

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

Health & Wellness[®] MAGAZINE

September 2020

Lee Edition - Monthly

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f t **FREE**

REFRESH YOUR EYES

WITH COSMETIC
PROCEDURES AND
EYELID SURGERY

UPDATE: PROSTATE CANCER AND COVID-19

NON-INVASIVE TREATMENT FOR CHRONIC PAIN

OVARIAN CANCER TREATMENT

WHY ADDING IV
THERAPEUTICS
MIGHT HELP

STRESS MANAGEMENT



New Name and Expanded Services

Formerly Cape Coral Chiropractic and Massage Center is now the Hancock Healthcare Group offering many Medical Services and Chiropractic Treatments.



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Treatments

- Stem Cells and PRP
- Low Force Adjusting
- Laser Light Therapy - Body Sculpting
- Neuropathy Pain Treatment
- Non-Surgical Facelift
- Massage Therapy
- Shockwave Treatment
- Blue Light Teeth Whitening

Health Conditions

- Auto Injuries
- Headaches
- Low Back Pain
- Mid Back Pain
- Neck Pain
- Sports Injuries
- Chronic Muscle and Joint Pain
- Sciatica
- Plantar Fasciitis
- Tendonitis
- Shoulder/Hip/Knee Pain
- Erectile Dysfunction
- Peyronies Disease

TESTIMONY:

I have suffered with left hip pain for over two years. I tried wearing a brace which gave me a little relief, but after standing for a while, the pain would always come back. Dr. Johnson told me about the new procedures he is now offering at his clinic utilizing Regenerative Medicine and recommended I have the Stem Cell treatment to repair the degeneration in my hip. I did the treatment on a Wednesday and by Friday I was pain free! I didn't have any down time or rehab exercises to do and was amazed at the results. I am starting to have pain in my right hip and will have the same treatment done there before it gets any worse. - Yami T.

During these challenging times, we remain open and dedicated to safely serving our cancer patients.



Your treatment. Our Journey.

You don't plan for a cancer diagnosis. You begin to worry about your family, friends, work and health. Florida Cancer Specialists will be by your side — throughout the journey. Our doctors and nurses provide personalized, targeted treatment and clinical expertise so you can have peace of mind. And with world-class care that's close to home, we're always here to help.

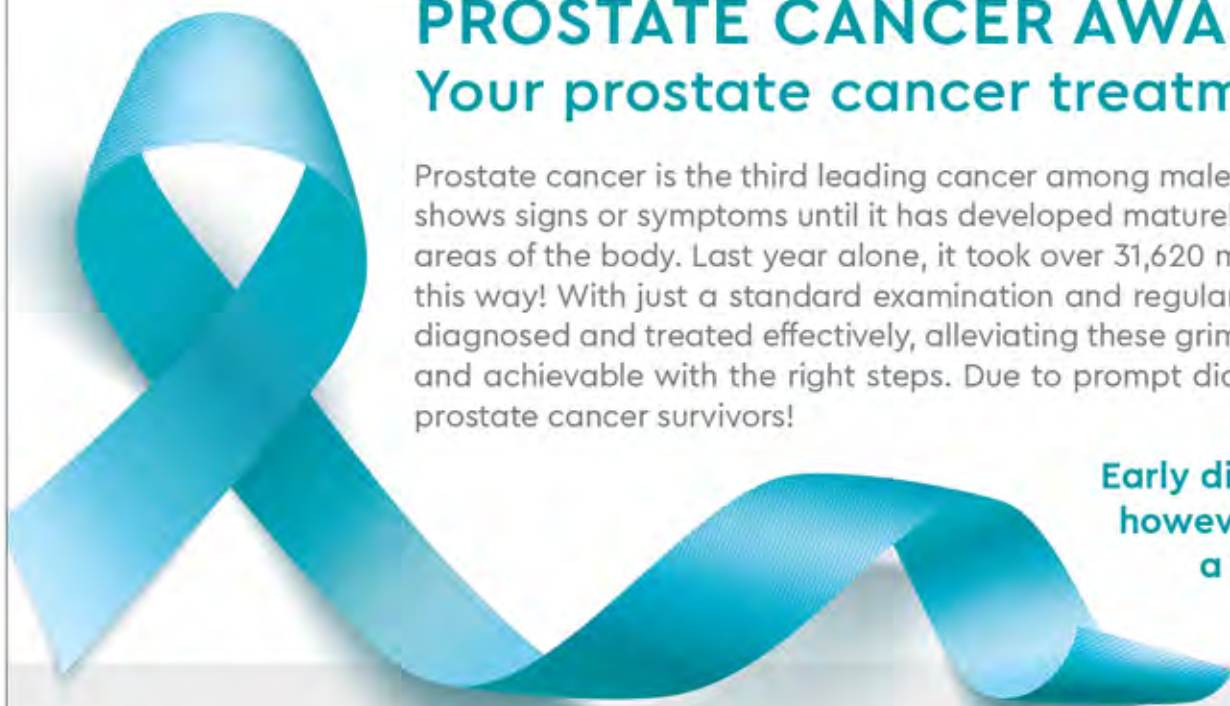
We'll give you the strength to move forward — every step of the way.

**Proud to serve patients at our five Lee County locations.
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PROSTATE CANCER AWARENESS MONTH

Your prostate cancer treatment options

Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body. Last year alone, it took over 31,620 men's lives. But it doesn't have to be this way! With just a standard examination and regular checkups, prostate cancer can be diagnosed and treated effectively, alleviating these grim statistics. Early diagnosis is critical and achievable with the right steps. Due to prompt diagnosis, 3 million men in the US are prostate cancer survivors!

Early diagnosis is the key to survival; however, it's never too late. Getting a prostate cancer screening on a regular basis saves lives!

Florida Urology Physicians (239) 689-8800



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Dr. Steven Harrison



Dr. Veronique
Fernandez-Salvador



Dr. Brian Schwartz

University Urology (239) 458-1196



Dr. Scott Caesar

Urology Experts (239) 226-2727



Dr. Alejandro
Miranda-Sousa

Diagnosing prostate cancer

There are several distinctive tests that urologists use to determine prostate cancer or prostate disorders in men. The first is a digital examination by palpating the prostate through the rectum to feel if it is enlarged. The second test is done through a PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells — the higher the number of PSA, the more likelihood of impending prostate cancer. There is also a more advanced test of free-range prostate PSA cells; this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

Symptoms

Weak urination | Interrupted urination | Frequent urination | Blood in urine
Painful ejaculations | Pain in pelvis, hips or thighs

Treatment

All treatment options are not going to be suitable for every prostate cancer case. Depending on the patient's overall health, age, stage of cancer, PSA or Gleason scores, size of the tumor and personal circumstances, the treatment may vary significantly. For some patients, hormone therapy is appropriate, and for others, a "watch and wait" approach is suitable. In some instances, a single surgical removal may be fitting, while for others, radiation therapy or more invasive surgical and oncology options are better suited. You should always consult with an experienced urologist to determine your best plan of action when dealing with any prostate issues.



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DR. MIRANDA-SOUSA and the rest of our highly-equipped staff members are always available to help address your urological concerns. When you visit Urology Experts, you'll find an open and welcoming environment where you'll be met by a team who is dedicated to providing individually catered care for each patient's unique needs. We take pride in our urological experience and expertise, and are skilled in diagnosing numerous urological symptoms, from simple to complex. Peruse our website and learn more about our excellence in both the services we offer and our level of skill. We look forward to giving you the best care possible.

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By Neetu Malhotra, MD

Have you ever felt overwhelmed? Are you feeling stressed out? The holidays can sometimes be quite stressful, whether it be making the house ready, making sure you have gotten all the presents for your loved ones/friends, but you might want to take some time for yourself too. In fact, the holidays are known to bring out all sorts of ailments and health problems, more than any time of year. The stress of the holidays is real and not something to be ignored and brushed under the rug. Stress Management is truly something we all have to deal with at one point or another. Not all stress is bad, but when you start to feel overwhelmed and feel a loss of control, that's when stress can wreak havoc in your life.

The first part in managing your stress is to identify the stressor, for example-whether it be certain negative people, going through a divorce, being told of a new diagnosis or fear of losing your job. Whatever that stressor is, it's important to identify it, talk it over with a close friend/relative or perhaps write it in a stress journal. It is crucial to not keep the feelings/emotions bottled up because that in itself is truly, I believe the heart of many health problems. Stress has been linked to heart disease, depression/mental illnesses, inflammatory conditions (ie arthritis, autoimmune illnesses, etc) and even some forms of cancer.

The second part of stress management is coming up with a plan or solution to dealing with the problem that is creating the stress/turmoil in your life. This is where taking a step back for a moment can often help. Sometimes, taking a deep breath and talking out loud is all that may be needed. I also believe it is extremely important to have outlets or hobbies in your life. Some people find getting up early and meditating is a way to relax and recharge your mind. Others may find playing an instrument, listening to a Ted talk, gardening or reading a book keeps them relaxed and content. The point is, you have to find some activity that makes you happy and feel relaxed. This in itself, helps you think of the solution as a third party and coming up with a new perspective on the problem/situation creating the stress in your life.



I think it is important to have general lifestyle principles and routines embedded in your life such as the 5 steps below:

1. It is important to stay positive and surround yourself with people that will bring positivity in your life as well.
2. Exercising regularly and maintaining a healthy diet also helps with keeping the stress levels manageable.
3. Staying well hydrated and avoiding excessive consumption of caffeinated and alcoholic beverages also help you manage your stress.
4. Learn also how to say "no" to unnecessary requests. You need to know your limits and stick to them. It is important to know the difference between the "shoulds" and the "musts" and when needed to say "no" to taking on too much, whether

it be in your personal or professional life. Taking on too much is indeed a recipe for disaster and the root of stress for most people.

5. Lastly, getting enough sleep is also vital to stress management. Most of us are not getting the recommended 7 to 8 hours of sleep every night.

In the end, it is always important to ask oneself, "Is this going to make a difference in the grand scheme of things?" "Is it really worth getting upset over?"

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UPDATE: PROSTATE CANCER AND COVID-19

Prostate Screening Has Been Impacted by COVID-19. According to a July 2020 article* published in the journal *Nature*, the National Comprehensive Cancer Network (NCCN) is advising against routine prostate cancer (PC) screening, including prostate specific antigen (PSA) testing and digital rectal examination (DRE), for all asymptomatic individuals until the pandemic subsides. While the decrease in screening may be concerning for some, the NCCN points out that "the recommendation is based on the fact that the risks of a delay in diagnosis of up to 6–12 months would be marginal for most PC."

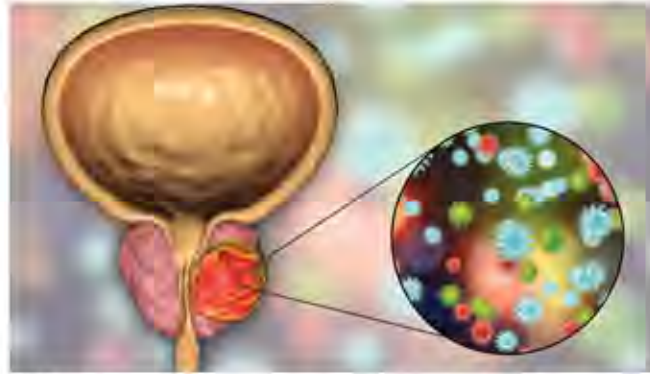
Men who are experiencing any of the symptoms of prostate cancer should contact their primary care physician for a recommendation. Common symptoms of prostate cancer, as defined by the American Cancer Society (ACS), can include:

- Problems urinating, including a slow or weak urinary stream
- Need to urinate more often, especially at night
- Blood in the urine or semen
- Trouble getting an erection (erectile dysfunction or ED)
- Pain in the hips, back (spine), chest (ribs), or other areas from cancer that has spread to bones
- Weakness or numbness in the legs or feet
- Loss of bladder or bowel control from cancer pressing on the spinal cord

*Reference: <https://www.nature.com/articles/s41391-020-0258-7>

Know Your Risk Factors

Although some younger men do get prostate cancer, the risk increases with age. More than 70 percent of all prostate cancer patients are over the age of 65, and about 75 percent of all men over the age of 80 will have some form of prostate cancer, according to the National Cancer Institute. In addition to age, other risk factors include ethnicity, genetic factors and diet. No one knows why, but African American and Latino men have a greater risk of developing prostate cancer than Caucasian men; Asian and Native American men have the lowest risk. There is also some evidence that diet plays a role in prostate cancer. Studies have found a higher incidence of prostate



Other than skin cancer, prostate cancer is the most common form of cancer in American men. About 1 in every 7 men in the U.S. will be diagnosed with prostate cancer during their lifetimes.

cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. A family history of prostate cancer also increases the chances of developing the disease.

Protecting the Safety and Well-being of Cancer Patients

Prostate cancer patients and their families may experience heightened vulnerability and psychological stress during the coronavirus outbreak. However, many safety precautions have been instituted at Florida Cancer Specialists (FCS) that allow our physicians and clinical staff to continue administering needed treatments for our patients. Our team of cancer experts have enacted stringent procedures and safeguards, including, but not limited to, restricting visitors in the clinics, screening all patients and staff members before they can enter the clinic, requiring mandatory masks for all patients and staff members, practicing social distancing, instituting infection control procedures aligned with CDC guidelines and continuously sanitizing the clinics throughout the day, with rigorous cleaning after hours.

Telehealth services are also available at all FCS locations. In fact, we were among the first in Florida to deliver virtual access to cancer care treatment as the health care crisis began. Whenever possible, patients are connecting with their physician, advanced practice provider, nurses, social workers and oncology dietitians securely and conveniently from home. Patients are receiving laboratory results, reviewing treatment plans and accessing vital care management support while mitigating the impact and spread of COVID-19. To date, FCS has had more than 36,000 virtual visits and we anticipate that number will continue to increase.

WORLD-CLASS CANCER TREATMENT, CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, in locations throughout Florida. FCS is also a strategic partner of the Sarah Cannon Research Institute, one of the leading clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.



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Fort Myers Cancer Center

8260 Gladiolus Dr
Fort Myers, FL 33908

For more information, visit FLCancer.com

NON-INVASIVE TREATMENT FOR CHRONIC PAIN

REGENERATIVE MEDICINE

Regenerative Medicine is a growing field of interest because it gives real results that patients can see and feel! It is a proven approach to enhancing your overall health and will greatly eliminate most painful joint and soft tissue disorders.

Sounds impressive but confusing, right? Well in layman's terms it means our bodies were designed to heal themselves! Makes sense ... you cut yourself, it heals.

Imagine if pain medication was no longer needed. Imagine if the need for a surgical procedure was prolonged or no longer necessary. Through new technologies in regenerative medicine, there are now treatments available that may enhance your own body's natural ability to heal.

Regenerative medicine is used for the management of pain, sports injuries, to expedite the healing from surgery, hair loss, sexual health and even to combat the signs of aging.

The regenerative medicine healing process replaces, creates and regenerates human cells and tissues to maintain normal function, meaning these treatments kickstart the body's ability to build diminished tissue, improve damaged tissue and restore function that has otherwise deteriorated. When injured or invaded by disease, our bodies have the innate response to heal and defend. Harnessing and enhancing the body's own healing powers with the utilization of regenerative medicine is the new frontier of medicine, with results that may be miraculous.

AESTHETICS - NONSURGICAL FACELIFT

When you think of lifting and sculpting the face, does your mind immediately conjure up notions of incisions and sutures via plastic surgery? The truth is, face lifts are not as popular as they used to be, and that's mostly due to the viable alternative options that are readily available.

We can do so many things that are much less invasive and more cost effective that will give us those augmented results that make us look younger and can help to restore our confidence level.

What are facial fillers?

Cheek fillers are injections that raise the volume of the area above and around your cheekbones. This provides the illusion of a more defined bone structure. By injecting volume under your skin layer, cheek fillers can also smooth out wrinkles and fine lines.

How long they last

Depending on the type that you choose, cheek fillers can last anywhere from 6 months to 2 years before results are no longer noticeable. The dermal filler material eventually dissolves and metabolizes into your skin tissue.

Recovery

Botox is an FDA approved drug that relaxes the muscles of expression in the face. In small doses, it creates a more youthful look as the wrinkles disappear. Botox is not a poison, it acts only as a modulator of the neurotransmitters in our brain that contract muscles, it is derived from harmless modified bacteria in USA labs. Botox has been a trusted medication for over 30 years. Tiny painless micro injections are skillfully placed and the results are seen in about 7 days. We have been utilizing this therapy for the last 20 years with thousands of happy patients. Call for a free consult.



PERIPHERAL NEUROPATHY

Peripheral neuropathy primarily affects the hands, legs and feet. Endocrine disorders, especially diabetes play a large role in peripheral neuropathy, as do obesity, infections, alcohol, cancer treatment, and vascular disorders.



Rather than mask the pain while the condition gets worse, our clinic uses a specific type of **Laser Light Therapy**, which is now FDA Approved for treatment for neuropathy. It is a more natural, non-invasive, painless and effective therapy. Instead of covering up the symptoms with harmful drugs that can lead to dangerous side effects, this cutting-edge approach focuses on healing the damaged nerve endings.

Laser Light Therapy will work to stimulate the body's tissues at the cellular level. The red and near-infrared light energy will penetrate the skin, and the mitochondria within the body's cells will absorb it. This light absorption energizes the mitochondria and speeds up the healing process of the damaged nerves and the tissues surrounding them. Laser Light Therapy also increases the oxygenation of injured tissue as well as increases cellular function.

Patient Testimonial:

I have been a patient of Dr. Larry Johnson for over ten years for different low back and various joint pains. However, last year I started to suffer with pain and tingling in both of my legs and feet that would keep me from sleeping. Dr. Johnson explained to me that I was dealing with neuropathy and he could help to resolve my pain with a laser light therapy machine that he has used many times before for my condition. After six treatments, my pain was starting to go away and was finally gone after a few more treatments. I have always relied on Dr. Johnson to help me for any problems I have encountered over the years and I have always recommended him to my family and friends. —Shirley W.

SPOT FAT REDUCTION

Our clinic has treated more than 100 satisfied patients for spot fat reduction for over 3 years. A cutting-edge new Light Therapy made in the United States is the first machine of its kind with a new micro-chip technology that is the latest and most advanced method for immediate fat loss. You no longer have to wait for results to show up months from your procedure; with the Laser Light Therapy you may see up to two or more inches of fat loss with the first treatment. An alternative to invasive liposuction, the Laser Light Therapy is in the forefront of the aesthetics industry for one simple reason—It Works!

HOW DOES IT WORK?

By using red and near-infrared light therapy, the treatment penetrates the layers of the dermis and is absorbed directly by the fat cells. It immediately shrinks the fat cells down in a rapid rate, and the excess fat is distributed into the bloodstream and metabolized by the body's natural detox system and eliminated as waste.

Patient Testimonial:

I cannot say enough about this procedure. It's safe, it's effective, and best of all, IT WORKS! In 12 sessions I lost 10 pounds and an overall total of 12 inches. A huge thank you to Dr. Johnson and his wonderful staff. —Sherry L.



Dr. Johnson After Losing 20 lbs

SHOCKWAVE THERAPY FOR CHRONIC JOINT PAIN

With **Shockwave Therapy**, there are no side effects from the treatment. More importantly, it is completely painless, and non-invasive as well. Patients can resume their normal activities, including sexual activity following each treatment session. Shockwave Therapy offers regenerative treatment and on average, patients will start noticing results after the third or fourth treatment.

How Shockwave works. The Shockwave procedure breaks up plaque formation in blood vessels and stimulates the growth of new blood vessels. This process, called neurogenesis, increases blood flow.

Shockwave Therapy is also FDA approved for the treatment of **Plantar Fasciitis**.

CHIROPRACTIC TREATMENT

The Activator Method Chiropractic Technique is a **gentle, low-force approach** to chiropractic care. Used safely on patients of all ages since the late 1960s, it brings relief for a variety of health concerns.

Because of its effectiveness and gentle nature, the Activator Method has grown to become **the world's most widely used instrument adjusting technique**.

How does the Activator Method work?

Restoring spinal balance safely and successfully has been the driving force behind the Activator Method Chiropractic Technique.

Your Doctor uses specific protocols to detect spinal joint dysfunction, analyze leg length inequality, identify issues with body mechanics and test neurological reflexes. By evaluating the results, an Activator doctor can initiate the process of restoring spinal balance in the patient.

The unique hand-held Activator instruments have been **studied extensively** with results published in hundreds of peer-reviewed research papers, and was designed to give patients a specific and gentle adjustment.

Is the Activator Method right for you?

Patients of **all ages can enjoy the benefits of an Activator adjustment**. The technique is especially helpful for children who sometimes have trouble lying still. The Activator adjustment is so quick and comfortable, children often look forward to their next visit!

The Activator Method is an **especially good choice for older patients**, or those with arthritis, osteoporosis or other boneweakening conditions. The low-



force thrust of the Activator Adjusting Instrument, along with the doctor's **ability to pinpoint the exact location of the problem** can relieve a patient's pain **without added discomfort**.

Patient Testimonial:

Dr. Johnson came highly recommended to me by a friend due to the terrible amount of back pain I was having. I had overworked myself and had a hard time even walking upright. After my very first visit, I was able to stand and walk normally and with much less pain. By the end of week one of treatment with Dr. Johnson, I am virtual back to normal and pain free! I would recommend Dr. Johnson's office to anyone I know. Very professional, and caring people there! Plus his use of The Activator makes the whole process painless.

— Rebecca M.



HANCOCK HEALTHCARE GROUP

New Name and Expanded Services

Formerly Cape Coral Chiropractic and Massage Center is now the Hancock Healthcare Group offering many Medical Services and Chiropractic Treatments

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Refresh Your Eyes with Cosmetic Procedures and Eyelid Surgery

As we age, sagging eyelids, undereye bags and wrinkles become increasingly evident.

Eyelid skin is very thin and often one of the first areas in the body to show signs of aging. While changes in the eyelid tissues and surrounding skin are common, they can affect the way you see yourself and the world around you. Healthy Aging Month in September serves as a timely opportunity to address what treatment options are available to correct these visible signs of aging.

Over time, the skin and muscles of your eyelids start to lose their elasticity and sag. Many influencing factors may contribute to this, including smoking, sun damage, genetics as well as wear and tear from blinking and rubbing. Beyond the cosmetic impact, these changes in our bodies can also result in impaired vision as they begin to affect the contour of the eyelid and block peripheral vision.

“While aging eyelids typically result in cosmetic concerns for patients, treatment may be required when the field of vision becomes obstructed,” said Dr. Yasaira Rodriguez, an ophthalmologist for Elmquist Eye Group who specializes in cosmetic and surgical eye procedures. “Surgical and non-surgical eyelid treatments can help correct sagging eyelids as well as restore a more rested and youthful appearance.”

For those heavily plagued with undereye bags and droopy lids, eyelid surgery offers a long-term solution.

“Patients are often frustrated by the appearance of droopy eyelids and when they can’t seem to keep their eyes all the way open,” Rodriguez said. “This is when eyelid surgery, called blepharoplasty, can make a difference by helping remove excess skin and permanently restore the eyelid’s natural contour while restoring peripheral vision.”

Blepharoplasty is a type of eyelid surgery that can enhance the positioning of upper eyelids by removing loose skin and excess fat.

Blepharoplasty is usually done in an outpatient setting. Patients are given intravenous medication to help them relax while a local numbing medicine is placed in the eyelids. Most people return to normal activities after seven to 10 days following surgery.

For those who prefer methods that do not involve surgery, cosmetic procedures like fillers and Botox offer a safe and effective method of reversing visible signs of aging.

Dermal fillers and Botox injections can help patients by improving the appearance of fine lines and wrinkles, poor skin texture and lost facial volume. Non-surgical injection procedures like fillers and Botox are minimally invasive and require a short time for recovery. Patients can resume most all of their normal, everyday activities immediately following the treatment session, making it a convenient treatment option for people with busy schedules and active lifestyles.

Fillers, Botox and eyelid surgery are a safe and effective method of reversing the visible signs of aging. Many people express satisfaction with the results such as a more rested and youthful appearance and more self-confidence. An ophthalmologist specializing in these procedures can help you determine the best course of treatment for your individual needs and how they may be used to restore signs of aging.

There are risks associated with any medical procedure. It is important to speak to your ophthalmologist about the best options for your individual needs, what to expect for treatment and how to ensure a smooth recovery process.

To learn if you are a candidate for eyelid surgery or cosmetic options, contact Elmquist Eye Group at 239-936-2020 or stop by an Optical Boutique in Fort Myers or Cape Coral.



Yasaira Rodriguez, MD

With more than 25 years of service to the Southwest Florida community, Elmquist Eye Group offers experienced doctors who are dedicated to patient care. Dr. E. Trevor Elmquist, Dr. Kate Wagner, Dr. Sarah Eccles-Brown, Dr. Nina Burt and Dr. Yasaira Rodriguez of Elmquist Eye Group are available to answer your questions. With three U.S. military veterans leading the practice, Elmquist Eye Group’s team stands ready to serve you right here in Southwest Florida. For more information, visit www.Elmquist.com, call 239-936-2020 or stop by an Optical Boutique location in Fort Myers or Cape Coral.

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Going barefoot? Beware!

Tips for a safer barefoot summer in Fort Myers

In the hot summer months in Florida, outdoor barefoot activities are a norm. Parents and families can prevent cuts, puncture wounds and other injuries while barefoot by following some simple recommendations from one Fort Myers foot and ankle surgeon.

"Shoes are the best way to protect your family's feet from injuries," says Dr. Sahiba Singh, DPM, AACFAS. "But if your summer just wouldn't be the same without kicking off your shoes or sandals, you can still make it a safe season."

"It is *Notional Immunization Awareness Month*, which makes it the perfect time to talk about TETANUS. Tetanus is a bacterial infection caused by the organism *Clostridium tetani* and it can be transmitted in many ways, including most commonly: contaminating wounds with dirt/feces/saliva, wounds caused by an object (dirty metals in particular) puncturing the skin, burns, and crush injuries. Some symptoms of Tetanus include muscle spasms, lockjaw, and difficulty swallowing," Dr. Singh relays.

Dr. Singh offers these tips for a safer barefoot summer:

--> **See a foot and ankle surgeon within 24 hours for a puncture wound.**

Why: These injuries can embed non-sterile foreign objects deep inside the foot. A puncture wound must be cleaned properly and monitored throughout the healing process. This will help to avoid complications, such as tissue and bone infections or damage to tendons and muscles in the foot. Foot and ankle surgeons are trained to properly care for these injuries.

--> **Make sure you've been vaccinated against tetanus. Experts recommend teens and adults get a booster shot every 10 years.**

Why: Cuts and puncture wounds from sharp objects can lead to infections and illnesses such as tetanus.



--> **Apply sunscreen to the tops and bottoms of your feet.**

Why: Feet get sunburn too! Rare but deadly skin cancers can develop on the feet, but is more commonly seen in regions such as Southwest Florida.

--> **Inspect your feet and your children's feet on a routine basis for skin problems such as warts, calluses, ingrown toenails and suspicious moles, spots or freckles.**

Why: The earlier a skin condition is detected, the easier it is for your foot and ankle surgeon to treat it.

--> **Wear flip-flops or sandals around swimming pools, locker rooms and beaches.**

Why: To avoid cuts and abrasions from rough anti-slip surfaces and sharp objects hidden beneath sandy beaches, and to prevent contact with bacteria and viruses that can cause athlete's foot, plantar warts, and other problems.

--> **Just be wise, safe, and use your common sense!**

Why: Every year, people lose toes while mowing the lawn barefoot. Others suffer serious burns from accidentally stepping on stray campfire coals or fireworks. Murky rivers, lakes and ponds can conceal sharp objects underwater. People with diabetes should never go barefoot, even indoors, because their nervous system may not "feel" an injury and their circulatory system will struggle to heal breaks in the skin.



Dr. Singh's vast knowledge and experience in podiatric medicine and care is accredited to her successful completion of Podiatric Residency from the Geisinger Community Medical Center. She received her Doctor of Podiatric Medicine from Temple University. She is licensed and certified with both the state of Florida and Pennsylvania, and is an associate member of the American College of Foot and Ankle Surgeons (ACFAS).

Dr. Singh is accepting new patients by calling 239-430-3668 or through the patient portal at www.NaplesPodiatrist.com

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Subspecialty Radiologists and Advanced Imaging Technology:

Why This is Critical for Your Diagnosis

This year, over 190,000 new cases of prostate cancer will be diagnosed. Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body.¹ This year alone, it will take over 33,330 men's lives. But it doesn't have to be this way. Prostate cancer can be diagnosed and treated effectively. Early diagnosis is critical and achievable with the right steps. Due to accurate diagnosis, 3 million men in the US are prostate cancer survivors.

Dr. Kevin Kadakia is a Fellowship-Trained Radiologist with a subspecialty in Abdominal Pelvic Radiology. We spoke to him to find out more about prostate cancer diagnostic tools and how Radiology Regional diagnose cancer and other abnormalities at a more vigorous rate due to technological advances and subspecialty trained radiologists.

Dr. Kadakia explained, "Generally speaking, prostate issues predominately can be detected early if they take the right steps. Because one of the most common cancers for men is of the prostate, it's essential that they begin screenings at age 50 or sooner, depending on risk factors, symptoms and family history. If there is high risk or a family history of prostate cancer, it is recommended men start screening at age 40 to 45.

"The good news is that it is detectable and treatable if acted on quickly. At Radiology Regional, we have reduced the death rate significantly from years past by regularly screening individuals and doing so with advanced technology and expert in-house radiologists trained for abdominal pelvic abnormalities.

"After the age of 50, a PSA blood test is recommended to check levels, yet, sometimes these can be elevated due to a list of other issues, such as an enlarged prostate (typically due to aging), but this usually results in benign hyperplasia and is unrelated to cancer.

"Other issues can make your PSA levels go up as well like taking a daily aspirin or being overweight. If the PSA is over 2.5, or if you are at high risk, patients should receive additional screenings and be sent to a urologist. Urologists specialize in the urinary, prostate, and reproductive organs, and they will determine if a patient needs diagnostic imaging with MRI.

"Years ago, providers did not have the advancements that we do today, and prostate biopsies were done with numerous needles (approximately 30), which was done blindly. Most prostate cancer tumors are under 1 cm in size, so this blind, shooting-in-the-dark technique was, unfortunately, unable to detect most cancer.

"Today, with the advancements of MRIs, it's changed the entire field, but in saying that, you must have the right MRI. They are not all the same. Traditional MRI machines will not pick up the intricate size of many tumors or other abnormalities. It's imperative that patients ask their imaging center if they use a 3T MRI (3 Tesla). In southwest Florida, very few radiology centers have a 3T MRI. We are the largest center with 3T, and we do the majority of prostate screenings in the area, so patients can trust that we are the experts for quantity and quality. A 1.8T MRI is not going to detect the tiny areas that a 3T MRI will, so for patients getting screenings, they need to understand this technology is significant in their diagnosis, their treatment, and their survivorship.

"If caught early, prostate cancer treatment is minimal compared to the later stages, or if it's metastasized into other organs. Once we detect cancer, the urologist will have the patient come in for a biopsy that can be targeted specifically to the area of concern. This eliminates the guessing game. The biopsy is performed under guided-ultrasound, and the pathology results are typically back in 3 to 5 days.



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"The 3T MRI can also detect the tumor's size, if it has spread, metastasized, or if it's confined to an area in the prostate. If a patient does have an adenocarcinoma diagnosis, the treatment will be high-frequency ultrasound, radiation, or prostatectomy depending on the stage. It might also be untreatable if it's a late diagnosis, but those can often be treated with hormonal medications. Most people can lead a very normal life after diagnosis and treatment.

"I want to make sure patients know that they are getting a 3T MRI, and I want them to know who is reading their images. If it's not a trained subspecialist, it can be very challenging to get a proper diagnosis. The days of general radiology are over. It's virtually impossible to be a general radiologist that can specialize in the entire body; that's why Radiology Regional only brings on fellowship-trained radiologists and hires those that specialize in various areas of the body and brain. My family lives here in Florida, and I'm proud to be able to serve my community as an expert and provide the highest-level of care for our patients."

Radiology Regional is a physician-owned, well-established imaging practice with over 30 board-certified radiologists that work closely with your doctor. You will get personalized service and expertise in a warm, comfortable environment, which is not always offered with a big group or hospital-owned organization. Radiology Regional also provides the newest technological advances. Their superior imaging equipment includes 3T wide-bore MRI, 256 Slice CT, 3D Mammography,

Nuclear Medicine, PET Scans, and Siemens ultrasound. Radiology Regional is a premier diagnostic facility that takes pride in offering the highest quality healthcare to the community.

At Radiology Regional, they take your health personally. They have a group of in-house, subspecialty, fellowship-trained radiologists that are experts in diagnosing and detecting conditions within the abdominal and pelvic areas, including the prostate. The machines they invest in are not standard; these are state-of-the-art, high-tech imaging equipment that can find even the most intricate details that would otherwise be missed.

Radiology Regionals has a high-resolution prostate MRI to find small prostate cancers, a dynamic MRI to diagnose pelvic organ prolapse, MRI technique to accurately stage rectal cancer for surgical planning, specific protocol to best evaluate the ovaries and uterus and another MRI technique to focus on the bones and muscles, among several others. All imaging exams are not equal, and Radiology Regional goes above and beyond to offer high-quality studies to help guide medical management.

Radiology Regional

For over 50 years, Radiology Regional has expanded its scope of services and number of outpatient facilities to meet the growing needs of their patients and referring physicians. Radiology Regional has thirteen, ACR accredited and convenient locations to serve you. Their dedicated team of board-certified radiologists, registered technologists, and other specialists are committed to providing their patients with exceptional care utilizing the most advanced technology and techniques available.

Radiology Regional has 13 locations in 3 counties, Lee, Collier and Charlotte.

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Kevin Kadakia, M.D., M.B.A.

Dr. Kadakia graduated from the University of Miami with a Bachelor of Science in Microbiology/Immunology. He earned his M.B.A. in Healthcare Administration from the University of Miami School of Business in Miami, Florida. He attended the Miller School of Medicine at the University of Miami where he received his medical degree. Dr. Kadakia performed his internship at Jackson Memorial Hospital/Miami Veterans Affairs in Miami, Florida and went on to earn his residency in diagnostic radiology at University of Texas Southwestern Medical Center in Dallas, Texas. He completed a fellowship in body imaging at Stanford University Hospital and Clinics in Stanford, California. Dr. Kadakia is board certified by the American Board of Radiology and is a member of Lee County Medical Society.



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- PTSD


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Recent Development in Treatment of Depression

Understanding COPD

COPD is a lung disease that can limit your airflow. When some people hear "COPD," they're not sure what to think. It may be confusing because Chronic Obstructive Pulmonary Disease (COPD) is only one of a group of closely related chronic lung diseases.

COPD may include chronic bronchitis, emphysema, or both.

Chronic bronchitis is the production of increased mucus caused by inflammation. Bronchitis is considered chronic if you cough and produce excess mucus most days for three months in a year, two years in a row.

Emphysema is a disease that damages the air sacs and/or the smallest breathing tubes in the lungs.

Common day-to-day COPD symptoms include a cough, coughing up mucus or phlegm, difficult breathing and shortness of breath, wheezing and chest tightness.

There's no denying that COPD can be a serious disease, but you don't have to settle for a life defined by it. You might have to pace yourself differently day to day.

It's not just a smoker's cough

Although cigarette smoking is the most common cause of COPD, breathing in other kinds of irritants, like pollution, dust or chemicals, may also cause or contribute to COPD.

Some people may think they simply have a "smoker's cough" or that breathlessness is just a part of getting older. It may be nothing serious or it may be an early symptom of COPD. Either way, it's a good idea to be seen by a pulmonary specialist and have these symptoms checked out. By the time many patients are diagnosed with COPD, they have lost some of their lung function.

The earlier COPD is diagnosed, the sooner you and your doctor can start managing it.



The effects of COPD on healthy lungs

Your airways branch out inside your lungs like an upside-down tree. At the end of each branch are small, balloon-like air sacs. In healthy people, both the airways and air sacs are springy and elastic. When you breathe in, each air sac fills with air like a small balloon. The balloon deflates when you exhale. In COPD, your airways and air sacs lose their shape and become floppy, like a stretched-out rubber band.

Healthy airways and air sacs in the lungs are elastic, making it easy for air to move in and out quickly. Chronic inflammation, as can be caused by exposure to smoke, can cause the lungs to thicken and lose their elasticity. Then the airways can't widen when you need more air, and thick mucus forms. This typically causes coughing, which may be associated with mucus, wheezing, shortness of breath, chest tightness, and other symptoms.

Know the warning signs

Early symptoms or warning signs of COPD include marked shortness of breath with exertion, a cough that won't go away, or frequent respiratory infections, however, these are unique to each person. These warning signs may be the same, similar or different with each episode. Usually, you will be the best person to know if you are having trouble breathing.

When monitoring your symptoms, if you notice one or more of the following it is advised that you seek medical advice because you could be in the early stages of COPD:

- An increase or decrease in the amount of sputum produced
- An increase in the thickness or stickiness of sputum
- A change in sputum color to yellow or green or the presence of blood in the sputum
- An increase in the severity of shortness of breath, cough and/or wheezing
- A general feeling of ill health
- Ankle swelling
- Forgetfulness, confusion, slurring of speech and sleepiness
- Trouble sleeping
- Using more pillows or sleeping in a chair instead of a bed to avoid shortness of breath
- An unexplained increase or decrease in weight
- Increase feeling of fatigue and lack of energy that is persistent
- A lack of sexual drive
- Increasing morning headaches, dizzy spells, restlessness

Hearing you have COPD can be incredibly tough because there is no cure. But it's far from a helpless diagnosis. Starting today, you can learn ways to improve your breathing and slow the progression of the disease.

For more information about the options available for treating COPD, call **239-303-0495** today to schedule a consultation.

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What Sets Millennium Physician Group's Breast Cancer Center of Excellence Apart? —Passionate, Innovative, Comprehensive Care

Breast cancer affects both men and women. In the United States, the CDC reports that over 276,400 women are diagnosed with invasive breast cancer annually, along with 48,530 new non-invasive breast cancer cases. Breast cancer also affects approximately 2,600 men each year. Notably, the statistics of survival are increasing, mostly due to patient education and early diagnosis.

Millennium Physician Group's Breast Surgeon, Natalia Partain, MD, is passionate about improving breast cancer longevity and educating patients on the importance of screening and getting tested for genetic risk factors. Dr. Partain has extensive training in groundbreaking surgical techniques and a passion for helping patients live their healthiest, fullest lives.

Dr. Partain shared more on the center and her drive, "I was born in Argentina and grew up in Fort Myers; I'm bilingual. After my years of education and training, I had an opportunity to come back to this area and work with Millennium Physician Group to develop the Breast Cancer Center of Excellence. It's a beautiful place where patients feel welcome; they experience the support and warmth of our staff as we walk alongside during their breast cancer journey. Breast cancer affects women in 99% of cases, but men also are susceptible to the disease, and we are here for them as well".

"At The Breast Cancer Center of Excellence, I dedicate myself to working one-on-one with my patients, offering them compassionate care, the latest treatment innovations, as well as advice on healthy living".

"The center coordinates a multidisciplinary team approach of oncology specialists and surgical experts to help navigate evidence-based treatment through an integrative, comprehensive approach".

I enjoy assisting patients with dietary and lifestyle recommendations to help them heal and live a life of wellness and balance. My surgical training is extensive, and I specialize in minimizing scars and hiding them so that patients do not have to be reminded of their breast cancer continually. I'm also in a group of unique surgeons experienced in preserving the nipple when mastectomy surgery is needed".

At the center, we believe it is critical to start screening at the recommended age of 40, but we cannot express enough the importance of general and genetic high-risk factors, such as hereditary risks. For patients with risks, we provide in-depth, multi-panel genetic testing. It is a comprehensive, genetic screening with MRIs and 3D Mammograms, and blood tests. This process leads to diagnose and determination the treatment algorithm based on our expert recommendations and the patient's wishes. Genetic risks not only derive from a family history of breast cancer, they also include ovarian, prostate, and pancreatic disorders as well".

For surgical biopsies, we perform ultrasound-guided core biopsy, stereotactic core biopsy, or MR-guided core biopsy. Depending on the diagnosis, we begin a strategic, personalized plan for each individual patient".

"When removing axillary lymph nodes, I perform an exclusive procedure that takes out the lymph nodes that drain the breast but leaves those that drain the arm. This aids in optimal healing and reduces the risk of lymphedema or arm swelling. After surgery, I screen and fit patients for compression sleeves and refer them to the most experienced lymphedema physical therapists in the area".

"I have a passion for all breast cancer patients and desire that also minorities are educated and receive the screenings and care they need. I enjoy facilitating community education and events to spread the word and to offer hope."

Common Breast Cancer Conditions (not a complete list)

- Breast cancer in women and men
- Ductal carcinoma in situ
- Locally advanced breast cancer
- Inflammatory breast cancer
- Paget's disease
- Phyllodes tumors
- Breast cancer in pregnancy
- Breast cancer risk assessment and risk reduction counseling

Common Benign Breast Conditions (not a complete list)

- Chronic breast pain
- Inflammatory conditions- idiopathic granulomatous mastitis
- Nipple discharge
- Breast and nipple masses
- Breast skin changes
- Lactational abscess, milk fistula
- Abnormal mammograms
- High risk lesions such as lobular carcinoma in situ, atypical hyperplasia
- Desmoid tumors
- Gynecomastia
- Accessory (ectopic) axillary breast tissue removal



Natalia Partain, MD

Natalia Partain, M.D. is a board-certified general surgeon who completed a breast surgical oncology fellowship at MD Anderson Cancer Center. She focuses on treating benign (non-cancer) and malignant (cancer) breast conditions. She has extensive training in nipple and skin sparing mastectomy, oncoplastic techniques to preserve the natural appearance of the breast and always strives to hide her incisions. She considers herself blessed to have cared for so many breast cancer patients and to have the experience to provide the latest evidence-based individualized cancer treatments.

Dr. Partain is fluent in English and Spanish.

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Scalpel-Free Vasectomy

By Alejandro Miranda-Sousa, M.D. and Kailen Gonzalez, PA-C

Vasectomy provides permanent male birth control by severing the tubes through which sperm pass to mix with semen. These tubes are called the vas deferens. Sperm are produced in the testicles and stored in an adjacent structure called the epididymis. During sexual climax, the sperm migrate from the epididymis through the vas deferens and mix with other components of semen to form the ejaculate material.

The easiest way of eliminating the sperm but leaving everything else the same is to interrupt the vas deferens. The vas deference is easily accessible though the scrotum because it is directly under the skin. No cut is made in the scrotal skin. The technique of no-scalpel vasectomy uses a special surgical instrument to grasp the vas through the scrotal skin and hold it in place directly under the skin. Another instrument is then used to make a small perforation in the skin over the vas and spread the tissue. The vas is then pulled up and all the tissue around it is separated and cleaned to isolate the tube. This is an important step because all the nerves must be moved away from the vas before it is clipped. Once the vas is clear, clips are placed to block the vas on either side. The vas is cut with a cauterizing tool between the clips and then separated. A small segment is removed to prevent the vas from growing back together. The vas is then placed back into the scrotum and the perforation is sealed without the need for sutures. A simple dressing is placed. The actual procedure takes less than 10 minutes to perform.

Studies show that the no scalpel method produces less pain and fewer complications than the conventional method. There is less bleeding, bruising, and risk of infection. In addition, no-scalpel vasectomy permits a faster return to sexual activity. There is no change in erection, sensation, or orgasm after vasectomy, and the amount of semen remains the same, though free of sperm.



Things to consider and special instructions post-vas include avoidance of sexual intercourse and refraining from heavy weightlifting, running, or other strenuous activities for at least a week. Most patients return to work and normal activities within 48 hours. There are some potential side effects after vasectomy procedure that include but are not limited to: bleeding, infection, pain, sperm granuloma, formation of antibodies against sperm, recanalization of the vas and chronic testicular pain. There may be some redness, swelling, or oozing from the scrotum immediately after procedure. Taking an NSAIDs may help ease some of the discomfort and reduce inflammation after the procedure.

A no-scalpel vasectomy can be an effective and safe form of long-term birth control. Failure rate can be as low as 0.1 percent. Because it is meant to be permanent and because a vasectomy reversal isn't a guarantee, you and your partner should strongly consider the implications of the operation before having it done.

Alejandro Miranda-Sousa, MD



Dr. Miranda-Sousa is a board certified urologist. He is an author and co-author of multiple research and clinical peer-reviewed medical articles. He received Best Abstract from the

American Urological Association in 2007 and is Fellowship Trained in Urodynamics and Neurourology.

Our providers are highly-qualified, skilled experts in the area of urinary and bladder disorders, pelvic floor prolapse, prostate cancer, along with many other related disorders. Dr. Miranda-Sousa and his staff are ready to answer any of your urological questions and concerns, as they treat all of their patients with the utmost of care.

To make an appointment, please call 239-226-2727, or visit their website at urologyexperts.com.

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Ovarian Cancer Treatment:

Why Adding IV Therapeutics Might Help

According to the American Cancer Society, Ovarian cancer ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system. A woman's risk of getting ovarian cancer during her lifetime is about 1 in 78. Her lifetime chance of dying from ovarian cancer is about 1 in 108. (These statistics don't count low malignant potential ovarian tumors.)¹

If left untreated, ovarian cancer rapidly grows and spreads into the abdominal and pelvic areas. Today, we're able to diagnose the initial onset of these symptoms better, as we now know that most of them are directly related to ovarian and reproductive cancers and disorders. However, the key is to make certain that women who are experiencing any of these symptoms go to their physician immediately to be tested.

Ovarian Cancer Treatment

Whether ovarian (or other) cancer treatment entails surgery, chemotherapy, radiation treatments, reconstructive surgery, or alternative therapies, the bottom line is that these individuals are left feeling weak, tired and sick, and many times patients find it entirely overwhelming to function on a daily basis. After all, with chemo and radiation therapy, healthy cells are also being destroyed along with the cancerous cells, which causes severe oxidative stress.

In addition to the symptoms mentioned above, during radiation or chemotherapy, it's difficult to fight off infections. Many experts agree that nutrition, sleep, limiting stress, exercise (yes, it helps with fatigue), and supplements are important to help patients regenerate and ultimately feel better during and after their treatment.

Some of the most common side effects of cancer treatment are pain, nausea, and vomiting, brain fog, extreme fatigue, loss of appetite, hormonal disruptions, weight gain, hot flashes, anxiety, and trouble sleeping. The good news is that some IV nutrients have the ability to decrease some of the aforementioned symptoms.

Gene and DNA expression and energy can be revved up by certain antioxidants and nutrients with IV infusions, such as Vitamin C, glutathione (master antioxidant) NAD, and ALA to name a few. Talking to your oncologist can be helpful.

Why IV & Chelation Therapy Rather Than Oral Supplementation?

IV therapy administers high dose vitamins, minerals, amino acids, and other essential nutrients to fight disease, eliminate symptoms, and alleviate associated effects. Many individuals have digestive malfunctions and liver complications that prevent oral medications and supplementations from getting into the bloodstream and to the appropriate cells in the body.

IV Therapy Can help combat many disorders. These are a few of the top contenders in IV therapeutics:

A few examples of IV treatments are Alpha Lipoic Acid, Chelation, Glutathione, High-Dose Vitamin C, Meyer's Cocktail, and Magnesium. These IV treatments help with countless issues from asthma, arthritis, diabetes, cholesterol, hormonal disorders, and so much more. Glutathione is one of the most potent antioxidants and is a master at detoxifying and healing the body.

IV Therapy Benefits

- Asthma
- Anti-aging
- Acid Reflux
- Acne
- Arthritis
- Alzheimer's & Dementia
- Cancers
- Tumors
- Fibromyalgia
- Stroke
- Cardiovascular
- Heart disease
- Hormonal disorders
- Diabetes
- Circulatory issues
- Impaired liver function
- High Cholesterol
- Hypertension
- Chron's Disease
- Kidney disorders
- Glaucoma
- Cataracts
- Removes heavy metals and chemicals
- And much more

Source:

1. <https://www.cancer.org/cancer/ovarian-cancer/about/key-statistics.html>



Dr. DeStefano, of Root Causes Holistic Health & Medicine in Ft Myers, FL, incorporates IV & Chelation therapy with hyperbaric chamber sessions to combat multiple chronic conditions and disease states.



Doreen DeStefano, NHD, BSN, RN

Dr. Doreen DeStefano holds a doctorate in natural health, an MPA in public business, MS (ABT) in criminal psychology, and a BS in exercise physiology and nursing. She previously held an EMT certification. Dr. DeStefano has been practicing in natural health for over ten years. Her area of interest is healthy aging and prevention and resolution of chronic symptoms associated with aging. She believes that growing old should not mean breaking down.

Poor diet, chronic stress, insomnia, disease, illness, environmental stressors, and a sedentary lifestyle can all contribute to disease states and an unhealthy lifestyle. ISN'T IT TIME YOU TOOK STEPS TO LIVE YOUR BEST LIFE?

Contact Root Causes Holistic Health and Medicine at 239) 425-2900



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Nicolas Perez, M.D. - Korunda Pain Management Center

National Sickle Cell Anemia Awareness Month

Finding Relief from the Pain

Sickle Cell Anemia is a blood disorder affecting nearly 100,000 Americans each year. There are many symptoms and side effects associated with the disease like anemia, chronic infections, vision problems, and pain.

When it comes to pain, most people don't realize the amount of discomfort and swelling that is commonly related to sickle cell anemia. Our red blood cells are generally rounded and flexible, which allows them to easily flow through the vessels. Ordinarily, we replace our red blood cells every 100 days, but with sickle cell, the red blood cells are shaped like sickles or crescent moons and die off about every 15 days. These irregularities cause the oddly shaped red blood cells to break and get stuck in the vessels and arteries, which can cause inflammation, joint damage, vascular damage, and blockages. The hands and feet are often affected by these blockages and can result in severe painful swelling.

Pain from the blockages can also cause ulcers, chest pain, migraines, bone pain, pain in the extremities and more. Many individuals with sickle cell anemia have chronic, on-going, painful episodes that need therapeutic care, along with professional medical pain management.

Korunda Pain Management Center is a state of the art facility that specializes in the treatment of acute and chronic pain management. They provide the utmost quality care for their patients and custom-tailor pain management needs.

Nicolas Perez, M.D.

Dr. Perez uses a holistic and comprehensive approach to diagnose and treat painful conditions. With his background in physical medicine and rehabilitation, he performs a detailed physical exam and image review to get to the root of the issue. His treatment goal is to reduce pain and help his patients achieve maximal restoration of their functional status.

Utilizing ultrasound or fluoroscopic guidance, Dr. Perez treats a broad spectrum of pain syndromes including but not limited to sickle cell anemia, neck and back pain, sciatica, herniated discs, arthritis, sacroiliac pain, joint pain, myofascial pain, neuropathy, complex regional pain syndrome, cancer-related pain, migraines, and spasticity. Dr. Perez has a strong focus on sports and musculoskeletal injuries.

Commonly performed procedures include epidural steroid injections, facet joint blocks, radiofrequency ablation, joint injections (shoulder, hip, knee, etc.), peripheral nerve blocks, spinal cord stimulation, trigger point injections, regenerative medicine, and many more.

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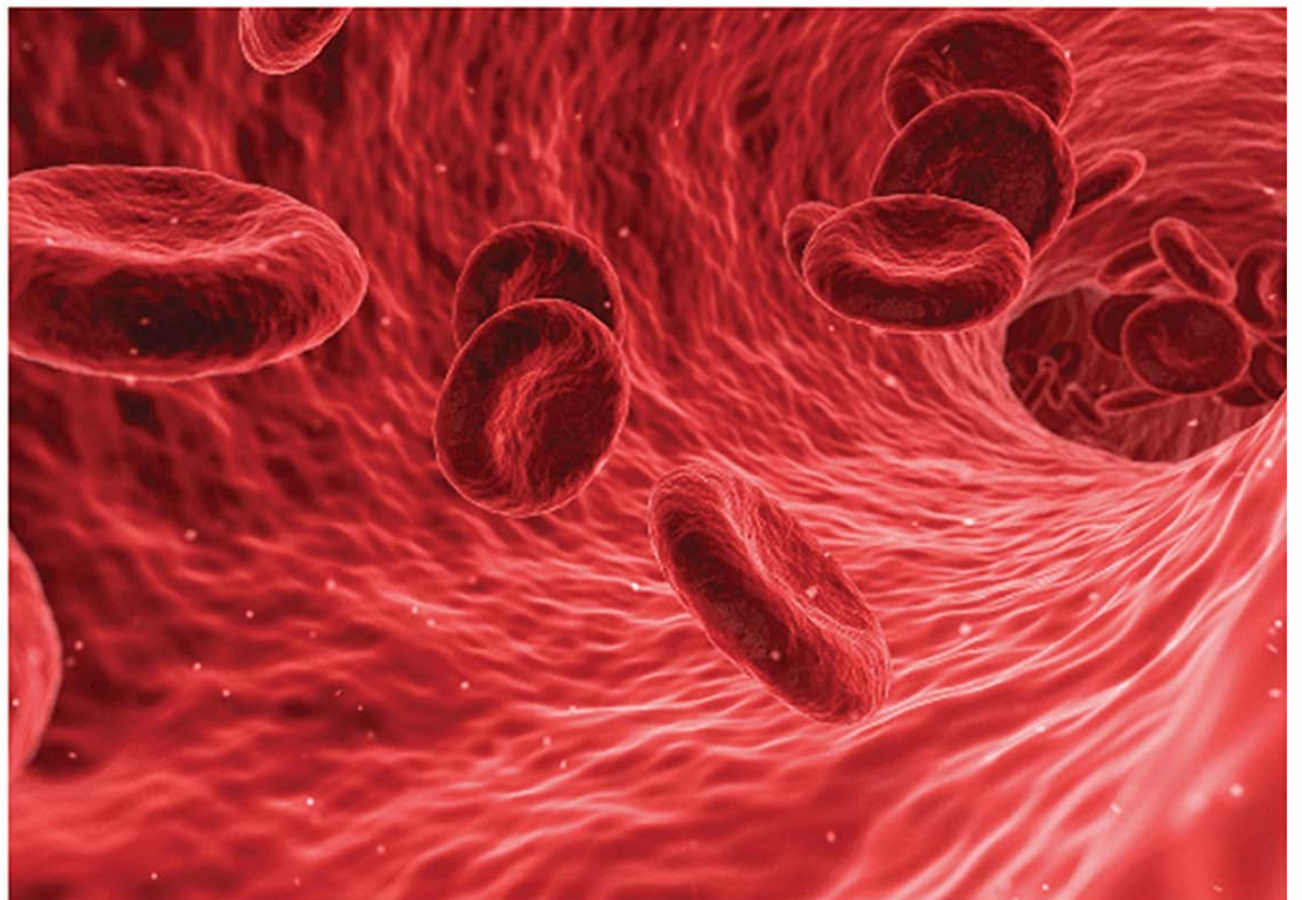
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PUBLIC SERVICE ANNOUNCEMENT FROM PASWFL

Association of Depression With Past-Month Cannabis Use Among US Adults Aged 20 to 59 Years, 2005 to 2016

Lauren R. Gorfinkel, MPH; Malki Stohl, MS; Deborah Hasin, PhD

Abstract

IMPORTANCE

Despite studies showing that repeated cannabis use may worsen depressive symptoms, the popular media increasingly presents cannabis as beneficial to mental health, and many members of the public view cannabis as beneficial for depression. Therefore, cannabis use among individuals with depression may be becoming more prevalent.

OBJECTIVE

To examine the association of depression with past-month cannabis use among US adults and the time trends for this association from 2005 to 2016.

DESIGN, SETTING, AND PARTICIPANTS

This repeated cross-sectional study used data from 16 216 adults aged 20 to 59 years who were surveyed by the National Health and Nutrition Examination Survey, a national, annual, cross-sectional survey in the United States, between 2005 and 2016. Data analysis was conducted from January to February 2020.

EXPOSURES

Survey year and depression, as indicated by a score of at least 10 on the Patient Health Questionnaire-9.

MAIN OUTCOMES AND MEASURES

Any past-month cannabis use (ie, ≥ 1 use in the past 30 days) and daily or near-daily past-month cannabis use (ie, ≥ 20 uses in the past 30 days). Logistic regression was used to examine time trends in the prevalence of cannabis use, depression, and the association between cannabis use and depression from 2005 to 2016.

RESULTS

The final analysis included 16 216 adults, of whom 7768 (weighted percentage, 48.9%) were men, 6809 (weighted percentage, 66.4%) were non-Hispanic White participants, and 9494 (weighted percentage, 65.6%) had at least some college education. They had a weighted mean age

of 39.12 (95%CI, 38.23-39.40) years. Individuals with depression had 1.90 (95%CI, 1.62-2.24) times the odds of any past-month cannabis use and 2.29 (95%CI, 1.80-2.92) times the odds of daily or near-daily cannabis use compared with those without depression. The association between cannabis use and depression increased significantly from 2005 to 2016.

Key Points

Question Did the association of depression with past-month cannabis use among US adults change from 2005 to 2016?

Findings In this repeated cross-sectional study of 16 216 adults, those with depression increased their rates of cannabis use significantly faster than those without depression. In 2005 to 2006, individuals with depression had 46% higher odds of any cannabis use and 37% higher odds of near-daily cannabis use, while in 2015 to 2016, individuals with depression had 130% higher odds of any cannabis use and 216% higher odds of daily cannabis use.

Meaning In this study, an increasing number of adults with depression used cannabis during the study period.

The odds ratio for depression and any past-month cannabis use increased from 1.46 (95%CI, 1.07-1.99) in 2005 to 2006 to 2.30 (95%CI, 1.82-2.91) in 2015 to 2016. The odds ratio for depression and daily or near-daily past-month cannabis use increased from 1.37 (95%CI, 0.81-2.32) in 2005 to 2006 to 3.16 (95%CI, 2.23-4.48) in 2015 to 2016.

CONCLUSIONS AND RELEVANCE

The findings of this study indicate that individuals with depression are at increasing risk of cannabis use, with a particularly strong increase in daily or near-daily cannabis use. Clinicians should be aware of these trends and the evidence that cannabis does not treat depression effectively when discussing cannabis use with patients.

Source:

JAMA Network Open. 2020;3(8):e2013802. doi:10.1001/jamanetworkopen.2020.13802



Robert Pollack, MD
Founder and COO

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+ Supplemental content

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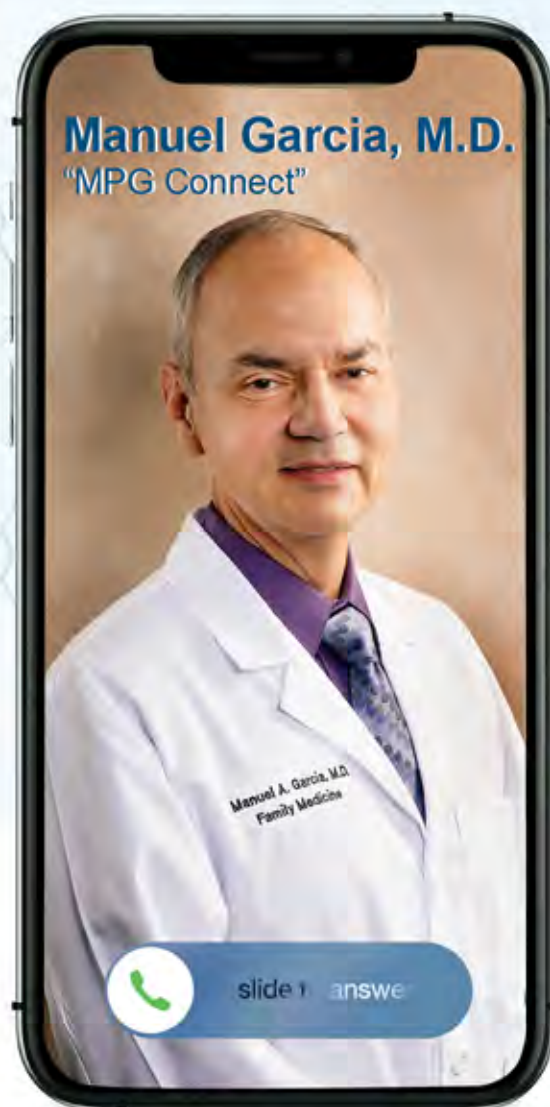
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After Childbirth Many Women Have a Weakened Pelvic Floor & Urinary Incontinence:

How EMSELLA™ Can Help You

By Joseph Gauta, MD, FACOG

After childbirth, the pelvic floor, which protects and supports the internal pelvic organs often becomes weakened, stretched, less elastic, and less resilient. The weakened pelvic floor muscles can also cause overactive bladder and incontinence issues.

Childbirth is the greatest risk factor for pelvic organ prolapse which is a condition that effects 1 in 3 women. POP happens when the organs of the pelvic floor such as your uterus, bladder and rectum lack the support structure to hold them in place. These organs drop and often protrude from the vaginal canal causing discomfort and incontinence.

The problem of incontinence is so common among women because, until now, there has not been an effective way to treat a weakened pelvic floor. If you're noticing that you leak when you laugh, jump, cough, or sneeze due to postpartum incontinence from a weakened pelvic floor, it only gets worse without treatment. **YOU DON'T HAVE TO ACCEPT THIS AS YOUR FATE OR AS "NORMAL."**

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References:

1. Body by BTL. A Breakthrough Treatment For Incontinence And Confidence 2019 Btl Industries Inc.



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10% THC CAP PROPOSAL

Evidently, the last few years within the Florida cannabis industry have progressed rapidly with proposed changes such as the Smoking amendment that currently allows patients to purchase cannabis for smoking use. Other small victories such as defeating a proposal for recreational cannabis that would have further exacerbated the issue of vertical integration have created quite the storm of optimism among those in the community. But despite these wins, there are other problems surfacing this coming year that could negatively affect both dispensaries and patients.

Rep. Jose Oliva is proposing a hard limit on the percentage of THC allowed in all medical marijuana products; a leap back from the current progression in the program. Cited from a UK study done in the 1950's, Oliva is quoted saying "We're seeing different strains now in Europe that are 100 times stronger, and we're starting to learn that this has some schizophrenic results, especially in young, developing brains." Every year we see similar policies trying to trek its way into senate and undermine Florida's already strict medical program and Florida marijuana cardholders see this as an uphill battle they're willing to fight for. Patients across social media outlets

cannot stress enough how much this could negatively affect them as well as the dispensaries revenue. The bottom line is that this proposal will not benefit anybody in the marijuana industry from the patients all the way to the top executives at places like Trulieve.

While these initiatives have not slowed down yet, it is very important to note that most of these laws have not made it past the House

and should not be a major concern to current card holders. Despite this, it is important to stay up to date with the current direction of Florida's ballooning marijuana industry although this particular proposal shouldn't worry any medical card holders anytime soon.

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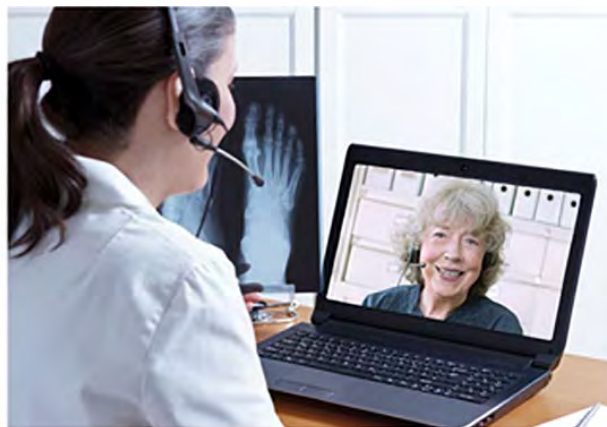
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5. Taking temperatures of patients

6. Guiding patients to handwashing stations upon entering offices and instructing patients to rinse with a peroxide solution or mouth rinse prior to treatments to kill viruses and bacteria

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Discharged from the Hospital?

Why Cardiology Follow-Up Care is Essential for Your Heart Health

Dr. Joseph Freedman MD, MBA

If you have a cardiac episode that puts you in the Emergency Room or admits you to the hospital, one of the most important things you can do to ensure your cardiac health is managed properly is to see your cardiologist soon after you are discharged.

Cardiac episodes are scary, to say the least, but ignoring the source of the heart disorder, brushing off symptoms, going about your everyday life is, unfortunately, a common thing that many people do once released from the hospital. Why is this so dangerous? Well, to start, the symptoms most likely come back if not treated by your cardiologist. The next issue is that you may need to be on medication, have your medications changed, you may need to have further diagnostic testing done like a stress test or an angiogram. Whatever the case may be, after your cardiac hospitalization, you need to make an appointment with your cardiologist as soon as possible.

Those individuals with CHF (cardiac heart failure) are a prime example of why following up with a cardiologist is imperative. CHF patients often have incidents of fluid build-up, which can make it difficult for them to breathe. They often feel as if they are drowning and call 911 frequently due to this terrifying sensation. When under cardiac care, their cardiologist can prevent these readmissions to the hospital by several means. The physician can prescribe medications to block fluid build-up, have a cardiac monitor through specific home health programs, and have specialists help with understanding nutrition and how to keep sodium at its lowest for CHF patients, which is extremely important.

If you are discharged from the hospital, calling your cardiologist to schedule an appointment is also vital because you may need further testing.

Diagnostic Testing

In today's modern medical world, we have so many tests that can pinpoint exactly what's wrong with our hearts; if only more patients would take advantage of getting tested to know where their risk factors and cardiac health fall, they would give themselves a jump start on living a much healthier life with greater longevity.

An electrocardiogram (EKG or ECG) measures the electrical activity of the heartbeat. If you are experiencing heart symptoms, this is usually the first test that will be administered in an office setting or in the ER. If there are any abnormalities, more testing will follow to eliminate issues, or in many cases, put the pieces together to find out what's causing your warning signs.

Stress tests are one of the most common methods to detect heart function during exercise and at rest. If you are unable to exercise, there are nuclear stress test options that utilize an injectable contrast to mimic the heart rate elevation of exercise, while you lie or sit down. Either way, a stress test is a staple to discovering the functionality of your heart.

Sometimes stress tests are not enough, and further testing like an angiogram is required to see how the inside (lumen) of the blood vessels, arteries, and heart chambers are working via CT imaging. An angiogram can show blockages and other blood flow abnormalities.

Many times cardiologists will ask patients to wear a Holter Monitor for anywhere from 24 hours to several days depending on your specific situation and risk factors. The monitor is a portable electrocardiography device that continuously monitors the rhythm and the heart's activity.

An echocardiogram is an ultrasound of the heart that can detect how the blood is pumping and it can also identify the size and thickness of the valves, chambers, and arteries.

Depending on your diagnosis and indicators, the treatment can vary from merely taking medications to having a non-invasive procedure, or a surgery. The best advice any cardiologist will give you is, "Don't ignore your symptoms!" If you have any heart irregularities or discomfort, seeking medical attention fast is imperative.

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately. The same holds true for when you are discharged from the hospital—Call your cardiologist as soon as possible! They will keep you at your healthiest,

alleviate readmissions to the hospital (which are costly) and provide detailed tweaks and recommendations for your specific heart issue.

Joseph Freedman, M.D., Cardiac Care Group

Dr. Freedman brings many years of experience as a cutting edge cardiologist specializing in the prevention, diagnosis, and treatment of all cardiac disease. He trained at the prestigious Cleveland Clinic, continually ranked #1 in Cardiovascular Care, where he focused on cardiac imaging. He achieved five board certifications in Internal Medicine, Cardiology, Comprehensive Adult ECHO, Nuclear Cardiology and Cardiac CT. During his tenure as the lead noninvasive cardiologist at Florida Medical Center in Ft. Lauderdale, he helped lead the hospital to achieve Level 5 chest pain certification, the highest designation of cardiac excellence.

He has spoken on national health care radio programs and has appeared on local news, highlighting the latest in cardiovascular care. Dr. Freedman prides himself on being an advocate for the patient. Every patient is unique, and he works carefully with leading local and national experts to make sure patients receive the best specialty procedural care possible for that particular case. Dr. Freedman has done research in cardiac MRI studies of the heart, in nuclear scanning, and has participated in the research trials of several leading cholesterol-lowering drugs. Dr. Freedman also has extensive experience in pulmonary hypertension and ran a large clinic in Broward County for these specific and often undiagnosed patients. *Dr. Freedman speaks Spanish.*

Contact Cardiac Care Group at (239) 574-8463



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

(239) 574-8463

www.flccg.com

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

SHOULDER PAIN

By Mike Kriz PT, DPT, OCS, CFMT and Tiffany Kriz, PT, DPT, CHC

Imagine you are playing a round of golf and have to stop at 13 because your shoulder won't allow you to finish your swing and every shot is pushed or sliced. You can't raise the racquet to the height you want so your serves and overhead volleys have lost their zip. Driving a car for more than 10 minutes creates a nagging ache in your shoulder no matter what position your hands grip the wheel. You cannot lift a short stack of plates into a kitchen cabinet because of shoulder pain. Does any of this sound familiar? These are just a sample of the reports that we receive from our clients every single day in our office in Bonita Springs.

Most alarming is the number of people who accept the level of discomfort or pain that begins to alter their daily activities and recreation but who do nothing about it until they can no longer participate in those activities. We often hear "Oh, I thought it would just go away" or, "I didn't think it was that serious until it worsened".

Consider this, a body part or region of the body that does not move well and may cause pain with movement is like a wheel out of alignment on a car. Tires may wear unevenly and then, as time passes, the front-end components of the car begin to wear and with it increases the cost of repair. Some time



ago a famous advertising campaign for Meineke muffler shops proclaimed, "you can pay a little now or a lot later." There is a cost associated with more severe dysfunctions of the body because, generally, they require more treatment.

We will provide the following example to further illustrate this concept. The head of the humerus (the ball of the ball and socket joint of the shoulder) is often found to be "off axis". In the efficient state, the ball of the humerus sits in the center of the socket of the shoulder blade (glenoid fossa). We may refer to this in the car terminology as being "out of alignment". When the arm is moved the ball of the humerus rolls and glides in the socket efficiently remaining in the center of the socket. When the soft tissue structures surrounding the joint or muscular control of the motion are inefficient, the ball can roll slightly outside of center causing pinching and limit the full mobility of the motion without pain.

We are experts at identifying movement dysfunctions whether those dysfunctions are painful or not. We often see those labeled as train wrecks meaning that the complexity of the symptoms are so severe that seemingly no one can correct them. We like to avoid these scenarios and take care of things before they become untenable. Please call us if you have any questions.

Contact Kriz Physical Therapy Today!

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**Joseph Freedman
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Piazza Di Bonita across 41 from Bonita Bay



OSTEOARTHRITIS OF THE KNEE: ALTERNATIVES TO SURGERY

Currently, an estimated 27 million people suffer from osteoarthritis, making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Knee replacement surgery may be necessary in advanced cases; however, there are non-surgical approaches to relieve knee pain and avoiding surgery.

Causes of knee osteoarthritis

- Abnormal gait pattern
- Age
- Improper joint alignment
- Joint misalignment or postural in balance of
- Overweight
- Previous knee injury
- Repetitive strain or overuse
- Trauma

With knee arthritis, the cartilage breaks down and wears away leaving the bones rubbing together causing pain, swelling, stiffness, and limited range of motion in affected joints. With knee replacement surgery, once done, there is no turning back to a more conservative approach. A partial or total knee replacement is an extreme measure to take without considering all of your options.

Dr. Eric Narrell, D.C. and his team of highly trained healthcare clinicians offer a CUTTING-EDGE, Non-Surgical and Non-Invasive treatment that utilizes newly developed and top-notch medical treatments that can aid in resolving your chronic knee pain, but further can help in stabilizing and rehabilitating your knee as a whole.

We'll know during your first visit and more importantly YOU WILL know whether or not our unique knee pain program is going to help you or not! If we can help you, we will let you know and if we cannot help you, we will be glad to make a referral. Either way we guarantee you answers!

LOW-LEVEL LIGHT THERAPY AND DECOMPRESSION

Our extensive training, unique approach, and highly specialized therapies give our patients a huge advantage in regaining their active and normal lives. The low-level light therapy and decompression technology we use is the best



available and many other doctors don't want to invest the kind of money it takes for the best equipment.

ADVANCED KNEE REHABILITATION

A critical component of the continued success of our Knee Pain Relief System and our 2-Step Program is to ensure that the knee is stabilized and strengthened. We work with you to create a personalized program of rehabilitation with the use of our cutting-edge equipment and top-notch facility. This program and steps of rehabilitation contribute to your success now and continued relief over time. This is true for minor pain and the most debilitating pain, even more so when other attempts and treatments have not helped.

WHOLE BODY VIBRATION

Using frequencies to detect disorders and pain, we scan the body using high-resolution vibrations at varying frequencies to alter the cell walls of disorders. The physician that invented the device based the concept on, opera singer's ability to shatter glass with certain frequencies. After years of researching which frequency worked on various cells, we now have precise measurements to help patients heal rapidly with this procedure.

Are You A Candidate?

If you are experiencing knee pain that is chronic, please know that this particular condition is recognized in the health care profession as one of, if not the most, common and challenging painful situations to treat, manage or control. Our office has been working with patients who suffer from this ailment for over 10 years. We have found that many times, patients experience EXTREME relief, after just

a few office visits with us. We have had many patients share their success, and show us in office, how their condition has improved, swelling and pain has reduced, and they are gaining their life experiences back because of this groundbreaking treatment.

Dr. Eric Narrell, D.C.'s Knee Pain Treatment Succeeds Where Other Treatment Methods Fail If education, exercise, knee braces, and anti-inflammatory medications have not provided enough relief for you to live pain-free and reasonably active you may be a good candidate for knee decompression treatment – a safe, highly effective, option that can help you avoid knee replacement surgery.

** Disclaimer: Results may vary from individual to individual*



Dr. Eric Narrell, Doctor of Chiropractic, Clinic Owner

Eric Narrell was inspired to become a Chiropractor when he began to experience severe, chronic back and neck pain at the early age of 15 after a weight-lifting injury and the only relief and answers came when he began seeing a Chiropractor. This series of events literally transformed his life which then took on a distinct, powerful direction as he learned the benefits of taking care of your spine through Chiropractic care. He then discovered the life changing principals of healthy living that, when coupled with Chiropractic care, ensured a much longer and more desirable lifestyle of being fit, healthy and disease free! His personal, very passionate mission is to live and teach these principals to any and all people he can reach in our community. He has helped radically transform tens of thousands of people's lives by helping them experience their greatest health potential.

Over the course of Dr. Narrell's career he has:

- Had one of the largest pediatric practices in Texas
- Adjusted over 1000 patients per week
- Has been coaching and training 100's of chiropractors for over 10 years

To find out more, please call (239) 319-7362 to Claim Your Informational Seminar, Consultation, Exam, X-Rays (if necessary), One Knee Decompression Treatment for just \$97 (value \$400).



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Exercise Overload:

Tips for Avoiding Stress Fractures

There is nothing worse than an injury keeping you from participating in an athletic activity you love. One of the most common sports injuries is a stress fracture, which is a small crack in the bone that is typically caused by overuse. Stress fractures occur in the weight bearing bones of the body, such as the hips, shins and feet, with more than 50 percent of injuries occurring in the lower leg bones. Muscles can become fatigued and unable to absorb the added shock to the body and eventually the overload of physical stress gets transferred to the bone, which causes it to crack.

Stress fractures are common injuries in people of all ages, and symptoms of stress fractures include pain associated with activity, swelling and bruising. In all cases, the most important treatment for stress fractures is rest. Shoe inserts and braces may also be used to promote healing. It is essential to allow your body proper time to heal before resuming the activity that caused the stress fracture. If you become active too quickly, you may put yourself at risk of developing a larger, harder-to-heal stress fracture or chronic injury.

Overuse injuries like stress fractures can be avoided. The American Academy of Orthopaedic Surgeons has provided a few precautionary tips to help circumvent the occurrence of stress fractures:



- When participating in any new sports activity, **set incremental goals**. For example, do not immediately set out to run five miles a day; instead, gradually build up your mileage on a weekly basis.
- **Cross-training** -- alternating activities that accomplish the same fitness goals -- can help to prevent injuries like stress fractures. Instead of running every day to meet cardiovascular goals, run on even days and bike on odd days. Add some strength training and flexibility exercises to the mix for the most benefit.
- **Maintain a healthy diet**. Make sure you incorporate calcium- and Vitamin D-rich foods in your meals.
- Use the **proper equipment**.
- **Do not wear old or worn running shoes**.
- If **pain or swelling occurs**, immediately stop the activity and rest for a few days. If continued pain persists, see an orthopedic surgeon.

• It is important to remember that if you **recognize the symptoms early** and treat them appropriately, you can return to sports at your normal playing level.

If you are unsure if you have a stress fracture, it is important to see a doctor for diagnosis and care options. Most injuries are diagnosed by X-ray, however a computed topography (CT) scan or magnetic resonance imaging (MRI) is sometimes necessary for proper evaluation.

If you have concerns about your bone health or other orthopedic concerns, schedule an appointment to speak to a medical professional. Dr. Edward R. Dupay, Jr. and his staff are ready to answer your questions.



Edward R. Dupay, Jr., DO
Board Certified

Dr. Dupay graduated from Xavier University in Cincinnati, Ohio. He received his Doctor of Osteopathy at the University of Health Sciences, College of Osteopathic Medicine in Kansas City, Missouri.

Dr. Dupay completed his Internship and Orthopedic Surgery Residency at Flint Osteopathic Hospital in Flint, Michigan. Dr. Dupay has been in the Fort Myers / Cape Coral area since 1987. Dr. Dupay enjoys seeing the "Weekend Warrior" athlete, as well as all patients suffering from crippling osteoarthritis.

To schedule your appointment, please call Orthopedic Associates of Southwest Florida at 239-768-2272, visit our website at www.ifixbones.com, or ask your physician for a referral.



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Health Insurance – Medicare 2021 Annual Election Period & Individual/Family Open Enrollment is Coming Soon!

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

Individual/Family Health Insurance Open enrollment will start November 1, 2020, to December 15, 2020 for January 1st, 2021 effective. This deadline pertains to fully insured plans that meet the Affordable Care Act (ACA)/Obama Care Guidelines. * Very important for people that have pre-existing conditions and or would qualify for government subsidies. There are additional lower cost options with National Insurance Carriers for people that are healthy and do not qualify for subsidy, these plans can be purchased year-round. You are NO longer penalized for not having health insurance that meets ACA guidelines.

You should really work with a local broker to explore all your options. Don't invite strangers into your house or give them your personal information over the phone. With Social Media, Facebook, WebEx solicitation if you do not know them please be careful. There are so many scams out there. Go or call a local agent, build a relationship and if in the future you have a question you can back and see them.

Medicare Beneficiaries who currently have Medicare Advantage Plan and Part D (Prescription Drug Plans) will be receiving their "Notice of Change" documents in September. These notices compare any plan changes from your current 2020 to your new 2021 plan. You will be automatically re-enrolled in your current plan if you do nothing and the new changes will take place January 1st, 2021. OPEN ENROLLMENT for MEDICARE PLAN changes starts October 15th and runs through December 7th, 2020 for a January 1st, 2021 effective date. The last plan you select during this period will be your plan for 2021.

Medicare can be very confusing so I would recommend that you meet with a licensed insurance broker that represents multiple insurance carriers. You should explain to them your current needs and concerns. Before choosing a plan, you need to check the network to make sure you can see your doctors and check your medications to make

sure they are in the plan's formulary. Having a local agent that specializes in Medicare Plans is important. If you have a question you should be able to reach the person who enrolled, you in your plan. If you go online or call a toll-free number chances are, they are not local and you won't be able to talk to them to clarify any questions later.

Medicare enrollment is NOT the same as Social Security! There seems to be a lot of confusion between the two.

Social Security - you can apply online at www.ssa.gov for retirement benefits or benefits as a spouse if you:

- are at least 61 years and 9 months old;
- are not currently receiving benefits on your own Social Security record;
- have not already applied for retirement benefits; and
- want your benefits to start no more than 4 months in the future. (We cannot process your application if you apply for benefits more than 4 months in advance.)

Medicare - you can apply online at www.medicare.gov for Medicare benefits for yourself 3 months before your 65th birthday month. Example, June 20th birthday you can apply as early as March 1st. If your birthday is any day of the month except the 1st, your Medicare will be effective the 1st day of your birth month. For the June 20th birthday example above, your benefits would begin June 1st. If your birthday is effective the 1st of the month then your benefits begin the month before, so a June 1st birthday your benefits would begin May 1st. VERY important: if you DO NOT take Medicare Part B & Part D when you are eligible, when you do take it there is a penalty for each month you did not have them. That penalty will last for the rest of your life or for as long as you take these services. If you have employer coverage (not cobra) this is a valid waiver. If you take these after you leave employment there is a special form your employer must fill out so that you are not charged a penalty.



Both Medicare and Social Security require you to be eligible by qualifying either through yourself or your spouse. Neither Medicare nor Social Security will ever call you, unless they are returning your call. So many scams do NOT give your personal information over the phone or even the mail if you do not know them.

Most people that have worked in the United States of America receive Medicare Part A at no monthly cost to them. This is because they have worked at least 40 quarters (approx. 10 years); this is based on a minimal earnings calculator (see www.medicare.gov for more information).

Also remember when moving you may have a special enrollment period to apply or change your health insurance coverage. Also check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local Insurance Broker, Attorney and CPA. Ask a professional, most of the time your first consultation is at no charge.



Dee Merritt

We are happy to help, we have agents from Bradenton down to Marco Island, our headquarters are in Fort Myers and we also have an office we use part time in Naples.

To learn more about your options call to schedule an appointment contact:

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Logical Insurance Solutions

www.Logicalinsurance.com
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KEEPING OUR CLIENTS SAFE AT HOME DURING COVID-19

Dear Chef For Seniors Community,

With the ever-changing COVID-19 situation we want to assure you that Chefs For Seniors is committed to the health and safety of our clients, franchise owners, employees, and local communities.

At Chefs For Seniors, we continue to reinforce the highest standards of safe food handling practices as well as guidelines set forth by the CDC.

Our priority has been and continues to be, the health and safety of our chefs and clients. If a chef feels that they are putting a client at risk by servicing them, they have been instructed to notify their home location so that alternate arrangements can be made.

We ask that you notify your local Chefs For Seniors office if you have a scheduled appointment and are feeling ill so that we can protect our chef employees. Good communication is key during this time.

We are reinforcing existing operating procedures to ensure that your meals are prepared using the guidelines from the health department and that our chefs are following procedures for safe food handling.



We would like to also assure you that all of our franchise owners and chefs are licensed with their ServSafe certification. Our operating procedures for cleanliness and sanitation include:

- Checking temperature before going to the home
- Social distancing while in the home
- Wearing face masks
- Thorough hand washing throughout the service
- Cleaning the kitchen before and after the service
- Wiping down groceries prior to use

For any questions, please contact your local Chefs For Seniors Office:



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TENANCY BY THE ENTIRETY

By Steven J. Gibbs, Esq.  GIBBS LAW OFFICE, PLLC

Successful marriages are often described as partnerships. Ideally, there's a mutual respect and appreciation for one another's contributions. And, although marriage usually involves a bigger emotional commitment than a business partnership, in either relationship you're likely to find jointly owned property. However, when it comes to joint ownership, a spouse gets the edge over a business partner because the tenancy by the entirety in Florida offers some unique ownership advantages for Florida spouses.

Joint Ownership of Marital Assets for Florida Spouses

There are numerous kinds of assets and the first step to understanding how to title them is to categorize your Florida assets. When it comes to couples, Florida law recognizes several ways for two people to own a joint asset, with certain co-ownership options and protections reserved exclusively for married couples. Choosing a joint-ownership model for some personal property in Florida isn't all that important—or even necessary. Little knick-knacks without much economic or sentimental value generally don't need to be specifically addressed in an estate plan. But for real estate, valuable personal property, and financial assets, it's important to plan ahead and clarify whether property is owned by one or both spouses. And, if it's owned by both, you need to carefully consider the method of co-ownership.

Forms of Joint Ownership for Married Couples in Florida

There are various options for titling joint assets in Florida. Tenancy in common is the default ownership form for unmarried co-owners but can also be used by married couples. Tenants in common each own a separate percentage interest of the entire asset. So, rather than saying "we own this asset," it would be more accurate to say, "I own half, and you own half."

Tenancy in common does not have a "right of survivorship," which means that owners can bequeath their separate shares of an asset in their Florida last will. This also means, importantly, that this asset requires a probate in Florida which in order to transfer a deceased owner's portion to his or her heirs unless that person's ownership is in a Florida trust. That being the case, a tenancy in common can be an appropriate titling approach for married couples who have separate heirs.

For example, a couple each own a fifty percent interest in an investment property as tenants in common. One spouse wants to leave his half interest to a child from a prior relationship, and the other spouse wants to leave her share to her niece. With a tenancy in common, that result can be accomplished relatively easily through each of their wills.

By contrast, co-owners in a joint tenancy don't own percentage interests in an asset—they both own the entire asset together. Unlike tenancy in common, joint tenancy has a right of survivorship, so, when one owner dies, the undivided title to the asset vests in the surviving owner, thereby avoiding probate in Florida by automatic transfer upon death. Right of survivorship helps a married couple ensure that, when one spouse dies, the other spouse retains control, avoiding a scenario in which a decedent spouse's heir attempts to divide or sell an inherited interest in a jointly held asset.

In most jurisdictions, married couples usually own their primary residences as joint tenants. In Florida, though, a similar co-ownership model is available for married couples—tenancy by the entirety (or sometimes referred to as "tenancy in the entireties" or "tenants by the entireties"). In most regards, a tenancy by the entirety in Florida acts like a joint tenancy. However, Florida law provides heightened protections against creditor claims when an asset is held as tenants by the entireties.

For an asset to be held in tenancy by the entirety in Florida, it's essential that it be jointly controlled, and that the spouses have identical interests, acquired at the same time during the marriage via the same instrument. Fortunately, though, property owned by one spouse prior to a marriage can be converted to a tenancy by the entirety without much difficulty. The owner spouse just has to execute a new deed or similar transfer instrument granting the asset to the couple as tenants by the entirety under the necessary terms.

Not all states recognize tenancy by the entirety, and, in those that do, some only allow the ownership model for real estate. But, under Florida law, any asset jointly owned by a married couple under the requisite conditions is assumed to be held as tenants by the entireties. Thus, real estate, personal property, financial accounts, and even intellectual property can be co-owned as tenants by the entireties—provided all requirements are met.

Before we dive deeper into the benefits of tenancy by the entirety, it's worth mentioning another popular method for spouses to effectively enjoy co-ownership of property: Florida living trusts. In a typical scenario, two spouses can create a joint living trust naming both as beneficiaries and one or both as trustee. Then, they transfer title to assets like real estate, vehicles and other valuable personal property, or securities to the living trust.

Although formal ownership of the transferred assets is vested in the trust at that point, the couple retains the right to continue using and controlling the property. Living trusts used in this way are usually revocable, so if the couple later decides that they no longer want to use the trust, they can pull the trust property back out and allocate it however they see fit. Or, if they both pass away with the assets still in the trust, a designated successor trustee takes over and transfers the property to one or more ultimate beneficiaries named in the trust instrument.

Living trusts have the benefit of avoiding probate and potentially allowing co-owners to exercise greater long-term control over the ultimate use of assets. And, under Florida law, a primary residence held in a properly constructed living trust can still benefit from the state's powerful Florida homestead protections. However, whether to use a trust for a homestead is NOT a cut and dry question as it is often it is advantageous to use tenancy by the entirety for homestead.



Benefits of Tenancy by the Entirety in Florida for Spouses

As mentioned above, tenancy by the entirety includes a right of survivorship. As a result, title to an asset held as tenants by the entireties automatically vests in a surviving spouse upon the other spouse's death. This makes estate administration in Florida (or elsewhere) easier because the joint assets

never become part of the deceased spouse's estate. Because assets are not in the estate, they don't have to go through probate. Avoiding probate saves time and money and removes the risk that creditors of the deceased spouse's estate will try to attach assets.

Though joint tenancy also offers a right of survivorship, the right is more secure in a tenancy by the entirety. If a joint tenant's creditor attempts to attach a co-owner's interest, the joint tenancy is destroyed and reverts to a tenancy in common with no survivorship. But, because of the creditor protections Florida law provides to tenants by the entireties, a spouse's creditors can't defeat the right of survivorship by attaching property. Moreover, neither spouse can unilaterally undo the right of survivorship in a homestead held in tenancy by the entirety because Florida law requires the consent of both spouses to transfer or mortgage homestead real estate.

On the other hand, because tenancy by the entireties is only available for married couples, the right of survivorship is severed if the couple ever gets divorced, in which case ownership shifts to a tenancy in common.

While a right of survivorship is usually helpful in planning the estates of married couples, it can also present a potential dilemma, particularly when either spouse has children from a prior relationship. Upon the death of the second spouse, an asset previously held by both is wholly within the second spouse's estate and, as such, descends to his or her heirs only. In Florida, stepchildren don't have any inheritance rights (unless formally adopted). So, if the first spouse had children or other intended beneficiaries who are not the heirs of the second spouse, they won't inherit any interest in the property, absent an estate-planning instrument saying otherwise.

If you're aware of the potential for an inadvertent disinheritance, it's easy enough to create an estate plan that fixes the problem, typically using a Florida living trust. However, the issue should be addressed as early as possible because, once a surviving spouse assumes full title to an asset, he or she has complete control over how it is ultimately distributed.

Another valuable benefit of tenancy by the entirety is that it provides protection against creditor claims. With either a joint tenancy or tenancy in common, creditors of either owner can attach that owner's interest in the property. This can be a problem for the other owner because a lien impacts the property's value, and, in some cases, creditor attachment can result in a forced sale. Attachment also destroys a joint tenancy, and that alone can throw a monkey wrench into an owner's estate plan.

But creditors of only one spouse cannot attach property owned in tenancy by the entirety. And the protection applies regardless of the type of property. Real estate, bank accounts, vehicles, equipment—any asset held in a Florida tenancy by the entirety is protected against claims asserted by creditors of a single spouse.

A creditor owed a joint debt by both spouses can still attach an asset held in tenancy by the entirety, and, of course, a couple can permit a voluntary lien or mortgage. But, in general, an asset held in tenancy by the entirety enjoys notably greater protection from creditors compared to joint tenancy or tenancy in common.

Joint Ownership and the Florida Homestead Act

Regardless of the ownership model, Florida's Homestead Act, which is part of the state constitution, adds protections and restrictions to a married couple's primary residence. If a property qualifies as a homestead, it cannot be attached by most creditors and isn't subject to liquidation in bankruptcy. So, even if a creditor has a claim owed by both spouses jointly, the creditor can't reach their homestead.

Homesteads are also "devise restricted," which in practice means that a married homeowner is not permitted to leave an interest in a homestead to anyone but his or her surviving spouse. And, even if only one spouse legally owns the homestead property, it cannot be sold or mortgaged without the consent of both spouses.

Upon the death of a spouse who owns a homestead in Florida, Florida's Homestead Act provides guaranteed inheritance rights to the surviving spouse. If the decedent spouse does not have children, the surviving spouse automatically inherits full title to a homestead property. If the decedent spouse has children, the surviving spouse has a right to receive either a fifty percent interest as tenants in common with the decedent's children or a life estate in the homestead.

The devise restriction and guaranteed inheritance rights can limit a married homeowner's estate-planning options. For example, a provision in a will leaving a homestead to the testator's grandchildren is invalid if the testator has a surviving spouse—even if the surviving spouse did not previously have any ownership interest in the homestead. Importantly, though, a non-owner spouse can waive his or her homestead rights in Florida as part of an estate plan. This might be necessary to keep an asset in the original owner's family or for an estate plan designed to avoid exceeding the federal estate tax threshold.

Titling Joint Assets Between Spouses in Florida

Florida applies the "common law" approach to marital assets. Under that system, spouses are assumed to own their own property separately unless there's a deed, title, assignment, or comparable documentation indicating joint ownership—or unless the spouses unambiguously intended joint ownership. By comparison, "community property" states like California and Texas assume that any assets acquired during a marriage belong to both spouses jointly.

Due to the estate-planning benefits of joint ownership and the asset-protection benefits of tenancy by the entirety, it often makes sense for a couple to co-own assets that were previously owned separately. In most cases, this will necessitate re-titling so that all prerequisites of tenancy by the entirety are satisfied. When in doubt, an experienced Florida estate planning attorney can help to ensure re-titling is accomplished correctly—whether that means executing a new deed or title, creating an assignment of ownership, or establishing new joint financial accounts.

Deciding how best to title marital property, and how to address it in a couple's estate plan, requires careful consideration. Knowing the methods that are available—and how each might fit into your and your spouse's situation—is the first step toward developing a prudent, effective strategy for managing marital assets.

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EVERYONE SHOULD KNOW THESE SIMPLE STEPS TO DOWNSIZING

Americans own a lot of stuff. You name it, we own it: huge televisions, every imaginable kitchen appliance, bins of tangled holiday decorations, lawn mowers, snow blowers, new furniture, old furniture, even OLDER furniture; it's all collecting dust somewhere under our roof. That isn't necessarily a bad thing though; the average American home is a little more than 2,000 square feet, and we need to fill the place, right?

But what happens when all that space, becomes too much space? Over time, maintaining every facet of a home can become extremely difficult or even impossible. When the inevitable question arises: "Should we downsize our home?" You and your family deserve to be prepared.

Let's face it, most people would rather floss a crocodile's teeth, or learn Swahili before they begin parting ways with their old personal treasures. That's why television shows like Hoarders exist, millions of storage bins are rented each year, and garages, basements, sheds and closets are filled to capacity.

Here are a few simple steps for you to jump-start your commitment to downsize:

1.) DON'T PANIC

Unless the inside of your home looks like the *Collyer Brother's*, there's no need to rush "Operation Downsize." Instead of feeling overwhelmed, slowly but surely tackle one room at a time. You'll be amazed at how accomplished you'll feel after clearing out an entire closet of old ugly ties, or shoes you haven't put on since 1996. If you plan accordingly and take your time, downsizing your life doesn't have to be a grueling process.

2.) MANY HANDS MAKE LIGHT WORK

Get as much support as possible. Ask friends, family and neighbors to help you lug that heavy old nightstand from the dark depths of the basement. Maybe one of the helpers would like it for their home and can take it off your hands. If not, bring the unwanted furniture to a local Salvation Army or Goodwill, renting trucks can be as cheap as \$20.00 a day! Garage sales can be a goldmine too.

While your family is visiting, prepare some piles of their old belongings they left behind before they moved out and entered adulthood. If they want to



keep their smelly Little League baseball cleats from thirty years ago, that's fine, BUT they need to bring them home.

When it comes to downsizing your home, the more help the merrier.

3.) DONATE, DONATE, DONATE

There's no better feeling of fulfillment than knowing you're supporting a good cause. Goodwill, the Salvation Army and other charitable organizations support millions of Americans that are in need each year. By donating unwanted clothing and furniture, you too can provide considerable support to countless people across the country. Those jackets you haven't worn this millennium could be used by a family that doesn't have the means to purchase warm clothes during the winter. Why let seven lamps sit collecting dust in a corner in the garage? Donate them so a child can have enough light to do their homework. Everything in decent condition can be put to good use.

When dropping off your donations, keep track of the value of each item and request a receipt from an employee. This gives you proof of your donation and allows you to file for charitable deductions on this year's federal income tax. Donate to charity and get a tax break; it's a win-win situation!

4.) CHUCK IT!

If certain things aren't worth saving or donating, chuck it!

If you have two blenders in your cupboards, just keep one. How about all of those game boards that are missing pieces? Goodbye! That old camping tent has gotten awfully musty in the three decades since you've used it; it's time to throw it out.

Become familiar with your local waste and recycling center, and don't be afraid to visit a few times. Most recycling centers have an area for "electronic waste", so you can dispose of old computers, electronics and printers safely and responsibly.

If you don't feel like driving to the dump, rent a dumpster that gets dropped off and picked up right from your driveway. Simply step out of your front door and heave anything your heart desires into your very own dumpster. You could even convince your neighbors to chip-in and split the cost.

5.) DO YOUR HOMEWORK

Last but not least, after kicking "Operation Downsize" into high gear, begin brainstorming where you'd like to relocate. It's important to see which communities fit your interests and needs. For example, Campo Felice, a 55+ luxury rental community in downtown Fort Myers, offers affordable all-inclusive living for those aged to perfection and young at heart! They offer a SUN Program offering, which is an award-winning seven-prong model that offers residents a variety of services and activities including: Health and wellness classes, finance, legal and administrative assistance, education and lifelong learning seminars, fun and recreation, convenience and economic resources, community and friendship, safety and security. Campo Felice is conveniently located in the heart of downtown Fort Myers and in close proximity to art, theatre, attractions, nightlife and fun!

Take a sensible approach at downsizing and consider Campo Felice as your next place to live luxuriously. It's never too early or too late to start organizing your belongings and get a better handle on what you do and don't need. Take your time, get support, donate or give away as much as possible and don't hesitate to throw things out! In the Month of May, Campo Felice is offering a limited exceptional deal for new residents. *Mention this article and receive discount pricing on our Estero, Caloosahatchee & Henderson models. Visit www.LiveatCampoFelice.com for site plans and to schedule a tour!*

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Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

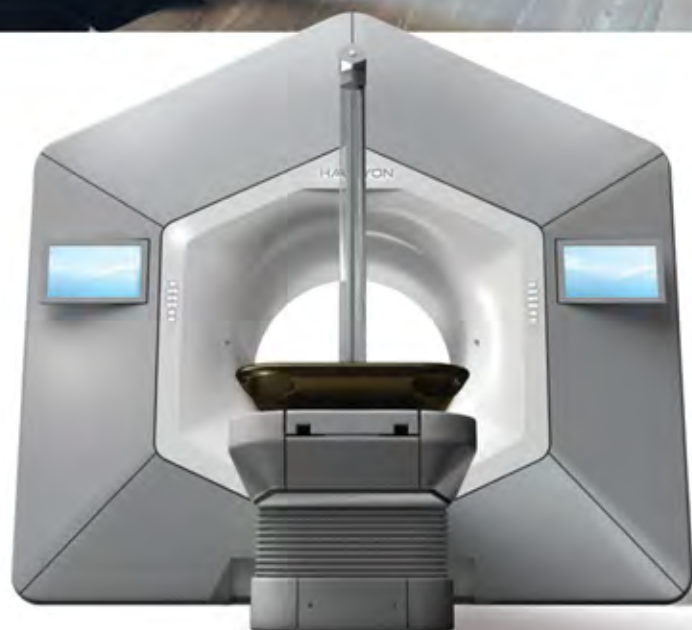
Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



Tim Neptune is the lead pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit www.venturenaples.com.

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