benefits. The term French Paradox was coined by Serge Renaud, a scientist from Bordeaux University in France. The French have the lowest incidence of heart disease and obesity despite their very rich diet. There are numerous studies supporting its beneficial qualities. Not all resveratrols are the same. Trans-resveratrol is the form used in Liquid BioCell Life, which is the pure, active, ultra-beneficial form of resveratrol.



Dr. Louis Brady is a graduate of Emory University's School of Medicine and is Board Certified in Orthopedics. He is an Associate Clinical Professor at the University of Central Florida, College of Medicine. Dr. Brady's work in the area of orthopedics spans over four decades. According to Dr. Brady, Liquid BioCell Life is the most remarkable product to have ever been introduced for joints and the aging process. Dr. Brady believes that as orthopedic specialists begin recommending Liquid BioCell™ to their patients, we may see the incidence and severity of one's joint problems, as we know it today, gradually declining.



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JOINT INSTABILITY: The Loose Hinge Analogy

By Debra K. Brinker, RN

There is an intricate interplay between the various structures of a joint, where injury to one area affects other areas of the joint. When a supporting structure, such as a ligament, becomes injured, the cycle of joint instability begins. This initial injury can cause wear and tear to other areas, furthering instability, until the joint degenerates into the condition we know as degenerative osteoarthritis.

The easiest way to understand joint instability is to think about a pair of cabinet doors. If the doors are hitting, they do so because a hinge is loose. Any loose hinge starts with one screw becoming loose and putting added pressure on the other screws in the hinge until the entire hinge is loose. To remedy this, a screwdriver is used to tighten the screws and allow the doors to glide properly again. Just as a screw stabilizes a hinge, the ligaments stabilize our joints. (See Figure 1.) Ligaments connect bone to bone and allow for smooth joint movement.

Let's examine how a common knee injury, an anterior cruciate ligament (ACL) tear, fits the hinge analogy. ACL injuries cause the tibia and fibula bones to move too much. This is known as knee joint instability. As the bones move and twist beyond normal with each step, other ligaments are affected. When additional stress is placed on the knee, such as with running, even more force is added to the wobbly knee structure, eventually damaging the tendons, meniscus and cartilage. The abnormal wear and tear causes cartilage breakdown, eventually resulting in degenerative osteoarthritis. By comparison, continued use of a door on a loose hinge leads to added pressure and loosening of other screws, causing the door to wobble further and eventually hit the adjacent door. To quickly remedy this, a screwdriver can be used to tighten the screws and stabilize the door. In the human body, the treatment to stabilize joints is Prolotherapy. This Regenerative Injection Treatment causes a repair of the ligaments so the bones glide properly, without hitting one another and wearing down the joint. (See Figure 2.)

Figure 1

Structures involved in joint stability. The major structure involved in joint stability are the ligaments.

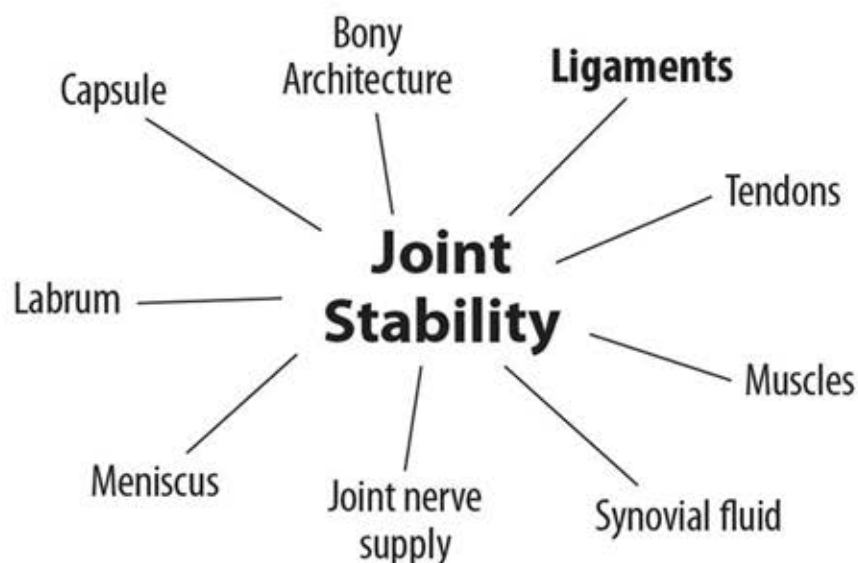


Figure 2



CASE STUDY:

Degenerative Knee Osteoarthritis

BB suffered such severe knee pain that he went on disability at age 59, diagnosed him with "bone on bone" osteoarthritis. He was prescribed NSAIDs, given corticosteroid injections, and eventually received an arthroscopic meniscectomy with removal of cartilage. Viscosupplementation injections were also tried, but these also failed to bring about sustained pain relief. His orthopedist recommended a knee replacement. Instead, BB received 3 dextrose Prolotherapy treatments and saw almost immediate pain relief and overall long-term functional improvement.

LEARNING POINT:

Joints degenerate because of joint instability. Allopathic solutions such as NSAIDs, cortisone, arthroscopy and meniscectomy cause further degeneration. Only Prolotherapy repairs ligament laxity, stabilizing the joint and relieving chronic pain.

Figure 3



CASE STUDY:

Hip Impingement

Due to a history of groin pain, KB was treated for hip bursitis, but was eventually diagnosed with bilateral hip impingement and a right-sided labral tear per MRI. He sought Prolotherapy in lieu of arthroscopic exploratory surgery. KB described his pain as lateral as well as in the glut region. In addition, he noted a constant clunking sound in his hips, with increased pain upon movement. Bilateral hip instability was found upon physical exam. Three Platelet Rich Plasma Prolotherapy treatments were given, resulting in remarkable overall functional improvement, enabling KB to exercise without pain.

LEARNING POINT:

People are often misdiagnosed with bursitis when the true cause of pain and impingement is due to underlying hip instability. Prolotherapy effectively stabilizes the hip joint and repairs the associated labral tears and impingement.

Prolotherapy compared to other treatments

Viscosupplementation (hyaluronic acid) and cortisone injections are common approaches for treating joint pain. Unfortunately, they are only known for short term effectiveness because the underlying cause of the pain is not addressed by these treatments. They could be compared to using oil to lubricate a hinge. It does not secure the hinge, allowing the cabinet door to continue hitting the adjacent door. Arthroscopic surgery to shave cartilage or remove labral or meniscus tissue, in the cabinet analogy, is comparable to shaving the cabinet door at the point of contact with the adjacent door, or replacing the door altogether. These options range from nonsensical to extreme when a simple screwdriver is what's needed to repair the hinge and straighten the door. (See Figure 3.)

Sports injuries

When it comes to sports injuries, underlying joint instability from ligament laxity must also be considered. However, the focus is frequently placed on the muscles for pain relief, which is why physical therapy is often the first step. While muscle-focused work in physical therapy and massage can be of great benefit, if the person still feels joint popping, grinding, or weakness, ligament laxity may be the missing diagnosis. This is commonly seen in cases of chronic muscle spasms and tightness where the muscles are being overused to stabilize joint movement, instead of allowing the ligaments to do this job. (See Figure 4.)

People who have tried physical therapy, massage, chiropractic, acupuncture or even surgery, but still have returning pain, may find the true culprit is joint instability from ligament laxity. Because ligaments have a poor blood supply, they tend to heal poorly on their own after the initial healing phase post-injury. The body, therefore, develops other ways to try and stabilize the joint: recruiting muscles, swelling the joint, and overgrowing bone. (See Figure 5.) However, there is a way to restart the healing cascade for ligaments by using Prolotherapy. This non-surgical treatment acts like a screwdriver does to tighten the screw on a loose hinge, allowing a cabinet door to glide properly once again.

Figure 4



CASE STUDY:

Rotator Cuff Tear in Elite Swimmer

LM is a 15 year old top-ranked swimmer who struggled to swim efficiently because of severe shoulder weakness and pain, which progressed to the point of her being unable to swim. Rest, physical therapy, massage and a cortisone injection did not bring relief. Her MRI showed evidence of tendonitis and a rotator cuff tear. Physical examination clearly revealed that she also had shoulder instability. After 9 Prolotherapy treatments over 5 months, LM regained her ability to swim the butterfly stroke, shaving 6 seconds off her time, enabling her to pursue a swimming scholarship with hopes of making the Olympic team.

LEARNING POINT:

Traditional modalities were unable to treat the source of the injury. Prolotherapy repaired the injured rotator cuff and stabilized the shoulder.

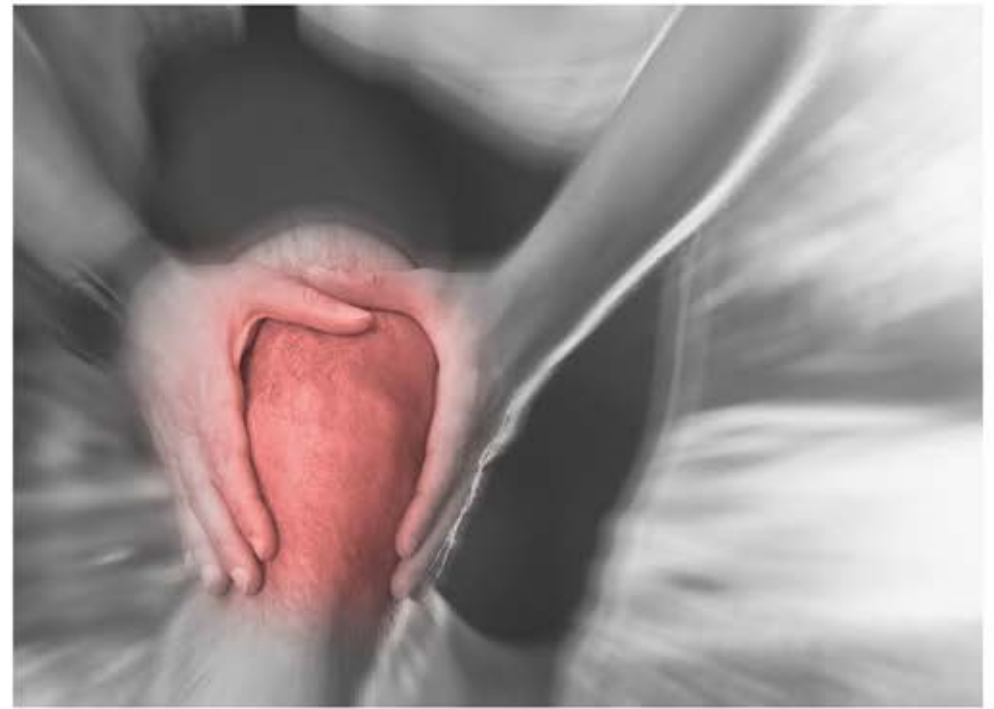
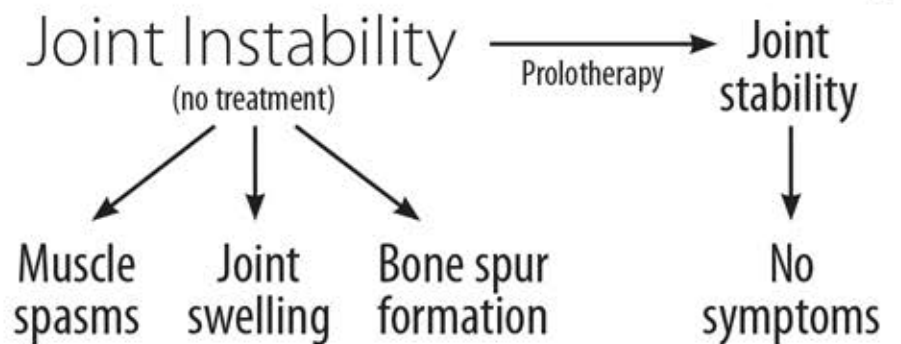


Figure 5



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Why so Tired? Top 5 Reasons You're Struggling with Sleep

By Kara Sabatino

Darker mornings and lighter evenings always seem to put a wrench in our sleeping schedule when spring time rolls around each year. However, could more serious conditions be contributing to your sleepless nights?

It can be hard to tell if you just had a rough night of sleep or if it might be a chronic condition affecting your sleep. "If the patient's sleepless nights prolong for more than a month or the sleeplessness is significantly affecting daily activity or performance, then it time to see a physician," says Michael Wang, M.D., with Millennium Physician Group in Naples.

"Being tired is one of the most common symptoms in office visits," says Dr. Wang. "Knowing what could be causing sleepless nights is the first step in treatment." According to Dr. Wang there are normally five reasons people suffer from restless nights.

Top Five Reasons for Sleepless Nights Stress, Stress...and More Stress

Stress is often referred to as the "silent killer" because of what it can do to a person's body without them realizing it. Recent studies have proven that stress can take a toll on your health.

"Stress causes a person to put out a lot of cortisol, which is the hormone that is released in response to stress," says Maria del Rio-Giles, M.D., with Millennium Physician Group in Naples. "This also increases your body's alertness and triggers the fight or flight response."

Make sure to take time out of your daily routine to relax and slough off the stress. Studies show that taking personal time to focus on you—even taking time to mediate each day—can greatly improve your health. "A great tip for falling asleep easily is to create an evening routine that promotes a peaceful sleep environment," says Dr. del Rio-Giles. "Listening to quiet music, reading a good book and not bringing work into the bedroom are great rules to live by when trying to avoid stress before bedtime."



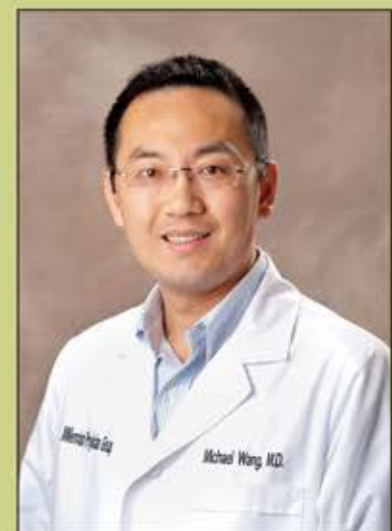
"Exercising is also a great way to handle stress," says Dr. Wang. "Even taking 10 to 20 minutes to walk around your neighborhood in the evening helps decrease your stress levels."

Depression and Anxiety

Feelings of depression or anxiety—whether over a work situation or an argument with a family member—can also affect your sleeping habits. "Depression can cause people to sleep more during the day and leave them not wanting to get out of bed," says Dr. del Rio-Giles. "This disturbance in sleep habits can keep a patient awake during the middle of the night."

If you are struggling with insomnia or restless evenings due to depression or anxiety, then it might be time to schedule an appointment with your primary care physician. "It's an opportunity to sit down with your physician and discuss what's happening in your life," says Dr. Wang. "We may be able to prescribe medication or discuss other options for treatment."

Dr. Michael Wang



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Lack of Sleep

Everyone needs a certain amount of hours in order to get a good night's rest. And getting only three to four hours of sleep a night just isn't healthy for anyone. If you are someone who struggles with settling down at night, then Dr. del Rio-Giles has some healthy sleep tips for you.

"Keep your room dark and avoid watching TV in bed. TV is more of a distraction when it comes to falling into a deeper sleep," she says. "Additionally, taking melatonin over-the-counter can help regulate your sleep."

Dr. Wang agrees that forming healthy habits is critical when getting a good night's rest is your main priority. "You should go to bed the same time every night, especially on the weekends," he says. "It depends on each person but eight hours of sleep is the recommended hours for adults.

And what about your sleepy teenagers who hate getting out of bed most mornings? "Children and teens do need more sleep than the average adult," says Dr. Wang.

Dr. del Rio-Giles also recommends adjusting your sleep patterns if you think you are not getting enough sleep at night. Getting on the right sleep schedule for your body is so simple that you can start right away. Just make sure to avoid drinking



caffeine in the afternoons or in the evenings before bedtime. "It's harder to fall asleep and stay in a deep sleep at night if you've had caffeine too close to going to sleep," says Dr. Wang.

Dr. del Rio-Giles has a similar recommendation to those fighting for sleep. "It is best to exercise during the day and not within two hours of bed time. And do not have a heavy meal before bedtime because that can cause acid reflux and affect your sleep."

She also suggests keeping the bedroom as a place of sleep only. "Keep the bedroom for only sleep. So no laptops or computers in the bedroom," she says.

Sleep Disturbance Due to Sleep Apnea

"Sleep apnea is the lack of oxidization to the brain while sleeping and patients wake up not feeling rested," says Dr. del Rio-Giles. "This is often associated with respiratory problems, can increase stroke and heart attack risks, and also lead to high blood pressure. Patients are also at risk for falling asleep while driving."

If sleep apnea is the reason you may not be sleeping at night, then it's time to consult with a sleep specialist. "Most of the time sleeping issues can be taken care of in the office, but if sleep apnea is a possibility then I would refer the patient to a specialist," says Dr. Wang.

If you are referred to a sleep specialist, then you will undergo a sleep study in which you will spend the night at a local sleep study facility. "Patients are hooked to a device that checks for oxygen levels and muscular activity. This device will evaluate how often they stop breathing during the night and provide the physician with an accurate portrait of what's happening with the patient," says Dr. del Rio-Giles.

Your primary care physician can easily schedule an appointment with a local specialist who can get to the bottom of your sleep apnea issues.

Chronic Medical Problems and Medication Side Effects

Chronic problems can also interfere with sleeping. Elderly people who suffer from dementia may have a harder time when they try to go to sleep. "Sun downing is the confusion in the evening hours," says Dr. del Rio-Giles. "It is best to expose them to bright lights, keep them on schedule, and to keep them in familiar surroundings."

And there may be a simple solution to your sleeplessness--check your medications. "People tend to take their medications at the wrong time," says Dr. del Rio-Giles. "I tell patients to take their diuretics later in the day, as well as warn them that beta blockers can sometimes cause nightmares and vivid dreams that affect sleep."

Diagnosis issues with your sleep can be easy for your primary care physician. "It can be as simple as asking questions about a patient's habits," says Dr. Wang. "If the patient is sleeping enough, then I would look through medications to determine the source of tiredness."

No More Sleepless Nights

Avoid another night of 'tossing and turning' by scheduling an appointment with your primary care physician today. Tell your physician if you are worried, depressed, taking new medications or just feeling tired throughout the day. Your primary care physician will be able to take the steps necessary to get you back to sleeping peacefully.

Dr. Maria del Rio-Giles



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OPTIMIZING YOUR HEALTH THROUGH HOLISTIC NUTRITION

Feed the body, nourish the mind, nurture the Spirit:

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

To be optimally healthy we must take a holistic view of our health. In truth, we can feed ourselves with great care and spend a large chunk of income on nutritional supplements, without any substantial result. This statement may come as a surprise to those who know me, since I have spent the greater part of my life advocating good nutrition. As I get older and hopefully wiser, however, I have come to recognize the futility of having a vigorous physique when the mind and spirit are lagging behind.

Does that mean that good nutrition is not important? No. Because, you see, in order to be or become optimally healthy, we must first make sure that our bodies are not slowing us down in our reach towards greater mental health and self-realization of spirit. There are plenty of examples demonstrating that illness of body makes it very difficult, if not impossible in some cases, to achieve a high degree of peace of mind. Therein lies a truth. An agitated mind will affect the body negatively.

Let's take a look at our nutritional needs first. It goes without saying that the quality of the food we eat is crucial. It is difficult at times to determine the quality of our food, since we are bombarded from all sides by advertisements telling us that this food is healthier for us than another, or that we need to eat this to stay slim, or that to develop muscles, etc. Just watch TV and you will be told your menu for the week. There is, however, a very simple rule to follow in regards to nutrition. My first few students devised a tag line to help them remember: NAG – Natural, Alive, Good Quality. Natural, meaning as close to Nature as possible; Alive, meaning unprocessed by machines or human hands; and Good Quality meaning organic as much as possible. There, I have made your next market day much easier, and much more pleasant because you will sense the wisdom of this rule. Much more can be said and learned of course on the subject of nutrition. That's why we at WINN (World Institute of Natural Nutrition) have created a fabulous program of studies that you can peruse on our website at winnorg.com.



If good nutrition and a healthy lifestyle are our first concern, nourishing the mind comes next. Apart from the nutrients obtained from our food that keep our brain healthy, we must also recognize that the mind needs to be nourished through learning and intellectual pursuits. Facebook and Twitter may dictate our thoughts by the minute, but they are poor substitutes for intellectual challenges. We need to give ourselves time to reflect and explore new thoughts, in order to have a healthy mind.

Perhaps the most important thing we can do for our mind is to learn to handle stress positively. Unless we live as a monk in a cave by choice, we are subjected to stress daily and relentlessly. To allow stress to take hold of our mind is to cloud our judgment, and more often than not, to damage our body function.

"Stress consists of the internal alterations - visible or not - that occur when the organism perceives a threat to its existence or well-being" Gabor Mate, M.D. When the Body says No, Exploring the stress-disease connection. ISBN 978-0-470-92335-1



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Stress related illnesses are too numerous to count. Stress brought on by repressed or hidden emotions are no doubt the most difficult to identify and at times require a great deal of courage to face. It is so much easier, after all, to ignore our negative emotions when they surface in our thoughts. Some of us become experts at evasion, but the toll on our health is considerable. Of course eliminating the sources of negative emotions is difficult, sometimes impossible. So we have to find other ways to cope and survive.

Everyday stress due to work or family can be alleviated in a natural way through exercises such as yoga, so popular nowadays, and the addition of certain nutrients such as the B vitamins. It is wise, however, to seek help from a mental health professional when the stress issue is deeply rooted. That is very important for illness prevention. But most of all we need to find effective ways to relax and relieve our busy minds.

There are many ways we can learn to relax our mind when facing a stressful thought or situation. To list them here is beyond the scope of this article. I found the following, from Herbert Benson's *The Relaxation Response*:

Simplified way to elicit the relaxation response:

- *Repetition of a word, sound, phrase, prayer, or muscular activity.*
- *Passively disregarding everyday thoughts that inevitably come to mind and returning to your repetition.*

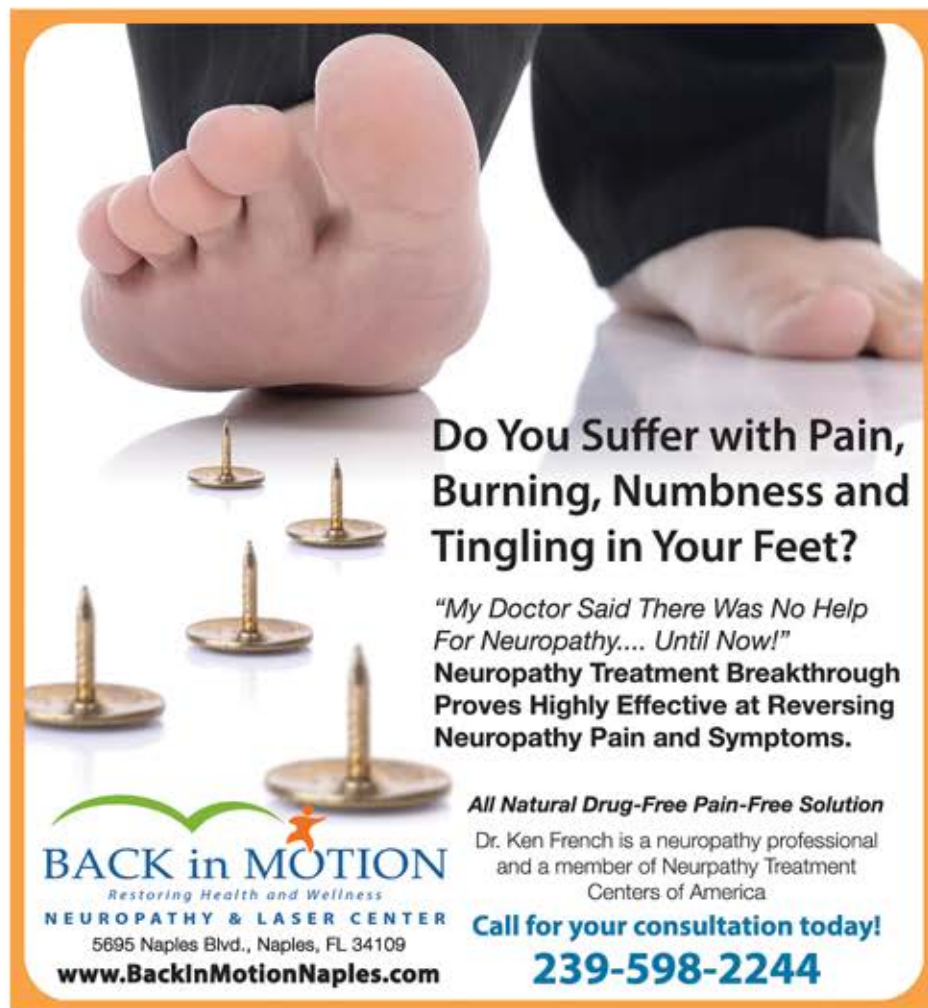
In my mind of course, and in the mind of many who practice it, daily inspired or guided meditation is the perfect way to calm the mind. Meditation is not just good for the mind, it is also essential for nurturing the spirit. And nurturing the spirit we must, if we are to gain optimal health. Meditation is not a religion, for those who would mistakenly think so. It is entirely secular, unless you want it otherwise.

When I first started teaching holistic nutrition some twenty two years ago, I was advised by 'wise' people to ignore the 'spirit' part of my teaching in order to be politically correct. I am glad I did not listen to their short sighted counsel. Over the years, awareness of who we are has grown by leaps and bounds, and the idea that we have a spirit that transcend our body-mind is no longer news. Let me correct that to say: we are spirits. Only in Silence can we recognize our true nature.

"Within each of us is a spark. Call it a divine spark if you will, but it is there and can light the way to health. There are no incurable diseases, only incurable people." Bernie Siegel, M.D.

In 2014, I was giving a 20th anniversary address to a group of my former students and supporters. I asked the question: "Who in this room believe that we have the power to heal ourselves?" Imagine my surprise and delight when most of the 200 or so people in the audience raised their hand. Twenty years ago I would not have seen more than a few raised hands. It was the highlight of my evening and a testimony to the progress we, people of this Earth, have made in recognizing our wholeness of body-mind-spirit.

.....
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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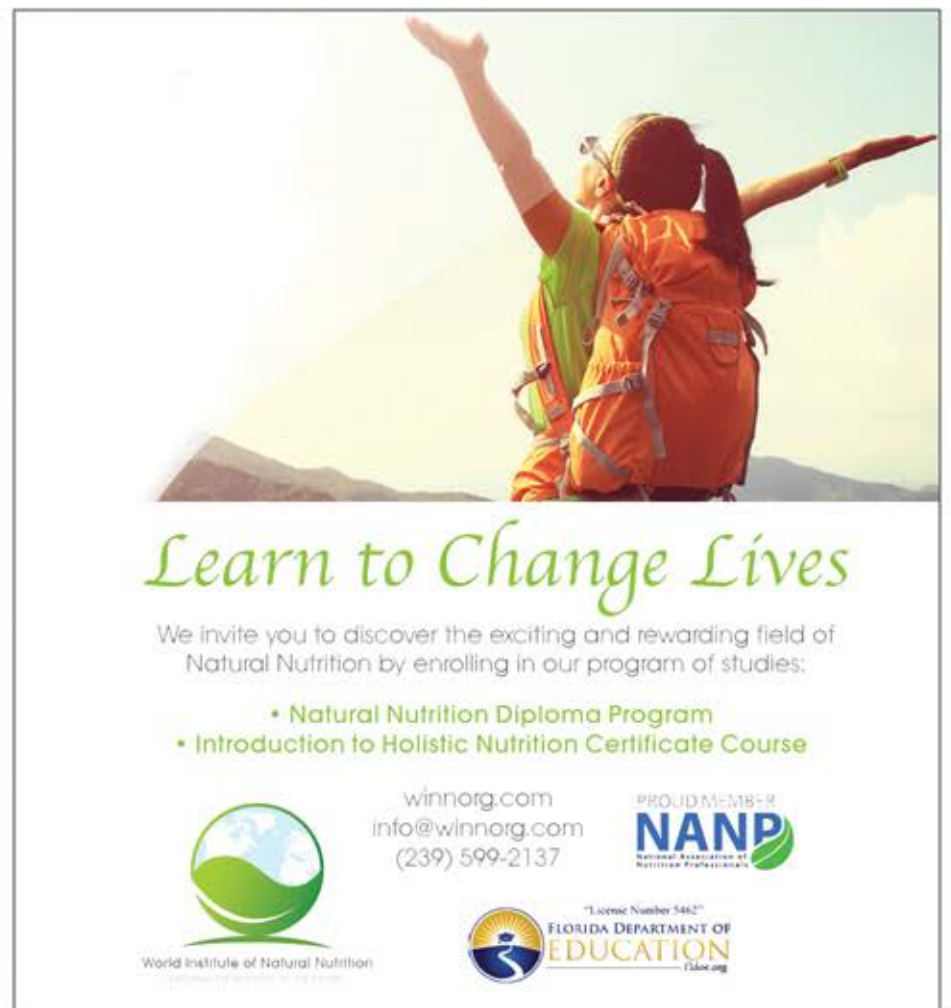
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Alcohol Awareness Month

By Justin Long
Director of Housing and Residence Life at Florida SouthWestern State College

April is Alcohol Awareness Month, and it is important to take a step back to learn some important facts about the impacts of alcohol specifically with young adults (18-24 years of age). This annual event "...was established in 1987 to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public each April with information about alcohol, alcoholism and recovery."

(Source: <https://ncadd.org/about-ncadd/events-awards/alcohol-awareness-month>)

Though college students may feel invincible, drinking can be dangerous.

The National Institute of Alcohol Abuse and Alcoholism has provided an alarming set of annual statistics that paint the picture of just how much of an impact drinking has on college students, their families, and the college community as a whole. Research shows that:

- 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor vehicle crashes.
- Over 696,000 students between the ages of 18 and 24 are assaulted by someone who has been drinking.
- Over 97,000 students between the ages of 18 and 24 report that they have experienced alcohol-related sexual assault or date rape.

(Source: <http://www.niaaa.nih.gov/alcohol-health/special-populations-co-occurring-disorders/college-drinking>)

USA Today highlighted five facts to keep in mind as we learn more about alcohol awareness this month.

1. "Binge Drinking" is less drinks than you'd guess – 4+ drinks for women during a single occasion and 5+ drinks for men during a single occasion
2. The legal American drinking age is 21
3. Drinking can be dangerous – check out the stats in this article
4. Signs of alcohol poisoning from the CDC: when you binge drink, your body can no longer process the alcohol, which leads to issues that can range from minimal impairment to coma/death
5. Drinking responsibly is actually pretty easy – enjoy everything in moderation

(Source: <http://college.usatoday.com/2015/04/01/5-facts-to-know-for-alcohol-awareness-month/>)



Programming is often provided for young adults on a college campus.

As higher education professionals in Housing and Residence Life at Florida SouthWestern State College, it is important for us to continuously develop and grow programming initiatives that will allow us to educate and provide awareness to our students about the effects of alcohol consumption on and off campus. These programming efforts are always the most successful when we are able to feature other campus departments such as the Office of Public Safety and the Office of Student Life.

During one of our most effective educational programs, our residential students wore "beer goggles" to play water pong (the level of intoxication changed with each successful shot). This activity provided a sense of impaired judgment as someone participates in rapid consumption alcohol related games. We go beyond just the physical impacts when we use this type of program as we also educate students through alcohol related questions and facts with each successful shot. During this process we would also provide alcohol related facts to the students based on which cup they scored in.

Another of our most wildly popular events is an improv show titled "Shot of Reality." This annual show brings to campus a nationally recognized improv group for an hour long interactive show that hits on hard alcohol related topics such as binge drinking, DUI's, and sexual assault.

These activities are just two great examples of how college systems are looking to educate young adults on being smart if and when they choose to consume alcohol.

Make sure that you stop and check your habits when it comes to alcohol this month. Now is as good of a time as any to determine if you need to scale back on your beverage intake. For more information on Alcohol Awareness, visit any of the source sites in this column, or speak with your doctor for other resources.

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Halotherapy contributes to the general improvement of the physical health and well-being of the respiratory systems. The goal of salt therapy is to aid in the promotion of a healthy lifestyle.

Halotherapy is 100% natural, safe and drug-free, providing effective long-term relief. It can be used as a complementary treatment to prescribed medications or as a sole treatment.* When Halotherapy is used as a complementary treatment, it can increase the effectiveness of prescribed medications, and decrease the amount prescribed.



HISTORY OF SALT THERAPY

Salt therapy has been used for therapeutic purposes for centuries. The first mentions of spa resorts in Poland (Wieliczka Salt Mine) are found in records dating from the twelfth century. Salt therapy has been rediscovered as a non-invasive treatment without side effects.

SPECIAL SALTS USED FOR TREATMENTS

Salt Therapy Grotto in Naples was built with tens of tons of salt from twelve places around the world. The base is Himalayan salt and salt from Poland. Other salts come from Jordan (Dead Sea), Morocco, France, Peru, India, Cyprus, Portugal, Hawaii, Japan and England. Our salts are also used in ion lamps during the salt therapy session.



HOW IT WORKS

A halogenerator is used to crush pharmaceutical grade salt into micronized particles that are dispersed through the air in the salt room. Salt molecules are comprised of a positive sodium ion and a negative chloride ion. While you breathe in the salty air of the therapy room, salt molecules enter the moist airways of the lungs and break down, releasing the negative ions.

The negative ions stimulate airway linings, improving mucous clearance and improving immune response to pathogens. People with chronic respiratory conditions lack sodium chloride in their airway linings and salt therapy helps resolve this deficiency. It alleviates symptoms, helps prevent them from reoccurring, and reduce dependence on medications like nasal sprays and inhalers.

The airborne salt that works on airways also clears up a variety of skin conditions, such as psoriasis and eczema. Furthermore, the release of negative ions can have a beneficial effect on your mood.

Studies suggest that the release of negative ions (what you experience when you step outside into fresh air) during salt therapy reduces stress, headaches, lethargy

and depression, and improves energy and mental acuity while stabilizing mood and sleep patterns. Salt therapy provides the best results when you take it regularly. A single treatment lasts about 45-50 minutes. You simply sit in the halochamber and inhale microscopic particles of salt.

Clinical studies show that it is an effective natural treatment for allergies, asthma, sinusitis and other respiratory condition.

LIGHT THERAPY ALSO AVAILABLE

In addition to the salt therapy treatment used in the two salt caves for adults and children, Salt Therapy Grotto offers a state-of-the-art, full spectrum, infrared sauna room providing heliotherapy, or light therapy, which is associated with the treatment of skin disorders, chiefly psoriasis, acne vulgaris, eczema and neonatal jaundice. Infrared Saunas also provide benefits of detoxification, relaxation, pain relief, weight loss, improved circulation, and skin purification.

CHILDREN SALT CAVE – HEALTHY AND FUN

Children are commonly affected by respiratory and skin conditions. It is well documented that children respond rapidly and more intensively than adults to most forms of therapy and this is also the case with Salt Therapy. The benefit of Salt Therapy is that it is 100% drug free and natural, which is ideal for anyone, especially children.

The children's salt cave is completely covered with Himalayan and Polish salt. The salt session provides fun and playful activities for children, all while breathing in the finest pharmaceutical grade salt available today. Respiratory conditions such as asthma, bronchitis, allergies, colds and flus are on the rise for children like never before. Skin conditions such as eczema, acne and psoriasis have also been on the rise for children in the last 50 years. Salt therapy is a wonderful alternative natural health option for children that are wrestling with these issues.

ABOUT SALT THERAPY GROTTOS

Through its uniquely designed salt grottos, the company offers 100% natural, safe and drug-free treatment providing effective, long-term relief respiratory conditions, skin conditions, as well as providing benefits of overall wellness and relaxation. Salt Therapy Grotto is located at 3443 Pine Ridge Road, Unit 102, Naples, FL 34109. For more information, visit www.salttherapygrotto.com or call 239.598.0990.

* We do not warranty the effectiveness of salt treatment due to variances in individual conditions.


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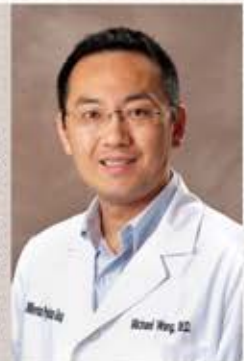
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Constipation—When You May Need More than Fiber and Fluids

By Joseph Gauta, MD, FACOG

Discussing your bowel movements with friends around the dinner table should not be normal conversation. Unfortunately, it is all too common in some of our daily routines. Constipation means having a bowel movement less than every other day (or less than 3 times a week). It is very common, affecting about 1 in 3 women.

Everyone is different, but normally you should have a bowel movement at least every other day and no more than twice daily. Infrequent bowel movements can lead to symptoms of pain and bleeding with bowel movements. Some women with constipation find it helpful to press on the perineum (the area between the vagina and the anus) or on the back wall of the vagina to help get all of the bowel movement out. Symptoms of constipation include:

- Abdominal discomfort
- Gas
- Bloating
- Straining
- Hard/firm stool

Am I at Risk?

Constipation occurs for several reasons. It may be related to diet choices, medicines, or health problems. Straining on the toilet with constipation can lead to pelvic dysfunction and prolapse or it can be the effect of pelvic floor dysfunction. Learn your risk and what you can do to reduce episodes of constipation. Do it for the health of your pelvic floor!

Dietary Problems

The most common reason for constipation is not having enough fiber in your diet. This is very common in women who eat a typical American diet, and getting enough fiber to fix this problem often requires planning and supplementation. Some foods, especially those high in starch such as white rice, pasta, or white bread, are more likely to lead to constipation. Constipation may also be due to lack of fluids in your diet. Some women do not drink enough fluids to keep their stool soft. When there is not enough fiber or water in your diet, bowel movements are more likely to be hard or irregular.

Medicines

Many medications cause constipation as a side effect. Talk with your doctor about the side effects of your medicines. Ask about alternative medicines without constipating effects. Common constipating medications include:

- Iron and calcium supplements.
- Narcotic pain medications
- Anticholinergic medications
- Antidepressants
- Blood pressure medicines

Pelvic Floor Disorders

Rectoceles and other forms of prolapse can sometimes lead to problems with bowel movements. Women who are unable to relax the pelvic floor muscles due to pain can also have problems passing bowel movements. In turn, chronic constipation can cause pelvic floor disorders.

Medical Conditions

Constipation can result from abnormal nerve or muscle function causing severe irregularity. Constipation can occur by itself or from certain medical conditions, which cause irregularity and/or hard stools such as:

- Irritable bowel syndrome.
- Inflammatory bowel disease.
- Thyroid disorders
- Cystitis fibrosis
- Neurological conditions such as multiple sclerosis or spinal cord injuries



Intestinal Blockage

Rarely, the cause of constipation is a blockage from colon cancer, other tumors, or scar tissue from prior infections or surgeries. In this case, the constipation usually continues to get worse until the problem is treated. Women with this problem also may notice they are not passing gas and that they feel bloated.

If simple over the counter remedies and dietary changes are not enough, you may need to see a specialist.

Sources: Original publication date: May 2008; Content Update: November 2014



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LASER GUM DISEASE TREATMENT

The Alternative to Surgery

By Juan Teodoro, D.M.D.

Periodontal disease affects four out of five people over the age of 35. In its early stages it's known as gingivitis, and if it progresses to a chronic condition it can result in periodontitis, which affects the bones surrounding the teeth. When left untreated it causes bone destruction, which can result in the loss of teeth. Because this disease is usually painless until it has reached its advanced stage, many adults are in danger of losing their teeth before they're even aware there's a problem. While it's hard to know if you have it or not, there are some noticeable symptoms that can be indicative of periodontal disease. They include bleeding gums during tooth brushing, swollen or tender gums, receding gum lines, loose teeth, chronic bad breath, a change in the way the teeth fit together when you bite down, pus between teeth and gums or a change in the fit of partial dentures.

Traditionally, when dealing with advanced periodontal disease, patients have to undergo gum surgery, an invasive procedure that involves cutting and folding back the gum tissue to gain access to the roots and surrounding bone. Then the periodontist will clean the bacteria from the tooth roots, and trim



and reshape the bone around the teeth using a drill and sharp hand instruments. The gums are then placed back and stitched in place. This traditional method is usually quite painful and more often than not, leaves patients in discomfort for days.

There's another procedure, however, that makes treating periodontal disease easier and virtually pain-free. It's known as the Laser Assisted New Attachment Procedure (LANAP) and involves the use of the PerioLase laser. This is the first and only FDA approved laser method used to treat periodontitis.

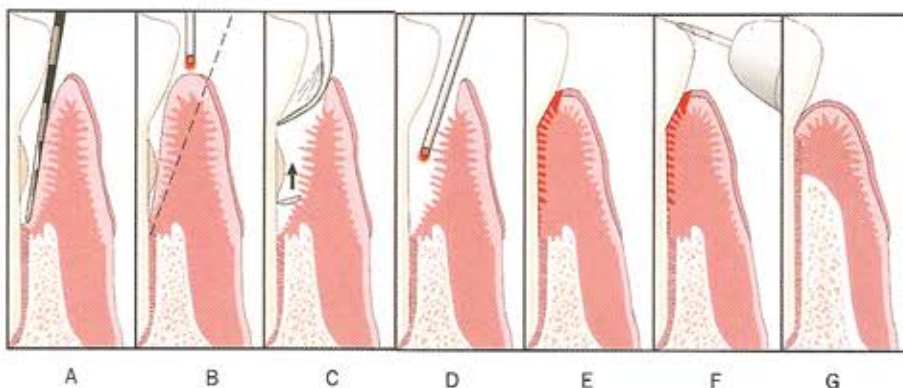


Figure 1. Laser periodontal therapy, step-by-step technique. (A) Periodontal probing indicates excessive pocket depth. (B) Laser troughing: free running pulsed Nd:YAG laser irradiation, at 100 μ sec to 150 μ sec pulse duration. Beginning at the gingival crest (not into the sulcus at first). Troughing provides visualization of and access to the root surface by removing necrotic debris, releasing tension, and controlling bleeding. It further defines tissue margins preceding ultrasonic and mechanical instrumentation, preserves the integrity of the mucosa, and aids maintenance of the gingival crest. (C) A piezo-electric scaler, small curettes, and root files are used to remove root surface accretions. (D) A second pass with the laser at 150 μ sec to 650 μ sec pulse duration finishes debriding the pocket, provides hemostasis, and creates a "soft clot." (E) The tissue is compressed against the root surface to close the pocket and stabilize the fibrin clot. (F) Occlusal trauma is adjusted with a high-speed handpiece, and mobile teeth are splinted. (G) New attachment (new bone, cementum, and PDL) is achieved.

It considerably shortens treatment time with fewer complications, less chance of recurrence, and far less pain. It means fewer appointments and a shorter duration of time to clean up the bacteria. There is less bleeding and swelling and most patients are able to return to work the very same day.

The laser beam that is used has the width of about three hairs, which makes it possible for no flesh to be cut during the procedure while still accomplishing everything the traditional procedure could.

What PerioLase does is remove the diseased tissue, killing the bacteria in the process. As the beam moves, the cuts are cauterized, leaving the healthy tissue unharmed, also resulting in a clean and sterilized wound. The blood from the wound is coagulated by the laser, allowing it to reattach to the tooth and seal it off, letting the body heal itself. This is made possible because the diseased tissue is the color of the wavelength the laser is calibrated to affect, while the healthy tissue is a lighter color, therefore leaving it undamaged by the beam.

The total cost of this procedure runs about the same as the traditional surgery would, and it is covered by insurance. Typically it's even less since there is no need for costly bone grafting. Ultimately, it would depend on how much work the patient needs.

Why it's a revolutionary procedure, many periodontists have been averse to adopting the new technology. The traditional surgical methods have been used for decades and some are uncomfortable with giving those up; while another reason is that the equipment is too expensive.

Dr. Teodoro of Bonita Springs is the only periodontist in both Lee and Collier County who is trained and certified in the Laser Assisted New Attachment Procedure with the PerioLase. He believes that LANAP is the future of periodontal disease treatment and says, "PerioLase does the same thing for periodontal treatment that Lasik did for eye surgery."

Bonita Periodontics and Implants
9510 Bonita Beach Road
Suite 102
Bonita Springs, Florida 34135
Call 239-333-4343
www.bonitaimplants.com



The COOL way to Rejuvenate

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

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

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

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

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

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

Science behind Cryotherapy

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



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

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

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

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

Benefits Using The Cry Chamber

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

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

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

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

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

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

Overwhelming Results

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

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

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



CALL NOW

Schedule your TRIAL SESSION

(239) 658-COOL (2665)



5 REASONS YOUR CHILDREN NEED TO EXPLORE YMCA SUMMER CAMP: CAMP WYHOWAY

Summer Day Camps at the Y share one thing: they're about discovery. Children have the opportunity to explore nature, find new talents, try new activities, gain independence and make lasting friendships and memories. And, of course, it's fun too.

We are here to show kids all they can accomplish when they believe in themselves. They thrive, knowing they can relax in a safe, nurturing and inclusive environment. Our highly-trained staff help campers realize that the Y is a place where they belong and can be themselves while trying new things, building new skills and making new friends. We are here to foster their curiosity; to encourage them to expand their comfort zones in what they do, who they know and what they believe. We are also here to help them discover their passion and explore their potential!

Here are 5 reasons to explore summer camp at the Y:

1. Core Values

Unlike many other summer camps that aim to keep kids only physically active, the YMCA takes pride in teaching core values alongside their regular camp activities. Caring, honesty, respect and responsibility are taught through daily lessons, games and talks. An entire summer in a new environment, making new friends and learning about values is what the YMCA Summer Camp offers the kids of Collier County.

2. 20 Acres of Adventure

The Greater Naples YMCA sits on 20 fenced acres for campers to explore with experienced camp counselors and guides. Canoeing, archery, rope challenge courses, tennis, basketball, baseball, rock wall, arts and crafts and so much more are there to explore. Not to mention, our 96,000 square foot Wellness Center which makes for great indoor exploration on those pesky rainy days.



3. Social Development

Summer camp for kids, aged kindergarten through 5th grade, is a perfect time for kids to form new friendships and develop life-long social skills. The camps at the YMCA take careful planning to put kids of similar age and abilities in groupings that will best suit their needs and encourage social interaction and growth.

4. Peace of Mind for Parents

YMCA Summer Camp Counselors are trained in adult and pediatric CPR and First Aid to keep your campers safe. Fire drills, lost camper drills, weekly swim assessments and weather safety practices are all part of the 30+ hours of training every camp counselor receives at the YMCA. Rest easy knowing our staff is well trained to assess and manage all potential emergency situations.

5. National Park Service Collaborative

The partnership with the National Park service connects YMCA Summer Camp children to nature while creating a movement to foster the next generation of leaders and outdoor stewards. Connecting children to the public lands in their community will be accomplished through on site education and YMCA field trip experiences to the Big Cypress National Preserve, Biscayne National Park and Everglades National Park.

At the Y, we want to make camp affordable and accessible to everyone. Through the help of the Naples Children & Education Foundation, the Richard M. Schulze Family Foundation and the generosity of our donors, we are able to provide scholarships to families of children who otherwise could not afford to attend camp. These scholarships are income-based and open to everyone for application. The result allows us to offer significantly reduced rates that allow all children of Collier County to afford and enjoy Camp Wyhoway.

As a convenience to the community the YMCA offers chaperoned transit service in partnership with Collier Area Transit. YMCA counselors will meet kids at designated CAT bus station sites and ride the CAT shuttle to and from the Y campus with their child.

Sign up today or visit <http://www.greaternaplesymca.org/camp.html> for more information.

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

LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

SNORING VS. SLEEP APNEA

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

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

SERIOUSNESS OF OSA

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



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

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

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

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

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

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

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

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

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

TREATMENT OPTIONS

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

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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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Is it my MEMORY...or is it my HEARING?

The latest findings on the connection between Hearing Loss and Cognitive Function!

Does your loved one constantly forget items that you know you've discussed with them, or is it possible that they didn't actually hear the message correctly? This question has been a concern for many families who suspect that a family member is showing signs of cognitive decline. Now, new research shows that hearing loss may not only be mistaken for signs of Alzheimer's disease or Dementia but that hearing loss may actually contribute to cognitive problems!



John and Patricia Hoglund
LHAS, BC-HIS, ACA

"We've always known that there are *similarities* between untreated hearing loss and Alzheimer / Dementia symptoms" states **John Hoglund BC-HIS, ACA of Hoglund Family Hearing and Audiology Services.**

"There are times when you may ask Mom a question about a specific topic, and she may give you an answer about a completely different subject that sounds absurd. You may be inclined to think she is showing signs of serious mental processing issues...but she was actually answering ...what she heard!" "Similarly it is impossible to correctly remember what you don't hear properly, so when Dad says that you never told him something that you KNOW that you discussed with him...he may not of understood what you said, but didn't bother asking you to repeat it." Episodes like these can give a false impression of cognitive decline where it is in fact simply due to their hearing loss. If the hearing problems are correctly addressed, these types of mistakes tend to go away.

There have been many recent headlines that now show a strong body of evidence that untreated hearing loss can significantly increase the risk of developing Alzheimer's Disease and Dementia! **CNN** reports that "The risk of Dementia appears to RISE as hearing ability DECLINES!" **AARP** quotes a study from Johns Hopkins and the National Institute on Aging that finds that "Men and Women with Hearing Loss are much more likely to develop Dementia and Alzheimer's



Disease!" They further state that "Even mild Hearing Loss DOUBLED the Dementia risk" and the **University of Pennsylvania School of Medicine** links even EARLY STAGE Hearing Loss to accelerated BRAIN ATROPHY!

The findings suggest that poor hearing is a "harbinger of impending dementia," says George Gates, M.D., a hearing expert at the University of Washington in Seattle, who was not involved in the new study but whose own research has demonstrated a link between the two conditions. "We listen with our ears but hear with our brains," Gates says. "It is simply not possible to separate audition and cognition" People with moderate hearing loss generally struggle to communicate even in quiet settings, and those with severe hearing loss are near deaf. People with severe hearing loss, the study reports, were five times more likely to develop dementia than those with normal hearing.

Frank R. Lin, M.D., an ear surgeon at Johns Hopkins Hospital in Baltimore, says that hearing loss has an enormous impact on the lives of his patients and their family members. "Yet because it is such a slow and insidious process, it is often left ignored and untreated." It is therefore recommended that regularly scheduled Hearing Tests should be a part of Senior's routine medical testing, and that hearing loss should be addressed as early as possible before these negative consequences begin to develop. "The intent of publishing these research articles is not to create "panic" among the Senior population that they are going to lose their faculties if they have hearing loss", states Mr. Hoglund. "It is, however, information that people should learn about in greater detail, since regular hearing tests are often not included as part of an annual physical." "If you are over the age of fifty and have not had a Baseline Hearing Test, I would encourage you to begin monitoring your hearing acuity the way you monitor other aspects of your health. These tests are provided as a FREE public service by our Practice as a way of increasing knowledge and awareness of hearing related issues.

Hoglund Family Hearing and Audiology Services offer FREE Hearing Screenings at our Bonita Springs, Estero, and North Fort Myers Clinics, and you will receive a dated copy for your personal Medical records. At the time of your appointment, you will also receive a copy of six different reports about the research mentioned in this article. **Please Call (239) 498-7142** to schedule an appointment. All it will cost is a little of your time... but the knowledge you receive may be priceless!

HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER
88 Pine Island Road, Suite 3 (Inside Tucker Vision Center)
North Fort Myers, FL 33903
(239) 652-4327

HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER
Fifteen 8th Street (Next to Royal Scoop Ice Cream)
Bonita Springs, FL 31434
(239) 498-7142

SOUTHWEST FLORIDA TINNITUS AND HEARING CENTER
10020 Coconut Rd. Ste.120 (Next to LabCorp)
Estero, FL 34135
(239) 992-HEAR (4327)

Compression Devices for Limb Swelling

By Alyssa Parker

A common challenge faced in the medical field is finding the cause of an individual's limb swelling. Any limb swelling may be your body's way of letting you know there is a potential underlying condition that can cause even more damage if left untreated. When swelling in a limb becomes chronic, pinpointing the origin is vital to getting proper treatment. Some of the most common diagnosis are venous insufficiency and lymphedema.



Fluid accumulation can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. Recent studies show that nearly 7 million people in the United States suffer from venous disease. While 2 to 3 Americans suffer

from secondary lymphedema.

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

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

Risk Factors

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

Risk factors may include:

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

Management: Compression Pump

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body.

Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long-term treatment. Compression devices are widely recognized and highly effective treatment. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb.

A pneumatic compression device mimics the muscle contraction that naturally occurs when performing a cardiovascular activity. 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 speeding the recovery time.

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 treating swollen limbs and chronic wounds.

Contact Acute Wound Care today by calling 239-949-4412 to learn more about the benefits of compression devices and the other in-home services available.

Do you suffer from Ringing in the Ear?

There is help and hope for Tinnitus!

What is tinnitus?

The perception of sound in the ears or head where no external source is present. Some call it "ringing", or a "buzz" or "head noise". For many people it is disruptive and annoying.

Treatment is available!

Research at Duke University has shown that over 80% of all tinnitus sufferers experienced significant improvement after using a new F.D.A. approved treatment process.

Call 239-498-7142 Today
to find out if you are a candidate for this treatment!



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Patricia Hoglund
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John Hoglund
BC-HIS, ACA

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Children with Autism Can Benefit from Chiropractic Care

DID YOU KNOW?

- Autism now affects 1 in 68 children and 1 in 42 boys
- Autism prevalence figures are growing
- Autism is one of the fastest growing developmental disorders in US
- It costs \$60,000 a year average
- Boys are nearly five times more likely than girls to have autism
- There is no medical detection or cure for autism

Autism is a complex condition with a variety on the spectrum of symptoms frequently characterized by difficulties in social interaction, inability to read body language and other non-verbal communication cues and motor coordination difficulties. Some also suffer from gastrointestinal disturbances and sleep disorder. The Diagnostic and Statistical Manual of Mental Disorders (DSM-5, published in 2013) includes Asperger syndrome, childhood disintegrative disorder, and pervasive developmental disorders not otherwise specified (PDD-NOS) as part of Autism Spectrum Disorder rather than as separate disorders.

Chiropractic Care is based on the important relationship between the spine and the nervous system. One of the most basic ideas in chiropractic is that dysfunction in the spine and its joints can lead to dysfunction within the nervous system—and since the nervous system controls and coordinates all of the systems of the body, spinal dysfunction can have wide ranging effects on the body’s health.

Chiropractic care with gentle specific adjustments to joints can improve the nervous system and release the body’s natural healing ability. While adjustments can’t cure autism, regular treatments can help a proper functioning nervous system. Also, Nutritional Counseling can help enhance benefits of the adjustments as many children benefit from gluten free diets.



In an important study made in San Diego in 2006 listed on www.chiropracticresearch.org, reported results of Chiropractic treatment on 14 children who had been diagnosed with autism. Half of them received treatment through the entire spine and the other half received treatment focused on the upper cervical spine. Using standard criteria for testing autistic children communication, sociability, behavior and other factors, the children were monitored weekly for three months. The results showed improvement in 6 of the 7 children under upper cervical adjustment and 5 of the 7 children under full spine adjustment. In the upper cervical group, 2 of the children improved so much that they no longer met the criteria to be classified as autistic.

Chiropractic care early in life is beneficial to every child as it enhances your child’s brain to send a message, internal system receive and process it appropriately.

HealthSource Chiropractic & Progressive Wellness makes a commitment to each patient to find the cause of the problem, create a treatment plan by utilizing Chiropractic Adjustments, functional medicine and nutrition to provide the best course of care for each individual.

Call Now 239.919.3557 and ask for a Complimentary Consultation with Dr. Kristine Hernandez TODAY!

- Keys every parent should be aware of:**
- No big smiles warm, joyful expressions by 6 months or after
 - No back & forth sharing of sounds, smiles or other facial expressions by 9 months
 - No babbling by 12 months
 - No back & forth gestures like pointing, showing, reaching or waving by 12 months
 - No words by 16 months
 - No meaningful two word phrases by 24 months
 - Any loss of speech, babbling or social skills at any age.

DECREASING BALANCE INCREASES RISK OF FALLS IN THE BATHROOM

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

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

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

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



Comfort and Security With a Walk in Tub

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

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

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

By remodeling your bathroom to suit your changing lifestyle, you

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

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

AGING IN PLACE

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Dry Eye Center of Excellence at Frantz EyeCare Offers Most Advanced Treatment in Southwest Florida

By Jeffrey B. Robin, MD

The majority of the patients sitting in eye doctors' waiting rooms today are suffering from some sort of dry eye issue. Over the last few years, researchers have discovered that "dry eyes" is much more than insufficient production of natural tears. In fact, the majority of dry eye cases are now known to be the result of rapid tear evaporation, usually caused by chronic blockage of critical oil-producing glands (called meibomian glands) in the eyelids which help control tear evaporation.

Frantz EyeCare has revolutionary new technologies that offer residents of Southwest Florida the most advanced and effective ways of treating their chronic dry eye problems.

These latest advancements include the **LipiView**, which evaluates the structure and function of these eyelid oil-producing glands by providing a high definition image of the meibomian glands; the **LipiFlow Thermal Pulsation System**, an innovative technology that removes blockages of the meibomian glands and restores normal gland function; and the **BlephEx**, a device that exfoliates and deep cleans the eyelids to remove the debris that is frequently contributing to the chronic obstruction of the meibomian glands. These technologies have been demonstrated to be safe and painless.

Frantz EyeCare is one of only a handful of practices in the State of Florida to intensively focus on this new understanding of dry eyes and devote the personnel, resources and wide array of advanced treatments through a dedicated Dry Eye Center of Excellence.

As a LASIK and Dry Eye Specialist I head up the team at Frantz EyeCare who will work directly with patients to determine the cause of their dry eye and then plan the best course of treatment. Dry eyes can



occur when there is too little aqueous (salt water) tear production and/or too rapid tear evaporation, which often results in chronic, low-grade inflammation of the eyelids and particular oil-producing meibomian glands in the lids

When managing a patient's dry eye complaint, we must first identify the type of dry eye they are experiencing – meibomian gland dysfunction, aqueous deficiency, allergy-related, contact lens

related, or blepharitis related. There's not one test or procedure alone that can properly diagnose and distinguish between the types of dry eye.

In June 2013 Frantz EyeCare introduced the TearLab Osmolarity test, which measures and assesses the health and stability of the patient's tear film. Although we were able to provide some relief for our dry eye patients by prescribing Omega 3 supplements, lid cleansers, tear replacement drops, punctual plugs, and oral antibiotics, we decided we needed to take the next step and add these more advanced technologies. So many of our patients suffer from dry eye and it frequently affects not only their eye comfort but even their quality of vision. If left untreated, it profoundly impacts their quality of life.

Symptoms of dry eye disease include; redness, burning, itching, fluctuation in vision, blurred vision, feeling of sand in the eye, contact lens discomfort, light sensitivity, or the eye feeling watery or tired.

If you know you have chronic dry eye problems or you think you may be experiencing the symptoms of dry eye, call our Naples office at 239.430.3939 or visit our website at www.BetterVision.net.

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Jeffrey Robin, MD, is a LASIK and Dry Eye Specialist who practices ophthalmology with Jonathan M. Frantz, MD, FACS. He and the 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, treatment of eye diseases, bladeless WaveLight LASIK laser vision correction, and facial and body rejuvenation with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

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Occupational therapists and occupational therapy assistants focus on “doing” whatever occupations or activities are meaningful to the individual. It is occupational therapy’s purpose to get beyond problems to the solutions that assure living life to its fullest. These solutions may be adaptations for how to do a task, changes to the surroundings, or helping individuals to alter their own behaviors.

When working with an occupational therapy practitioner, strategies and modifications are customized for each individual to resolve problems, improve function, and support everyday living activities. The goal is to maximize potential. Through these therapeutic approaches, occupational therapy helps individuals design their lives, develop needed skills, adjust their environments (e.g., home, assisted living facilities, or work) and build health-promoting habits and routines that will allow them to thrive.

By taking the full picture into account—a person’s psychological, physical, emotional, and social makeup as well as their environment—occupational therapy assists clients to do the following:

- Achieve goals
- Function at the highest possible level
- Concentrate on what matters most to them
- Maintain or rebuild their independence
- Participate in daily activities that they need or want to do.

Qualifying Medicare recipients can qualify for an occupational therapist to come into the home to evaluate, educate, provide rehabilitation treatments, and modalities to improve functional independence. This service may be appropriate for but not limited to seniors that are deconditioned, secondary to acute or chronic orthopedic and/or neurologic disorders, have memory or cognitive impairment or suffer from low vision. Each patient is evaluated to determine their condition and an appropriate care plan is designed to meet that patients goals. If you have questions about occupational therapy and specialty services please contact Nurse On Call at (239) 643-9940.

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Oh My Posture!

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

OMG! Or should I say OMP! For many of us sitting with a good posture has become more difficult over the years. What happened to the days when we could sit up tall and not feel the need to have something to lean back against? Why do our backs start to hurt if we try to sit upright longer than a minute or two? Did we injure something?

No, that would be too easy. That would give us an excuse to continue sitting with a rounded, comfortable posture. Chances are that slouched posture has evolved slowly over time. What had once started as a nice erect posture with active use of our core muscles has now become a lazy, slumped posture. Truth be told, most of us are guilty of letting the ligaments, tendons and discs that run down the back of our spine hold us upright (somewhat upright). This is what happens when we do not use our posture muscles to hold us upright.

It takes a lot less energy for us to slouch. To sit upright we have to activate the muscles that run down the back of our spine as well as the deep stomach muscles. If you hold an upright position long enough, you will notice a dull ache or pain starting to creep into your back. This would be muscle fatigue. Our back muscles are getting tired because they are too weak and deconditioned to maintain this posture. This is not how it should be. Our spines are designed to sit upright. We should be able to sit comfortably longer than a minute or two before the muscles get tired and sore.

Unfortunately for many, this is difficult and thus results in a slumped posture. Habitually sitting with poor posture ultimately puts a strain on the discs and ligaments in our back. Because of this they get stretched out and weakened, leading to degenerative changes and eventually back pain.

Now is the time to make a change. By making an effort each day to sit a little longer with an upright position, our posture muscles can be re-trained to work again. For your back's sake, get started today.



Here at LifeCare Center of Estero, we offer outpatient Physical, Occupational, and Speech therapy 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.

PREVENT KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

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

Currently there are multiple FDA approved hyaluronic acid preparations, which are extracted from rooster combs, and there are some synthetically grown products for those with avian allergies. They have trade names such as Supartz and Orthovisc.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage,



lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.

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

Knee injections are typically extremely effective. A recent study on our website, shows the injections, which are as painless as a flu shot, when done under fluoroscopic guidance to ensure the hyaluronic acid passes through the synovial membrane, combined with physical therapy focused on painless strengthening of your knee area, and proper bracing to allow the fluid to move freely throughout the joint space, creates the highest level of pain reduction, with over 99% of patients we treat achieving an average pain reduction of 77%. These results are often good enough to delay the need for a knee replacement surgery and avoid it altogether.



If you suffer from pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.



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TITLE INSURANCE SECURING YOUR HOME REQUIRES MORE THAN JUST NEW LOCKS

By C. Lane Wood

YOU FOUND A NEW HOME; IT WAS LOVE AT FIRST SIGHT.

NOW MAKE SURE IT'S YOURS.

Imagine accepting a deed to your dream home only to find out later that someone else has a claim to your property – a legal claim that puts your ownership in question.

Don't risk this happening to you. There are steps you can take to uncover potential claims before you close and protect you against future claims.

THE BUYER'S PERSPECTIVE

With all that's involved in buying a home, you'd think that by the time the last form is signed there would be no doubt that you own the home. Unfortunately, this is not always the case. That's why you should not close on a house without having your attorney, or someone approved by your attorney, conduct a thorough title examination of the property to determine who really owns it.

MARKETABLE TITLE

In real estate, "title" refers to the rights of ownership and possession of a particular property. Before title can be sold to someone else, it must be "marketable" – free and clear of liens or other title defects that would be unacceptable to a prudent, educated buyer in the reasonable course of business.

To ensure marketable title, your real estate attorney can conduct a title search – an examination of public records concerning the property you intend to buy. This generally includes mapping a chain of title to determine if the present owner received valid title from the prior owner, and the prior owner received valid title from that prior owner, and on down the line for a certain number of years. A thorough title search should uncover any identifiable problems (defects) with the title.

TITLE INSURANCE

Not all title defects are part of public record. Such "hidden" defects may not be found in the course of a title search, no matter how thorough the examination. This is where title insurance comes in. Title insurance protects you against problems with the title that you didn't know about when you bought the home. If a problem is discovered, your title insurer pays the costs to defend your ownership in court, to fix the problem, or covers your financial loss if the defects cannot be fixed.



IMPORTANT

There are two types of title insurance. If you get a loan, your lender will require you to purchase a lender's title insurance policy. This protects them, but it does not protect you. To protect your interests, you will need a separate owner's title insurance policy.

DISCOVERABLE VS. HIDDEN DEFECTS

Examples of Discoverable Defects:

- Mortgages
- Real property taxes
- Court Judgments
- Utility easements

Examples of "Hidden" Defects:

- Forged deeds
- Impersonation of another by identity theft
- Married seller who represents himself or herself as single
- Construction liens
- Incorrect legal description of property
- Improperly probated will
- Undisclosed heirs
- Clerical errors at the courthouse
- Deeds signed by minors or mentally incompetent persons
- Confusion resulting from similar names

The title examination is your first line of defense for discoverable defects and the examination should be performed by a trained professional, such as a Florida Bar Board Certified Real Estate Attorney. Purchasing title insurance is your second line of defense for those "hidden" defects that the title examination did not reveal. It also protects against any other defects (even "discoverable" defects) not specifically listed in the exceptions from coverage under your title insurance policy. As a seller, your real estate attorney can help correct any defects that may arise, either by making a claim against your title insurance policy, or by taking the necessary action to clear the defect.

"Exceptions" To Your Title are Not Insured

As noted above, certain title matters cannot be eliminated and will be listed as exceptions to your title insurance policy. Exceptions are situations where the owner gives up control over an aspect of the property. For example, an easement that allows the utility company to bring its wires across your yard to the house could be an exception. If you object to an exception, you and the seller have a specified amount of time to come to a resolution. If the issues cannot be resolved, you may be able to get out of the purchase contract.

Your real estate attorney will help you understand any exceptions from the policy, and their ramifications and how to best deal with them.

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.



C. Lane Wood

C. Lane Wood is a Board Certified Specialist in Real Estate Law and handles all facets of residential and commercial real estate development and financing. As a Board Certified Specialist in Real Estate Law, Mr. Wood handles all facets of residential and commercial real estate development and finance. He has practiced law in Naples for over 15 years and carries an "AV" "Preeminent" rating from LexisNexis and Martindale-Hubbell. He has also been listed in Florida Best Lawyers. Whether your legal matter involves a routine purchase and sale or refinance transaction, a sophisticated multi-state or multi party commercial contract, or perhaps the development of a small or large scale residential or commercial planned unit project, Mr. Wood has the skill set and experience necessary to advise you properly every step of the way.

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7 Rules for Protecting & Cleaning Hardwood Floors

Spring is the perfect season for cleaning and treating hardwood floors. Here are seven rules to see you through:

1. Avoid dirt and scratches altogether. Even the most heavily protected hardwood floors are vulnerable to damage from grit, heels, pet claws, furniture and the products and moisture needed to clean them. Avoid damage altogether by wiping spills and stains promptly, encouraging people to remove shoes, placing area rugs in high-traffic zones and mats at entrances.

2. Clean often. Sweep or vacuum hardwood floors daily. It's not just about making your wood floors look clean, it's about removing debris that can scratch, become embedded, wear the finish and dull the floor over time. Be sure to use only soft-bristled brooms and vacuum attachments (no beater bars)

3. Know your finish. How you clean and treat a hardwood floor depends entirely on if, and how, the floor is sealed. Newer wood floors are typically sealed with a polyurethane or similar plastic-like finish. Others are varnished, lacquered, shellacked, treated with oils – known as penetrating sealants – or unfinished. If you do not have any paperwork associated with your floor, a basic test is to press and draw your finger over a section of the floor. If you cannot feel the grain of the wood, it's likely the floor is sealed with a polyurethane-type finish that can withstand a small bit of moisture in cleaning. With all other finishes and unfinished floors, avoid moisture like the plague.



4. Pick the right process. For all hardwood floors: clean and buff with the grain and never wet mop or use furniture polish. For polyurethane-treated floors, the cleaning process is: sweep or vacuum, damp mop with a cleaning solution, and buff gently with a soft dry cloth. Cleaning frequency for this type of floor is once per week in high-traffic areas; never wax a polyurethane-treated floor. For all other finishes, the process is: sweep or vacuum frequently, clean spills promptly and – one to two times per year – strip, apply a new coat of wax, and buff using a machine.

5. Pick the right products. For hardwood floors designed to withstand damp mopping, commercial nonabrasive cleaning solutions with a neutral Ph are recommended. Cleaners that are too alkaline can dull the floor's finish; cleaners that are too acidic – including vinegar, lemon, tea, and other oft-recommended homemade solutions – can cause the finish to deteriorate and leave dirt behind by failing to bond with it chemically. Some floor manufacturers make and sell their own cleaning products or recommend products for use with their floors; these may be expensive, but are likely the best choices.

6. Spot-treat stains. For polyurethane-treated floors, address stains locally using appropriate cleaning solutions (e.g. detergents for greasy stains, ammonia for blood, etc). Apply the basic rule for all stain removal: start with the gentlest possible method, escalate for tougher stains and stop as soon as the stain is removed. Pencil erasers work well on scuff marks. For oil-sealed floors, ultra fine steel wool may be used – very gently – to remove stubborn stains.

7. Refinish. When properly cleaning and treating hardwood floors fails to produce a beautiful shine, it's a sign that refinishing is needed. For polyurethane-finished floors, a more moderate refinishing process – called screening – may be all that is required. More damaged or worn floors will require sanding and complete refinishing before they can, once again, shine like new.

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A Closer Look at Cholesterol & Statin Drugs - Part 1

By Toni Eatros, MS, Dipl Ac, AP

We see ads for cholesterol lowering drugs every time we turn on the television. Most people know exactly what their cholesterol levels are. Big Pharma has successfully marketed the message to physicians and the public, that, in order to lower risk for developing heart disease, nearly everyone needs to take drugs to lower their cholesterol levels. This article will offer an alternative viewpoint of the cholesterol message. High cholesterol is NOT the cause of heart disease, inflammation is. Cholesterol will be addressed in this two part article. Be sure to watch for part two next month and the heart disease and inflammation article coming soon.

What is Cholesterol?

There are five major functions of cholesterol in the body:

-- Cholesterol is the fat-like substance that exists in every cell of the body. In fact, life itself is not possible without adequate amounts of cholesterol in our bodies.

-- Cholesterol is necessary for the proper digestion and absorption of fats, fat soluble vitamins and minerals. Cholesterol is the main ingredient of bile salts. If enough bile salt is not present, there will be a subsequent deficiency of the fat soluble vitamins A, D, E and K. These vitamin deficiencies are very common today as a result of the use of statin drugs. Many diseases are linked to a vitamin D deficiency, compromised immune function, osteoporosis, and breast, colon and prostate cancers. It is nearly impossible to maintain optimal Vitamin D levels if using a statin drug or if cholesterol levels are lower than 160mg/dl.

-- Optimal function of the brain and nervous system are dependent on the presence of cholesterol. It is critical to proper brain and memory function.

-- Cholesterol is critical for the immune system to fight against infection. Studies have shown that men with lowered cholesterol levels have fewer circulating lymphocytes, total T-cells, and helper

T-cells as compared to men with higher cholesterol levels. There is a strong association between lower cholesterol levels and an increased risk of being hospitalized for an infectious disease.

-- Cholesterol is a precursor to the production of all the adrenal hormones. Adequate cholesterol levels must be maintained to produce optimal amounts of these adrenal hormones and maintain a balanced hormonal system.

What Are Statin Drugs?

Statins are cholesterol lowering drugs that poison the HMG-CoA Reductase enzyme in the body, thus interfering with the making of cholesterol, and Coenzyme Q10. These drugs are effective in lowering cholesterol, but as you will read, that is not always the most desired result, especially in the elderly.

What Are the Side Effects of Cholesterol Reducing Drugs/Statins?

-- **Heart Failure:** Research has shown that "statins can cause a dose-related depletion in an essential nutrient known as Coenzyme Q10 (CoQ10). The heart is especially susceptible because it uses so much energy." Due to the poisoned HMG-CoA Reductase enzyme, the CoQ10 production is inhibited in addition to the production of cholesterol. This reduction in CoQ10 in the body, of which the heart muscle contains the largest concentration, leads to muscle aches and pains throughout the body and may lead to congestive heart failure. Researchers at East Texas Medical Center studied 20 patients with normal heart function. After six months of taking Lipitor, 66% developed problems with the diastole, or filling phase, of the heart pumping cycle. This is the same problem many congestive heart failure patients have. Knowing this, doesn't it seem wise to supplement CoQ10 if you decide to take a statin medication? If taking a statin, the recommended CoQ10 daily dose is 150-300mg.



-- **Body Aches & Pains:** This is the most common side effect experienced by those taking statin medications. This is likely due to the decrease in CoQ10 available in the body, as mentioned above. These pains typical resolve when the medication is stopped.

-- **Brain Fog & Dementia:** Over half of the dry weight of the thinking part of the brain is cholesterol. Adequate cholesterol levels are necessary for proper brain function.

-- **Cancer:** All of the cholesterol drugs have been associated with an increased rate of cancer. Breast cancer rates in humans that took these medications have been shown to increase by a relative risk of 1200%. The exact mechanism is not yet clear, as many studies have not lasted for long enough periods of time.

-- **Depression:** As mentioned earlier, too little cholesterol can disrupt the adrenal hormones. When there is hormone imbalance in the body, depression often becomes an issue. If a patient is already depressed, the introduction of statin drugs can exacerbate the depression. Low levels of cholesterol also inhibit serotonin receptors from properly functioning.

-- **Diabetes:** New research is starting to link the use of statin drugs to blood sugar regulation issues and the onset of diabetes.



Where Does the Cholesterol Myth Originate From?

Ansel Keys, MD published a paper that reported a link between dietary fat intake and the development of coronary heart disease. He published data, after World War II, comparing the rates of heart disease versus the fat intake in the diet of six western countries. This information has been made available to every medical student since its publication. At first glance, it appears as if there is a direct relationship between the increased intake of fat in the diet and the increased mortality of heart disease. From that moment on, conventional medicine has been fixated with the idea that high cholesterol levels lead to heart disease.

However, when the study is looked at more closely, the relationship between dietary fat and heart disease suddenly is not so clear. Dr Keys actually studied the relationship between dietary fat and heart disease in a total of 22 countries. In fact, further analysis of his data shows that Dr Keys had cherry-picked the data that supported the link between dietary fat and heart disease. He only chose those countries that supported his hypothesis. Over the past 50 years, Western medicine has been mistakenly obsessed with the idea that dietary fat and cholesterol is the cause of heart disease.


If the above correlation is correct, shouldn't we have a healthier, happier population that is living longer? What, in fact, has changed over this 50 year period of medicating a large percent of the population and claiming fat is evil? Just look around, we have an obese population suffering from the ravages of heart disease. In fact, heart disease is still the number one cause of death in the U.S. Americans are the heaviest people on the planet and chronic illness is rampant. Maybe the advice we have been given all these years is not correct.

It is time to stop and take a look at the quality of the information that has bombarded us from all directions for way too long. Are the people around you taking these medications and feeling vibrant, healthy and alive or are they chronically ill, unable to enjoy life to its fullest? As Dr David Brownstein repeatedly says in his books, "You cannot poison a receptor or a crucial enzyme system in the body for the long-term and expect a good result."

If you are looking for different answers and approaches to your health and want to resolve chronic illness, call today, **239-260-4566**. Acupuncture & Natural Health Solutions has a variety of treatment options ready to be customized to fit your individual needs. For more information visit our website, www.AcupunctureSolutionsOnline.com. Be sure to stay tuned next month for part 2 of A Closer Look at Cholesterol & Statin Drugs.

Article references are available upon request.


*Yours In Health & Wellness,
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Medicare and Under 65 Medical Plans have similar Special Election Periods but do have some variations.

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- Involuntarily lose other drug coverage that's as good as Medicare drug coverage (creditable coverage), or the coverage changes and is no longer creditable.
- Drug coverage through a Medicare Cost Plan and you left the plan
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- Losing eligibility for Medicare
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- Change in household size: Marriage; had a baby, adopted a child, or placed a child in foster care; divorced or legally separated and lost health insurance, death.
- Change in residence: Moving to a new home; a student moving to or from the place they attend school; seasonal worker moving to or from the place they both love and work; moving to or from a shelter or other transitional housing
- Other life changes: Change in your income that affect the coverage you qualify for; gaining membership in a federally recognized tribe or status as an Alaska Native Claims Settlement Act (ANCSA) Corporation shareholder; becoming a U.S. Citizen; leaving incarceration (jail or prison); AmeriCorps members starting or ending their service.

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.

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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MUNICIPAL BONDS AS AN INVESTMENT VEHICLE

Provided by RBC Wealth Management and John Barnes

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

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

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

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

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

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

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

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



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

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

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Do You Suffer with IBS

By Manuel F. Bustamante, MD
Gastroenterology Specialists

Irritable bowel syndrome is a disorder characterized most commonly by cramping, abdominal pain, bloating, constipation, and diarrhea. IBS causes a great deal of discomfort and distress, but it does not permanently harm the intestines and does not lead to a serious disease, such as cancer. Most people can control their symptoms with diet, stress management, and prescribed medications. For some people, however, IBS can be disabling. They may be unable to work, attend social events, or even travel short distances.

As many as 20 percent of the adult population, or one in five Americans, have symptoms of IBS, making it one of the most common disorders diagnosed by doctors. It occurs more often in women than in men, and it begins before the age of 35 in about 50 percent of people.

What are the symptoms of IBS?

Abdominal pain, bloating, and discomfort are the main symptoms of IBS. However, symptoms can vary from person to person. Some people have constipation, which means hard, difficult-to-pass, or infrequent bowel movements. Often these people report straining and cramping when trying to have a bowel movement but cannot eliminate any stool, or they are able to eliminate only a small amount. If they are able to have a bowel movement, there may be mucus in it, which is a fluid that moistens and protect passages in the digestive system. Some people with IBS experience diarrhea, which is frequent, loose, watery, stools. People with diarrhea frequently feel an urgent and uncontrollable need to have a bowel movement. Other people with IBS alternate between constipation and diarrhea. Sometimes people find that their symptoms subside for a few months and then return, while others report a constant worsening of symptoms over time.

What causes IBS?

Researchers have yet to discover any specific cause for IBS. One theory is that people who suffer from IBS have a colon, or large intestine, that is particularly sensitive and reactive to certain foods and stress. The immune system, which fights infection, may also be involved.

How is IBS diagnosed?

If you think you have IBS, seeing your doctor is the first step. IBS is generally diagnosed on the basis of a complete medical history that includes a careful description of symptoms and a physical examination.

There is no specific test for IBS, although diagnostic tests may be performed to rule out other problems. These tests may include stool sample testing, blood tests, and x rays. Typically, a doctor will perform a sigmoidoscopy, or colonoscopy, which allows the doctor to look inside the colon. This is done by inserting a small, flexible tube with a camera on the end of it through the anus. The camera then transfers the images of your colon onto a large screen for the doctor to see better.

If your test results are negative, the doctor may diagnose IBS based on your symptoms, including how often you have had abdominal pain or discomfort during the past year, when the pain starts and stops in relation to bowel function, and how your bowel frequency and stool consistency have changed. Many doctors refer to a list of specific symptoms that must be present to make a diagnosis of IBS.

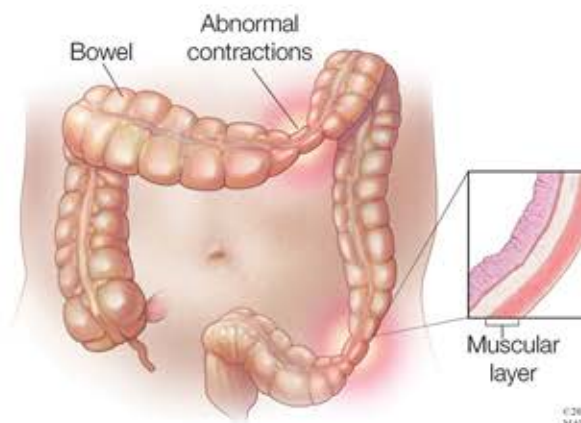
Symptoms include

- Abdominal pain or discomfort for at least 12 weeks out of the previous 12 months. These 12 weeks do not have to be consecutive. The abdominal pain or discomfort has two of the following three features
 - It is relieved by having a bowel movement.
 - When it starts, there is a change in how often you have a bowel movement.
 - When it starts, there is a change in the form of the stool or the way it looks.
- Certain symptoms must also be present, such as
 - a change in frequency of bowel movements
 - a change in appearance of bowel movements
 - feelings of uncontrollable urgency to have a bowel movement
 - difficulty or inability to pass stool
 - mucus in the stool
 - bloating
- Bleeding, fever, weight loss, and persistent severe pain are not symptoms of IBS and may indicate other problems such as inflammation, or rarely, cancer.

The following have been associated with a worsening of IBS symptoms

- large meals
- bloating from gas in the colon
- medicines
- wheat, rye, barley, chocolate, milk products, or alcohol
- drinks with caffeine, such as coffee, tea, or colas
- stress, conflict, or emotional upsets

Irritable bowel syndrome (IBS)



How does stress affect IBS?

Stress—feeling mentally or emotionally tense, troubled, angry, or overwhelmed—can stimulate colon spasms in people with IBS. The colon has many nerves that connect it to the brain. Like the heart and the lungs, the colon is partly controlled by the autonomic nervous system, which responds to stress. These nerves control the normal contractions of the colon and cause abdominal discomfort at stressful times. People often experience cramps or “butterflies” when they are nervous or upset. In people with IBS, the colon can be overly responsive to even slight conflict or stress. Stress makes the mind more aware of the sensations that arise in the colon, making the person perceive these sensations as unpleasant.

Some evidence suggests that IBS is affected by the immune system, which fights infection in the body. The immune system is affected by stress. For all these reasons, stress management is an important part of treatment for IBS.

Stress management options include:

- stress reduction (relaxation) training and relaxation therapies such as meditation
- counseling and support
- regular exercise such as walking or yoga
- changes to the stressful situations in your life
- adequate sleep



For more information about IBS 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@gispwfl.com.



What Does Your Thyroid Do & Why is it Important?

By John Canterbury, M.D.

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

How Thyroid Hormone is Made

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

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

Hypothyroidism

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



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

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

Adequate levels of thyroid hormone are needed to regulate blood sugar, so a deficiency of thyroid

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

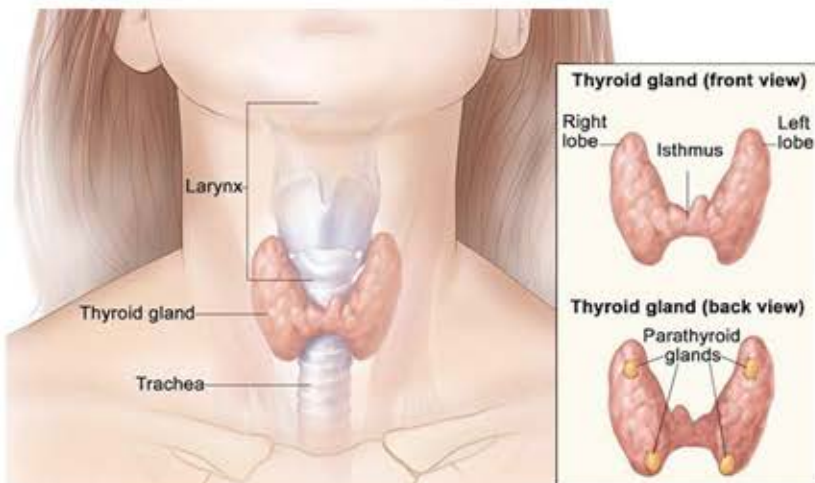


Symptoms of Hypothyroidism include:

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

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

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HEALTH IS YOUR BEST ACCESSORY

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Arc of Life Family Spinal Care will sponsor ***Night of Indulgence with a Purpose: Health is Your Best Accessory*** on Friday, May 13th, 2016 from 6-9 p.m. at 26731 Dublin Woods Circle Bonita Springs Fl 34135.

There will be nearly 30 vendors offering everything from accessories, clothing and handbags, to massages, health assessments, dietary recommendations and more. The night will also include Dessert with the Docs, a motivational speaker, entertainment, mystery contests, and fabulous prize drawings throughout the event to ensure an evening of fun. A cash bar will be available.

Tickets are FREE

Register Online:

NightofIndulgenceSWFL.eventbrite.com

or call the Arc of Life Family Spinal
Care Office at **239.200.7248**.

Dessert with the Docs is a program that brings entertainment and health-care together so women can enjoy themselves while learning important, sometimes lifesaving information. This fun and energetic approach encourages women to take an active role in their health.

Event proceeds will benefit SWFL Regional Human Trafficking Coalition, a non-profit organization committed to ending human sex trafficking.

EARLY PLANNING KEY TO SELECTING THE RIGHT RETIREMENT COMMUNITY

By Amy Hilliard

Selecting the right senior living community is an important housing decision that involves more than simply choosing an apartment. It's also about the community's ability to provide a vibrant, active and engaging lifestyle, a key to successful aging.

While you may not yet be certain when a move will be right for you, being proactive and beginning the process of discovery early will make the transition much easier. Inevitably, seniors living at a retirement community will often say they wish they had moved sooner now that they have realized all the benefits.

Finding the right community can open the door to exciting new experiences, a reinvigorated social life and a healthy lifestyle. Searching for your new home doesn't have to be difficult as long as you know what to look for.

Below are a few tips for choosing a retirement community:

Begin researching in advance – before the need arises

A good place to start is to ask family, friends and valued referral sources, such as a trust officer or estate attorney, for recommendations and their help with researching retirement communities. The Internet, senior directories, local newspapers and social circles may also provide helpful information. Word-of-mouth advertising—the first-hand advice and feedback from people who are already familiar with a senior living community—is also invaluable.

Determine which type of community will best fit your needs

It's important to understand the different types of senior living options that are available and the types of services and care they offer. From continuing care retirement communities (CCRCs) which require upfront entrance fees, to rental communities like The Carlisle Naples, which offer the flexibility of an all-inclusive monthly fee, there's a community to fit every budget and lifestyle.



You can begin to narrow the list of potential communities by taking into account the location, the services you require and activities you enjoy. Working from a checklist—matching your preferences and needs to what is being offered—can be very helpful in the selection process.

Visit the community

If you're hesitant about where to start, don't worry. There are numerous low-key opportunities to visit the communities and get a feel for their culture and lifestyle. Most communities often host a variety of events which provide fun-filled, no-pressure invitations to mingle with current residents and tour the community.

Take your time

It will most likely take more than one visit to make a decision as to whether or not a community is right for you. Ask to experience dining and attend resident events. Make an appointment with a sales representative to go over any additional questions you may have.

Remember, they have a wealth of knowledge and are there to help you to determine the perfect mix of services and amenities to meet your needs. Bring family members and friends to the community and solicit their opinions as well.

Choosing a retirement community will not be a decision that is made overnight; however, it is important to have a plan in place should your needs suddenly change. It's never too early to start planning for your future housing needs. Then, when you decide to move, you'll be glad you took the time to find the community that is just right for you.

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

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



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



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Some Warnings About Alcohol

April is Alcohol Awareness month, and it seems a fitting time to take a look together at some ancient wisdom on the matter of potential warnings and dangers associated with alcohol.

My source is the book of Proverbs from the Hebrew Bible (or, if you prefer, the Old Testament as it is known to Christians). The warnings of Proverbs seem to group themselves around three potential pitfalls. Let's have a look at them:

The Pitfall of Defilement

Proverbs 20:1 says, *Wine is a mocker, strong drink a brawler, and whoever is led astray by it is not wise.*

And Proverbs 23:19-20 offers this counsel, *Hear, my son, and be wise, and direct your heart in the way. Be not among drunkards or among gluttonous eaters of meat.*

I don't want to be a victim of anyone's mockery, do you? I don't want to get into fights I can avoid. And, I suppose if I find myself in a fight I can't avoid, I sure don't want my judgment and motor skills to be impaired! I don't want to be unwise either either my life's overall choices ("the way") or with my choice of peers. We older adults like to caution those younger than we are about peer pressure, but in my observation, that problem of choosing unwise peers who can lead us to unwise choices does not simply go away with age! Even the term "social drinking" underscores the fact that, often, consuming alcohol, and sometimes over-consuming it, happens in social settings. The warning to avoid being "among drunkards" is a clear one.

The Pitfall of Devaluation

Proverbs 23:21 says, *For the drunkard and the glutton will come to poverty, and slumber will clothe them with rags.*

Proverbs 23:29-30 asks and answers some pointed questions. *Who has woe? Who has sorrow? Who has strife? Who has complaining? Who has wounds without cause? Who has redness of eyes? Those who tarry long over wine; those who go to try mixed wine.*

This speaks of loss of monetary value (I bet most who read this could tell a story of some friend or loved one who has come to financial loss over some sort of substance abuse issue. It's epidemic in our culture). There's also the enormous danger of emotion cost, expressed in the Proverb as "woe," "sorrow," "strife," and "complaining." Alcohol is a depressive pharmacological agent. That's just chemistry, and the biochemical effects, while not understood scientifically by the author of Proverbs, had certainly been observed by him. I bet they've been observed by you as well.

And of course, there are also the physical costs. Red eyes and wounds you don't remember getting don't sound like any fun at all!!



The Pitfall of Deceit

Finally, Proverbs 23:31-32 offers this strong caution: *Do not look at wine when it is red, when it sparkles in the cup and goes down smoothly. In the end it bites like a serpent and stings like an adder.*

No one ever meant to become addicted. No one ever meant to kill or be killed in a DUI accident. No one ever meant to lose their career or their family. No one ever meant to do irreparable harm to their own body or mind.

But we've all seen all of those.

So be careful, or, as the theme of April says, be aware of what alcohol can do to your life, and proceed, if at all, with the utmost of caution.

And if alcohol, or any other hurt, habit, or hangup, is already costing you more than you ever intended to pay, please consider yourself invited to check out a ministry call Celebrate Recovery here at McGregor Baptist. You can call the church office at 239-689-2560, and get more information.



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