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THE FRACTURE THAT MAY CAUSE YOU STRESS!

By Myles Rubin Samotin, MD - Board Certified Orthopaedic Surgeon, Fellow Foot and Ankle

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

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

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

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

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

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

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

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



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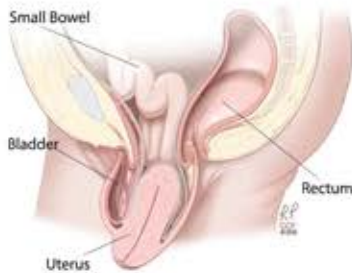


Pelvic Organ Prolapse

By Joseph Gauta, MD, FACOG

Until recently, pelvic organ prolapse (POP) was rarely addressed because women were reluctant to discuss the embarrassing symptoms. Because of our increasing life expectancy, POP has become one of the most common disorders women will face in their life-times. Today, many gynecologists and primary care physicians routinely screen women for symptoms, and a new surgical specialty of urogynecology has arisen to treat pelvic organ prolapse and the incontinence that often accompanies this problem.

Pelvic organ prolapse is a term used to describe the dropping of a pelvic organ through or out of the vagina. Pelvic organs include the bladder and urethra, the rectum and anus, and of course the uterus and vagina itself. Pelvic organ prolapse is an unfortunately common problem, with childbirth, age, menopause, and hysterectomy being the most common causes and smoking, chronic coughing or heavy lifting, chronic constipation, diabetes, and obesity being common risk factors. With our aging population, POP is expected to affect half of all women and 1 in every 9 will undergo surgical treatment to correct prolapse.



Think of the vagina as though it were an empty pillowcase that can turn inside out in the wash. Prolapse is like the pillow case trying to turn inside out because the support structures of the vagina and pelvis have weakened and are not holding the tissues and organs in place anymore. Anything that can stretch or break these support structures (ligaments and muscles) can cause POP.

Symptoms - Sometimes a patient doesn't even know she has prolapse until her doctor points it out during her exam. However, many patients experience discomfort with a range of symptoms, including:

Pain and Pressure: lower back discomfort or pressure sensation in the vagina that gets worse by the end of the day or during bowel movements.

Urinary Symptoms: urinary frequency, stress incontinence or difficulty starting to urinate.

Bowel Symptoms: constipation, accidental loss of stool or pressure or pain during bowel movements

Sexual Difficulties: pain with intercourse due to irritated vaginal tissue.

Treatment: Women with mild to no symptoms don't need treatment, but should avoid risk factors that could worsen the problem such as smoking, lifting heavy weight or being overweight. If you are experiencing major discomfort, POP can be successfully treated using many different modalities, from exercise to medicine to splints (pessaries) to surgery. Let's summarize these treatments.

- Pelvic Floor Exercises have the advantage of being noninvasive, and in mild cases can help to relieve some symptoms of discomfort or maybe leaking. Prolapse is not reversed using this treatment.
- Medicine, like vaginal estrogen creams, can also alleviate some symptoms, but also do not reverse the prolapse.
- Pessaries are excellent in keeping the pillow case (vagina) from turning inside out by taking up space in the vagina like a pillow does in a pillow case. A pillow case can't turn inside out if the pillow is in it! Pessaries are great for temporary control of the prolapse or for people who cannot proceed with other treatments. They can provide permanent relief of the symptoms of prolapse, but must be maintained and cleaned periodically.
- Surgery is the treatment for any hernia in the body. With surgery the prolapsed organ will be repositioned and secured to the surrounding tissues and ligaments. When the benefits of surgery outweigh the risks, surgery may be the best choice. Surgery involves anesthesia and recuperation time, but may be the best long term option. Many surgeries for POP can be done on an outpatient basis.

If you've been diagnosed with POP understanding your treatment options is extremely important. All treatments have their advantages and drawbacks, which should be thoroughly discussed with your urogynecologist before decisions are made. Make sure your urogynecologist is Board Certified and has extensive experience in dealing with your specific problem.



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Dr. Gauta is now the first physician in S.W. Florida dual board certified in Urogynecology and Obstetrics and Gynecology. Dr. Gauta's practice, The Florida Bladder Institute, is solely dedicated to



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

For more information or to make an appointment call, Dr. Joseph Gauta at The Florida Bladder Institute in Naples, Florida at 239-449-7979 or 239-592-1388. www.floridabladderinstitute.com



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Stem Cells Break 25-year Stalemate in COPD Options for Floridians

By David Ebner - Staff Writer

Since 1990, there have been a plethora of medical breakthroughs. According to the Center for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States even though death rates for heart disease have dropped by more than 35 percent since 1990. With the progress of cancer treatments, the cancer death rate has dropped about 9 percent. In the same period of time, chronic obstructive pulmonary disease (COPD), however, has risen from the fifth leading cause of death to the third, and its mortality rate has increased by over 30 percent. The American Lung Association states that 11 million Americans suffer from COPD, and of those, an estimated 1.4 million are Floridians.

Unfortunately, there's no known cure for COPD. Many physicians prescribe bronchodilators to help expand airways and supplemental oxygen to better regulate the diminishing blood-oxygen levels. Although these treatments help manage symptoms, they're not designed to reverse symptoms and have gone underdeveloped for decades.

Perhaps, funding for lung disease research has been limited by a stigma that patients only have themselves to blame because COPD can be a smoking-related illness. Now, people are looking beyond this stigma to find much needed help. Jim D., whose last name is abbreviated for medical privacy, is a patient of a clinic called the Lung Institute (lunginstitute.com) and has been since 2014. Jim believes COPD, "hasn't seen the news media awareness campaigns needed to stimulate research funding."

The Lung Institute is a clinic specializing in pulmonary care. The clinic doesn't just prescribe supplemental oxygen or a variety of medications; they're conducting treatments using stem cells from the patient's own body.

Stem cells act as the body's healing system. The body alerts these cells, and they flow to the area that needs repair. However, it takes time for this process



While the mortality rates for heart disease and cancer are on the decline, lung disease mortality has seen a sharp increase in the last 20 years.

to happen. Stem cells are slow to react, and in the body of someone who is chronically ill, they're even slower. The physicians at the Lung Institute realized this and developed a procedure to help stem cells do their job more efficiently.

The physicians extract a patient's own stem cells from blood or bone marrow tissue, separate them and return them intravenously. The cells then travel through the heart and straight to the lungs where they are trapped in what the Lung Institute explains as the pulmonary trap. That's when the cells should do their job and could help promote healing of the lungs, potentially improving lung function.

Nationwide, the company operates affiliate clinics in Tampa, FL; Nashville, TN; Pittsburgh, PA; Scottsdale, AZ and Dallas, TX. During the past three years, they have treated over 2,000 patients suffering from lung disease. A recent research study produced

by the clinic indicated that 82 percent of patients report an increase in quality of life after stem cell treatment, and 60 percent of those who took a pulmonary function test reported an increase in lung function.

For the 1.4 million Floridians with COPD, the mortality ranking of COPD is not as significant as their struggle to breathe and live their lives. After 25 years of the growing rate in COPD diagnosis and little medical advancement, it seems like now there may finally be hope on the horizon with the emergence of clinics like the Lung Institute and stem cell therapy.

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



Stop Overlooking Signs of Incontinence

By Rolando Rivera, MD, FACS

VISIT US ON



Urinary incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life of patients. Incontinence is classified as stress, urge, mixed and overflow.

In this article we will address some particular issues about urge incontinence.

Urinary urge incontinence (UUI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily. Accidental urination can be triggered by

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

There are two bladder abnormalities that are associated to UUI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequelae of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder over-activity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease

Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence.

The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.

Anticholinergics have been shown to be very effective in the treatment of both neurogenic and idiopathic cause of UUI. As a class, side effects include confusion, dry mouth, constipation, dizziness, visual changes and urinary retention to name a few. Beyond medications there are simple yet effective treatments.

Advanced treatment modalities for refractory patients to conservative therapy and anticholinergics are available in the urologic armamentarium. Urological evaluation of these patients will most likely include a cystoscopy, urine cultures and urine cytology to rule out bladder pathology and bladder malignancies. As well, a detailed, computerized assessment study of bladder function called urodynamics may help the clinician in establishing the best treatment option.

Neuromodulation, either via sacral nerve pathways (Interstim) or peripheral nerve pathways (Urgent PC), have been shown to be very effective in the treatment of UUI in patients with refractory disease. These modalities are safe, FDA approved, minimally invasive and provide, through neural pathways, improvement in bladder function. Urgent PC is an outpatient, office-based, nonsurgical therapy that affects the sacral nerve plexus through retrograde pathways (posterior tibial nerve). Interstim utilizes the sacral nerve S3 to provide parasympathetic inhibition, thereby decreasing bladder over-activity. It is based on pacemaker technology, and effective in about 70% of refractory patients.

Injection of botulinum toxin (Botox) into the bladder muscle (intravesical injection) is an experimental treatment for refractory urge incontinence. This treatment has been shown to successfully reduce the instability that leads to urgency in both idiopathic and neurogenic patients.

Surgical urinary diversion is an invasive therapy used mostly for severe patients refractory to all other therapies.

Urinary incontinence is a common but overlooked problem. Urologic evaluation is warranted in refractory patients, or in patients in whom underlying bladder pathology or anatomic abnormalities, such as prolapsed, need to be addressed as well. Intervention beyond medications will significantly improve the quality of life of these patients.



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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.

FACE VEIN SCLEROTHERAPY



Before

After

NASAL 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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Swan Age Reversal Centers has Six Southwest Florida locations in Naples, Bonita Springs, Fort Myers, Venice, Sarasota and Bradenton. Swan Centers specializes in Non-Surgical aesthetic procedures that help their clients look younger, thinner, and more vibrant with no pain and no downtime. This is achieved by utilizing a combination state-of-the-art devices and unique techniques only found at Swan Centers. Swan Centers goal is to offer relatively affordable services with an honest, passionate and results driven approach.

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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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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Painful Varicose Veins

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

Varicose veins are a very common condition in the United States and affect as many as 50 percent of adults.

For many men and women, varicose veins and spider veins (these are the smaller and more common variation of varicose veins) makes them feel less attractive, and are a cosmetic concern. However, for others, varicose veins cause aching pain and discomfort.

What are Varicose Veins?

Varicose veins are the blue or purplish enlarged veins you typically see bulging out of one's leg. Any vein in your body may become varicose; however, varicose veins most often appear in the legs. Varicose veins occur in the legs and lower extremities because standing and walking increases the pressure in the veins in the lower half of your body.

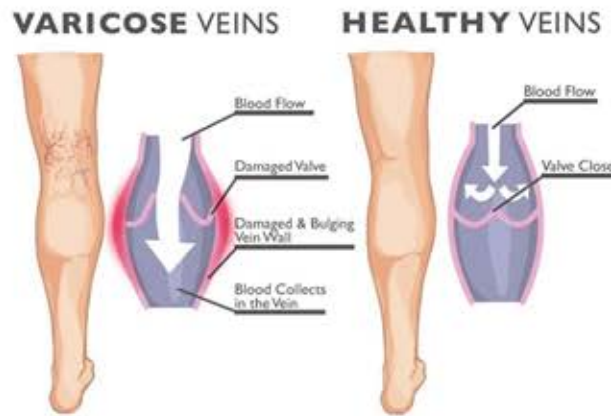
In healthy veins, tiny valves open as blood flows toward your heart and then close to stop blood from flowing backward. In varicose veins, the valves are weakened or damaged allowing blood to flow backward causing swelling and the veins to become damaged.

This condition may lead to serious problems such as Thrombosis (blood clots) or venous stasis ulcers (slow or non-healing sores). Moreover, varicose veins may also indicate that the individual is at higher risk of other disorders of the circulatory system.

Symptoms of Varicose Veins

A number of people do not experience any discomfort with varicose veins, however, some people do. Here are some uncomfortable symptoms common with varicose veins:

- Dark blue or purple veins
- Twisted, thickened veins
- Aching or heaviness in the legs
- Veins feel like they are burning, throbbing or itchy
- Swelling in the lower legs
- Pain is worse after sitting or standing for long periods of time
- Skin ulcers on the leg and ankle. Skin ulcers can indicate severe vascular disease, and may require immediate attention.



Risk Factors for Varicose Veins

- **Standing for long periods of time:** Blood doesn't flow as well if you're in the same position for long periods of time because your muscles are not contracting to push the blood back to the heart.
- **Obesity:** Extra weight puts more pressure on your veins.
- **Age:** As you age, normal wear and tear weakens vein walls and venous valves which regulates blood flow.
- **Sex:** Women are more likely than men to develop varicose veins and spider veins. This is attributed to hormonal changes during pregnancy, PMS and menopause. The female hormone estrogen may relax vein walls, and hormone replacement therapy and birth control pills may also increase your risk of varicose veins.
- **Genetics:** You are more likely to have varicose veins if close family members have them.
- **Injury or Trauma to the leg**

Varicose Vein Treatment Options

Varicose veins are treated with a combination of lifestyle changes and medical intervention.



Lifestyle changes

Losing weight, eating a balanced diet and engaging in regular exercise can alleviate varicose veins and associated discomfort of pain. If you sit for prolonged periods of time, taking activity breaks will help rev up your circulation.

Doctors usually recommended compression stockings for patients with varicose veins. Full length pantyhose offers the mildest support. Compression garments offer the next level support, and are available in above or below the knee socks or full length compression hose. Your doctor may recommend a prescription level supporting garment, which can usually be purchased from a medical supply store or pharmacy.

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



LANGUAGES: English, Spanish, Creole

HOSPITAL PRIVILEGES: Naples Community Hospital

SPECIAL FOCUS: Venous Disorders

BOARD CERTIFICATIONS: Interventional Cardiology, Cardiology, Internal Medicine

MEDICAL SCHOOL: UASD

RESIDENCY: Saint Louis University School of Medicine

FELLOWSHIP: Saint Louis University School of Medicine

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

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

Non-Invasive Treatments

If a combination of self-management and compression garments are not sufficient to manage your symptoms, or if you would like to remove them for cosmetic reasons, there are a number of procedures your doctor can use to remove varicose veins:

• **Sclerotherapy:** One of the most commonly used procedures to remove small varicose veins and spider veins. In this non-surgical procedure your doctor injects a liquid chemical into the vein, which causes irritation and scarring, causing the body to close off the vein and reabsorb it into the body. Sclerotherapy can be done in your doctor's office and usually does not require anesthesia.

• **Endovenous Ablation:** Uses laser or radio waves to burn (cauterize) and close off problem veins. This procedure is minimally invasive and most effective on small to medium sized veins. Veins that have been closed off are reabsorbed into the body.

• **Ambulatory Phlebectomy:** This procedure uses tiny punctures or incisions to remove small portions of the vein, one section at a time. No stitches and little recovery time are expected. The incisions are so small no stitches are required.

• **Vein Ligation & Stripping:** Older methods of treating veins, ligation includes making small incisions over the problem vein and tying off the vein in order to cut off blood flow, which in turn causes the vein to become less visible. Vein stripping involves tying off of the upper end of a problem vein and then removing the vein. Long veins are often removed this way.

Prevention of Varicose Veins

There's no way to completely prevent varicose veins. But improving your circulation and muscle tone can reduce your risk of developing varicose veins or getting additional ones. Traditional, common-sense approaches include:

• **Exercise.** Get your legs moving. Walking is a great way to encourage blood circulation in your legs. Your doctor can recommend an appropriate activity level for you.

• **Watch your weight, and your diet.** Shedding excess pounds takes unnecessary pressure off your veins. What you eat makes a difference, too. Follow a low-salt, high-fiber diet to prevent the swelling that may result from water retention and constipation.

• **Watch what you wear.** Avoid high heels. Low-heeled shoes work calf muscles more, which is better for your veins. Don't wear tight clothes around your waist, legs or groin. Tight panty-leg girdles, for instance, can restrict circulation.

• **Elevate your legs.** To improve venous circulation, take several short breaks daily to elevate your legs above the level of your heart. For example, lie down with your legs • **Avoid long periods of sitting or standing.** Make a point of changing your position frequently to encourage blood flow. Try to move around at least every 30 minutes.

• **Don't sit with your legs crossed.** This position can aggravate circulation problems.



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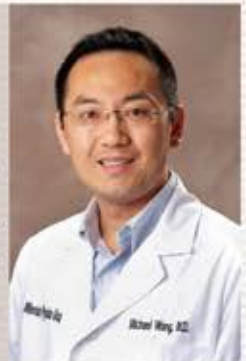
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Neuropathy and the Diabetic Patient: *How poor circulation can contribute to unfavorable outcome with your feet.*

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

People with diabetes can develop many different foot problems. Even ordinary problems can get worse and lead to serious complications.

Foot problems most often happen when there is nerve damage, also called neuropathy. This can cause tingling, pain (burning or stinging), or weakness in the foot. It can also cause loss of feeling in the foot, so you can injure it and not know it. Poor blood flow or changes in the shape of your feet or toes may also cause problems.

The foot is especially affected by diabetes because:

- Diabetes damages the nerves (damage can occur to the foot and not be detected) – this is called peripheral neuropathy.
- Diabetes also affects the circulation. Poor circulation can affect the ability of the body to heal when damage occurs.
- Those with diabetes are more prone to infection – the body’s processes that normally fight infection respond slower and often have trouble getting to infections due to the poor circulation.
- Diabetes can also affect the joints, making them stiffer.
- Other diabetes complications that can also affect the foot, for example, kidney disease (affects proteins that are involved in wound healing) and eye disease (can’t see the foot to check for damage).

Diabetes and Poor Circulation

Our circulatory system covers a lot of ground. If our vast network of veins, arteries, and tiny capillaries were straightened and laid end to end, it would stretch more than 60,000 miles! When blood is pumped from the heart to our extremities, it can be considered quite the journey there and back. This can be especially true for blood traveling to our feet, which has both distance and gravity to deal with. When complications from diabetes result in poor circulation, your feet can suffer from a reduced ability to heal and stop infections.

Dr. Petrocelli works closely in conjunction with vascular surgeon specialist to reinstate blood flow back to the extremities whenever possible.

Poor circulation can cause a variety of problems in the legs and feet.

While reduced blood flow can already inhibit the foot’s ability to heal from injury, diabetic symptoms can also result in nerve damage that deadens the pain or sensation when an injury happens. If a cut or sore is left undetected, it can become infected or develop into an ulcer.

In severe cases, the foot may need to be amputated. Additional symptoms can combine with the effects of poor circulation to create serious complications.

Other signs of poor circulation can be:

- Non-healing ulcers
- Absent or weak pulses in the feet or legs
- Decrease in blood pressure in the feet or legs
- Lack of hair growth on the lower legs
- Blue or purplish color in feet, especially when they’re hanging down
- Cold feet

The do’s and don’ts of foot care if you have diabetes:

If you have diabetes, there are a lot of things you need to do to prevent the problems from developing in your foot:

- Inspect your foot daily (check sores, cuts, bruises, changes to the toenails; use a mirror to look under the foot if you can not see it).
- Look after your health (lose weight; stop smoking; exercise; reduce your alcohol consumption)
- Look after your feet:
 - Cut toenails straight across and never cut into the corners; use an emery board or file on sharp corners.
 - Do not try to remove corns and callus yourself – see a Podiatrist for this; NEVER use commercial corncremes – this is so important in those with diabetes as it is so easy to damage the skin.



• Fitting of footwear is very important. Poorly fitted shoes are a common cause of problems in the foot of those with diabetes. Some advice:

- Get your feet measured each time you buy new shoes (foot size and shape change over time).
- New shoes should be comfortable when purchased and should not need a “break-in” period.
- They should fit both the length and width of the foot, with plenty of room for the toes.
- Avoid shoes with high heels, pointed toes or tight around the toes (these put too much pressure on parts of the foot and can contribute to ulcers)

Podiatric treatment of the foot in those with diabetes:

Podiatrists have an extremely important role to play in the prevention and management of complications of the foot in those with diabetes. The Podiatrist should communicate this risk status to other members of the health care team. Advice should be given on how to reduce the chance of damage happening, what to do to prevent it and what to do if something does go wrong.

Regular foot care seen by a Board Certified Podiatrist is a key way to prevent problems. The more closely you are monitored, the better your outcome will be.



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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)

DEXA: Gold Standard in Determining Bone Density

A bone density test assesses the mineral content of your bone, an indicator of your bone's strength. Bone density is classified as normal, low (associated with a condition known as osteopenia), or significantly low (associated with having osteoporosis).

Osteoporosis is considered a silent disease because there are usually no symptoms until a fracture occurs. Essentially, knowing your bone density is akin to knowing your fracture risk.

That's why it's important to check bone density. Treatments are available, if needed, to improve bone density and subsequently lower fracture risk.

Risk Factors for Osteoporosis

- Being female
- Advanced age
- Being Caucasian or Asian
- Low bone mass
- Being thin or having a small frame
- A sedentary lifestyle
- A family history of osteoporosis
- Estrogen deficiency as a result of menopause, especially early or surgically induced
- Anorexia nervosa
- Use of certain medications
- Cigarette smoking
- Excessive alcohol intake

Who Should Be Tested?

Generally, bone density testing is recommended for women between ages 50 and 65 with risk factors for osteoporosis and for all women over the age of 65. Also, men and women taking certain medications (e.g., corticosteroids) or those with certain diseases (e.g., rheumatic diseases, including rheumatoid arthritis) have an increased risk of osteoporosis and may be referred for bone density testing by their doctor. The National Osteoporosis Foundation recommends getting a bone density test if you fit any of the following categories:

- woman age 65 or older
- man age 70 or older
- broke a bone after age 50
- woman of menopausal age with risk factors
- postmenopausal woman under age 65 with risk factors
- man age 50-69 with risk factors

A bone density test may be necessary if you have:

- an x-ray of your spine showing a break or bone loss in your spine
- back pain with a possible fracture in your spine
- height loss of half inch or more within one year
- total height loss of 1.5 inches from your original height

The gold standard test for bone density is called a DEXA scan

A DEXA scan (dual energy x-ray absorptiometry) is a bone density test that assesses whether you have normal bone density, low bone density (also referred to as osteopenia), or osteoporosis. Typically, a DEXA scan measures your bone density at the hip or spine, which is where most osteoporosis-related fractures occur.

DEXA is considered the most accurate test for bone density.

While standard x-rays show changes in bone density after about 40% of bone loss, a DEXA scan can detect changes after about a 1% change. A DEXA scan lasts about 10 minutes and exposes the patient to less radiation than a standard chest x-ray (about the same amount of radiation exposure as taking a trans-continental flight).

What Is It Like to Have a DEXA Scan?

A DEXA scan is painless and doesn't take a lot of time.

You lie on your back on an imaging table and a mechanical device (the scanner) passes over your body. The DEXA scan emits a very low level of radiation, about one-tenth of the radiation that you get with a chest x-ray. The test takes approximately 10 to 15 minutes.

A DEXA scan is recommended if you have had spine x-rays showing a break or bone loss, back pain that may be related to spine fracture, or height loss (one half-inch or more within a year or 1-1/2 inches from total height).



What Does a DEXA Scan Show?

A DEXA scan detects weak or brittle bones before you have a fracture. The DEXA scan, when compared to previous DEXA scan results, indicates whether your bone density is improving, worsening, or staying the same. The score helps to predict your chance of fracture in the future, and perhaps the need for osteoporosis medication. It helps determine if your osteoporosis medication is working.

After a fracture occurs, a DEXA scan can assess if it was likely due to osteoporosis.

Medicare usually pays for bone density testing every two years. Many doctors order the test with that frequency. But, researchers now say that a 2-year re-test interval may not be necessary for most patients.

Your doctor will consider your age, osteoporosis risk factors, diseases and conditions, and the medications which you take routinely, when recommending when you should have your initial bone density test and how often to re-test. Follow your doctor's orders.



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Coping With Loss of Independence (& How to Fight It)

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

Losses occur at every stage of life, particularly in later years. As we age, we must cope with a variety of setbacks including physical, social and emotional setbacks, which may affect our ability to function independently, jeopardizing our freedom by relying on others for our needs. The extent to which we challenge these losses or accept and adapt to these losses affects the quality of life we achieve and maintain.

Physical Loss:

You may become aware of changes in your physical ability as you age. You may recognize challenges such as not remembering appointments, difficulty climbing stairs, opening jars or walking through the grocery store. Other changes may include:

- Vision and Hearing Problems
- Less Physical Energy
- Less Flexibility
- Less Stamina or Strength
- Deteriorating ability to Balance or Ability to move easily

Social Loss:

Physical losses can gradually limit an individual's ability to participate in social activities they normally enjoy such as sports, cultural outings or even dining out. One example of this includes when a person with significant hearing loss, even with a hearing aid, might avoid social situations for fear of having to ask others to repeat themselves. Another example would be a person with heart disease who suffers from shortness of breath, ceasing to participate in their daily morning walk with their friends. Over time, these types of avoidance strategies limit contact with others could lead to fading friendships.

Emotional Loss

Loss of independence can create tremendous frustration, feelings of uselessness, and sadness, due to a loss of control in one's life. For example, loss of mobility or vision may make necessary activities like going to the grocery store or attending medical appointments impossible without outside assistance. Being unable to do what used to be ordinary activities can be extremely frustrating. Another common frustration stems from loss of strength and balance which may require an individual to begin using an assistive device like a cane or a walker for the first time for safe mobility. While this may be necessary for safe mobility, many aging adults are resistant to this change due to feelings of frustration of this loss of independence. Some common reactions to this loss of independence include feelings of fear, anger, guilt, and confusion.

How Can I Cope with My Loss of Independence?

Be Patient: Losses are inevitable especially as you age. Acknowledge your losses and how these are effecting your life now.

Practice Self Acceptance: Recognize that losing independence is a common experience as people age, and not a sign of personal failure. It is normal and natural.

Recognize Your Feelings: Allow yourself to feel sad and frustrated at times without putting yourself down for not being able to do what you used to do.

Remain Open: Trusted family and friends might offer suggestions about things you could try to make life easier. Think about and discuss these options rather than closing your mind to these possibilities.

Pursue New Experiences: Develop new friendships, interests, hobbies, and other activities that you can physically do.



Seek and Accept Help: Some loss of independence is inevitable and cannot be avoided. Occasionally we must utilize adaptive equipment or modify our activities to ensure safety with daily activities. Alternatively, if you notice a deterioration in mobility or balance, you may be able to overcome these challenges through a guided strengthening or balance program designed by a trained therapist. There is nothing wrong with seeking assistance to help you fight or minimize your individual loss of independence every step of the way.

We here at Life Care of Estero are here to improve the health of the community for which we serve. As part of this vision, we provide a team of highly skilled Physical, Occupational, and Speech Therapists and the latest in cutting edge rehabilitation technology such as the AlterG anti-gravity treadmill and the Biodex balance system to help you regain your independence and facilitate you reaching your personalized goals. Please call our outpatient rehabilitation department at (239) 495-4046 if you have any questions or think we can help you maintain your functional independence.

Reference: "CDC Promotes Public Health Approach To Address Depression among Older Adults" www.CDC.gov
 "The Psychology of Aging" Paper by the Australian Psychological Association



ARTHRITIS:

WHAT IS IT, AND WHAT CAN I DO FOR IT?

By Joseph Kandel, M.D.

As we head into National Arthritis Awareness month, I thought this would be the perfect time to review the disorder, how it is evaluated, and what professionals and you can do to improve your condition!

First, arthritis is inflammation in the joint. This leads to stiffness, soreness, swelling, restriction of range of motion of the joint, and pain. With enough inflammation, the cushion, or "cartilage" (the rubbery material in the joint that acts like a shock absorber) breaks down. The most common type is the wear and tear arthritis, osteoarthritis. There are other types, including rheumatoid (immune system attacking the joint lining), gout (high uric acid), disease based (Lupus or Psoriasis), but they all lead to damage of the joint. Treatment is determined on the type of arthritis that is causing the damage.

How is your Arthritis diagnosed?

As with any other medical condition, diagnosis always starts with a medical history. When did the arthritis begin, which activities make it worse, is there any history of injury or trauma, and of course, are there other complicating medical issues such as obesity, diabetes, or a sedentary lifestyle. Also, getting a complete family history will be important. If other family members have a certain type of arthritis condition, you may be more susceptible to environmental factors that can trigger or aggravate your arthritis.

The clinical exam will consist of checking all of the joints for inflammation, swelling, redness, warmth, and even restriction of range of motion. Manual dexterity testing, strength testing, and coordination and balance testing will all be checked.

Laboratory testing is a common way to check for a variety of arthritic conditions as well as other medical problems that can affect the muscles and joints. If there is a swollen joint, aspiration (drawing fluid from the joint in a sterile fashion) will be done to send a sample of the joint fluid to the laboratory.



Imaging tests may include x-rays to assess the bones, cartilage loss, and bone spurs. CAT scans look at the joints and the surrounding soft tissue around the joint. MRI scans are very good at looking at the soft tissue including the cartilage, tendons, and ligaments. This is often the study of choice to determine how severe the arthritis is. Ultrasound testing is often done to look at the fluid filled structure called the bursa, and is very effective in guiding needle placement to aspirate the joint as well as inject the joint with medication.

How do I best treat my Arthritis?

There are multiple treatments, and the correct one is the one that works best for you.

Analgesic medications hide pain, but do not address the problem. Tylenol, prescription pain medications (Ultram, Norco, Percocet, etc.) are just some.

Nonsteroidal anti-inflammatory's (NSAID's) reduce pain and inflammation, such as Advil, Aleve, motrin, and many prescription strengths of these medications. Side effects may include stroke, heart attack, and bleeding from the stomach.

Disease modifying agents are often used to treat rheumatoid and immune based arthritis. These are almost exclusively prescribed by rheumatology physicians.

Biologic response modifiers are drugs that often work with disease modifying agents to target certain proteins that are involved in the immune response.

Lastly, **corticosteroids** such as prednisone and cortisone; these are used to reduce inflammation and suppress the immune system.

Physical therapy is often very important to improve joint function, range of motion, flexibility, and reduce pain. Splinting and bracing for joints that have become damaged may be necessary.

If the joints become too damaged or too painful, **surgery** may be an option. This may include joint repair, joint replacement, or even joint fusion.

Are there more natural in alternative options for treatment?

In the book, "*The Arthritis Solution*", as well as in the book "*The Anti-Arthritis Diet, 28 Days to Health*", I outline multiple alternative treatment options. Here are just a few:

Acupuncture: this uses time-tested Eastern medication techniques to reduce pain information.

Glucosamine: this has been studied extensively with mixed results, but in a JAMA March 15, 2000 medical journal it was shown that 100% of people who took this at 1500 mg per day did better than placebo. It did take 90 days to start to work.

Yoga, tai chi, pilates: all of these stretch and strengthen and lengthen the muscles.

Natural cures: Bromelain, Turmeric, Papain, Devil's Claw, Boswellia Extract, ginger, Rutin, Citrus Bioflavonoids, and Mojave Yucca (root) are just a few!!!

Dietary changes: avoiding refined carbohydrates, processed foods, blackened/ BBQ foods, nightshade vegetables, and especially SUGAR.

Exercise: This is the fountain of youth, and whether it is chair aerobics, water walking, or stretching and flexibility, the expression "Use it or lose it!" rings true.

For more information or a clinical evaluation of your joint pain, contact:



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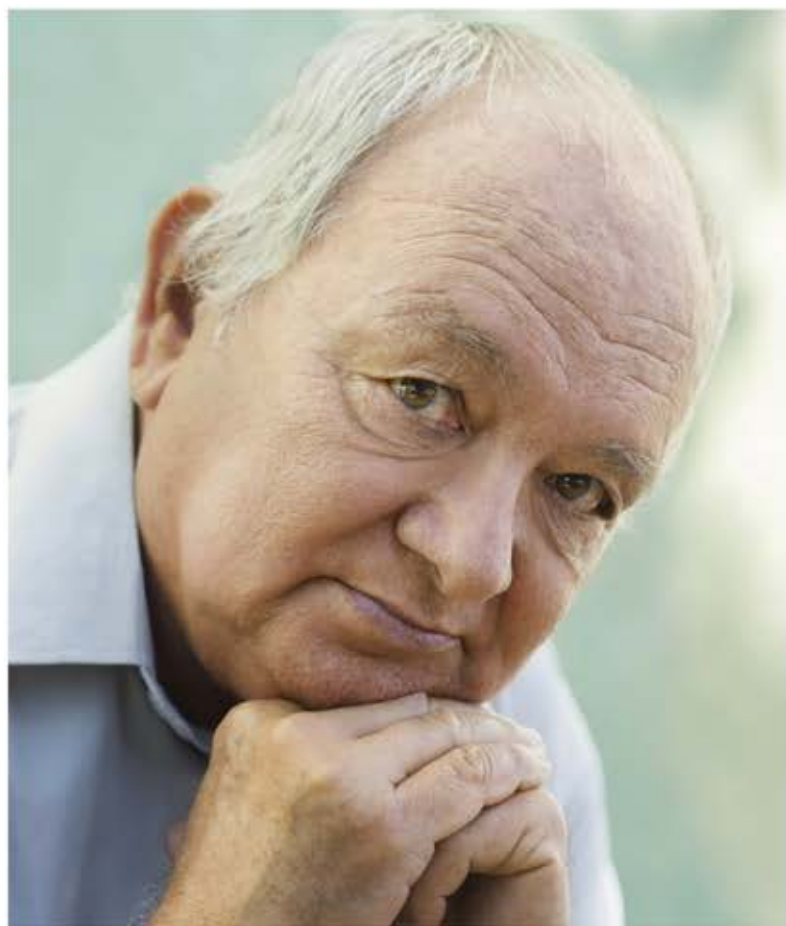
To see the expert therapy team at Neurology Office, call to make an appointment with Dr. Kandel 239-231-1414 (Naples) or 239-231-1415 (Ft. Myers) or check out the web site: www.NeurologyOffice.com

Help For The Depressed

According to NAMI (National Institute of Mental Illness) one in 10 Americans experience depression at some point in their lives yet only about 20 percent seek professional medical help—even though the condition is completely treatable.

“May is National Mental Health Month,” says Jamie Seneca, Community Outreach Director for Nurse On Call. “Why not take this month to reflect on your own mental health by answering a few simple questions? Like an annual physical, ones mental check ups are equally as important. The following are a few questions that you can answer to evaluate your mental and emotional well being.

- Have you lost interest in doing things you used to enjoy?
- Are you more sad or crying more than usual?
- Do you have low energy, motivation and drive?
- Are you sleeping more or less than usual?
- Do you feel hopeless, helpless and worthless?
- Do you have suicidal thoughts or recurring thoughts of death?



NAMI, claims that if one answered yes to any of the previous questions they may be susceptible to depression. The scary thing is that many people who suffer from depression never seek out help for a very treatable prognosis. The first step in treatment is meet with ones primary care physician to rule out any other medical conditions and if depression is the diagnosis, it can be treated in a multitude of ways, but the two most common being medication and psychotherapy. Another option for those of Medicare age and meet the requirements is psychiatric nursing services through home health. These services are provided by experienced psychiatric nurses and are designed to:

- Prevent hospitalizations
- Increase access to mental health services
- Provide follow-up treatment
- Assist families in maintaining community living and improving their quality of life

Psychiatric nurses work with your primary care physician and/or psychiatrist in planning care and also work closely with other care team members or involved community providers. Those who are most likely to benefit from Home health services are individuals who have one or more of the following conditions:

- Serious and persistent mental illness as well as risk for repeated hospitalizations
- Exacerbations of chronic schizophrenia and/or affective disorders, including major depression
- A recent release from hospital care and need of follow-up to prevent relapse
- A need for monitoring of a new psychotropic medication
- Alzheimer's Disease and other types of dementia
- Confusion following surgery, strokes, cancer treatment, or related to medications
- Chronic pain and related depression
- Anxiety and/or panic attacks
- Character/personality disorders experiencing a crisis
- Families/caregivers in need of psychosocial support and education

Nurse On Call Homecare has certified psychiatric nursing, psychiatric occupational therapy and licensed social workers that can provide a comprehensive physical, psychological, mental, cognitive, family and environmental assessment of a patient within an in-home environment. Although each individual is screened according to their need for care, some typical criteria to consider in for these services are the following: The patient needs to be home bound, under the care of a physician, and needs a skill of a registered nurse. If all the above criteria is met and you are more interested in homecare Psychiatric services contact your physician to inquire about the benefits of this service.



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Celebrate, Share and Embrace Your Feelings Inside and Out this May during Mental Health Month

By Scott Burgess, David Lawrence Center President and CEO

Mental Health America started Mental Health Month nearly 70 years ago to raise awareness about mental health conditions and the importance of good mental health for everyone. This year's theme is "Life with a Mental Illness" which is a call to action to share what life with a mental illness feels like to someone going through it.

David Lawrence Center is participating in this awareness generating event by creating a dialogue for our community, supporters, clients and their family members about mental health and the feelings associated with them from the inside out.

As affectionately and accurately portrayed in Pixar's hit movie 'Inside Out', feelings guide our perceptions of the world, our memories of the past and even our moral judgments of right and wrong, typically in ways that enable effective responses to the current situation. Studies find that our identities are defined by specific emotions, which shape how we perceive the world, how we express ourselves and the responses we evoke in others.

Having healthy relationships and getting on a path to good mental health begins with being able to talk about and understand how you are feeling. By encouraging people to talk about what mental illnesses feel like, and then have them act on that information will give more people a voice to feelings, fears, hopes and dreams so they can be empowered to change the trajectory of their own lives for the better and/or help those we love change theirs.

We know that mental illnesses are common and treatable, and help is available at David Lawrence Center and throughout our community. We need to speak up early – before a crisis – so that people do not feel isolated and alone. By removing the shame and stigma of speaking out, more people can become comfortable coming out of the shadows and seeking the help they need.



239-455-8500

www.DavidLawrenceCenter.org

Mental Health Month Fair and Open House May 20th

David Lawrence Center is encouraging the community to join us for our first-ever Mental Health Month Fair and Open House on May 20th from 3-5:30 pm at our main campus off of Golden Gate Parkway. There will be plenty of opportunities to express yourself and your feelings while celebrating the many ways we can support our health and wellness during this free, educational, action packed, fun afternoon.

The event will include community partner resource tables representing health, wellness and mental health providers, free screenings, campus tours and brief 15-minute educational presentations on the signs and symptoms of mental illness and substance abuse. The kids and adults alike will also relish the chance to meet furry mental health partners a Clydesdale therapy horse and pet therapy dog.

Attendees will enjoy fun lawn games, a feelings art project, children's art therapy showcase, crafts, an expressive photo booth, face painting and exercise and yoga demonstrations all while networking with like-minded advocates and health conscious community members.

Plus there will be plenty of healthy snacks from local vendors, drinks and awesome prize drawings such as bikes, tablets, gift baskets, a yoga membership, gift cards and more.

Warning Signs

Mental illnesses are medical conditions that disrupt a person's thinking, mood, daily functioning, or ability to relate to others. People who misuse drugs or alcohol may be doing so to self-medicate because of an unidentified or untreated mental health condition. Pay special attention to these behaviors:

- Loss of interest in enjoying activities, hobbies, socializing or school
- Significant decrease in grades
- Problems with memory, attention or concentration
- Changes in energy levels, eating or sleeping patterns
- Feelings of hopelessness or feeling "lost"
- Sadness, anxiety or crying often
- Unusual aggression, disobedience or lashing out verbally
- Changes in personal appearance or hygiene
- Substance abuse
- Dangerous or illegal thrill-seeking behavior
- Paranoia or sudden changes in thinking
- Suicidal thoughts, talking about death, giving away belongings
- Evidence of self-harm

Mental Illness is Common and Treatable

One out of every four people will have a mental illness in their lifetime. About half of these conditions will have the first onset in childhood or adolescence usually before the age of 14, and 75% by the age of 24. Early identification, diagnosis and treatment can help children build skills and resilience as well as prevent more serious problems.

David Lawrence Center is dedicated to ensuring that all children, adolescents and their families have access to services and community supports that maximize personal potential.

Meet A'llawna

A'llawna is an extremely intelligent 9-year-old who battles with oppositional defiant disorder and ADD. When she was referred to the David Lawrence Center's Children's Community Action Team she was having violent outbursts, getting suspended and was kicked out of her after school program.

Explosive arguments with her mother resulted in routine Crisis Unit admissions. Through the program's family-centered intensive mentoring and treatment services, they received the comprehensive support necessary to overcome the loss of her beloved father and learned behavior modification and anger management skills. The team also got her into more challenging gifted classes.

Today her relationship with her mother has never been stronger and they are now savoring all the joys that childhood brings.

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 meditate 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."



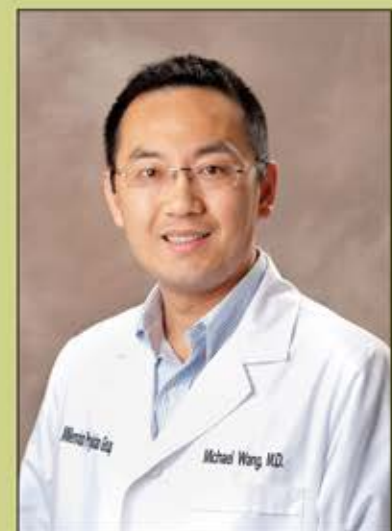
"Exercising is also a great way to handle stress," says Dr. Wang. "Even taking 10 to 20 minutes to walk around your neighborhood in the evening helps decrease your stress levels."

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



Millennium Physician Group
1735 SW Health Parkway
Naples, FL 34109
239-249-7800

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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LIFE-THREATENING SLEEP APNEA AND THE CPAP ALTERNATIVE

By Dr. Rich Gilbert

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

SNORING VS. SLEEP APNEA

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

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

SERIOUSNESS OF OSA

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



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

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

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

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

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

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

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

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

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

TREATMENT OPTIONS

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

TREATMENT OPTIONS

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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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The Rise of Regenerative Treatments for Osteoarthritis

By Debra K. Brinker, RN

The popularity of regenerative, non-surgical treatments for osteoarthritis has grown in recent years and with good reason. People want options that are less invasive, do not require anesthesia or a hospital stay, and that have successful long-term results. Being diagnosed with osteoarthritis no longer has to mean giving up leisure activities and signing up for joint replacement surgery. Regenerative options can regrow cartilage and restore degenerated tissue, so that decreased mobility and chronic joint pain from arthritis become a thing of the past, along with some other outdated treatment options.

Why regenerative options make sense

Trace the process of osteoarthritis all the way back to the beginning. It is not just a disease of aging. An original injury to the soft tissue (such as ligaments, tendons, or other articular surfaces) whether through athletics, trauma, or insufficient recovery time, can result in weakness of the tissue. This creates imbalances and instability of the joint. The instability is part of the development of arthritis, occurring within a few years with severe injuries, or over decades when the injury is less severe. Since soft tissue is mainly responsible for the smooth movement necessary in the motion of the joint, when abnormal forces are placed on them, injury occurs that disrupts the balance between normal motion and instability. The disrupted balance in motion causes an uneven weight distribution inside the joint, with joint surfaces rubbing roughly and breaking down articular cartilage, limiting joint function, causing bone loss and eventually leading to the bony overgrowth of osteoarthritis. This is where the painful process begins.

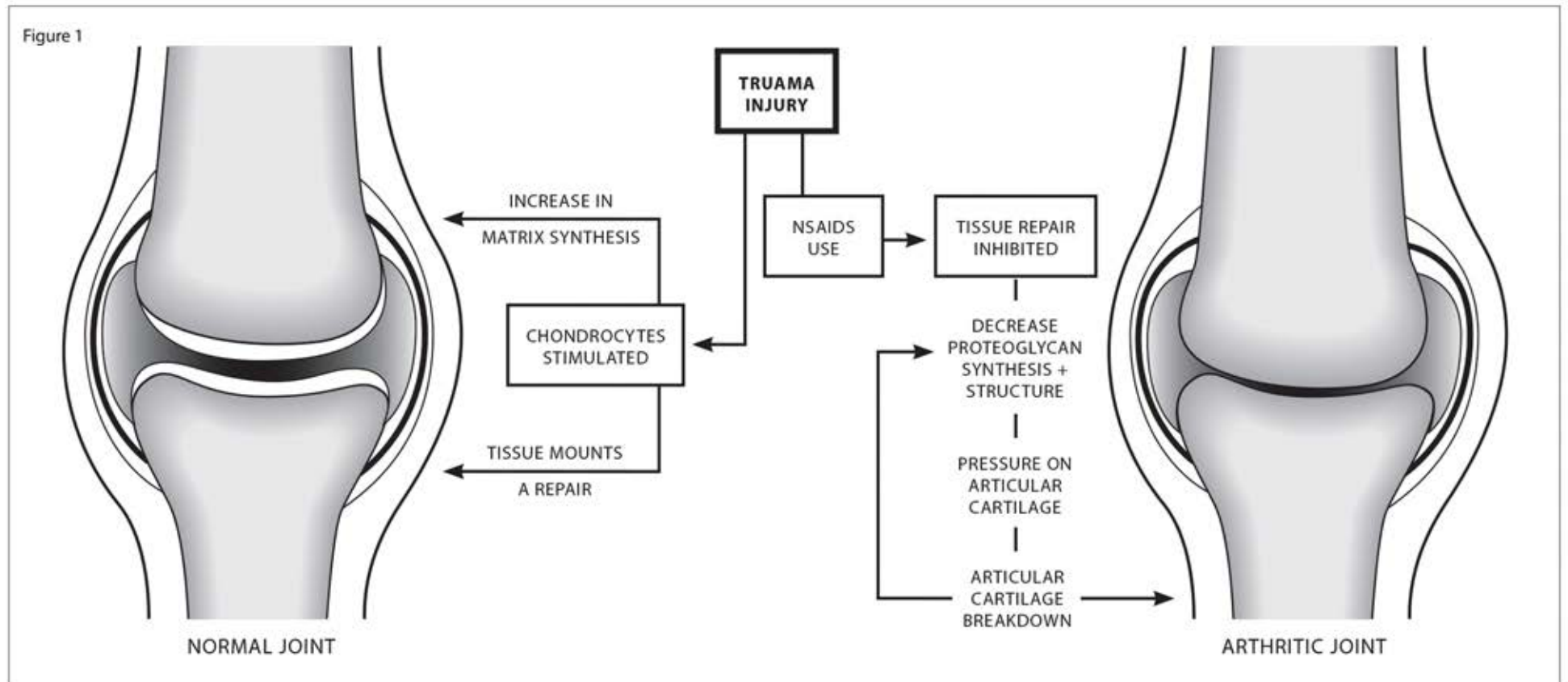
Regenerative medicine aims to address the original soft tissue weakness or degeneration, to strengthen and repair these areas within the joint. By triggering the body to repair itself, cartilage can regrow naturally and the joint can stabilize, thereby resulting in diminished pain.

Cortisone injections and NSAIDs are not regenerative

Did you know that nonsteroidal anti-inflammatory drugs (NSAIDs) are among the most commonly used drugs in the world for the treatment of arthritis? Yet, one of the documented but lesser known long-term side effects of NSAIDs is their negative impact on articular cartilage. [See Figure] In essence, they accelerate the very disease for which they are most often used and prescribed. [See Figure 1]

Corticosteroid injection is another common treatment for osteoarthritis with deleterious effects on the articular cartilage. Corticosteroids cause the cartilage to become thin, shredded, fibrillated, ulcerated, eroded, and ultimately destroyed, retarding and preventing its ability to repair. [See Figure 2]

Since the hallmark feature of osteoarthritis is the breakdown in the articular cartilage of joints, further breaking down of the cartilage and accelerating the arthritic process by means of corticosteroid medications is not in any way reparative. This is why corticosteroid injections to a given joint are not to be performed more than three to four times per year, because of concern about the possible development of progressive cartilage damage through repeated injection in the weight-bearing joints.



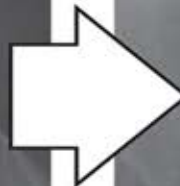
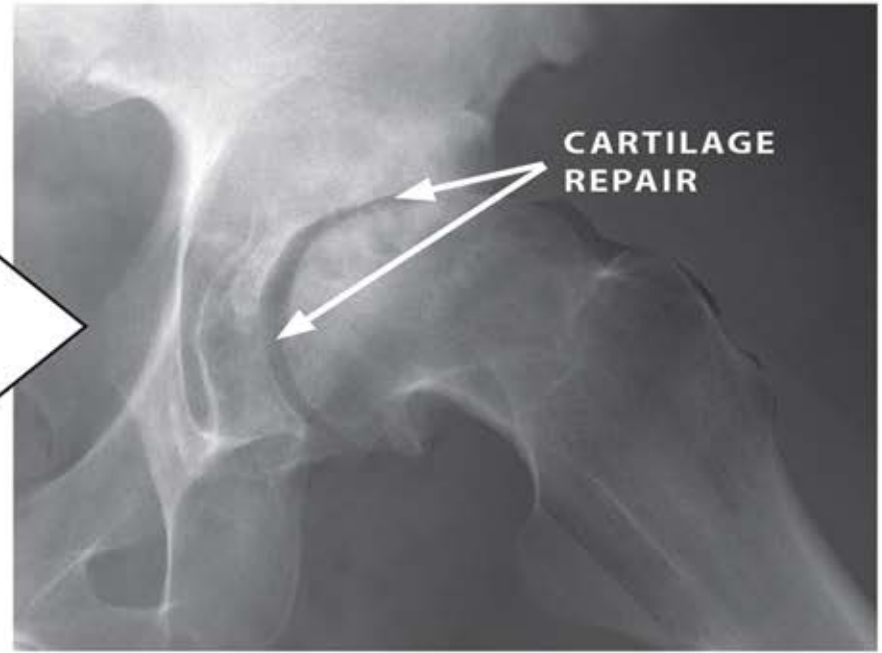
The pathogenesis of osteoarthritis accelerated by NSAIDs. NSAID use inhibits the bodies repair processes, leading to decreased proteoglycan and extracellular matrix content and function, which ultimately leads to articular cartilage breakdown.

Figure 3

BEFORE PROLOTHERAPY



AFTER PROLOTHERAPY



Prolotherapy regeneration of hip cartilage. Before and after hip X-rays of a patient treated with Prolotherapy.

Other treatments such as hyaluronic acid (viscosupplementation), exercise, physical therapy and lifestyle modifications are helpful at decreasing symptoms and improving mobility, but they do not repair the source of the problem or reverse the disease.

Prolotherapy – the regenerative option for osteoarthritis

Degenerative conditions like arthritis need regeneration. The regenerative injection treatment used to repair the joint and to support a pro-chondrogenic (cartilage forming) environment is known as Prolotherapy. It involves the injections of natural substances into the degenerated areas to stimulate healing. It restarts the repair mechanisms in tissues that have lost the ability to repair on their own. This regenerative therapy has been found effective for the treatment of ligament and tendon injuries, and has a long history of use in osteoarthritis.

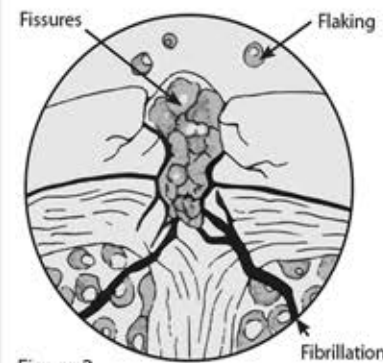
Stem cell therapy – Prolotherapy using your own cells

Another therapeutic strategy of this type is the injection of an autologous stem cell preparation. These cells from a person's own fat or bone marrow can be injected directly into the damaged joint to accelerate the healing process in more severe cases of arthritis, in addition to comprehensively treating the surrounding soft tissues.

Cartilage improvement

The articular cartilage destruction is easily documented via standard X-ray. In the same way, improvement with Prolotherapy can also be documented by viewing X-ray changes. [See Figure 3]

Articular cartilage deterioration as evidenced by fibrillation, fissures, and flaking. NSAIDs and cortisone shots have been shown to cause these conditions.



Prolotherapy, with or without the use of a person's own stem cells, can be utilized to treat and restore most of the degenerated structures as well as the functioning of the joint. Even the majority of bone-on-bone osteoarthritis cases can be helped without the need for surgery. Post-surgical pain cases are also typically still candidates for regenerative options like Prolotherapy or Stem Cell Therapy. Whether in the early or later stages, the regenerative options for arthritis pain are better than ever.

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BENEFITS OF INFRARED SAUNA

INCREASE METABOLISM, BURN CALORIES & LOSE WEIGHT

As you relax in the gentle far infrared heat, your body is actually hard at work producing sweat, pumping blood, and burning calories. As your body increases sweat production to cool itself, your heart will work harder to pump blood at a greater rate to boost circulation. This increase in your metabolism will burn calories.

According to the Journal of the American Medical Association, "Many of us who run do so to place a demand on our cardiovascular system, not to build big leg muscles. Regular use of a Sauna imparts a similar stress on the cardiovascular system, and its regular use may be as effective a means of cardiovascular conditioning and burning of calories as regular exercise."

Day Spas and Medi-Spas around the world are using Infrared Saunas more and more to help eliminate cellulite. Since the far infrared radiant heat of the infrared sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite.

RELIEVES MUSCLE PAIN

The deep heat of our infrared sauna helps peripheral blood vessels dilate, bringing relief and healing to muscle and soft tissue injuries.

Increased blood circulation carries off metabolic waste products and delivers oxygen-rich blood to oxygen-depleted muscle, so they recover faster.

Muscles relax most readily when tissues are warm, for greater flexibility and range of motion. Far Infrared heat relieves muscle tension and thereby helping your body to make the most of its intended healing abilities. Infrared heat reduces soreness on nerve endings and muscle spasms as muscle joints and fibers are heated.

IMPROVES THE IMMUNE SYSTEM

Our Infrared Sauna's deep heating infrared heaters will raise your core body temperature, inducing an artificial fever. Fever is the body's natural mechanism to strengthen and accelerate the immune response, as seen in the case of infection.

This enhanced immune system, combined with improved elimination of toxins and wastes via intense sweating, increases your overall health and resistance to disease.

REMOVE TOXINS

Infrared Sauna heat increases your blood circulation and stimulates the sweat glands, releasing built up toxins in the body.



Daily sauna sweating can help detoxify your body as it rids itself of accumulated highly toxic metals (lead, mercury, nickel, and cadmium) as well as alcohol, nicotine, sulfuric acid, and other organic and inorganic compounds.

Traditional wisdom has suggested that saunas work largely by promoting detoxification through the sweat... Saunas also stimulate cells to release toxins which can then be eliminated by the liver and bowel. Several published studies have now shown that this hypothermic therapy can bring about the rapid removal of a wide range of toxic substances from the human body.

The best way to get rid of heavy metals and pesticide residues? The infrared sauna. It has been known for decades that sweating is a wonderful way to get rid of stored chemicals, including heavy metals. In fact, sauna is one of the detoxification procedures used in the Environmental Units in Dallas and North Charleston where the sickest of folks go to heal. But many people never could tolerate a sauna. They felt weak, sick, fast heart rate, faint, dizzy, headachy, or just miserable. Thanks to improved technology, the infrared sauna is tolerated much better, because it uses a heat energy that penetrates the tissues better, allowing an overall lower temperature to be used.

IMPROVES APPEARANCE OF CELLULITE

Cellulite is a common term used to describe superficial pockets of trapped fat, which cause uneven dimpling or "orange peel" skin. It appears in 90% post adolescent women (almost all women over the age of 20 have cellulite to some degree) and is rarely seen in men.

Common but not exclusive areas where cellulite is found, are the buttocks, thighs, and the abdomen. Contrary to popular belief, cellulite is not related to

obesity, since it occurs in overweight, average, and thin women. The appearance of cellulite is not always reduced by weight loss.

Cellulite occurs in the subcutaneous fat layer just beneath your skin. Your skin is connected to the underlying muscle by vertical strands of tissue. The combination of this connective tissue pulling in on your skin and fatty deposits and fibrosis pushing out against your skin cause the dimpled appearance of cellulite.

Since the far infrared radiant heat of the Infrared Sauna warms three times as deep as conventional saunas, it is significantly more effective at reducing cellulite. There is a direct link between the slowing of metabolic rates and the storage of toxins in fat cells. Sauna use and infrared heat can increase heart rate and localized blood circulation, which essentially reverses the above-mentioned trends towards the accumulation of liquids in the fat cells to reduce the appearance of cellulite.

EASES JOIN AND STIFFNESS

In many countries radiant heat therapy is widely used to treat patients suffering from many forms of arthritis. Radiant heat has also been effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal ailments. Much of the stiffness, aches and soreness that comes with aging is reduced or eliminated.

IMPROVES SKIN

The profuse sweating achieved after just a few minutes in our Infrared Sauna carries off deeply embedded impurities and dead skin cells, leaving the skin glowing and immaculately clean. Increased circulation draws your skin's own natural nutrients to the surface.

You'll see improved tone, elasticity, texture and fresh color. Increased blood circulation has also been shown to relieve acne, eczema, psoriasis, burns, lesions and cuts. In addition, open wounds heal more quickly, reducing scarring.

ABOUT SALT THERAPY GROTTO

Through its uniquely designed salt grotto, 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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www.salttherapygrotto.com

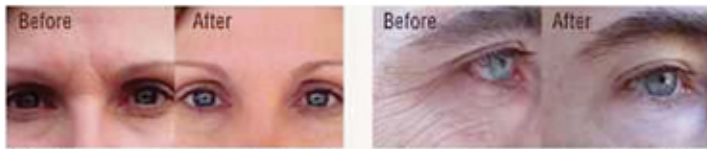


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During advanced research on the uses of the *Nerium oleander* plant, an accidental discovery was made: the unique properties of *Nerium oleander* provided remarkable age-defying results when applied to the skin. This finding led to the formation of Nerium International and the creation of the NeriumAD skincare line.

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- Ear Infections
- Emphysema
- Hay Fever
- Pharyngitis
- Pneumonia (after acute stage)
- Seasonal Allergies
- Sinusitis
- Smoker's Cough (including secondary smoke)
- Snoring
- Tonsillitis
- Respiratory Infections
- Wheezing
- Relieve Stress through Relaxation
- Skin Conditions (dermatitis, acne, eczema, and psoriasis)

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Bladeless Laser Cataract Surgery

Better vision, improved outcomes, more precise cataract surgery

By Jonathan M. Frantz, MD, FACS

If you have cataracts, making the decision to have Bladeless Laser Cataract Surgery or Traditional Cataract Surgery can sometimes be daunting. At Frantz EyeCare, we present you with a tremendous amount of information to digest and then do our best to help you understand it. One important part of this process is helping you realize the benefits of Bladeless Laser Cataract Surgery so you can make an informed decision. Sometimes the best decision is simply to have traditional cataract surgery, which is certainly fine.

Since performing the first laser cataract surgery in Southwest Florida in May of 2012, I have had the privilege of performing thousands of these procedures. Alcon, the company that makes the LenSx laser, which has the lion's share of the laser cataract surgery market, tells us that I am one of the Top 5 Laser Cataract Surgeons in the Country.

To help you make your decision about whether to have traditional cataract surgery or laser cataract surgery, I thought this list of some of the proven benefits of laser cataract surgery may be helpful.

- Laser incisions placed in the cornea to correct astigmatism are more precise than those that can be produced with a hand held blade used in manual cataract surgery. It is impossible for the human hand, no matter how steady, to produce incisions to correct astigmatism that are consistently precise. The literature is abundantly clear that the laser performs much better than manual at correcting astigmatism.

- The capsulotomy (a circular opening in the capsule that contains the cataract) created by the laser is more precise than what can be created by a hand held blade. The capsulotomy step is thought to be particularly important in visual outcomes. A precisely round, perfectly centered and properly sized capsulotomy is thought to influence the position of the lens implant or IOL in your eye. The more precise the placement of the IOL, the better your vision. One study compared manual capsulotomies

to laser capsulotomies and showed that only 10% of the time were manual capsulotomies as good as laser, 90% of the time the laser performed this step more precisely.

- Laser cataract surgery allows us to fragment the lens so that it can be removed more safely and with less ultrasound energy and fluid flow through the eye than manually breaking up the cataract for it to be aspirated from the eye. Because the inside of the eye is so delicate, decreases in ultrasound energy and fluid flow through the eye lead to better outcomes.

- Laser cataract surgery utilizes a sophisticated imaging system called Optical Coherence Tomography or OCT, which allows us to precisely map and image your eye down to the fraction of a millimeter. This, combined with the precision of a laser, allows us to perform your cataract surgery more precisely and safer than with a manual, hand held blade.

Frantz EyeCare is pleased to offer you such incredible sight saving technology. Many surgeons are still using the same technology now that they used 20 years ago, depriving their patients of the benefits of this remarkable procedure and the potentially better vision they could obtain.



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

If you have been diagnosed with cataracts or are experiencing cloudy vision, join Dr. Frantz for a free informative seminar at noon on the following dates:

Fort Myers Office

Tuesday, May 3

Thursday, June 9

For reservations, call 418-0999

Naples Office

Wednesday, May 4

Wednesday, June 8

For reservations, call 430-3939



239-430-3939

www.BetterVision.net

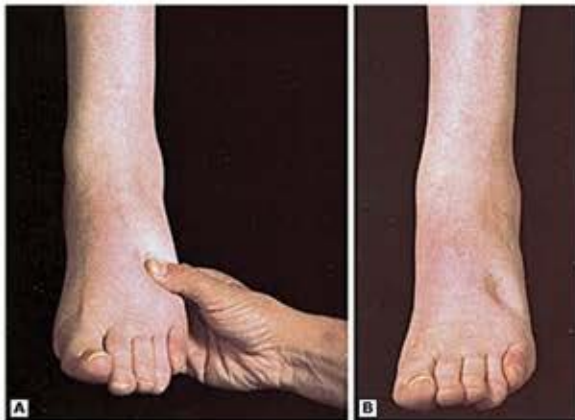
Jonathan M. Frantz, MD, FACS, is named in *The Guide to America's Top Ophthalmologists*. He and his team of doctors at Frantz EyeCare offer a broad spectrum of patient-focused comprehensive care from eye exams and eyewear to bladeless laser cataract removal, bladeless WaveLight LASIK, treatment of dry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

Understanding & Effectively Managing Your Chronic Limb Swelling

By Alyssa Parker

A compression pump is widely recognized as effective treatment option for limb swelling. Compression pumps are a safe way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. This is a non-invasive, safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.

The lymphatic system serves as one of the body's main highways through its network of vessels and ducts it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels. If the lymphatic system is obstructed causing damage, blocked, or developed abnormally, protein-rich fluid accumulates in the tissues, the potential result may be chronic swelling known as Lymphedema.



The venous system is comprised of two parts deep circulation and superficial circulation, which are interconnected by perforating veins. The venous system is an important component to your body's circulatory system delivering blood to the heart then passing back through the lungs to obtain oxygen to deliver back to the lower limbs of the body. Chronic venous insufficiency (CVI) involving both parts of the venous system is caused by incompetent valves and venous hypertension. Patients may experience swelling, discoloration and skin ulceration. Chronic skin ulcerations are common due to the low oxygen making it difficult to heal.

Lymphedema and CVI may cause irreversible damage to the body if not treated appropriately in an efficient manner.

Compression Pump: Preferred Treatment Option

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.

The compression pump is also beneficial to patients with reduced strength and dexterity who have a difficult time getting extremely tight compression stockings on each leg. The garment sleeves that attach to the pump are quick and easy to put on.

When should I see a doctor?

If you're experiencing swelling and discomfort in a limb don't let it go untreated seek help today.

Choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical. Some good questions to ask your physician include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

Remember ANY swelling is an indication of an overloaded Lymphatic system.

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

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



ACUTE WOUND CARE

Contact Acute Wound Care today and speak with a specialist by calling

239-949-4412

www.AcuteWoundCare.com

Mental Health in the Workplace

By Kailee Witt, MA - Associate Director, Enrollment Management Systems & Communications at FSW
Jessica Clark, APR - Public Relations and Marketing Associate at FSW

Whether brought on by workplace stressors, a busy or changing home life, or genetics, mental health issues can impact anyone at any stage of life. According to the National Alliance on Mental Health (NAMI), "1 in 5 adults in the U.S. experiences mental illness in a given year." Given this statistic, it is almost guaranteed that mental illness is impacting you or someone you know in your workplace.

The Stigma of Mental Health

Organizations such as NAMI are not just a resource for those suffering from or with loved ones suffering from mental health issues. Another main goal of these organizations is to educate the general public in order to combat the stigma and stereotypes surrounding people with mental health issues. In fact, NAMI's website includes a three step pledge to be "stigma free:"

1. **Educate Yourself and Others** – "Mental health issues are not the result of personal weakness, lack of character or poor upbringing."
2. **See the Person and Not the Illness** – "Getting to know a person and treating them with kindness and empathy means far more than just knowing what they are going through."
3. **Take Action on Mental Health Issues** – Interested in learning more about the pledge or discovering more mental health statistics? Check out NAMI's website at www.nami.org.

Managing Stress in the Workplace

Even when you love your job, you will occasionally experience work-related stress. It can be due to deadlines, new roles, or challenging opportunities. This is normal, but if the stress is constant and chronic, then steps should be taken to manage the stress to enjoy a healthy and fulfilling life.

According to the American Psychological Association, there are steps you can take to help manage your work-related stress:

- **Track Your Stressors** – Keep a journal for a week or two to help identify the exact stressors.
- **Develop Healthy Responses** – Try to create healthy ways to handle stress, such as exercise or hobbies.
- **Establish Boundaries** – Create work-life boundaries so that you are not thinking of work 24/7, and not connecting to the office when you are off.
- **Take Time to Recharge** – Take those vacation days to recharge and replenish your energy and motivation.



- **Learn How to Relax** – Look for techniques that help you relax and unwind – meditation, deep breathing, walking, time for yourself.
- **Talk to Your Supervisor** – Healthy employees are typically more productive, so your supervisor wants you to have a healthy well-being. Your boss can help you create an effective plan to manage stressors at work while being more productive.
- **Get Some Support** – Reach out to friends and family for support. Some employers even offer an employee assistance program (EAP) that could offer some guidance.

Balancing Work and Personal Life

Work/life balance is a struggle for so many people. With the current technology it is easy to be accessible 24 hours a day, seven days a week. Employees need to make an extra effort to 'turn off' work mode and focus on family and personal life.

According to Mental Health America (MHA), many employees are in a "...rush to 'get it all done' at the office and at home..." which means "...as our stress levels spike, our productivity plummets." Being stressed creates so many problems outside of losing productivity, such as being depressed, irritable or harming our personal relationships. The tips earlier in this article focus on managing stress at work, but what about stress at home? MHA proposes that these tips will help manage the stress at home while also encouraging a healthy work/life balance:

- **Unplug** – Technology makes it easy to work from anywhere, but make sure to turn off the work mode and enjoy your personal time.
- **Divide and Conquer** – Make sure responsibilities are shared equally at home.

- **Don't Over Commit** – Learn to say 'no' sometimes, maybe schedule time just for yourself to do whatever you choose.
- **Get Support** – Communicate with family and friends to have a strong support network at home.
- **Treat Your Body Right** – Eat healthy and exercise to keep your body in good physical shape.
- **Get Help if You Need it** – If you are overwhelmed with work and personal life and need extra help, seek that support. "It is not a sign of weakness – taking care of yourself is a sign of strength."

Where to Go for Help

There are many resources for individuals who feel they or someone they know may be experiencing mental health issues. The important thing is to seek help and support to ensure you are taking care of your mental health. Some resources may include:

- **EAP Programs** – many employers offer Employee Assistance Programs that may cover short term counseling or other services.
- **Primary Care Doctor or Health Insurance** – meet with your primary care doctor to determine the need for referrals to mental health specialists.
- **National Suicide Prevention Lifeline at 1-800-273-8255 or 911** – if you or someone you know is thinking of suicide, it is important to get help right away. Designated professionals at these hotlines can help.

Resources:

<http://www.apa.org/helpcenter/work-stress.aspx>
<http://www.mentalhealthamerica.net/work-life-balance>
<http://www.nami.org>



Kailee Witt, MA



Jessica Clark, APR



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ARC of LIFE
FAMILY SPINAL CARE

Friday, May 13, 2016
6:00 p.m. - 9:00 p.m.



NIGHT OF INDULGENCE WITH A PURPOSE

HEALTH IS YOUR BEST ACCESSORY

Ladies, grab your girlfriends and treat yourself to an evening out where you can indulge in great shopping, delicious food, free health screenings – all while learning about important health topics from special guests speakers.

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.

Effective Drug-free Neuropathy Treatment Available

Approximately 50% of diabetics develop neuropathy, a disorder of the peripheral nerves that causes weakness, numbness, and pain. Many people using statin medications for cholesterol, will be affected by this mysterious and under recognized malady. Other conditions that can lead to peripheral neuropathy are Lyme disease, chronic liver or kidney disease, chemotherapy, infections and traumatic injuries. Sometimes peripheral neuropathy is "idiopathic" in which case the cause of the condition is unknown.

Signs and symptoms of neuropathy

Over time, the peripheral nerves become sick and damaged and can develop the following signs and symptoms:

- Gradual onset of numbness and tingling in your feet or hands, which may spread upward into your legs and arms
- Sharp, stabbing or burning pain
- Extreme sensitivity to touch
- Lack of balance that can lead to falling
- Muscle weakness or paralysis if motor nerves are affected

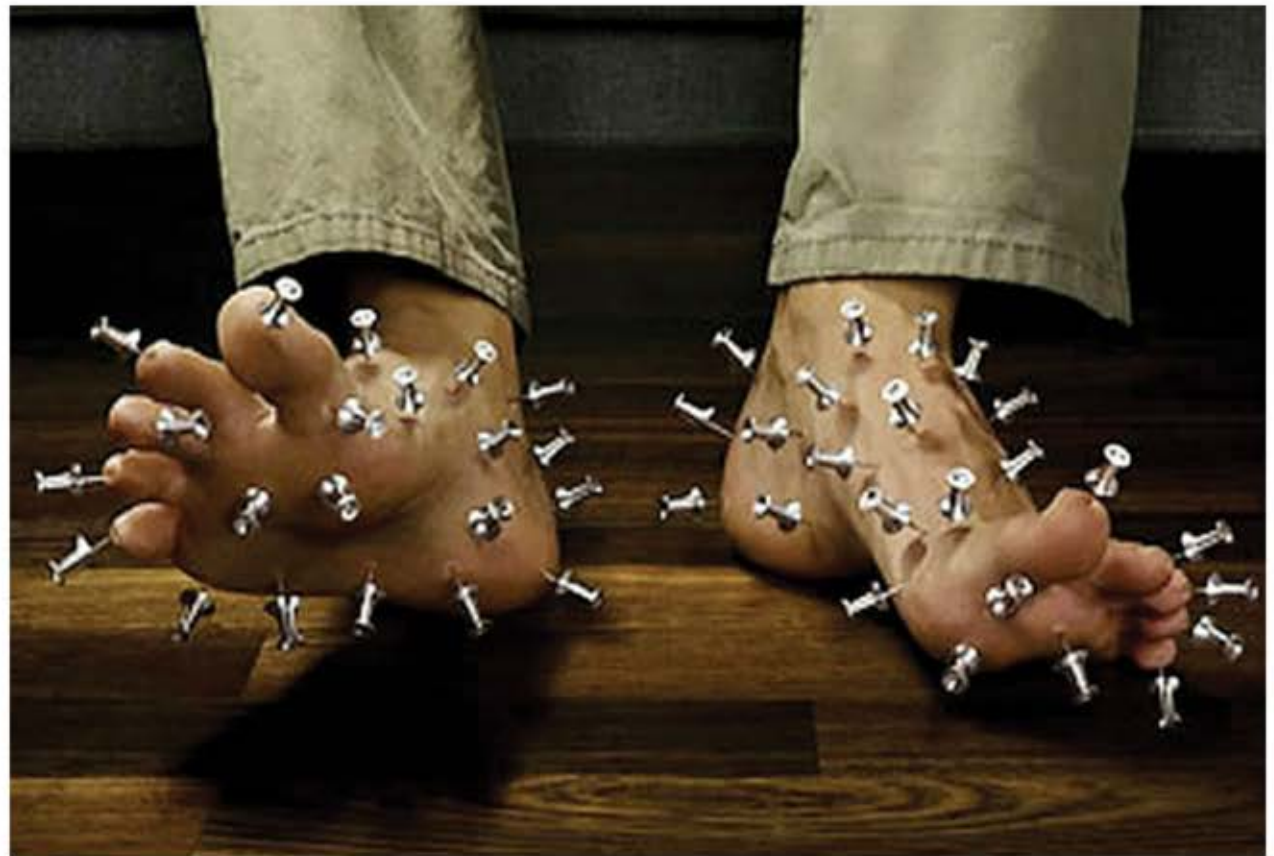
Some neuropathies come on suddenly, others over many years. Some people are affected only by a weakness in the arms and legs which leads to difficulty standing, walking, or getting out of a chair. The loss of sensation from the feet, ankles and toes contributes to patients not having a 'good sense' of where their feet are in space, causing them to lose balance and fall very easily.

Some patients will eventually become unable to walk at all. Others start with a tingling, pin pricking feeling that turns into deep sharp stabbing pains and burning electric shocks. These debilitating problems can also be at their worst at night while trying to get some sleep, because the pain never goes away. In fact, once started it only gets worse!

These under-recognized sensory losses can only be detected with the proper clinical exam.

When to see a doctor

Seek medical care right away if you notice any of the symptoms listed above. Early diagnosis and treatment offer the best chance for controlling your symptoms and preventing further damage to your peripheral nerves.



Ordinary medicine has no cure for peripheral neuropathy at this time. The extremely powerful drugs dispensed to patients do not treat the nerve damage! They numb the brain to the pain. Most patients cannot tolerate a drugged existence but feel they have no other option against this horrifying pain.

Natural and Effective Treatment

Dr. Ken French, of Back in Motion in Naples Florida, has the necessary tools to determine the underlying cause of your nerve damage and successfully treat it. Dr. French is able to address the symptoms associated with peripheral neuropathy using a successful drug free, pain free and non-invasive approach. With the neuropathy treatment protocol performed at Back in Motion, patients no longer need to suffer with pain and other symptoms that have restricted their lives.

This ground breaking treatment has achieved a 90% overall satisfaction rate. The treatment identifies the cause and enables nerve endings to regenerate and heal rather than remain damaged or worsen. As the treatments repair the nerve endings, the symptoms associated with neuropathy are reduced and the patient can enjoy the benefits of an increased quality of life.



To see if you are a candidate for this peripheral neuropathy protocol, call Back in Motion to set up an evaluation with Dr. Ken French. They can be reached at (239) 598-2244.

Dr. Ken French is a Certified Neuropathy Professional Member of the Neuropathy Treatment Centers of America.

BACK in MOTION
Restoring Health and Wellness

Call for your consultation today!
239-598-2244

OSTEOARTHRITIS OF THE KNEE - WHY SUFFER NEEDLESSLY?

By Physicians Rehabilitation

Osteoarthritis (OA) is a common illness that causes joints to become stiff and extremely painful. If you have been diagnosed with OA you are not alone. Over 27 million people in the United States alone are reported to have this condition!

Though OA can affect multiple joints in your body, it is most common in the knees, hips, hands, feet and spine. OA causes the smooth cartilage that covers and protects the ends of your bones to break down which can cause your bones to begin to rub together. With knee OA your knee joint is no longer able to naturally lubricate itself and the cartilage no longer cushions the joint like it once did. This results in stiffness, swelling, and pain that can make walking very difficult.

Common Symptoms of OA

- Knee pain when moving, standing, or sitting
- Loss of flexibility in the knee
- Redness and swelling in the knee area

What Causes OA of the Knees?

The actual cause of OA is unknown. However, there are many things that will contribute to getting the disease. Anyone can get OA of the knees, but it is most common in people over the age of 65. The associated conditions of OA include getting older, obesity, previous injury to the knee, or a sports-related injury. OA affects women more than men.

Treatment of Osteoarthritis

The physicians and knee pain specialists at Physicians Rehabilitation use a highly effective, natural osteoarthritis treatment called Supartz, which provides welcomed pain relief for OA sufferers.

*Over 99% of patients who utilize our osteoarthritis knee pain protocol receive significant pain reduction, with an average of 77% in reduced pain!**

Supartz is hyaluronate that is injected directly into your knees by a physician. Supartz is an FDA approved hyaluronic acid that is used to treat osteoarthritis (OA) and the associated knee pain. Hyaluronic Acid is a natural substance that is found in large amounts in your joint tissues and joint fluids. It acts as a lubricant and shock absorber inside your knee joint and enables your knees to properly operate. Its formulation is from nature, derived from the rooster comb, purified, sterilized and cross linked to match the viscosity of your naturally occurring synovial fluid.

Benefits of Supartz Injection Therapy Include:

- Months to years effective pain relief
- Prevents further damage by replacing joint fluid
- Approved by the FDA for OA treatment
- Naturally-derived formulation

How Supartz Works

Supartz is injected by a physician directly into the knee joint using video fluoroscopy (live x-ray) imaging for superb accuracy. When injected, it immediately lubricates the joint and acts as a barrier against bone-on-bone grinding. In doing so, Supartz reduces the source of inflammation and damage caused by grinding and provides long-term pain relief for OA patients.

What to Expect from the Procedure

The knee injections are administered by a physician during a brief office visit. A typical treatment involves the OA patient receiving one injection per week for 5 weeks to achieve the maximum benefit from the treatment, coupled with individually designed physical therapy for creating superior joint healing.

Typical Supartz Injection Session Process

- Sterilization of the knee area
- Small amount of numbing medicine applied
- Lidocaine internal numbing
- Iodine (or other contrast dye) is injected to verify perfect Supartz placement within the synovial capsule
- Video fluoroscopy used to insure a precise injection administered (without use of this method there is a significant chance of missing the synovial capsule and losing benefit of the injection)
- Once completed, the patient is free to resume their normal daily activities

Little or No Side Effects

Though it can only be administered by a physician, Supartz is a naturally derived substance that is not considered a drug. The most common adverse effects reported are injection-site swelling and irritation, like any injection point you may have encountered.

*Did you know that our knee protocol is covered by Medicare and most insurance plans? Call today to learn more and to schedule a consultation for your knee, 239-687-2165. *Visit our website for free copy of report www.PhysiciansRehab.com*



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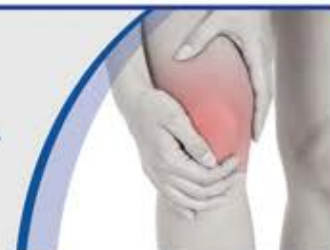
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- Soft, comfortable, water proof, sweat proof
- Available in a variety of colors
- Don't become a skin cancer statistic



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

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



www.PhysiciansRehabilitation.com

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

Locations:

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

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Naples, Estero and Bonita Springs Home Sellers- Because your home may well be your largest asset, selling it is probably one of the most important decisions you will make in your life. And once you have made that decision, you'll want to sell your home for the highest price in the shortest time possible without compromising your sanity. Before you place your home on the market, here's a way to help you to be as prepared as possible.

To assist home sellers, a new industry report has just been released called "27 Valuable Tips That You Should Know to Get Your Home Sold Fast and for Top Dollar." It tackles the important issues you need to know to make your home competitive in today's tough, aggressive marketplace.

Through these 27 tips, you will discover how to protect and capitalize on your most important investment, reduce stress, be in control of your situation, and make the most profit possible.

In this report you'll discover how to avoid financial disappointment or worse, a financial disaster when selling your home. Using a common-sense approach, you get the straight facts about what can make or break the sale of your home.



To order your **FREE Special Report** visit: www.NaplesFreeHomeReports.com/27tips
To hear a brief recorded message about how to order your **FREE** copy of this report call toll-free 1-800-379-3148 and enter 1023. You can call any time, 24 hours a day, 7 days a week.

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You owe it to yourself to learn how these important tips will give you the competitive edge to get your home sold fast and for the most amount of money.

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How To Buy A Home With Zero Down

Naples, Bonita Springs and Estero Home Buyers: A new home ownership program allows qualified buyers to buy a home with absolutely no down payment.

You may have owned a home before and are presently renting, or maybe you are a first time homebuyer and need a way to break into the housing market but are holding back because you think you require \$10,000, \$20,000 or even more for a down payment.

Well regardless of your present situation, if you want to get into, or re-enter the housing market without having to make a cash down payment, this new program may be just what you're looking for. Why pay your landlord's mortgage when you can be building your own equity.

Industry insiders have prepared a new special report entitled, "How to Buy a Home With Zero Down" which reveals how this new and innovative program can get you into the housing market immediately and with no down payment.

To get your **FREE** copy today visit
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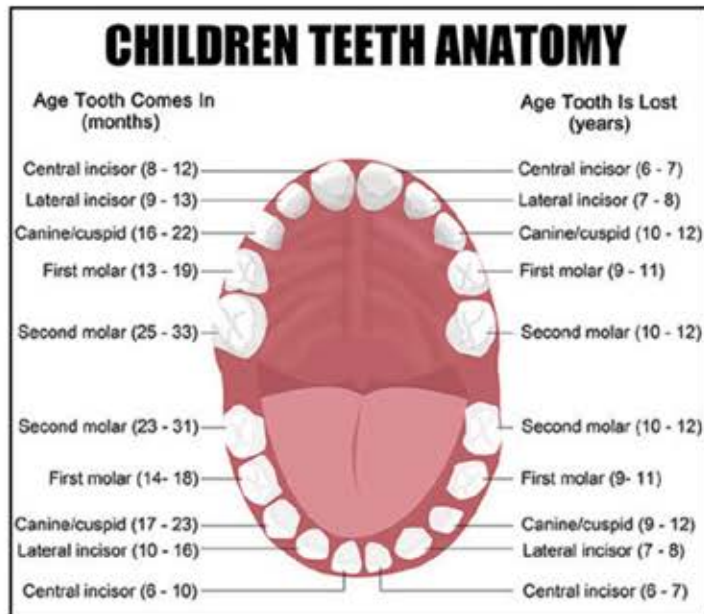


School Break = Summer Smiles

By Angela V. Litvak, DMD

Summer is a perfect time for family fun and lazy beach days. And school summer break is also a great time for scheduling your children's visit for a bi-annual dental checkup. Did you realize that from the moment your children's first pearly white tooth erupts, they are susceptible to decay? It is also important that parents understand that your children's primary 'baby' teeth play an essential foundational role in achieving a lifetime of dental health.

So...at what age should dental checkups begin? The answer is as soon your baby's teeth erupt!



The dental visit for a young child with primary teeth or baby teeth serves as a guide which will enable us to proactively develop a preventive health plan for your child. Primary teeth assist with chewing food, speech development and space maintenance for the developing adult teeth. Early detection of problems will minimize premature loss of a baby tooth which could result in crowding, overlapping and malposition of adult dentition.

Early and timely dental checkups allow for discussions about cavity prevention, gum tissue health and early prevention and correction of dental related problems and possible developmental concerns. At your children's checkup a thorough teeth cleaning, exam, fluoride treatment along with diagnostic radiographs (Panoramic and Bitewing Xrays) will be preformed.

As a family dental practice we provide the first line evaluation and determine subsequent phases of treatment.

So...where do we begin? How do you prevent tooth decay? Home Care, Prevention and Nutrition! Home Care: Most of us know that brushing twice a day will help prevent cavities. Did you know that establishing an early habit of using dental floss is vital! Using dental floss not only cleans



between the teeth to help prevent cavities but more importantly flossing helps to remove the microscopic bacteria under the gum and will help to prevent periodontal disease in the future.

Prevention: During your children's visit, your dentist will carefully complete an evaluation of all developing teeth and determine if the child will benefit from fluoride treatments and tooth sealants. Studies show this combined preventive measure have decreased the risk of tooth decay in the presence of good oral hygiene home care.

Nutrition: Causes of decay and tooth problems are not limited to improper brushing. A major component are the kinds of foods and drink choices made. We often think of candy and soda as unhealthy choices but foods such as dried fruit, pasta and pretzels are also capable of causing tooth decay. Diet soda and energy drinks have phosphoric and citric acid which can change the neutral PH of saliva to an unhealthy acidic level. When the saliva is unable to buffer the tooth, demineralization of enamel occurs, the enamel begins to break down and then becomes susceptible to developing decay.

We would love the opportunity to care for you and your family and help your children enjoy a lifetime of Healthy Smiles that Sparkle! Please call our office to take advantage of our **Summer Smile Special!**

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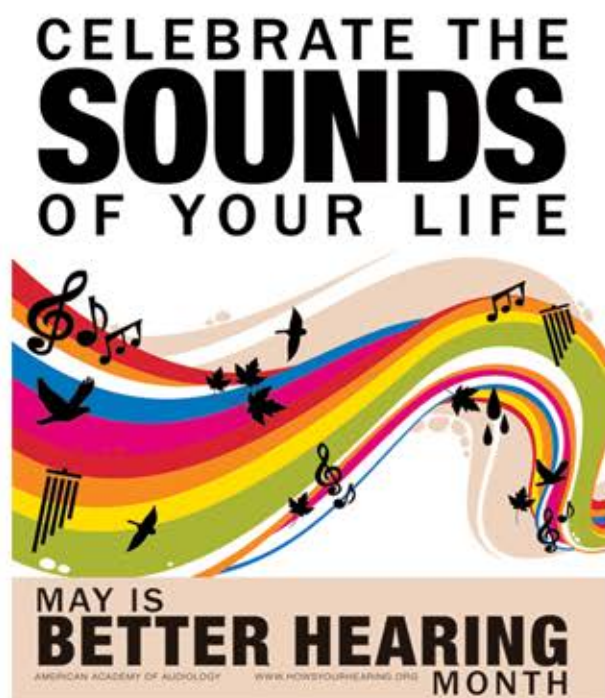
May is Better Hearing & Speech Month

RINGING EAR?

YOU'RE NOT ALONE!

Do you hear unusual noise in your head? You are NOT alone! Between 25 and 50 million Americans are plagued with a condition that is imperceptible to other people. They look normal, but they are suffering. In some cases, their agony drives them to consider suicide. Tinnitus is frequently described as ringing in the ears. The sounds are described in many ways: hissing, chirping like crickets, electronic whines, static, rushing water, buzzing, whooshing or humming. Loudness varies, but it can get so intrusive it is hard to think, hear or sleep. Imagine trying to function with a radio stuck between stations at top volume. You can't turn it down and you can't turn it off. No one else can hear what the victim hears, but the sounds are not imaginary. Some people report it as a mild "nuisance", but for many people it can be a debilitating condition. It is now speculated that Vincent Van Gogh, was suffering with severe Tinnitus when he went mad and severed off his own ear! For decades doctors told sufferers there was nothing that could be done to quell the internal noise. Patients were often told to learn to live with it. Some were given drugs like Valium or Xanax to ease the stress brought on by constant ringing, hissing or buzzing. Such solutions are unsatisfactory for millions of patients. Living with constant intrusive noise can ruin the quality of life.

FINALLY there is HOPE for people who suffer with this often debilitating condition! There is a new F.D.A. approved treatment that has dramatically helped over 80% of people to be helped with their Tinnitus. Høglund Family Hearing and Audiology Center and Southwest Florida Tinnitus and Hearing Center are offering FREE TINNITUS CONSULTATIONS throughout the month of May in honor of May's designation as **BETTER HEARING MONTH**. We will also discuss the remarkable success of the Oasis, the



F.D.A. approved Tinnitus Treatment device as well as the Duke University studies that report that 86% of Tinnitus Patients treated at Duke reported at least a 40% reduction in their Tinnitus distress and many report that it is no longer a factor in their lives! Please call (239) 992-4327 in Lee County or (239) 498-7142 in Collier County to find out more about this exciting breakthrough in Tinnitus Treatment!

"The results we've had have been fantastic!" states Høglund, "We have DRAMATICALLY changed people's lives through this remarkable Neuromonics treatment process!" I'd encourage anyone who has been told, "There is NOTHING that can be done for you, you just have to live with it," to please arrange a Tinnitus Assessment and see that now THERE IS HOPE! "All it will COST is a little of your TIME...but the KNOWLEDGE you receive may be PRICELESS!

Here is some simple advice which may help you cope with the constant noise of tinnitus:

- Avoid anxiety or stress, as these stimulate an already sensitive hearing system.
- Have adequate rest and avoid fatigue.
- Avoid the use of stimulants to the nervous system, including coffee (caffeine), alcohol, and smoking (nicotine).
- Be aware that tinnitus is usually more noticeable after retiring for the night and the surroundings are quieter. Any noise in the room, such as a ticking clock or softly playing radio, helps to mask tinnitus and make it less irritating.
- Use of a Hearing Aid may dramatically reduce the impact of Tinnitus, if hearing loss is also present.
- Use a tinnitus masker hearing aid combination device that adds a Tinnitus Treatment program to an advanced digital hearing aid to solve both the Hearing problem and the Tinnitus distress.
- Avoid situations that can further damage hearing (excessive noise), and protect your ears from injury and occupational hazards. Use protective ear wear when appropriate.
- Many people receive considerable relief from the F.D.A. approved Neuromonics Tinnitus Treatment Program!



TESTIMONIAL:

Here is one of the remarkable success stories from local residents we have treated at Southwest Florida Tinnitus and Hearing Center.



"When I first was bothered by my tinnitus, it was very annoying and I felt like I had no control over this "ringing" that just wouldn't go away. Also, being 19 years old at the time when it first started, I really became stressed about how tinnitus was going to affect college, my job, athletics and other fun things I had planned to do in life. The first doctor I went to told me there was nothing that could be done and simply said find a way to cope; Well, that wasn't very encouraging news.

So googled tinnitus treatment and found Hoglund Family Hearing Center and their Neuromonics treatment. From the beginning of this treatment to the end, there has been so much improvement in decreasing the noise, which I can barely hear now, and also in my mood towards tinnitus. I feel I am in control now because I always know I have something to go to if I need it. I'm very grateful for the Neuromonics device and treatment and the people at Hoglund Family Hearing. There is help for tinnitus and I know Neuromonics works for me."

God Bless, Kellen C.

Hoglund Family Hearing is offering **FREE HEARING TESTS** and **FREE TINNITUS SCREENINGS** throughout May in honor of Better Hearing Month! Call today to schedule these informative complimentary consultations!



John and Patricia Hoglund
LHAS, BC-HIS, ACA

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North Fort Myers, FL 33903
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HOGLUND FAMILY HEARING AND AUDIOLOGY CENTER
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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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www.hoglundfamilyhearing.com



Patricia Hoglund
BC-HIS, ACA

John Hoglund
BC-HIS, ACA

Nationally Board Certified in Hearing Instrument Sciences/American Conference of Audioprosthetics



Should You Consider a Plant-Based Diet?

By John Canterbury, M.D.

We are hearing a lot about the potential benefits of a plant-based diet; many professional athletes, celebrities and entertainers attribute weight loss and improved health to this increasingly popular way of eating. But what exactly is included in a plant-based diet?

What is a plant-based diet?

There are two major food sources in our diet: plants and animals. A plant-based diet includes more volume of food from plants than animal sources. This type of diet includes grains (especially whole grains), beans, lentils, fruits, and vegetables—but it is not necessarily strictly vegetarian. In fact, a plant-based diet can include a whole range of eating styles, from a vegan approach (excluding all animal products, including dairy) to a diet that is largely based on plants but does include some animal protein.

Are there health benefits to eating a plant-based diet?

There is sound medical evidence that a plant-based diet contributes to longevity and good health. A balanced, varied plant-based diet is protective:

- It's high in fiber.
- It provides adequate protein for growth and repair.
- It's high in antioxidants that are critical to neutralizing free radicals that cause aging and chronic disease, including cancer.
- It's high in vitamins and minerals.
- It's low in saturated fat that promotes heart disease.

Also, plants have much lower caloric concentration than animal protein overall, which allows for more food volume without excessive weight gain.

The China Study, a 20-year comprehensive study of nutrition conducted by Cornell and Oxford Universities and the Chinese Academy of Preventive Medicine, describes how the typical standard American diet, which has become very high in animal protein and unhealthy fats and low in fiber, promotes substantially more chronic disease and



obesity than a more plant-based, whole-foods diet. The study further illustrates the fact that much of the world lives on a plant-based diet, consuming only small amounts of animal protein due to cost and availability, with much less chronic disease and obesity than the United States.

Long-term research shows that a totally plant-based vegetarian diet along with exercise and stress management can actually reverse heart disease. A plant-based diet protects the body from cancer-causing agents and decreases the inflammation that is responsible for heart disease, stroke, and diabetes. Simply stated, a diet high in animal protein increases inflammation that can contribute to chronic diseases, whereas a plant-based diet actually lowers inflammation.

How far should you go?

So, do you need to fully embrace veganism or vegetarianism to reap the benefits of a plant-based diet? The answer, for many of us, is no—but we can all benefit from transforming our daily diet to one that is primarily plant-based.

As a first step in this direction, take some time to look closely at your plate when you sit down for your next meal. At least half of your plate should be filled with vegetables and/or fruit, and a quarter of your plate should be filled with whole grains. The remaining quarter should be filled with either a lean animal protein, such as fish or chicken, or a plant-based protein such as beans or lentils.

When considering serving sizes of animal protein at dinnertime, aim for 3- to 4-ounce servings for women and children and 5- to 6-ounce servings for men. Better yet, try to include five to seven meals per week with no animal protein, substituting plant-based proteins instead.

A few great plant-based protein meal choices include beans and rice topped with salsa; a bean burrito made with a whole-grain, low-fat tortilla; whole-grain bread topped with natural peanut butter; and high-protein pasta tossed with fresh tomatoes, garlic, and basil. At every meal and snack, think of ways to include plant sources of food.

For those who wish to become vegan or vegetarian, ease into increasing plant-based protein in your diet and decreasing animal protein. Be aware that eliminating animal protein while continuing to consume processed food or “junk food” will not improve overall health. Try to focus on eating whole foods, not processed food, to ensure that you see optimal benefits from a plant-based diet. For those who eliminate animal products entirely, it is important to supplement with vitamin B-12, the only nutrient not available in a plant-based diet.

Eating a primarily or completely plant-based diet may be one of the best and most practical ways to improve your health and well-being. While we can all benefit from making even small changes and moving in this direction, some health conditions may require a more aggressive dietary approach. So the next time you are tempted to reach for another helping of chicken or beef, try more salad, green beans, and fruit instead, and change your plate for a healthier you.

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Regular Colon Screening Prevents Cancer

By Steven A. Meckstroth, MD - Gastroenterology Specialists

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society's most recent estimates for the number of colorectal cancer cases in the United States are:

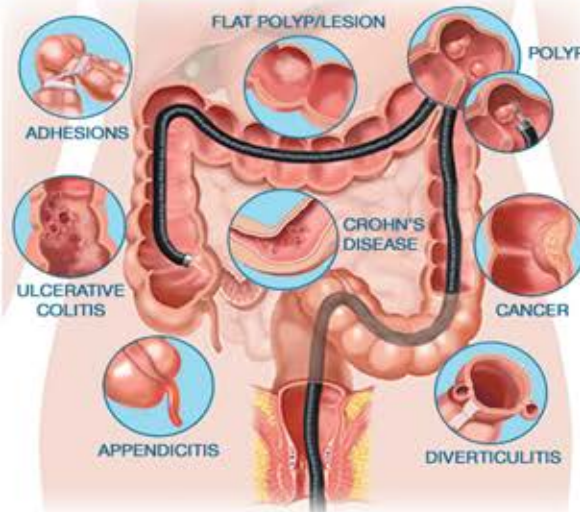
- 103,170 new cases of colon cancer
- 40,290 new cases of rectal cancer
- the lifetime risk for developing colorectal cancer is about 1 in 20 (5.1%).

Colorectal cancer is the third leading cause of cancer-related deaths in the United States when men and women are considered separately, and the second leading cause when both sexes are combined.

The death rate (the number of deaths per 100,000 people per year) from colorectal cancer has been dropping for more than 20 years. There are a number of likely reasons for this. One is that polyps are being found by screening and removed before they can develop into cancers. Screening also allows more colorectal cancers to be found earlier, when the disease is easier to cure. In addition, treatment for colorectal cancer has improved over the last several years. As a result, there are now more than 1 million survivors of colorectal cancer in the United States.

Regular colorectal cancer screening or testing is one of the most powerful weapons for preventing

The COLONOSCOPY



colorectal cancer. Screening is the process of looking for cancer in people who have no symptoms of the disease.

From the time the first abnormal cells start to grow into polyps, it usually takes about 10 years for them to develop into colorectal cancer. Regular screening can, in many cases, prevent colorectal cancer altogether. This is because some polyps, or growths, can be found and removed before they have the chance to turn into cancer. Screening can also result in finding colorectal cancer early, when it is highly curable.

Several tests are used to screen for colorectal cancer in people with an average risk of colorectal cancer. Ask your doctor which tests are available where you live and which options might be right for you.

People who have no identified risk factors (other than age) should begin regular screening at age 50. Those who have a family history or other risk factors for colorectal polyps or cancer should talk with their doctor about starting screening when they are younger and/or getting screened more frequently.

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

As with any other illness or disease, it is ideal to prevent it instead of waiting to do anything until you actually have it. Prevention is easier than curing a problem. The first step in prevention is to get regular colon screenings. In many cases, there are no warning signs; finding and removing polyps early helps to prevent late stages of colon cancer. When colon cancer is detected early, it is the most curable form of cancer that there is.



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

John Canterbury MD South Florida Internal Medicine

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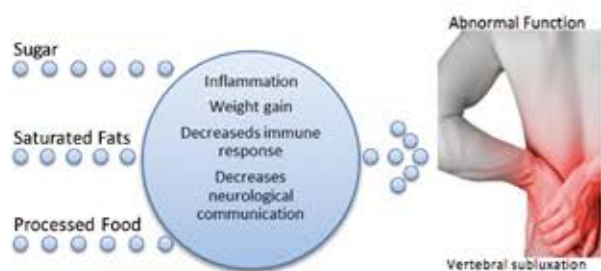
Manuel F. Bustamante, MD | Steven A. Meckstroth, MD | Karina Hooper, PA-C | William R. Gonzalez, PA-C

Relationship Between Nutrition and Chiropractic Care

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

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

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



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

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

HealthSource Chiropractic & Progressive Wellness

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

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

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




HealthSource Nutrition

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

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

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

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

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

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"Pores are tighter and I feel great! My pores have visibly tightened, my skin not only looks good but it feels smoother than ever! I used to be embarrassed, but now I am having fun with my girlfriends and of course showing my new skin off to the guys!"

Louise Dickenson, California

"I have one less thing to worry about!"



"The so-called 'worry lines' on my forehead have been smoothed out. Aging is inevitable, but it is just so wonderful that companies like this create a product where we can look younger and feel younger!"

Mary Alice Miller, Florida



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Protect Your Nose From the Sun's Harmful Rays



One in five Americans will develop skin cancer in the course of a lifetime.

Each year in the U.S. over 5.4 million cases of non-melanoma skin cancer are treated in more than 3.3 million people.

Non-melanoma skin cancer, which is the kind of cancer that affects the nose, has become one of the most common forms of skin cancer and it is estimated that one in every five Americans are affected by it. Nose skin cancer generally includes basal cell carcinoma and squamous cell carcinoma.

Strangely enough, not many people ask the right questions in their cancer-risk evaluation processes. For example, instead of asking "what" to look for, they should ask "where" to look for suspicious signs and symptoms.

Nose skin cancer symptoms and signs are easy to detect. One has to be aware of the signs and symptoms of nose skin cancer in order to preempt diagnosis. Nose skin cancer is common and aggressive, and must be detected early in order to have a chance at being cured or controlled.

What are the common signs and symptoms of nose skin cancer?

The first signs of nose skin cancer must be seen in the outer flaring and the tip of the nose, as these are most likely to demonstrate the development of nose skin cancer, through the formation of lesions and moles.

Lesions on the dorsum, ala, sidewall, tip and the columella often pass unnoticed or we take them to be aberrations of the skin.

This is not always the case and such lesions should always be checked by a doctor.



A skin bump that is pearly or waxy is the first thing that you should be on the lookout for.

The skin may even be simply slightly raised or sometimes even flat with a mild discoloration that we can even overlook. These are the things that you should look out for and get checked as soon as the symptoms are visible.

Some other common signs:

A sore that does not heal but that bleeds or oozes is a symptom of basal cell nose skin cancer. These are easy enough to notice.

Long term staying of wounds, development of new moles and spots on the skin, discoloration or skin whitening around the area of the nose are some of the other signs you need to be on the watch out for.

These signs and symptoms will also change texture, color and so on, and even that is a warning sign. Therefore all you have to do is subject yourself to a good scrutiny every once in a while to be rest assured. Early detection is crucial in any kind of cancer and therefore, testing yourself for signs and symptoms is very important.



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bscallan@comcast.net

Nose Guard

After having skin cancer removed from his nose, Naples resident Bob Scallan was advised by his dermatologist to keep his nose covered any time he is exposed to the sun. Not interested in having to constantly apply messy sun block, he created a peel and stick device called the Nose Guard.

"The statistics on skin cancer, particularly on the nose, are staggering, and I wasn't interested in having another occurrence", said Scallan. "I visited every pharmacy in the area and did an online search, but just couldn't find a convenient alternative to sun block. It was then that the idea of a peel and stick product was born."

Research shows that people do not apply enough sun block and do not reapply it after going in the water. The Nose Guard is a convenient and effective alternative to messy sunblock. Made with a latex free adhesive and an ultraviolet protection factor (UPF) of 50, it will stay on all day no matter how much one sweats or goes in the water and will block out 98% of harmful UVA and UVB sun rays.

Nose Guard is available in a variety of colors: flesh, neon pink and green, yellow, purple, and blue camouflage.

Each year there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon. Skin cancer is preventable. Don't become a statistic, protect your nose and skin from the sun.

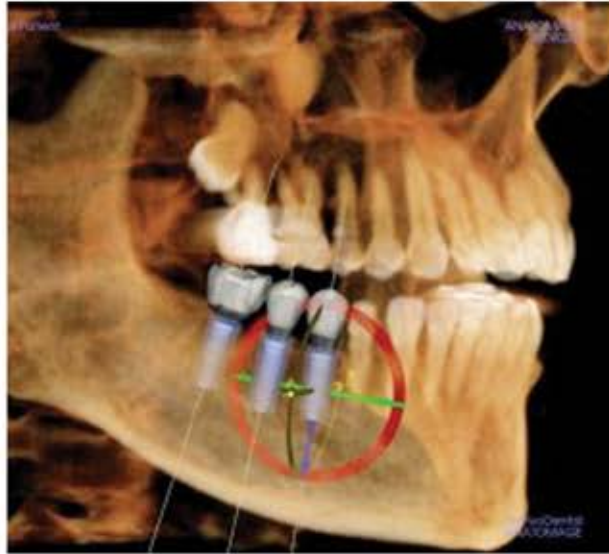
For more information or to purchase a Nose Guard, e-mail bscallan@comcast.net.

Computer Guided – Dental Implant Placement

By Juan Teodoro, D.M.D.

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

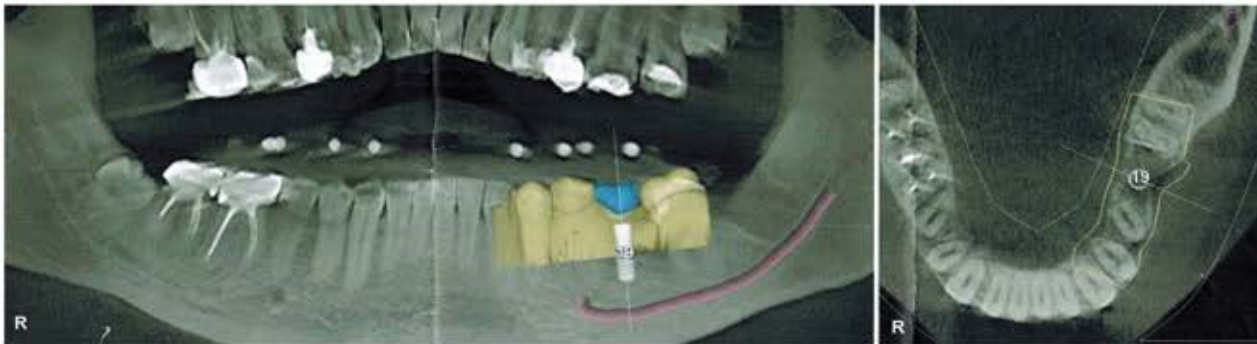
3-Dimensional Cone Beam Computerized Tomography (CBCT) imaging can provide important information regarding the width, shape, quality and volume of bone in cross-section. Once the scan is obtained, the shape of the bone can be clearly seen and a discussion can be conducted of whether procedure such as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



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



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



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DOTTING THE i'S IN ESTATE PLANNING

By Blake W. Kirkpatrick

You have signed all your documents...health care surrogates or medical directives, living wills, HIPPA declarations, declaration of pre-need guardians, powers of attorney, wills and/or revocable trusts. All done and everything is in order, right? Probably not.

Often there are a few other items people never get around to, or worse, try to handle on their own without the assistance of legal counsel or tax advisors. It has to do with (1) updating their "beneficiary designations" on assets such as IRAs and/or insurance and, if applicable, (2) funding and administering their Trusts. The latter concept will be discussed in a follow up article. For purposes of maintaining consistency with the title of this article, all retirement accounts (401ks, 403b, etc.) and life insurance have been lumped into the category of IRAs and Insurance. This article will discuss some of the problems associated with not properly addressing beneficiary designations with respect to assets such as IRAs and insurance:

BENEFICIARY DESIGNATIONS – DEFAULT RULES WHEN THEY ARE INCOMPLETE

The beneficiary designation is actually an agreement between the principal/owner and the financial institution. The financial institution agrees to carry out the intentions of the principal/owner, according to the terms of the beneficiary designation. However, if those intentions are not stated (i.e., no one is designated), some financial institutions have "default rules" that will govern. Since the principal/owner (hereinafter "owner") signs the beneficiary designation form, it is as if the owner agrees to be bound by the default rules. In certain cases, when no beneficiary designation has been made, default rules may state that the IRA or insurance proceeds will pass to certain heirs (such as a surviving spouse, or if none, "heirs at law"). The end result may be fine if the owner's Will or Trust effectively conveys the assets to the same intended beneficiaries, but it may also result in unintended distributions. In many other cases, not having a properly completed beneficiary designation may result in the asset (e.g., IRA or insurance proceeds) passing to the decedent's probate estate. While this may mean it will eventually pass to the heirs designated under the owner's estate plan, other unintended consequences described below can result.

FAILING TO PROPERLY NAME CONTINGENT BENEFICIARIES ON RETIREMENT ACCOUNTS OR INSURANCE

Unfortunately, we find that many married couples fall into this category. It is not uncommon for someone to say "I know I want my spouse to inherit my IRA, but I'm

not sure who I want to name as a contingent beneficiary yet so I will get around to that later." This is not uncommon for young couples without children who later have children. Because planning for the transfer of retirement accounts and life insurance policies doesn't receive the same focus as the rest of the estate planning process, people neglect to name a contingent beneficiary after the spouse or update their beneficiary designations if their primary beneficiary predeceases, etc. This often results in someone having no designated beneficiary. It is at this point that things can go awry.

INCOME TAX CONSEQUENCES

As most people are aware, IRAs and other retirement account assets have certain tax deferral benefits associated with them. Generally speaking, an owner of an IRA is entitled to defer taking distributions over their lifetime according to a complex set of rules. When the owner of the IRA dies, what happens next will depend upon whether a beneficiary has been named, and if so, who that beneficiary is.

Without going into the technical rules and specifics, generally, a surviving spouse who inherits an IRA from the predeceased spouse owner/participant may "roll over the account into the surviving spouse's IRA and thus continue to benefit from the deferred payout structure based on their life expectancy. Children and/or other identifiable non-charitable beneficiaries (any person) may also benefit from continued deferred payout based on their respective life expectancies, provided they are specifically named as beneficiaries. (Side note...if at your death you intend to provide for one or more charities under your estate plan, it may be better to direct the gift to come from your retirement account rather than naming the charity as a beneficiary under your will or trust and naming your other heirs as beneficiaries of your IRA. Your spouse or descendants, or other non-charitable beneficiaries have to pay tax on what they withdraw from the IRA whereas charities do not). A carefully crafted beneficiary designation, can lead to maximizing the net dollar amount passing to all of your heirs.

If it is deemed that no beneficiary has been named on your IRA, then it is likely that your IRA will pass through probate. From an income tax perspective, this generally will result in an accelerated payout of the IRA and, thus, accelerated income tax consequences.

INADVERTENT PROBATE

Generally speaking, much discussion is given to the concept of "avoiding probate." However, there can be beneficial reasons for opening a probate administration,

such as narrowing time frames for creditor claims or properly clearing title to certain assets. However, for those wanting to avoid the expense of administration the focal point should rather be "avoiding the necessity of probate." This is especially true for the transfer of assets that (1) could have easily passed by beneficiary designation alone and (2) may have been otherwise exempt from claims of the decedent's creditors. Those assets include retirement accounts and death benefits from life insurance.

Failing to have a designated beneficiary on your retirement accounts or life insurance will cause such assets to pass through probate, and expose them to potential creditor claims (*the exposure to potential creditors is actually why the IRA fails to have a "designated beneficiary" resulting in the accelerated payout and income tax consequences discussed above*). Furthermore, retirement account assets and life insurance benefits are often paid quickly after date of death. If such assets pass under probate, however, the timeframe for receipt of such assets by the beneficiaries can be extended for many months.

CONCLUSION

Not much effort needs to be put into properly addressing the issues discussed in this article. That being said, it is important that you take action to complete this important step and, as always, consult with your legal and/or tax advisor to help guide you through the process. In most cases, obtaining good advice will go a long way, but it may not require as much time or cost as you might think.

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.



Blake W. Kirkpatrick

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

planning, charitable planning, business succession planning, and estate and trust administration.

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WHAT WOULD RISING INTEREST RATES MEAN TO YOU?

Provided by RBC Wealth Management and John Barnes

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

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

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

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

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

Here are a few suggestions:

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

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

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

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

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

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Have you had your bond portfolio stressed tested lately?

If you believe interest rates will rise in the future, do you know what impact that will have on your portfolio? John Barnes from RBC Wealth Management has been helping people with their bond portfolios for 30 years. John has the knowledge and the tools that can show you what affect interest rate movement can have on your portfolio.

For more information please contact John at the Naples office.



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Wealth Management



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A Closer Look at Cholesterol & Statin Drugs - Part 2

By Toni Eatros, MS, Dipl Ac, AP

Last month part 1 of this article was published looking at what cholesterol and statin drugs are. This month we will discuss what the actual research regarding the use of statin drugs is showing.

What Does the Research Really Show?

The American Heart Association cites five main clinical trials that have been published since 2001 as an 'evidence-based set of guidelines' for the appropriate level of blood cholesterol. The mantra of this association is; "if blood cholesterol levels are too high, you can reduce your risk of heart disease by lowering it."

When hearing this statement repeated over and over we have come to believe it and we have now assumed that people who lower their cholesterol levels will live longer compared to those people who do not lower their levels. After all, that is what we have been told for years.

The mortality rate is a very important statistic at the end of a research study. None of the five cited studies showed a dramatic decrease in mortality in the statin treated group. In four of the five cited studies, there was a very slight decline (average of 0.775%) in mortality in the statin treated group versus the placebo group. The risk/reward of taking statin drugs does not seem worth it, for a less than 1% decline in mortality.

The Framingham study is one of the longest ongoing heart disease research studies. It was reported in 1987, that after 30 years of following the participants, there is no increase overall death rate in subjects with high cholesterol for those over 50 years of age. It was also reported that there was an increase in the cardiovascular deaths in those with falling cholesterol levels of 14% for every 1mg/dl drop in blood cholesterol levels.

Another study of 11,563 people found that those with total cholesterol numbers below 160 mg/dl had a 49% increase in all cause mortality compared to those with levels higher than 160mg/dl. The most frequent cause of non-heart related death



was cancer. Several studies have found a correlation with low cholesterol levels and an increased risk of death from liver, lung, pancreas, and bone marrow cancer.

A study of 5491 men aged 45-68 years found that falling cholesterol levels from 180-239mg/dl down to below 180mg/dl were associated with a 30% higher risk of death, especially death from cancer of the prostate, bone marrow and esophagus.

There are many, many studies that show that lowering cholesterol does not prolong life or reduce angina and heart attack. Cholesterol is not to be feared. It is required by every cell of the body, especially the brain. We need to rethink what we have been told by Big Pharma about heart disease and cholesterol.

Side Effects of Lowered Cholesterol Levels Include Death

The elderly are particular sensitive to too low cholesterol levels. One research study showed that in the elderly female, a lower cholesterol level (<155 mg/dl) is associated with a 5.2 times higher death rate as compared to women with cholesterol levels of 272 mg/dl. Other studies have continued to show that both elderly men and women with higher cholesterol levels may actually result in a longer life span. 150,000 subjects were studied in Austria, data showed that low cholesterol levels were actually predictive of premature death in men of all ages and in women for 50 years of age. The Framingham study showed that the odds of cancer death are two fold higher if there has been a large decrease in total cholesterol levels over any four year period.



Why Are Statins Still Prescribed?

Follow the money! In 2004, Lipitor was the most prescribed drug in the United States earning the pharmaceutical companies 7.7 billion dollars. Zocor was the second most profitable drug, bringing in 4.5 billion dollars of revenue. No wonder, these companies can afford the fancy ad campaigns and glossy brochures to brag about the less than 1% decline in death rate.

The benefits of statin drugs have been overstated. Dr Joel Kaufman wrote, "The benefits of statin drugs in reducing mortality are exaggerated being only about 0.3% per year from the most favorable trials. This is not as great as the omega-3 supplements. The tendency of drug makers to make public the results of only the most favorable trials indicates that even the minor benefits described....

might be exaggerated. Statins are the drug class most likely to bankrupt Medicare, Medicaid, and other insurance plans without any significant benefits."

What Natural Therapies Can Prevent Heart Disease?

Niacin: Niacin has been shown to reduce the incidence of recurrent, nonfatal heart attack risk by 27% and the number of strokes by 26%. It decreases the LDL cholesterol and triglycerides and increases the HDL cholesterol. Niacin should be taken in the immediate or extended release form, not the slow release as there have been reports of liver issues from this type. Also, it is not recommended to take the 'no-flush' niacin as it does not offer the same benefits to the heart. Doses need to be individualized and should be taken with health care supervision.

Fish Oil: Fish oil has many benefits, but those associated with heart disease include lowering triglyceride levels, preventing blood clots and slowing arterial plaque growth. It has also been shown to prevent sudden cardiac death and can normalize abnormal heart rhythms. Dosing ranges from 1200-3000 mg per day.

Red Yeast Rice (*Monascus purpureus*): *Monascus purpureus*, is a red-pigmented yeast grown on rice. Numerous studies in China and the United States have demonstrated that red yeast rice preparations are helpful in maintaining healthy blood cholesterol levels.


Conclusion

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 with one thing or another. 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 many treatment options ready to be customized to your individual condition. For more information visit our website, www.AcupunctureSolutionsOnline.com.

Article references are available upon request.


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



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There are Special Election Periods for eligible individuals to purchase creditable health insurance coverage. Most life change events have a maximum of 60 days to make that change. The majority of the time you're earliest effective date is the 1st of the month following your application.

Medicare and Under 65 Medical Plans have similar Special Election Periods but do have some variations.

www.healthcare.gov or www.medicare.gov

Medicare – partial list below please check with Medicare

- Move to a New Home that is not in the plans service area
- The plan is available but I now have new options
- Moved back to the U.S. after living outside the country
- Moved into, currently live in, or just moved out of an institution (like a skilled nursing facility or long-term care hospital)
- Released from jail
- No longer eligible for Medicaid
- Left coverage from an employer or union (including COBRA coverage)
- 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
- Dropped coverage in a Program of All-Inclusive Care for the Elderly (PACE) plan.



PPACA – The Affordable Care Act (others may apply please check with Market Place

- Losing job-based coverage
- Losing individual health coverage for a plan or policy you bought yourself
- Losing eligibility for Medicaid or CHIP
- Losing eligibility for Medicare
- Losing coverage through a family member
- 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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Your Clean Home is Our Business



Did you know that a cleaning service company can do so much more than keep your home clean? Did you know that a service like this can actually help to reduce the amount of stress that you are suffering from? Let me explain. Cleaning takes a lot out of you. I mean, even the slightest clean to your home can take a lot of effort.

This is just going to add more stress onto you. Things become extra bad if you have had a pretty stressful day as it is. You just don't want to clean. If you don't clean the problem becomes much worse. You see, studies have shown time and time again that living in an unclean environment can actually lead to all sorts of stress and health concerns, anxiety attacks and high blood pressure which can lead to heart issues. Being unable to clean this environment how you want to is just going to make things a lot worse.

Don't sell yourself short, your time is extremely valuable. Need a dollar value? Just calculate how much you make per hour, and multiply it by the amount of time it will take to clean your place, and then multiply that by the value you place on spending that time with your family. Chances are it's much less expensive to hire a house cleaning company, than to do it yourself.

Maid Pro understands the stress that comes from worrying about a clean house. At Maid Pro, they understand that their customers are the reason they exist. That's why all of their team members follow a set of core beliefs that center around you, the customer. They know that listening to the wants and needs of their customers and delivering a personalized service makes for a more enjoyable experience for everyone.

Less Stress: a healthy organized home can reduce stress levels and ensure you're feeling your best even when not at home.

Healthy Lifestyle: airborne pollutants and allergens can irritate our immune systems and trigger respiratory issues such as asthma.

Have Friends & Family Over: a clean home is an inviting home. Don't stress about having people over because of the clutter in your home. Stay on top of it with Maid Pro's cleaning services and spend more quality time with those you love.

When you are surrounded by a mess, the hormone Cortisol is released into your system. This is a stress causing hormone that can speed up aging and increase your chances for heart disease. When your messy home is cleaned up, endorphins are released. This makes you feel great.

There are plenty of reasons to choose, and love, Maid Pro. Maybe it's because they work with you to build a cleaning plan, tailored to your needs and budget. Or because their cleaning staff are expertly trained to provide the highest quality clean. It could be because they allow you to choose when and how often they clean so that they fit perfectly into your life and schedule. No matter the reason, at the end of the day cleaning is their passion and it's what they bring to each and every home they touch.

February is dedicated to raising awareness about heart disease and increasing knowledge about prevention. Eliminate stress and worry from your life where and when you can. Your heart will thank you. Maid Pro can help reduce that unwanted stress and keep your home clean and beautiful which will allow you more quality time with your family and loved ones.



A clean house is also beneficial towards our general health. When our houses are not maintained and cleaned often, the germs, and bacteria, if not taken care of properly, can accumulate to the point that they create sickness. Our body's natural immune systems can only tolerate so much. If we let the germs and bacteria get out of hand, then not only our health, but our family's health will be at risk. When we take care of and maintain a clean home it will ensure long term good health for your family to enjoy for years to come.

Valentine's day is right around the corner give the gift of a clean healthy home give Maid Pro a call, let them know what you need and they will give you an estimate right then and there. They believe that everyone should have a clean and healthy home. That's why they make sure the products, tools and processes they use are in the best interest of the planet and every customer whose life they touch.

Maid Pro takes the work out of "housework" for you. Your home is in good hands with Maid Pro they clean so you don't have to.

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



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MAY IS OLDER AMERICANS MONTH

By Amy Hilliard

Each May older adults across the country are honored for their contributions to our nation during “Older Americans Month”. This year’s theme is “Blaze a Trail”, emphasizing the ways older adults are reinventing themselves through new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

You’re never too old to be a trailblazer and help enrich others’ lives. Here are a few simple ways you can celebrate Older Americans Month:

Volunteer

A report—“The Health Benefits of Volunteering”—by the federal agency, Corporation for National and Community Service, found that adults who volunteer had a more active lifestyle—both physical and mentally—which reduced the risk of chronic conditions such as heart disease and depression.

At The Carlisle Naples, residents are offered a wealth of volunteer opportunities both within the active retirement community as well as Collier County at-large.

From serving in the onsite sundry store to being a member of the welcoming committee, residents graciously give of their time and talents and truly help define the spirit of the community.

The Carlisle Naples also has an ongoing partnership with Sabal Palm Elementary School, enabling residents to interact with the youngsters and share their wisdom. Additionally, at the end of each school year, Carlisle residents volunteer to be chaperones during a fun outing to Golisano Children’s Museum of Naples or the Naples Zoo at Caribbean Gardens.

Share Your Talents

Were you a former chairman or an accountant? Why not share your breadth of knowledge with entrepreneurs as they try to avoid the pitfalls of small business ownership? Organizations such as SCORE provide confidential business mentoring services and host workshops to help small business owners achieve success. Retired executives and CEOs are always welcomed.



Additionally, if you have special hobby or skill, consider sharing your interests with others. Volunteer to teach a class at the local library or a senior center. At The Carlisle, there are skilled bridge players who teach their neighbors how to elevate their game. There are also residents who share their love of health and wellness by leading fitness classes.

Try a New Activity

In honor of Older Americans Month, consider attending an activity that you don’t normally attend. Try a new fitness class. You may be surprised to discover you actually enjoy it!

A quick scan of the newspapers community calendar offers endless options of activities taking place in around Naples. Author book signings, art gallery exhibits, outdoor group fitness classes and music/food festivals offer opportunities to take a step outside your comfort zone.

The Carlisle Naples’ fulltime Program Director ensures their monthly calendar is chock full of exciting classes, interesting programs and fun outings. From the new

line dancing class to the upcoming annual Summer Olympic Challenge, there is no shortage of the activities to pique residents’ interests.

Older adults continue to blaze trails and impart their life experiences on the younger generation. This May and beyond, we encourage them to continue shattering stereotypes and redefining what it means to be an *older adult*.

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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When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



Tim Neptune is the Lead Pastor of Venture Church of Naples. Venture Church is a new church plant in the East Naples community near the intersection of 951/41. Check the church website at venturenaples.com for service times and location or call (239) 775-5323 for more information.



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