

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

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

June 2021

Lee Edition - Monthly

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**CAN DIET  
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# Stress Management

By Neetu Malhotra, MD

**H**ave 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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# DO NOT BE AFRAID, THERE IS A SOLUTION NOW!

By Alejandro Miranda-Sousa, M.D.

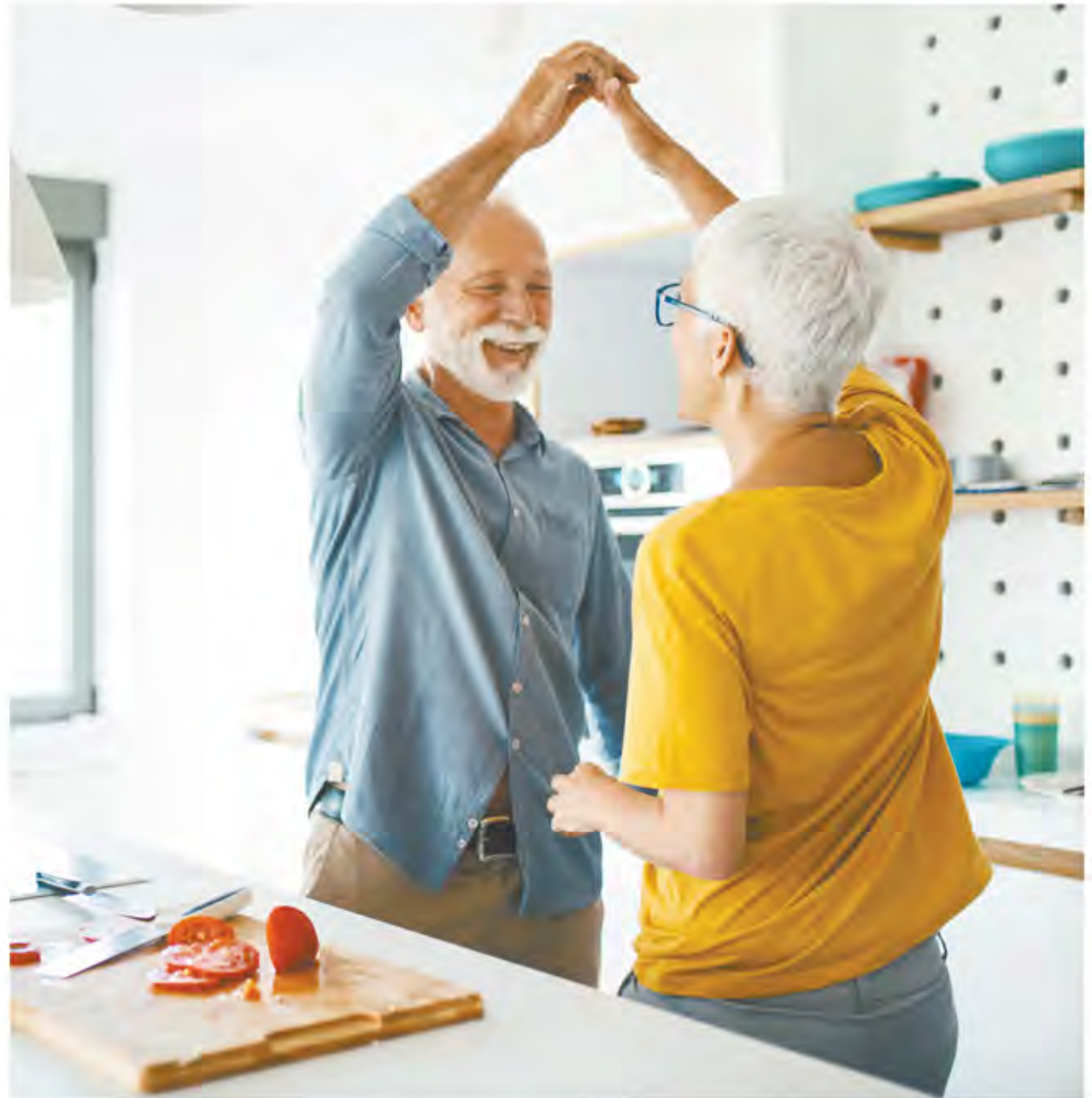
**E**rectile Dysfunction (ED) is a problem far more common than we think. Several studies reveal that at least 50% of men in the U.S. experience some form of sexual dysfunction at some point in their lives, thus being one of the most common male sexual problems. Romantic life of couples often get affected by this problem when ignoring the issue by delaying seeking the right help.

Good blood supply is essential for an adequate erection. The presence of ED is usually an early sign of cardiovascular problems that needs to be addressed. Cholesterol "plaque" and "calcified" arteries affect blood flow to the penis the same way it affects your cardiovascular system.

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# HOW TO PROTECT YOUR EYES DURING ALLERGY SEASON

*Elmquist Eye Group shares helpful tips for managing eye allergy symptoms*

**S**ummertime is here and more Floridians are heading outside to enjoy the warm, sunny weather. People are also dining and socializing outdoors more often due to the risk of COVID-19. But for those who suffer from seasonal allergies, spending time outdoors also means coping with bothersome symptoms.

Allergic conjunctivitis, known commonly as an eye allergy, occurs when the conjunctiva – the mucous membrane covering and protecting the eye – becomes inflamed.

“When irritating particles like pollen land on the conjunctiva, it triggers a release of histamines from mast cells in the eyes, causing an allergic reaction,” said Dr. Kate Wagner, board-certified optometrist and managing partner at Elmquist Eye Group. “Symptoms of allergic conjunctivitis include itching, watering and discharge, redness, eyelid swelling and a gritty sensation in the eyes.” These symptoms can occur in conjunction with those of allergic rhinitis, such as runny nose, sneezing, coughing, itchy nose, mouth or throat, and headaches from sinus congestion.

While pollen is one of the most common allergens, indoor allergens can also become more irritating this time of year. Mold grows in warm, moist conditions, and household pets may be shedding more hair as temperatures rise. Allergic reactions may also occur in response to perfume, cosmetics and certain drugs.

“These conditions can make allergies seem inescapable – and when they impact your vision, they can go from troublesome to dangerous,” Wagner adds.

*Luckily, there are several ways to manage an eye allergy:*

## 1. Keep an eye on the weather

If you can, avoid going outside when the pollen count is high; you can check the pollen index every day through the Weather Channel or your local news. You can also monitor potential allergens for your geographic area through the National Allergy Bureau, which is a section of the American Academy of Allergy, Asthma and Immunology.

However, if being outdoors is inevitable, wear sunglasses and a wide-brimmed hat to shield your eyes.

## 2. Refresh and cool your eyes

One of the quickest ways to relieve irritation from an eye allergy is to apply a cold compress. A cold, wet towel or ice pack placed over closed eyes can significantly relieve itching and swelling. Also, applying refrigerated artificial tears can be soothing. Avoid rubbing or scratching your eyes, which will only further worsen your symptoms.

## 3. Switch your lenses

For contact lens-wearers, allergens can easily build up on lenses and cause eye irritation. While cleaning your contacts frequently can help, replacing your lenses more often or switching to daily disposable contacts may help alleviate discomfort. Daily disposable contacts allow you to wear a fresh set of contact lenses that is free of allergens. If irritation persists, temporarily switching to eyeglasses in place of contact lenses may offer greater comfort for allergy sufferers.

## 4. Over-the-counter medications

There are myriad over-the-counter treatments available for allergic conjunctivitis. Ocular antihistamines and artificial tears can provide eye relief, while oral antihistamines will treat allergic reactions throughout the body. However, it's important to seek these treatments in moderation. Matching the correct medication for each patient requires a comprehensive eye evaluation. Your eye doctor can help you choose an over-the-counter medication that works for your body and lifestyle, and can also help determine when a stronger medication is needed.



## 5. Consult your eye doctor

If your symptoms persist, your eye care professional may prescribe you a stronger medication. These include multiple types of eye drops – antihistamines, mast cell stabilizers, nonsteroidal anti-inflammatory drugs (NSAIDs), or for severe cases, corticosteroids – and non-drowsy oral antihistamines. Seeking assistance from an allergist is helpful as they may prescribe immunotherapy, or allergy shots, to help your body adjust to an allergy trigger.

Persistent symptoms could also be a sign of a more serious condition, such as dry eye syndrome, viral conjunctivitis (pink eye) or blepharitis, an inflammatory disease of the eyelid. If you feel your allergies are endangering your vision, you should schedule an eye exam as soon as possible.

For more information on addressing symptoms of seasonal allergies or to schedule an exam, contact Elmquist Eye Group's team of highly skilled associates.

*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](http://www.elmquist.com), call 239-936-2020 or schedule an appointment at an Optical Boutique location in Fort Myers or Cape Coral.*



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# Can Diet and Exercise Prevent or Reduce Vascular Disease?

**T**he complications of vascular disease can cause stroke, heart attack, amputation, poor wound healing, pain, and can also lead or contribute to other morbidities. As a leading cause of death, vascular disease affects millions of Americans. Although arterial and venous disease can happen to anyone, the most common factors that put you at risk are family history, smoking, being overweight, poor dietary habits and a sedentary lifestyle. A build-up of plaque known as atherosclerosis is the primary cause of vascular conditions. Atherosclerosis hardens the arteries and causes life-threatening complications.

For severe cases, there are important interventional procedures that are necessary; however, cardiovascular disorders are initially treated with lifestyle changes. These include getting blood pressure and cholesterol levels at a normal range through medications. It also includes treating any underlying or comorbid conditions. There are several primary factors that shouldn't be overlooked. These include regular exercise and dietary changes. If you smoke, stop now or seek out a smoking cessation program.

## Diet and Exercise are Critical

While it might sound 'too easy' or 'too good to be true', eating a healthy diet and incorporating exercise into your daily routine can help prevent and reduce vascular disease.

## Sugar is Inflammatory

High blood sugar and cardiovascular disease have more in common than most people are aware. In our country nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. Sugar causes inflammation in the body and metabolic syndrome. Metabolic syndrome results in insulin *resistance* causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.



## An Optimal Diet

Just like with many other diseases and disorders, eating a high fiber diet rich in plants and lean protein is a notable way to improve your health.

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt found in the center aisles. There are exceptions of course, like frozen fruits and vegetables, and no salt added canned produce as well as dried spices to take the place of your salt-shaker. However, for the most part, you should focus your shopping efforts on fresh produce, nuts, seeds, and if you eat meat, lean protein such as poultry, seafood and eggs are best.

The Mediterranean or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. These diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the heart, brain and entire body with antioxidants, and the good fats that are needed to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

***If you or a loved one has any of the risk factors discussed above, you must seek medical attention immediately. Making an appointment with a vascular surgeon specializing in venous disease is critical.***

### Vascular & Vein Center at Gulfcoast Surgeons

The Vascular and Vein Center at Gulfcoast Surgeons is one of the first and most respected vein clinics in Southwest Florida. Their surgeons, Dr. Abraham Sadighi, Dr. Michael Novotney, Dr. Johan Escribano, and Dr. Matthew Sanders have performed thousands of vascular and vein surgeries over the past 28 years.

They focus on diseases of the vascular system that can range from harmless but unattractive spider veins to dangerous conditions such as peripheral artery disease. Their caring and dedicated team will help you identify problems and offer the best treatment options for you.

The Vascular and Vein Center at Gulfcoast Surgeons offer a fully equipped vascular lab and state-of-the-art Angio suite to provide a higher level of service and care for their patients. You'll find comfort in knowing that they have a long-standing reputation for positive surgical outcomes that allow you to get back to healthy living.

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# 7 Questions Cancer Patients Should Ask their Doctor Before Starting Radiation Treatments

By Dr. Arie Dosoretz

**W**hen a doctor confirms that you have cancer, all sorts of thoughts and questions are bound to run through your head.

*Was it discovered early enough? What is the survival rate? Will health insurance cover treatment costs? What happens if the cancer spreads?*

Cancer is one of the scariest diagnoses imaginable, but a vast majority of cases can be treated effectively through surgery, chemotherapy, radiation, bone marrow transplants and other therapies. Throughout your cancer journey, a trusted physician and his or her team of medical professionals will become your biggest allies.

Radiation therapy, which uses high-energy beams or radiation to kill or shrink cancer cells, has become a preferred treatment option for oncologists and patients alike. It is proven effective on many types of cancers, including breast, prostate, brain, bone, colon, liver, lung and others.

**Before starting radiation treatments, be sure to ask the following questions:**

## How do you deliver radiation treatments?

Today's technology delivers far superior treatments compared to the turn of the century, or even a few years ago. The new Halcyon machine at Advocate Radiation Oncology, for example, delivers radiation treatments so precise that healthy tissue just a millimeter away is not damaged. Advocate's TrueBeam linear accelerator uses image-guided stereotactic radiosurgery and radiotherapy to treat tumors and lesions. A skilled oncologist should provide a complete radiation therapy plan that maps out the entire treatment timeline.

## Are treatments painful?

Radiation treatments themselves are relatively painless, but traditionally cancer patients have felt the most discomfort in the days and weeks after treatments. Because of the aforementioned precision of modern-day radiation treatments, side effects aren't nearly as severe as a generation ago because radiation beams focus only on dangerous cancer cells. And with fewer symptoms, many patients will enjoy an improved quality of life.



## How long do treatments take?

The Halcyon machine, which is considered the most advanced radiation therapy system on the market, delivers image-guided radiation therapy up to four times faster than standard technology. This means patients spend less time undergoing treatments and more time at home focusing on their recovery. In fact, treatments often take less time than a routine annual physical. Depending on the treatment plan a radiation oncologist prescribes, treatments could last for as little as three to five days, or up to five days a week for a longer period.

## Is it safe to seek treatment now?

Oncologists have always encouraged the practice of social distancing, especially as COVID-19 remains a threat to those with compromised immune systems. Compared to homes, supermarkets and restaurants, medical offices are by far the cleanest, sterile environment, so safety concerns about visiting a doctor's office should be minimal. Your chances for a full recovery are much better if treated right away.

## What is the cost?

Most major insurance companies provide strong coverage for cancer treatments. Like any type of medical treatment, cancer patients should expect to see copays and deductibles. Cancer patients can reach the "out-of-pocket maximum" through their insurance plan, at which time the insurance company covers 100% of costs. An oncologist's billing department should handle all of the paperwork so patients can focus on their recovery, regardless of their financial situation.

## Should I change my diet?

Radiation takes a toll on the human body. The negative health impacts can be minimized by consuming a healthy diet with plenty of water and foods that contain vitamins, minerals, lean protein and carbohydrates. Avoid foods high in sodium, added sugars and saturated fats.

## Will exercise aid or impede recovery?

Fatigue is a common side effect of radiation treatments, but moderate exercise can offset the impact. Just 20 to 30 minutes of moderate-intensity aerobic exercise each day can help improve a patient's health, psychological outlook and quality of life.

## About Advocate Radiation Oncology

Advocate Radiation Oncology is a locally owned practice with five convenient locations in South Florida. The practice's mission is to provide compassionate health care expertise to cancer patients. Advocate Radiation Oncology is directed by a team of world-class, board-certified radiation oncologists. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).

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# For Individuals Dealing With Acne, It's Not Just Skin Deep

By Joseph Onorato, MD, FAAD

**A**cne affects millions of individuals on various levels, and it knows no boundaries, as acne distresses teens and adults of all ages and genders. Since acne affects nearly 85% of the teen population along with 40% of adults, the number of people dealing with these skin irritants shouldn't be taken lightly. There are viable treatment options for you.

Acne is a condition of the skin where the pores become clogged, eventually developing into whiteheads, blackheads, pimples and deeper nodules and cysts. Acne can be attributed to hormonal changes in both men and women as well, so having a qualified dermatologist evaluate and prescribe the right treatment for you is critical to clearing up your particular skin breakout. Because of these varying degrees and types of acne, getting it under control, or stopping it in its tracks is often unattainable without the help of a qualified dermatologist.

## The Psychological Effects

In psychology, there have been numerous studies on the social and psychological effects that even mild acne has on teens. Social withdrawal is common and attributes to the difficulty of looking someone in the eyes. Maintaining confidence is diminished in many teens that suffer from acne. Because acne can affect the body, as well as the face, students often will retreat from any sports-related activities due to the embarrassment associated with changing in the locker rooms or wearing certain uniforms.

Because teenagers are just learning to form critical bonds with their peers, teachers and other adults, throwing in the difficulty of being self-conscious about their skin, can create a lack of self-confidence, reclusiveness, and a fear of being taunted by other teenagers becomes a cruel reality. However, despite the multiple studies that failed to examine different age groups, we all know that acne can have the same sociological and psychological effects on adults.

## Your Options

Regrettably, acne can stay with teens and adults for many years; so getting it under control now is vital for the health of your future skin condition.



A dermatologist is your best line of defense, as they will treat the acne issues deep within the dermal layers. Dermatologists prescribe antibiotics, other medications, and injections, or topical Isotretinoin.

Seeing a qualified dermatologist is imperative for not only clearing the skin and preventing permanent scars, but also to lessen the social and psychological withdrawal symptoms and phobias that unfortunately go along with this common skin condition.

## Dermatology Treatment for Acne

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We are proud to join the Southwest Florida community and welcome the opportunity to service its residents as well as all of its visiting snow-birds.

Our Mission is to establish and maintain a practice built on positive patient relations and patient satisfaction.

SWFL Dermatology is an Affinity Member of the Naples Zoo and is proud to support the Zoo in its endeavor to inspire people of all ages to respect, value and conserve wildlife and our natural world.

We are also a member of the Naples and Bonita Springs Chambers of Commerce and support their efforts to foster local business advancement in helping make Southwest Florida one of the best communities to live, work in, and visit.



## Founder & Owner

**Joseph Onorato, MD, FAAD**

Dr. Onorato has over 25 years of experience practicing dermatology and is board certified. He serves as SWFL Dermatology's medical director, encouraging his team to provide the best skin care services in the area. He focuses on general dermatology and dermatological surgery including laser treatments, chemical peels, and injectable fillers.

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# BRAIN HEALTH AWARENESS:

## Living Life Well Requires Social and Intellectual Stimulation

Campo Felice is a luxurious place many active seniors call home in a pristine location on the river in downtown Ft. Myers. Although the residents are lively and love living life with a social scene, they and the staff are aware of the importance of keeping cognitively sharp and brain stimulation to stay healthy, vibrant, and independent.

The Executive Director of Campo Felice, Tara O'Sullivan, implemented a training program that she is certified to teach called "Neurobics" – Exercise for the Brain, which suits the 55+ independent living community well, as it's stimulating and social on multiple levels.

Ms. O'Sullivan explained more, "The Neurobics class I teach is based on a 'use it or lose it philosophy.' No matter what a person's age or mental capacity, we all can build new neural pathways each day. Challenging our minds is as easy as looking at something from a different perspective. I tell my students to try something new each day, such as brush their teeth with their non-dominant hand. It may sound easy because brushing our teeth is on autopilot, but the brain is immediately challenged when you switch hands. It's not as easy as it looks and takes a lot of concentration. I also ask them to try and unlock their door without their sense of vision, but rather with only their sense of touch. If you close your eyes and try to unlock the door, it's stimulating the brain because it's a new task."

"In our class, we use numerous activities to create stimulation, such as puzzles, word games, and singing. If we continue to use our brains in new ways, we constantly challenge it, and the results are a better functioning brain." She continued. "I also encourage residents to do different brain stimulation activities on their own. We all know that crossword puzzles are a great way to challenge our thinking and processing, but jigsaw puzzles are even better. With jigsaw puzzles, we have to use perspective, imagery, picture association, utilize color connection and find shapes that fit together."

"Trying to learn a foreign language or play an instrument are also incredible ways to build neuroplasticity and improve cognitive function. At Campo Felice, we offer our management company's, United Plus Property Management, award-winning program called the SUN® Program.

This program is based on several pillars. All of us must have social interaction, physical well-being, intellectual stimulation, and spiritual fulfillment; however, I tell people that if you have a good social network or are intellectually stimulated but overweight or dealing with chronic illness, it's not necessarily a good thing. It's a comprehensive overall lifestyle that promotes brain and body health and wellness. Our programs and activities at Campo Felice have something for everyone. We want our residents to age well, and we give them the right tools to take them on their journey." Ms. O'Sullivan explained.

### Campo Felice

As we age, having a sense of belonging and socializing with friends is essential. When it comes to living at Campo Felice, the activities and events are lively, active and available throughout the entire year.

At Campo Felice, residents feel at home the moment they walk through the doors. It's a unique place in a great location on the river with a long list of luxurious amenities. They offer events and gatherings that are steeped in fun-filled activities. Residents have close bonds with each other, and the staff. Campo Felice feels like home in a gorgeous setting that is 100% maintenance free.

Translated to "happy fields" in Italian, our Active 55 + Resort Style Rental Community boasts an incredible location in the Historic River District area of downtown Fort Myers, a diverse selection of luxurious amenities and splendid one and two-bedroom apartments—all in one ultra-modern high-rise building.

Enjoy a resort-inspired living experience unlike anywhere else! Community highlights include three uniquely designed dining venues, a sparkling salt-water swimming pool with jet spa, a 2,200-square-foot fitness center, a 49-seat movie theater, Bel Fiore Salon & Spa, a dog park, a ballroom and so much more. Residents also enjoy several dedicated services, including 24-hour staffing and maintenance, housekeeping, inclusive meals, valet parking and a SUN® Program calendar full of lifestyle-focused events, to name a few. Each open-concept rental unit incorporates premium finishes like granite countertops, stainless steel appliances, washer/dryer sets, ample natural sunlight, porcelain wood grain tile floors, as well as jaw-dropping skyline and river views.

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# FOOT PAIN RUINING YOUR GOLF SWING?

**A**s millions of avid golfers get ready for another season of pars and bogeys, they should be aware of potentially serious foot problems that can result from years of playing the game.

Although golf is not considered a rigorous sport, the physical act of repeatedly swinging a golf club in practice and on the links can lead to a condition known as hallux limitus, a jamming and deterioration of the big toe joint. According to the movement and weight transfer that occur during the swing's follow through can cause this problem and other chronic foot ailments.

The barrier to a perfect golf swing could lie in your big toe. Or your heel. Or on the ball of your foot. These are the three areas of your feet most likely to cause pain that can ruin your golf swing. Behind these pain-prone spots can lie stiff joints, stretched-out tissues and even nerve damage. But pain relief is possible and frequently does not require surgery. The three most common painful foot conditions that can ruin your golf swing are heel pain, arthritis and pinched nerves.

- Arthritis can cause pain in the joint of your big toe that makes it difficult to follow-through on your golf swing.
- Heel pain typically results from an inflammation of the band of tissue that extends from your heel to the ball of your foot. People with this condition compare the pain to someone jabbing a knife in their heel. Heel pain can make it uncomfortable for golfers to maintain a solid stance during crucial portions of their golf swing.



• Neuromas, according to FootHealthFacts.org, are nerves that become thickened, enlarged and painful because they've been compressed or irritated. A neuroma in the ball of your foot can cause significant pain as your body transfers its weight from one foot to the other in a golf swing.

When golfers follow through on their swing, they can overextend the big toe joint on the back foot. Those who have played the game avidly for several years eventually can wear out the cartilage or jam the big toe joint. The likely outcome, if left untreated, is painful arthritis in the big toe, which would make it very difficult to continue playing golf.

Golfers who have pain and swelling around the big toe joint or have less mobility in this area than other parts of the foot should visit a foot and ankle surgeon for an examination and appropriate treatment. A history of trauma to the big toe area and bone structure also can precipitate the condition. Individuals with a long first metatarsal bone (big toe), for example, are more susceptible to joint compression and hallux limitus.

If golfers experience pain in the big toe area when playing, they should consider it a warning sign that intervention is necessary before the joint becomes arthritic. In most situations, orthotics can be prescribed to provide relief, but others with advanced cases may require surgery.

Another foot problem that is common in golfers is a neuroma or pinched nerve at the bottom of the foot. The weight transfer to the front foot that occurs in the follow through applies pressure that, over time, can cause a pinched nerve.

I also advise golfers not to wear shoes that have a spike located directly beneath the ball of the foot.

The pressure from that single spike, magnified by the several thousand steps taken during an average round, can cause intense pain and swelling in the ball of the foot.

Any pair of golf shoes can be made more foot friendly without sacrificing traction by removing the poorly located spikes.

For the majority of golfers and other patients I recommend simple treatments such as custom orthotic devices (shoe inserts), stretching exercises, changes to your shoes, medications, braces or steroid injections and physical therapy. However, if these conservative measures fail to provide adequate relief, surgery may be required.

Several other painful conditions can also cause instability during your swing. Some athletes and former athletes develop chronic ankle instability from previous ankle sprains that failed to heal properly. Motion-limiting arthritis and Achilles tendonitis can also affect your balance. Ill-fitting golf shoes may cause corns and calluses that make standing uncomfortable. Foot pain is not normal. With the treatment options available to your foot and ankle surgeon, a pain-free golf swing is clearly in view. When your feet aren't in top condition, your golf swing won't be either.

**Sahiba Singh** DPM, AACFAS

For more information, you may contact Dr. Sahiba Singh at Family Foot & Leg Center at (239) 430 - 3668 (FOOT). Family Foot & Leg Center has 8 locations throughout Collier, Lee, & Charlotte Counties to quickly resolve all your foot and ankle problems.



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# Radiology Regional Offers 3D Mammography

**3D** mammography allows radiologists to view inside of each layer of breast tissue at various angles and slices for intricate breast cancer screenings. 3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011. The fine details of the images are seen more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as slices of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible.

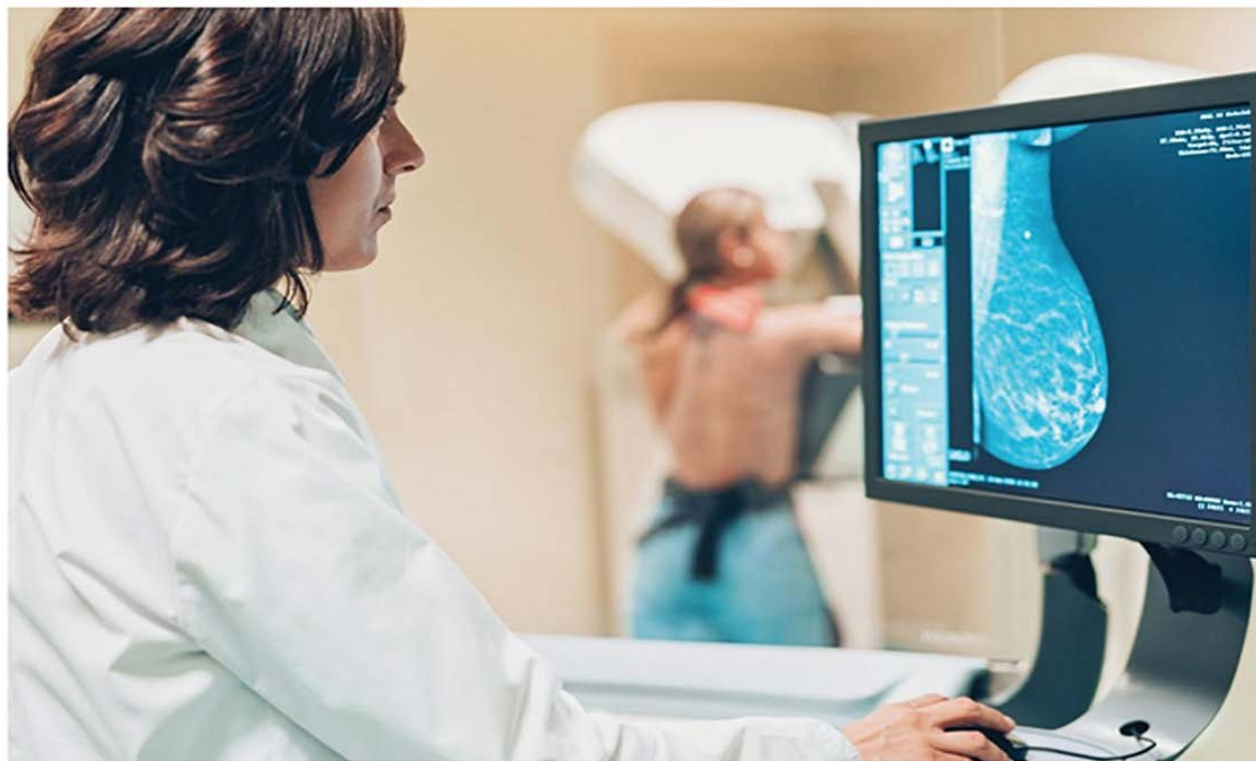
## What are the benefits?

**Fewer Mammogram Callbacks for Additional Mammography** – 3D mammography helps distinguish harmless abnormalities from real cancers, leading to fewer callbacks for additional mammography and less anxiety for women. With 3D mammography, RRC radiologists have reduced patient callback rates by 20-30 percent.

Doctors and scientists agree that early detection is the best defense against breast cancer. 3D mammography has been shown in clinical studies to be more accurate than conventional mammography alone by detecting cancers earlier. This new technology increases breast cancer detection by 38%. It's truly an important component in the screening process.

Early breast cancer diagnosis is what spares lives and offers longevity. Physicians cannot stress the importance of getting regular mammograms as well as doing self-breast examinations enough. The breast cancer survival rates in the U.S. are 80-90% if caught in the first stage due to advanced care. However, the diagnosis in later stages drastically drops the survival rate to 24%. It's essential to schedule your mammogram tests regularly, and if you feel a lump, please contact your physician immediately.

3D Mammograms have helped to diagnose breast cancer early and to eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. Additional symptoms of breast cancer are lumps in the breast or underarm, pain, nipple discharge or a physical change in the appearance of the breast or nipple. If you have any of those symptoms, your doctor will order you an advanced imaging test.



**Regular screenings are imperative, as are self-diagnoses. If you notice any changes, making an appointment with your physician is very important.**

## Why Radiology Regional?

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.

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/IAC 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.

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# A CURE FOR NEUROPATHY?

## Regenerative Medicine Can Heal Sick Nerves

Dr. Sebastian Klisiewicz, D.O.

**N**europathy is a painful and disabling condition that affects many Americans. Until recently, many patients have been told there is no cure for their neuropathy and the few treatments that are available are not very effective. Luckily for neuropathy sufferers, there are new natural treatments that are safe and effective. The latest research has shown that Regenerative Medicine treatments such as platelet rich plasma also known as PRP, cold laser therapy and proper nutritional support can heal sick nerves. An integrated approach that includes these cutting-edge treatments can now help patients eliminate neuropathy symptoms, improve their function and regain their quality of life.

Neuropathy is a general medical term for sick or dysfunctional nerves. Nerves are like electrical wires within our body that carry information to and from our brains to sense our environment and move our extremities. In neuropathy, damage occurs to the nerve fibers and blood vessels that support them. This causes a disruption of the electrical signals within the nerves leading to the dreadful symptoms of pain, burning, pins & needles, cramping, numbness, weakness, heaviness and loss of balance.

Neuropathy can be caused by several different mechanisms. Nerves can be damaged by mechanical forces such as compression, friction, or stretch. Nerves can become severed or cut during traumatic injuries or surgeries. Neuropathy can also be caused by metabolic factors such as elevated blood sugar, abnormal thyroid function or lack of nutrients such as B vitamins. Toxins such as alcohol and some medications can also contribute to nerve damage. Often, multiple factors are involved in the development of neuropathy. For example, patients with diabetes, B vitamin deficiencies and chronic alcohol use are more likely to experience nerve damage from mild compression at the wrists, elbow and feet. This is because their nerves are already inflamed, dysfunctional and vulnerable to damage.

The standard treatment for neuropathy involves the use of medications such as gabapentin or Lyrica. Unfortunately, these medications can cause side effects including fatigue, depression, constipation, etc. Opiate pain medications are also used but

these can be dangerous and often ineffective. Steroid injections, another available treatment, can sometimes provide short term pain relief, but do not actually heal the nerves and can have unwanted side effects. Surgery is a last resort for some neuropathy sufferers, but again this comes with significant risks. Luckily, there are new alternatives to these toxic medications, steroid injections and invasive surgeries.



An integrative approach that includes regenerative medicine, physical therapy and nutritional support can often treat neuropathy safely and effectively. Contrary to previous belief, nerves can heal and regenerate when given the right stimulus and a proper healing environment. One of the newest treatments available is ultrasound guided injections of platelet rich plasma (PRP) around sick and injured nerves. PRP is made by spinning the patient's own blood within a centrifuge to concentrate the platelets in a plasma solution. Platelets are packed with growth factors that mobilize the immune system to start the healing process. They are also full of anti-inflammatory and pain reducing compounds. Best of all, they are natural, safe and made by your own body.

PRP has been classically used to treat tendon injuries and arthritis. But recently, research studies have shown that PRP injections around nerves can promote regeneration of the nerves and the protective covering or myelin, increase growth of supporting blood vessels, decrease inflammation, and increase muscle growth through the mobilization of healing stem cells.

The use of cold laser therapy has also been shown to improve nerve function and regeneration. When combined with PRP, cold laser therapy works synergistically to heal sick nerves. With a series of PRP and laser treatments, many nerve conditions can resolve. This often results in the elimination of pain, a gain in strength and improved balance.

Nerve regeneration and healing is best when accompanied with proper nutritional support and nerve specific physical therapy. A diet high in antioxidants, vitamins and minerals along with healthy fats can support the healing process. At times, specific supplements such as turmeric, fish oil and alpha-lipoic acid can aid in this process as well. Specific neuro therapy is utilized to retrain the nervous system as the nerves heal allowing the body to function at its best.

At Integrative Rehab Medicine, we specialize in treating neuropathies with Regenerative Medicine. Dr. Sebastian and our team of highly trained professionals are pioneers in healing nerves. Our Integrative Advantage™ is the most comprehensive neuropathy treatment in Southwest Florida. Neuropathy patients now have a safe and effective option to eliminate symptoms, improve function and regain quality of life.

### DR. SEBASTIAN KLISIEWICZ, D.O.

Board Certified in Physical Medicine and Rehabilitation

*Dr. Sebastian is a leading physiotherapist in Estero, Fort Myers and Bonita Springs (Southwest Florida). He is the founder and medical director of Integrative Rehab Medicine in Estero, FL. He combines his extensive knowledge in Regenerative Medicine, Osteopathic musculoskeletal medicine, Physical Rehabilitation and Functional & Natural medicine to create personalized and integrated treatment plans for each patient.*

*Dr. Sebastian completed his medical studies at the Chicago College of Osteopathic Medicine (CCOM) followed by a residency in Physical Medicine & Rehabilitation (PM&R) at the Medical College of Wisconsin in Milwaukee. After residency, he worked as an Assistant Professor for Loyola University Medical Center in Chicago. In 2014, he moved his family to Southwest Florida to work at Lee Health's Spine Center. In August 2019, Dr. Sebastian opened his private clinic, Integrative Rehab Medicine. Dr. Sebastian has extensive training in prolotherapy, PRP injections and Bone Marrow Stem Cells. During his time in Florida, he further advanced his knowledge in Integrative Medicine through course work with the Institute for Functional Medicine. Since, he has educated doctors and the public on the Integrative approach at numerous medical conferences and community events.*



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# MAKE TIME FOR A TIME OUT

By Dr. Kelly Bush  y

“Calgon, take me away!” Most of you remember the TV commercial where the woman closes her eyes, and all the stress in her busy life fade while she soaks her worries away in a bathtub. While the commercial’s purpose is to sell soap, it’s accomplished in a relatable way. We all have busy lives, and that comes with a certain amount of stress.

Do you remember being put in “time out” or putting your kids in “time out?” As a kid that was a form of punishment, but as an adult, is it? A time out from this past year wouldn’t have been such a bad thing for many of us.

The two scenarios mentioned above may seem unrelated, but they do have a common theme. Both are a chance to pay attention to your mental health. Would you be comfortable reaching out for help? Would you know when to reach out for help? In the past several years, it has become more acceptable to ask for help. As a matter of fact, it’s encouraged as a part of taking care of your overall health and wellbeing. That includes all of us in the health professions.

One of the challenges we may face is that period of time when we need to take a step back and take care of our mental health. For many families and cultures, that is made even more difficult because of negative stigmas. Studies show that some of the more common mental health conditions are anxiety, major depression, and post-traumatic stress disorder (PTSD).

Psychology is the study of human behavior with a science-based approach. Earning a psychology degree opens the doors to just about any career path you would want to take. How many other degrees can you think of that offer you the skills you need to help others, and yourself?

There are many career paths you can take with a bachelor’s degree in applied psychology. Some of those paths range from case management and substance abuse counseling to working in hospitals and community agencies. You could be working with and helping children, adolescents, military veterans and the elderly.



Our bachelor’s degree in applied psychology includes classes that cover psychology in its many forms, including general, educational, social, cognitive, abnormal, organizational and developmental. The learning process is engaging with class discussions and engagement. Students learn about their strengths and weaknesses, which become tools to help them in their lives and careers.

As a professor, one of the rewarding parts of teaching is being a part of the personal journey each student takes, leading to that “a-ha” moment when they discover the specific career path they want to take after graduation. Along the way, students learn the skills of written and oral communication.

The ability to understand yourself and recognize the behavior of others are skills that can be applied in just about any career. Think about how understanding interpersonal and intrapersonal relationships helps in careers like EMTs, law enforcement, health and legal studies.

**An example I share with my students is this:** think of all the thought and planning that goes into a wedding, but how many people really plan for the marriage itself? By knowing and understanding who you are, you are already ahead of most people. By fully understanding yourself, you can help others.

Ultimately, it’s personal and professional empowerment.

*Dr. Kelly Bush  y, PhD, NCC, LMHC, BC-TMH, is the Associate Professor of Applied Psychology at Hodges University. Additional information about the program is found here:*

*<https://pathways.hodges.edu/courses/applied-psychology/>*



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# NON-INVASIVE TREATMENT FOR CHRONIC PAIN, WEIGHT LOSS AND HAIR LOSS RESTORATION

## 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.



*We are excited to announce that regenerative medicine has been endorsed as a new field of academic rank at Mayo Clinic - the first addition to academic rank at Mayo in three years.*



## 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.

## 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.*



**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.*

**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. 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.

**SHOCKWAVE THERAPY FOR CHRONIC JOINT PAIN / ED**

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.

**Erectile Dysfunction**

More than half of all men 40 to 70 years of age have experienced erectile dysfunction — "an inability to attain or maintain an erection sufficient for sexual performance" — according to the Massachusetts Male Aging Study.

**HAIR LOSS RESTORATION**

Hair loss is a quite common condition observed in both men and women. Pattern hair loss is the most common form of hair loss that affects up to 80% of men and up to 40% of women by age of 70, and it can have quite devastating consequences on one's well-being, including lower self-esteem, depression and lower quality of life.

Hair loss occurs when the scalp stops receiving chemical signals that tell it to grow new hair from existing follicles. Up until now, there haven't been many things physicians could do to stop hair loss on a permanent basis, at least, none that looked natural. Hair plugs made their entrance onto the scene decades ago, but even with modern updates to the process, they often still look unnatural — especially on balding men. Other solutions, which include hair restoration products such as Rogaine and others stop producing results shortly after stopping the process. This means it isn't a long-term solution.

There is increasing evidence that stem cells help by re-triggering the growth and reproduction of cells in an area of the body that was formerly too old or damaged to do so on its own. By reintroducing such cells to the scalp, physicians and aestheticians help clients naturally rediscover their formerly thick, lustrous hair. Regenerative Medicine therapies includes PRP, MSC Stem Cells and Wharton's Jelly.

**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**.

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.*



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# Pain, Dryness & Irritation:

## How Women Are Rejuvenating Their Lives

By Joseph Gauta, MD, FACOG

**W**ho doesn't want to feel better and more confident about their sexual health? Many women try to hide their condition from their partner, or suffer in silence because they believe it's "normal" for them. That couldn't be further from the truth. Whether your pain is caused by endometriosis, pelvic conditions, vulvovaginal atrophy, hormonal dysfunction, or from medications, there are answers.

### Female Sexual Dissatisfaction Has Many Causes

Natural processes like aging, childbirth and menopause can have deleterious effects on a woman's sexual well-being and sensations. Since we all tend to avoid anything that doesn't feel good, a woman's sexual desires and success in achieving them are inversely related to the atrophy and scarring in the vaginal canal that these life-events can create, like tearing of the vagina during childbirth, dryness of the vaginal tissues after menopause, and the laxity of the vagina causing decreased sexual sensation. Sexual satisfaction can be negatively impacted by hormonal changes after menopause, but many women cannot take vaginal estrogens or do not find this treatment to be effective or convenient enough. This is where laser energy comes in: CO2 laser energy has been proven to regrow normal collagen (a necessary protein found in all of our organs) in the vaginal and vulvar tissues leading to improved "accommodation" and "stretchiness" of the vagina which in turn leads to greater sexual satisfaction and lubrication and a decrease in discomfort during and after sex.

### CO2RE Intima

Although, hormone therapy can be used to treat vaginal vulvar atrophy and dyspareunia (painful intercourse), sometimes it isn't enough. The CO2RE Intima procedure has helped countless women enjoy life like they used to. It is noninvasive, nonsurgical and is performed in your physician's office.



**You don't have to live with pain and dryness any longer. There is a better way to age well, enjoy intimacy again and regain your life.**

### CO2RE Intima Benefits:

- CO2RE Intima is an in-office, non-surgical laser procedure to restore vaginal health, by improving hydration and promoting healthy vaginal pH
- Each CO2RE Intima treatment relieves symptoms of vulvovaginal atrophy, rejuvenates vaginal tissue and treats exterior tissue to improve vaginal cosmetic appearance.
- 100% showed significant improvement in vaginal health (elasticity, fluid volume, pH level, epithelial integrity and moisture)
- 91% reported an improvement in dryness



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### CO2RE Intima might be for you if:

- You want to relieve the signs of childbearing and aging in the vaginal area.
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- You seek vaginal cosmetic improvement and you want to feel more confident about your feminine health.

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AMBER THOMPSON, PA-C

### Joseph Gauta MD

*Dr Gauta is the founder of The Florida Bladder institute located in Naples, FL. He is the first physician in SW Florida to be dual board certified in Female Pelvic Medicine & Reconstructive Surgery as well as OB/Gyn. The Florida Bladder Institute continually delivers the highest quality of care with compassion, discretion and dignity to their patients. A full array of the latest diagnostic, therapeutic, rehabilitative and surgical techniques are offered. The Florida Bladder Institute is an independent healthcare practice, not employed by a hospital or insurance companies.*



# Cancer Treatment & IV Nutrient Therapy

By Dr. Doreen DeStefano, NhD, APRN, DNP

**C**ancer affects millions of people each year in the United States. While some cancers can be treated without chemotherapy or radiation therapy, the majority of cancer does need intervention to destroy the cancer cells and stop them from proliferating any further.

## Cancer Treatment

Whether 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.

IV Nutrient Therapy also helps to rehydrate, relieve nausea and improve mood and energy levels.

## IV Vitamin and Nutrient Infusion Therapy

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.

## 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: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5927785/>

## ROOT CAUSES HOLISTIC HEALTH & MEDICINE

Root Causes Holistic Health and Medicine is committed to helping you achieve optimal health. Our mission is to find the root cause of your symptoms and help you achieve wellness through correcting any contributing factors that can be corrected. We look at you as a whole person, and not just a collection of symptoms to be corrected. We strive for balance and wellness through lifestyle management, nutrition and naturally occurring compounds and therapies whenever possible.



## Doreen DeStefano, NhD, APRN, DNP

Dr. DeStefano came to Fort Myers in the early 1980's, leaving and coming back again several times until finally settling here in 2001. She has a lifelong background in health and wellness that began in middle school when she started running.

Dr. DeStefano is also a lifelong student. She holds a bachelor's degree in nursing, and another in exercise physiology. She has a Masters (ABT) in criminology, a Master's in public business administration and a Master's in nursing. She holds a doctorate in natural health, is a licensed Advanced Practice Registered Nurse and a Doctorate of Nursing. She holds numerous licenses and certifications from advanced practice training. She continues to attend educational seminars in integrative and functional medicine twice a year to stay abreast of the most recent, cutting edge therapies available.

Her practice is centered on naturopathic principles that include healing the whole person on various levels and avoiding pharmaceutical intervention unless absolutely necessary. She believes your health is within your control. Her goal is to help you achieve maximum health.

*Learn more about unique and effective therapies with Doreen DeStefano.*



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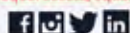
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# What Are Those NOISES in My Head??

By Hoglund Family Hearing and Audiology Services

**D**o you hear unusual noise in your head? You are NOT alone! Between 25 and 50 million Americans are plagued with a condition that is imperceptible to other people. They look normal, but they are suffering. In some cases, their agony drives them to consider suicide. Tinnitus is frequently described as ringing in the ears. The sounds are described in many ways: hissing, chirping like crickets, electronic whines, static, rushing water, buzzing, whooshing, or humming. Loudness varies, but it can get so intrusive it is hard to think, hear or sleep. Imagine trying to function with a radio stuck between stations at top volume. You can't turn it down and you can't turn it off. No one else can hear what the victim hears, but the sounds are not imaginary. Some people report it as a mild "nuisance", but for many people it can be a debilitating condition. It is now speculated that Vincent Van Gogh, was suffering with severe Tinnitus when he went mad and severed off his own ear! Stress fuels Tinnitus, and the stress of the Pandemic, has been especially hard on Tinnitus Sufferers!

**Texas Roadhouse CEO's suicide: Family says Tinnitus contributed to death!**

Many people have heard the recent story about Texas Roadhouse CEO Kent Taylor's suicide. Taylor's family said in a statement to the Associated Press that the business executive "took his own life" after "a battle with post-Covid related symptoms, including severe tinnitus." Kent battled and fought hard like the former track champion that he was, but the suffering that greatly intensified in recent days became unbearable," the statement said. Though tinnitus seems to be a rare symptom of COVID-19, some people have reported dealing with it, or with hearing loss, after their illness.



For decades doctors told sufferers there was nothing that could be done to quell the internal noise. Patients were often told to learn to live with it. Some were given drugs like Valium or Xanax to ease the stress brought on by constant ringing, hissing, or buzzing. Such solutions are unsatisfactory for millions of Patients. Living with constant intrusive noise can ruin the quality of life. The American Tinnitus Association (ATA.org) has always offered education and HOPE to

## COMMON DIFFICULTIES ASSOCIATED WITH TINNITUS

Tinnitus is often accompanied by a series of frustrating issues:

- Sleeping problems
- Annoyance, irritation,
- Difficulty relaxing
- Despair and frustration
- Problems focusing on speech
- Concentration difficulties

people with Tinnitus. Hoglund Family Hearing and Audiology Center is a proud supporter of ATA. Recently, members of this amazing organization have published letters to Tinnitus Sufferers.

*"Meaningful Support is Available and Can Change Lives", writes Dr. Jill Meltzer, AuD.* My message is don't give up hope. I have met so many people who have gone from extreme lows brought on by tinnitus to living with tinnitus without feeling particularly burdened by it. Things can and do get better with help!" Dr. Torryn Brazell add this message," The ATA Will Never Tell You to Just Get Used to Tinnitus! When the ATA says we're here to help you that means we will share credible information on treatments and tools for tinnitus management and point you in the right direction for utilizing healthcare resources in your local community. Help is more readily available today than ever before!"

For more information about this amazing organization please email to [tinnitus@ata.org](mailto:tinnitus@ata.org) or call 800-634-8978.

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**FREE Tinnitus Assessments and Consultations are Available to South-west Florida Residents!**

John Hoglund BC-HIS, ACA and his wife Patricia have worked with Tinnitus Patients throughout Southwest Florida for many years. "My wife Patricia and I have been in the field for over thirty five years" John states,



John and Patricia Hoglund  
LHAS, BC-HIS, ACA

"and we have been focused on helping Tinnitus Sufferers since 2011 when we opened Southwest Florida Tinnitus and Hearing Center, the first Tinnitus Center in the area. We have been blessed to work with some of the finest Audiologists in the field. We were voted Southwest Florida's Best Audiologists, Best Tinnitus Center, and Best Hearing and Testing Center!" I feel far too many people have been told that NOTHING can be done to help Tinnitus Sufferers", John laments, "This takes away HOPE, and we feel strongly that this only deepens the psychological trauma!" "We never wanted expense to be a barrier to knowledge, so there is **NO COST OR OBLIGATION for our Hearing evaluations and Tinnitus Assessments!**

Patients will receive the informative, **Consumer's Guide to Tinnitus Relief** after testing, again at no charge! Our motto has always been, *"All it will COST is a little of your time... but the knowledge you receive may be PRICELESS!"* PLEASE CALL (239) 360-3753 for an Appointment.



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# ARHI: Clinical Study on COVID-19

ARHI (Advanced Research for Health Improvement) is participating in a comprehensive trial for COVID-19 in the areas of diagnostics, treatments and vaccinations. The Covid-19 clinical trials are underway here in southwest Florida through ARHI, which will be the leading research site for those studies that will commence at the end of October. These trials will be done in collaboration with major pharmaceutical companies and NIH as part of "Operation Warp Speed."

Each day, we learn new facts, figures, and protocols concerning COVID-19, and while there are practical treatment options those are not perfect, and we still do not have a cure or a vaccine. The FDA is investigating specific drugs and running expedited trials to see if they are effective at killing the virus. They are also running plasma testing from the blood of those that have recovered from COVID-19. To create a viable vaccine or treatment; however, we need further research and testing.

Viruses need a host to proliferate and mutate. Once they invade the body, they need the body to continue to live or the virus dies if it does not move into another host. One way that we as hosts to viruses can either ward it off, or fight it aggressively is through a bolstered immune system. COVID-19 is an RNA virus, which is not DNA, but rather encoded RNA. DNA viruses have limited mutation capabilities, while RNA is an unstable molecule that can replicate and mutate quickly depending on their need to survive, and they spread hastily as well. We need medications that will impede these actions in RNA viruses and create a biological environment that inhibits the replication of the virus. Drug interventions will need to focus on building the body's immune response and help fight the disease and infection. The vaccine will focus on stimulating the immune response to destroy the virus before it infects the body.

## Vaccines

A vaccine is a biological preparation that provides active acquired immunity to a particular disease. A vaccine typically contains an agent that resembles a disease-causing microorganism and is often made from weakened or killed forms of the microbe, its toxins, or one of its surface proteins. The agent stimulates the



body's immune system to recognize the agent as a threat, destroy it, and to further recognize and destroy any of the microorganisms associated with that agent that it may encounter in the future. Vaccines can be prophylactic, or therapeutic.

## What You Should Know About Clinical Trials

Clinical trials or medical research studies offer a way for researchers to bring new therapies, medications, vaccines, and devices quicker to patients that need them. When a trial is held, rigorous protocols are always in place to protect the patient's best outcome. Before phase one of any medical trial is brought to humans, they conduct thorough laboratory testing.

The IRB (Institutional Review Board) monitors all clinical trials to make certain that patients are protected. This independent committee of medical professionals and advocates keep track and make sure that federal regulations, ethics, and patient's rights are upheld throughout the process.

## How Clinical Trials Help

Disease states, illnesses and disorders are able to launch innovative and the most advanced treatments when clinical trials show positive outcomes. The average clinical trial allows advanced treatment options to be implemented in patient therapy protocols in an advantageous manner. Clinical trials also have helped countless individuals stave off disease states while under medical care during their researched disorder.

## Diagnostics | Treatments | Vaccines

At Advanced Research for Health Improvement (ARHI), they believe that clinical studies will advance medicine and help people live better lives. With this mentality, they strive for greatness in each area of work that they do.

## Current Studies

Are you interested in participating in a clinical trial? ARHI is currently accepting participants for multiple studies including COVID-19.

To find out more, please contact them today at, 239-230-2021, or email them at [info@arhiusa.com](mailto:info@arhiusa.com).

## ARHI—Clinical Studies for the Advancement of Medicine & Improvement of Lives.

At ARHI, we believe that clinical studies will advance medicine and help people live better lives. With this mentality, we strive for greatness in each area of work that we do.

## Are you interested in participating in a clinical trial?

We are currently accepting participants for studies in the areas of Heart Failure, Pediatric Vaccines, Crohn's Disease, Covid-19 Diagnostics, Treatments and Vaccines Prevention.



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# MOST BACK AND NECK PAIN CAN BE TREATED WITH A NON-SURGICAL PROCEDURE

By Physicians Rehabilitation

**U**nfortunately, as we age, back and neck pain due to injury and degeneration tends to become progressively worse and can become chronic if left untreated. Some of the most common reasons for backaches are trauma or sports-related injury, lifting heavy objects, improper spinal posture, poor sleeping posture, ballistic movements, and degenerative disease.

## Back Pain and Spinal Injury

The spine is made up of wedges of vertebral bone consisting of sacral, lumbar, thoracic, and cervical vertebrae, as well as vertebral discs, ligaments, tendons, and muscles that attach to the spine. Over 30 nerves run down the entire spinal column. When our backs are injured, the surrounding muscles often contract as they try to protect the spine, but this causes even more discomfort to our bodies. Not only is the back affected with pain, but the arms, legs, and neck may experience permeated pain from the tension, too. Compressed nerves are being impinged by the narrowing of the vertebrae.

## Neck/Cervical

The vertebrae of the neck have a natural c-shaped curvature (lordotic), which acts as a shock absorber for the upper extremities. If the curvatures are damaged or deformed from injury or other health conditions, the discs and joints in the neck and cervical spine will be under an excessive amount of force. Any irregularities in the neck can lead to degenerative disc disease, spurs, fusion, and neurological disorders.

The typically recommended treatments for spinal compression are pain medication and surgery, but most patients are reluctant with good reason. Long-term spinal complications and failed back surgeries often lead to unresolved chronic pain, and pain medications are very often addictive; therefore, most individuals are unenthusiastic about taking pain medication prescriptions. Surgery often fails patients and leaves them in chronic pain.

There is a better way; a results-driven solution that doesn't include any drugs or surgery shows favorable results in relieving back pain. For many years the experts at Physicians Rehabilitation have been utilizing a natural therapy for back discomfort called spinal decompression.

The practitioners at Physicians Rehabilitation are Medical Doctors (not chiropractic care providers), which is critical for optimal outcomes.

## Spinal Decompression

Spine decompression therapy is a medical technology that gently stretches the spine and decompresses discs. The injured disc is located and gently pulled, creating a vacuum, which allows the disc to be "pulled back in," taking the pressure off the nerve. Spinal decompression therapy treatment is able to reduce the pressure in the disc, allowing fluids and nutrients to re-enter the disc, thus reducing swelling and relieving the pressure on irritated or pinched nerves.

Physicians Rehabilitation doctors are experts in an advanced non-surgical procedure known as VAX-D.

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

VAX-D is a decompression device and achieves the same goal as surgical treatment of the spine, which is to relieve pressure by decompression. VAX-D, therefore, unlike the popular but relatively ineffectual traction device, more precisely addresses the physiology or reason for spinal pain. Although traction devices can stretch the lower back, they have not demonstrated the ability to decompress the lumbar and cervical discs or reduce spinal nerve compression. VAX-D works by reducing the pressure within the discs, not to zero, but to negative levels! No other device has been shown to reduce the disc pressure to these desired negative levels. It is this negative pressure that causes the disc bulging or herniation to decrease in severity. This, in turn, reduces pressure on the spinal nerves, which ultimately leads to less or no pain.

The VAX-D treats the entire spine; however, VAX-D cervical (neck) treatment is designed specifically for neck pain and works in the same way.



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## Why VAX-D is the Superior Procedure

VAX-D therapy has been proven safe and effective in numerous clinical studies. Over 3000 patients per day are treated with VAX-D. The other so-called "decompression treatments" simply do not have published clinical trials proving that they can lower intradiscal pressure and result in positive clinical outcomes. VAX-D studies have been published in prominent, respected, reliable, and peer-reviewed medical journals, with all of them showing a marked reduction in pain and a significant increase in activity and mobility.

VAX-D is easy, convenient, and painless. It is non-invasive, so it does not have the pain, risks, and complications that are associated with surgery, injections, and anesthesia. Patients will require an MRI prior to treatment to make sure no other serious conditions are causing their pain. Once treatment commences, many patients experience relief of their pain during the first several treatment sessions, and then a gradual reduction in symptoms as treatment progresses. The treatment duration plan is 15-25 days, while each session takes about 30-40 minutes. It's that easy.

## Physicians Rehabilitation

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient. Our clinical care providers are able to employ a wide variety of physical modalities by utilizing state-of-the-art tools.

Our goal is to identify the source of your pain, promote healing and eliminate your pain. We begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction. Our therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments.

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The VI peel ingredients are comprised of several high-powered regenerating. These include Salicylic Acid, Phenol, TCA, Retin-A, and Vitamin C. The VI Peel is powerful, but gentle and has little downtime. Patients will see results immediately, but the primary results take about one week.

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*"I've gotten several services done with Rachel and every visit has been relaxing, positive, professional, informative and a self confidence boost. The office is incredibly clean and stylish with a warm atmosphere. Rachel takes her time to go over best options and plan for your goals and your skin. I highly recommend!"—Leslie*

*"Such a rare, cute find! Beautiful, cute spa! My facial with Rachel was fantastic. I got home and I looked in the mirror and wished my skin looked like it did everyday with no makeup! It was absolutely an amazing place. I can't wait to visit again this Friday to get my brows done! This is my new go to spa!"—Gina*

*"Beauty ritual changed my life. I struggled with adult acne for many years and tried many different products and esthetician's to help me clear it. Nothing worked until I met Rachel. She is so knowledgeable, professional, and I feel like she truly cares about my skin. Her spa is beautiful, and her team of esthetician's are wonderful as well. I 1000% recommend."—Veronica*

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# Digital Dental X-ray Exams Lower Radiation Exposure

By Dr. Ricardo S. Bocanegra, DDS

Computers are a part of daily life. They also play an important role in our dental office. We use computers to track your appointments, treatment details and insurance records. We also use them to capture, store and transmit your dental x-ray images.

Many diseases of the oral cavity (which includes the teeth and surrounding tissues and bone) cannot be seen by the eye alone when the dentist visually examines your mouth. An x-ray exam may help the dentist see what is happening in areas that the eye can't see, such as:

- small areas of decay between the teeth or below fillings
- bone damage from a tooth infection (such as an abscess) or a cyst
- bone loss due to periodontal (gum) disease
- developmental defects
- some types of tumors
- the effects of trauma
- the position of unerupted teeth in children and adults

Finding and treating dental problems at an early stage can save time, money and unneeded discomfort and help prevent more serious health problems. X-ray images may be able to help the dentist detect damage and disease not visible during a regular dental exam.

Our practice uses digital x-rays because they have many benefits over film x-rays. Digital x-ray images can be simpler to make, provide enhanced pictures and can save time for the dental team. They also make it easier for us to show these images to you, our patient.

Digital imaging uses an x-ray machine like that used for traditional dental x-ray images made with film. But instead of using film in a plastic holder, digital images are made using a small electronic sensor that is placed in your mouth to capture the x-ray image.



## There are many benefits to using digital dental x-ray images.

- Digital x-ray images may require less radiation. Even though conventional dental x-rays required a small amount of radiation, digital x-rays use even smaller amounts making them safer and more appealing to those patients concerned with radiation exposure.
- When the digital x-ray image is exposed, it can be sent directly to a computer and viewed right away. For x-ray film to be exposed, a staff member must process it in special chemicals. This takes longer than simply viewing the x-ray on a computer screen.
- Digital x-ray images can be enlarged on the computer screen. This makes it much easier for you and the dentist to see the pictures. Traditional x-ray films are viewed actual size.
- Digital x-ray images can often be corrected without having to make another x-ray exposure.
- The dental office can print or copy your digital x-ray images. They can also be sent electronically to insurance companies, which may help claims get processed faster.
- Digital x-rays are environmentally friendly. They eliminate the need for film and film processing chemicals.

## Dental X-rays and Safety Concerns

The main concern about being exposed to radiation is the risk of getting cancer years later. Dental x-ray exams require very low levels of radiation exposure, which makes the risk of potentially harmful effects very small. Dental X-ray exams have radiation levels equal to 2 to 3 days of naturally occurring background radiation. For example, a set of bitewing x-ray images creates only a small fraction of the radiation you are exposed to when flying on an airplane. Chest and spine x-rays and CT scans have much higher levels of radiation.

Digital dental x-ray tools and techniques are designed to limit the body's exposure to radiation. Dental practices limit the area exposed during a dental x-ray exam by limiting the size of the x-ray beam to the size of the film or sensor being used and by using a leaded apron and thyroid shield that x-rays cannot pass through.

Our office is committed to the safety of our patients and their oral health. We invest in the latest digital x-ray technology to minimize the exposure of radiation to our patients. Dental x-ray exams are an important part of your oral health care, don't put them off because of unwarranted safety concerns. If you have any questions concerning how often dental x-rays exams should be performed or would like more information regarding the safety and benefits of digital x-rays please contact our office at 239-482-8806.

\*source: American Dental Association



Ricardo S. Bocanegra, D.D.S.

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# 15 QUESTIONS FOR CHOOSING A HOME CARE PROVIDER

By Helen Bach

**O**pting for in-home care over assisted living and rehabilitation facilities is a growing trend that shows no sign of slowing down. The U.S. Bureau of Labor Statistics predicts that home health and personal care aid jobs will grow 34% from 2019 to 2029, a growth rate they classify as “much faster than other occupations.” And as more seniors choose home care over assisted living facilities due to COVID-19, there’s a good chance this industry will grow even more quickly than predicted.

Home care allows adults to live independently longer. It provides security and choice for the individual receiving care and peace of mind for their family members. From occasional respite care to a few hours a day to around-the-clock care, home care allows for flexibility.

Home caregivers can provide a wide range of services from help with personal care and daily living activities to rehabilitation assistance after surgery. When looking for a quality home care agency, evaluate each one you are considering with a thorough interview. The following questions will help you find a trustworthy, compassionate and professional provider.

## Questions to ask

**Are you licensed and insured?** Licensing requirements vary by state. Request a copy of an agency’s “insurance declaration page” as proof of coverage. You can also ask whether they hold any special certifications or accreditations.

**How long has your agency been in business?** Ask who owns and operates them.



*What to look for when seeking a trustworthy, compassionate and professional caregiver.*

**How do you select your caregivers?** Look for an agency that checks references. Verify the level of experience caregivers have before they are hired. Ask about background checks — a good agency will conduct background checks on all its caregivers.

**Are your caregivers bonded?** Look for a caregiver who is bonded against theft and ask the value at which they are covered.

**How do you train your caregivers?** Ask whether the agency provides ongoing training after caregivers are hired.

**Do you assign your caregivers a supervisor to oversee the quality of care your clients receive?** If the answer is yes, ask how often the supervisor will visit the client’s home.

**How much do you charge?** When discussing cost, ask whether there are different rates for holidays and weekends. Verify how often you are billed, whether rates vary depending on services and training level of the caregiver, and whether they require a deposit. Ask if they accept credit cards, and if it applies to you, ask whether they accept long-term care insurance.

**What hours are you available?** Confirm whether they are available 24 hours a day, seven days a week, including weekends and holidays. Ask whether they are available for emergencies and if so, ask whether there is an additional charge for this.

**Do I have to sign a contract that locks me into services?** Look for a provider that offers flexibility in case your needs change. Ask about the process for submitting requests for changes.

**Do you write a personalized care plan for each of your clients?** If so, ask what it includes and how often it is updated. Ask whether they include family members’ input.

**How often and by what means do you communicate with family members?** Ask whether they provide electronic communication, verbal communication or regular reports. Ask whether there is an additional fee for this.

**How do you handle problems and complaints?** Find out who you can call and how the agency follows up on and resolves complaints.

**How do you ensure the confidentiality of your clients?**

**Do you have back-up care if my caregiver becomes ill?**

**Can you provide references? Reference might include doctors, clients and family members?**

Source: <https://synergyhomecare.com/blog/posts/2020/november/15-questions-for-choosing-a-home-care-provider/>

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# NON-TRADITIONAL ESTATE PLANNING FOR UNMARRIED COUPLES IN FLORIDA

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

**T**he definition of “family” has expanded to become more inclusive over the past 25 years to include many variations in lifestyle. For those who live a non-traditional lifestyle, the importance of non-traditional estate planning in Florida may be even greater than for traditional families. This is especially true for those who decide to forego legal marriage in Florida.

## Florida Estate Planning for Unmarried Couples

The art of estate planning is to use the strategies available under the law in the most effective manner to achieve your personal goals. Just as no two people are the same, no two estates are the same. And no two estate plans should be exactly alike, either.

Cookie-cutter templates might sometimes help with the basics, but, in the end, as I’ve cautioned about do-it-yourself (DIY) estate plans in Florida, your estate plan should be fitted to your unique situation and objectives.

Individuals in non-traditional living arrangements need to pay special attention to their estate plans. Many laws and legal concepts have been around for centuries, and default assumptions are often geared toward traditional nuclear families. But, as we all know, not everyone is married with 2.5 children and a spotted dog behind a white-picket fence (not that there’s anything wrong with that!).

Today, it’s not uncommon for two adults (whether same or opposite sex) to live together in a long-term committed relationship without ever officially getting married. However, absent an individualized estate plan, a lifelong unmarried romantic partner has no inheritance rights in most cases. This can sometimes lead to results that not only seem unfair, but also make little sense in the situation.

## Asset Ownership Issues for Florida Unmarried Couples

Under Florida law, surviving spouses have robust inheritance rights in a decedent spouse’s estate. However, those rights are not afforded to unmarried partners, who, in the absence of an estate plan, generally do not have any inheritance rights. So, when unmarried co-owners own property together in Florida, they need to take special care to ensure that lawful title to assets is properly documented and that both estates are appropriately planned to achieve the couple’s desired outcomes.

When no Florida last will or comparable estate-planning instrument is present, assets pass according to Florida’s intestate succession laws. Basically, surviving spouses and children have the strongest claims, followed by parents, siblings, and other close relatives. This system provides a certain level of predictability in conventional settings, but it can cause problems for people in long-term romantic relationships but who are not legally married.

Absent careful planning, a surviving long-term partner often discovers that he or she does not have any legally recognized rights in property that has been effectively shared but is not officially co-owned. Even when assets are legally co-owned, you need to make sure the form of joint ownership eventually leaves title where you want it to be.

Let’s say, for example, an unmarried couple have lived together in “their” house for twenty years, but only one name is actually on the deed. If the property’s legal owner dies—and she doesn’t have an estate plan providing otherwise—the home will be inherited by her closest living relatives, and not by the long-term life mate who has been sharing the home and helping to pay the mortgage for the past two decades.

On the other hand, let’s say both their names are on the deed as joint tenants in Florida. Upon the first death, the survivor inherits the property—so far, so good, right? However, when the survivor passes on (absent an effective estate plan), his or her closest living relatives inherit 100% title to the property. But the earlier-deceased partner’s family doesn’t have any claim to the property. That can be a problem if the couple wanted both of their families to benefit from their estates.

In some jurisdictions, “common law marriage” provides a work-around for some long-term couples who never officially tied the knot. Common law marriage is the concept that, if a couple live together long enough, they are effectively a married unit, with most rights (including inheritance rights) that entails. The State of Florida does not recognize common law marriage. So, in Florida, a couple is not “married” unless they have gone through the state-sanctioned process.

## Titling Joint Assets for Unmarried Co-Owners in Florida

Estate planning for unmarried co-owners begins by identifying your goals and appropriately titling jointly owned assets in Florida. In some cases, this means re-titling property technically owned by one person into the names of both. Joint ownership ensures that, when one owner dies, the other retains at least some interest in the asset.

**Florida recognizes three categories of joint ownership:** tenancy in common, joint tenancy, and tenancy by the entireties. However, tenancy by the entireties is only available to legally married couples. The defining feature of joint tenancy is the “right of survivorship,” which means, when one owner dies, the other takes over complete legal ownership of the asset. The asset doesn’t need to go through probate because title automatically vests in the surviving owner immediately upon death.

By contrast, when assets are co-owned as tenants in common, each owner holds a percentage interest in the property. When a co-owner dies, his or her heirs inherit the decedent owner’s ownership interest. With this in mind, the form of ownership you choose depends in large part on whether you want your significant other / co-owner to inherit your interest and where you want the property to go after both partners have passed away.

Once you’ve decided on a form of ownership for a particular asset, you need to formally title the asset. For real estate, this usually means recording a new deed recognizing the co-owners as joint tenants (if you want the right of survivorship). For personal property with an official title (like a vehicle), you ask the titling agency (such as the DMV) to issue a new title in both names. Likewise, with a bank account, you’ll need to ask the financial institution to include both names on the account.

For property with no title, you can create a signed and notarized “assignment of ownership” (or similarly titled document), identifying personal property the two of you intend to own jointly.





A joint tenancy or co-tenancy won't provide the same level of protection against creditors as a tenancy by the entirety, but it will ensure that both life partners have a legally recognizable ownership interest in the shared property. In the case of a joint tenancy, it will also ensure that, after one party's death, joint assets still belong to the other. Importantly, though, Florida law assumes co-owned property is held as tenancy in common unless joint tenancy is expressly elected.

### Individually Owned Assets in Florida Estate Planning

Whether married or unmarried, couples don't always want to own all of their property jointly. With individually owned property, you first decide whether you want your significant other to inherit your interest. If so, you'll need to use one or more estate-planning strategies to make that happen. Otherwise, the assets will end up with your legal heirs under Florida's intestate succession rules. And that will not include your unmarried significant other.

Assets that aren't jointly owned (or that are owned in a co-tenancy) can be addressed through a will or trust. For instance, if you want to keep only your name on the title to a vehicle but you want your long-term love interest to inherit the vehicle after your death, you might create a will (or codicil to an existing will) that includes a bequest of the vehicle. A few states recognize TOD ("transfer on death") designations on vehicle titles, but Florida does not.

You can use a living trust similarly to a will so that, when you or your partner pass away, assets held by the trust are distributed to the survivor and/or to any other beneficiaries named in the declaration of trust. Trusts have the advantage of providing more flexibility and durability than wills and can also avoid probate and help save on estate taxes.

As an example, say you want your long-term partner, after your death, to be able to continue living in a home you alone own. But, after you are both gone, you want your siblings to ultimately inherit the property. In that scenario, you might create a testamentary trust to hold the real estate for your partner's benefit until his or her death, at which point the trustee would be instructed to distribute title from the trust to your siblings.

Individually owned financial accounts can usually be designated as "POD" (payable on death), allowing the account to automatically transfer to the designee upon the account-holder's death. If you place a POD designation in Florida on your bank account in favor of your significant other, you retain exclusive control over the account for life, and, if your significant other is still living when you die,

the account will automatically transfer to him or her outside probate. Most IRAs and other investment accounts allow account-holders to name a beneficiary, which more or less works out to a POD designation.

### Florida Advance Directives for Unmarried Couples

Another estate-planning issue that unmarried couples need to carefully consider involves end-of-life decisions in Florida. Florida law recognizes anatomical donations, living wills (which identify the medical treatment you do or don't want if you become incapacitated); and healthcare surrogate designations (which authorize another person to make healthcare decisions on your behalf).

Absent a valid advance directive, a court appoints a guardian to make healthcare decisions in the event of incapacity. Court-appointed guardians are usually close relatives, and courts will favor blood relations when choosing guardians. For unmarried couples in long-term relationships, this can result in an appointed guardian other than the person the patient would have chosen. By executing a designation of healthcare surrogate (also called "medical POA") in advance, you can make sure that, if you ever need a healthcare guardian, it is the person who you trust most.

Like a designation of healthcare surrogate, a durable power-of-attorney ("durable POA" or sometimes just "POA") empowers another person to make important decisions on the declarant's behalf. However, a durable POA provides more general authority and can include financial and legal decisions in addition to medical decisions. Similar to a medical POA, a durable POA helps ensure that a guardian appointed to make financial decisions on your behalf is someone you choose yourself. Effective estate planning always requires knowledge of the relevant areas of law, and, for people in non-traditional living arrangements, the need is particularly acute. Importantly, though, the law isn't static. As cultural changes take shape, legislatures revise statutes and judges revisit common law principles to reflect current society (though the law does tend to lag behind the culture). An experienced Florida estate-planning attorney stays abreast of the latest legal developments to meet the estate-planning needs of clients in all living situations.

As always, these are unique circumstances which require an in depth analysis of the specific situation. Complex estate planning, and in particular non-traditional estate planning in Florida, should always be conducted by an experienced Florida estate planning attorney.

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# UNDERSTANDING DEMENTIA... OPTIMIZING PREVENTION BRAIN HEALTH AS PART OF AGING BETTER.

By Debra Florio

**D**o you know the difference between Dementia and Alzheimer's? Are you concerned about your own cognitive health? Alzheimer's disease accounts for up to 80% of all dementia cases.

Alzheimer's is **NOT** a normal aging process. Alzheimer's is a neurodegenerative brain disease, other neurodegenerative diseases, such as ALS, Diabetic Peripheral Neuropathy, MS, Parkinson's Disease and Stroke. Alzheimer's causes a slow decline and destruction of memory, thinking and reasoning skills, along with changes in personality and behavior. Early-onset can afflict many under the age of 65. It is a progressive disease and there is no cure. Treatments are available to assist with cognitive thinking and improve the quality of life. At the early stages, it affects mild memory loss. It progressively gets worse, and the person will not be able to hold a conversation or function on their own. Treatments are available to slow the progression, **NOT** stop the progression.

Typical aging memory loss is when you temporarily forget a name or phone number; however, it comes to you eventually. Alzheimer's, early stages, you cannot recall new information. The person afflicted with Alzheimer's may ask the same question over and over or forget appointments or a loved one's birthday, or even their own. It takes them longer to concentrate on a task. The person with Alzheimer's may forget how to function and keep up with personal hygiene and cleanliness at home, or make poor decisions, such as money decisions. As the disease progresses, the person's personality may change; they may feel frustrated, confused, fearful, angry, mean, paranoid. Further progression affects eating, and even walking.

*"Dementia is a general term for a decline in mental ability severe enough to interfere with daily life. Alzheimer's is the most common cause of dementia. Alzheimer's is a specific disease. Dementia is not."*

**Dementia is not a specific disease as Alzheimer's is.**

**Signs of dementia:**

- A decline in memory
- Changes in thinking skills
- Poor judgment and reasoning skills
- Decreased focus and attention
- Changes in language and communication skills



Alzheimer's disease, however, is the most well-known and common form of dementia, but not everyone with dementia has Alzheimer's disease.

- Dementia
- Depression
- Paranoia
- Frustration
- Aggressiveness
- Declined personal hygiene
- Delusions
- Poor Judgement
- Difficulty in daily tasks
- Weight Loss
- Unable to communicate
- Seizures
- Loss of bodily functions
- Increased sleep

Science has suggested that Alzheimer's contributing factors are genetics, environment, and lifestyle that affect the brain over time.

Researchers trying to understand the cause of Alzheimer's disease are focused on the role of two proteins: One protein, Plaques, start to cluster together and disrupt the communication of the cells. The other protein, Tau, affects the neurons transport system to carrier nutrients. They change their structure into neurofibrillary tangles, which include other toxins and debris. These tangles also disrupt the transport system and are deadly to cells. So, your brain is not getting the proper nutrients and communication.

According to the NIH (National Institute of Health), damage to the brain starts a decade before memory and other cognitive difficulties become symptomatic.

**Proven natural treatments:**

- NAD, (nicotinamide adenine dinucleotide)
- Glutathione
- PEMF (pulsed electromagnetic field therapy)
- Diet & Exercise (lower BMI) lower toxic Plaques
- Brain activity, memory games, crossword puzzles
- Rejuvenating Sleep and more...

Our mission at Optimal Health and Wellness is to educate, coach and provide natural treatments for your cell health.

**ALL HEALTH IS CELL HEALTH!**

One way to charge and energize your cells to enable your body to fight illness and disease is PEMF therapy (pulsed electro-magnetic therapy), which charges all 75 trillion cells in your body with each session. Your cells need to be charged just like your cell phone. When your phone is fully charged, it works great; when it is not fully charged, all your apps work slowly and sometimes not at all. Our cells need help staying charged, since there are so many environmental variables that negatively affect our Mitochondria cell health.

While receiving your PEMF therapy, you could also receive a NAD and Glutathione infused IV. **Intravenous therapy** offers the best transportation of nutrients into a cell membrane that has been primed with the PEMF for the greatest absorption. NAD is essential to living and is found in every cell of all living things. NAD declines as we age. Declining NAD is due to the inability of our cells to recycle NAD, or to synthesize new NAD. This decline is associated with Alzheimer's Disease. Alzheimer's is associated with dysfunctional mitochondria in brain cells. NAD directly affects the dysfunctional mitochondria of the cell into an extremely healthy, strong powerhouse.

Reference:

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Alzheimer's disease - Symptoms and causes - Mayo Clinic

<https://www.alzheimers.net/7-22-15-lifestyle-changes-help-reduce-risk-of-dementia>

**Optimal Health and Wellness**

**Debra A. Florio, LMT, CPT**  
**239-851-7422**

*Affiliate of UFirst Health and Rejuvenation*  
*Dr. Anne Lord-Tomas, Director*

12650 World Plaza Lane, Bldg. 72-2  
Fort Myers, FL 33907

Lic# MM37290 / NHA F2G7C7F9 / MA38601



# Prevent Falls with Home Safety Strategies

**A**s we age, our risk for falling increases. According to the Centers for Disease Control (CDC), one out of three people 65 and older falls each year, and one out of five falls results in a serious injury. A fall can be a life-changing event, however, there are many means by which seniors can help prevent falls, and maintain health and independence. This begins by taking steps to improve the safety of your home.

Falls are the leading cause of injury to seniors in the United States. Yet simple adjustments to the inside of your home, such as rearranging your furniture or increasing the lighting, can drastically reduce this risk. Consider making the following changes in your home to enhance the safety of your space.

- Create a clear pathway by rearranging furniture
- Remove loose throw rugs or secure them using slip-resistant padding beneath your rugs
- Eliminate clutter in walkways
- Repair loose or uneven flooring
- Store items within reach, and safely in cabinets and drawers
- Keep a lamp within reach to the bed
- Use non-slip mats and install grab bars in showers, bathtubs and next to toilets
- Have handrails and lights installed on staircases
- Improve lighting, install motion detector lights in bedrooms, bathrooms and hallways
- Wear properly fitted shoes with slip-resistant soles
- Get up slowly after you sit or lie down
- Utilize a medical alert device in the event of a fall



In addition to taking precautionary steps to improve the safety of your home, it is also important to maintain your overall health to ensure that your body is performing its best when you are on the move. Schedule an appointment annually to have your vision and eyewear evaluated by a medical professional. Maintain an active lifestyle with regular exercise routines dedicated to improving balance, muscle tone, strength and coordination. As we age, we are all going to become weaker, therefore not as steady on our feet. We all lose our agility, balance, and coordination. I recommend symmetrical exercises like swimming, walking, cycling and kayaking. Finally, gauge any side effects caused by medications you are taking, and have your health care provider or pharmacist review your prescriptions if you are at risk of, or experiencing, dizziness or sleepiness due to your medications.

I believe women should have a DEXA Scan done by their family physician around the age of 60. This will give you a baseline of the quality of your bones. Appropriate maintenance therapy also should be started in women in their 40's of Calcium and Vitamin D Supplements.

If a fall should occur, remember that you should not try to break your fall by extending your arms. Instead, you

can raise your arm to protect your head as you attempt to fall on your bottom or side. The most important thing to remember after a fall is to not panic, so take a deep breath and then assess the current situation to determine if you are injured. You can then slide or crawl to the nearest couch or chair to try to get up. If you are unable to get up, call for help or carefully crawl to the nearest telephone to call 911 or relatives for assistance.

If you have questions regarding the steps you can take to prevent falls or injuries, Dr. Edward R. Dupay, Jr. and his staff are ready to answer all of 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](http://www.ifixbones.com), or ask your physician for a referral.**

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# FLORIDA MAN FIGHTS PARKINSON'S WITH POWERLIFTING

**J**ohn Cullen knew something was wrong. He's always been an avid athlete, but while training for a race through the Pyrenees mountains, his right side became consistently weaker. After getting multiple opinions, he was diagnosed with Parkinson's disease. Instead of folding in the towel and overprotecting his body, he took on a much more defensive attitude.



John said, "I think for some people when they get diagnosed with Parkinson's, they're devastated, they might think their life is over. But my attitude was 'bring it,' 'let's go,' 'I'm ready to take you on.' I'm not going to give up until I have to. I will die fighting."

With this warrior-mind attitude and perseverance, John has been able to fight back against his daily battle with Parkinson's. John was an avid cyclist but started to notice his right foot was dragging more. Flash forward, five years from his diagnosis, and at the age of 62, John has improved his stamina and muscle strength by powerlifting. He was never a powerlifter before but believes that the resistance and firing of neurons in his brain and body have helped him stave off major hurdles from the disease thus far.

Living in Sanibel, FL, John hired a personal trainer from Iron DNA to help him learn and to master powerlifting. John's trainer has him focus on deadlifts, squats, and bench presses with heavyweights.

At this point, his repetitions are with weight up to 465 pounds. He also does regular cardiovascular exercise.

John is gaining notoriety from athletes, patients with Parkinson's, and medical professionals, as they are gaining interest in his regime. DNA Films is currently in production, filming a documentary on John.

"It has changed my life. You're going to have issues with balance. You're going to have issues getting out of a chair. Heavyweight training taught me there was some other way to battle Parkinson's that was actually effective for me." John explained.

**"I put 300 pounds on my back; there's an immediate reaction to my central nervous system. There's a high awareness. When you put that kind of weight on your body, you've got to be ready for it. It alerts my entire body that I need to be ready. I think it's that process that's working for me."**

Parkinson's disease is a highly progressive disease. The fact that John is holding it back and fighting against it so well is encouraging to others faced with Parkinson's and other neurological disorders.

**More about the fitness Professionals that work with John.**

## IRON DNA

Whether you are trying to tone up for an event, get lean for a competition or grow muscle mass, trainers must customize plans tailored to each client, and at Iron DNA, they specialize in just that. They partner with their clients to create the body and fitness goals desired. What sets them apart is their experience level. They teach their clients how to reach goals and how to maintain them.

## You will not just move from machine to machine

Iron DNA understands their responsibility as trainers by creating a customized and personal workout plan for each client. Clients do everything from cardio to traditional weight training to multi-joint movements, skilled movements and moves that involve multiple muscle groups.

## Personal Training

Their Personal Training program teaches clients how to safely practice techniques and embrace stability, strength and power through the fundamentals of Functional Fitness. Clients learn everything from basic body weight movements to Olympic and Power lifts.

Clients use the following: weights, barbells, TRX, ViPR, Rip trainer, resistance bands, bosu, dyna discs and much more. Your body is an amazing machine capable of more than you've imagined.

## Iron DNA offers:

- BootCamp
- CrossFit Ironstable
- Cardio
- Power Lifting
- Resistance Training
- Cryotherapy

Iron DNA trainers believe in spending quality time with each person, ensuring they are moving safely through their techniques. To accommodate this, personal training can be 1-on-1 or in a group setting with up to 5 people. This gives the trainer a chance to see any muscle imbalances or assess past injuries that need to be corrected or improved upon.

At Iron DNA you will never be left on your own to do tedious machine motions or rep counts. You will learn solid principles of exercise that will guide you on your fitness journey.

Iron DNA is more than just a gym—to learn more, visit us at [irondnafitness.com](http://irondnafitness.com), or call 239-288-6574 or stop by.

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# Pain Management at Physical Therapy Now

**D**ealing with pain is no fun. Regardless of the type of problem you're experiencing, pain can disrupt your life at best and completely alter it at worst. The good news is, your pain can be treated, and you can live a comfortable, normal life once again, especially if you live in Cape Coral or Fort Myers.

## Types of Pain

To effectively treat your pain, we first need to identify the type of pain you're experiencing and its origin. Once we know what that is, we can get to work.

- **Acute pain:** This pain comes on suddenly and tends to fade after a few weeks.
- **Chronic pain:** This is ongoing pain that typically disrupts your daily routines and life in general.

**More specifically, there are specific types of pain the body experiences:**

- **Nociceptive pain:** Nociceptive pain is a nervous system response designed to help protect your body. This is what compels you to pull your hand away from a hot stove, so you don't get burned. When this type of pain comes from a sprain or strain, it forces you to rest, so the injury has time to heal.
- **Neuropathic pain:** This kind of pain has no real benefits. It might be caused by mixed signals between your nerves and brain or spinal cord, or it could be the result of nerve damage; your brain could interpret these faulty signals as pain.

Examples of neuropathic pain include postherpetic neuralgia (better known as shingles), diabetic neuropathy (nerve damage caused by complications of type 1 or type 2 diabetes), and carpal tunnel syndrome.

## How Physical Therapy Manages Pain

Apart from surgery (which may or may not be necessary), your pain-management options come down to medication, self-care, or physical therapy. Guess which option we recommend?

There are plenty of great reasons to choose physical therapy over the other two options. First and foremost, medication can be dangerous. Sure, taken as prescribed, pain medication can help mask and ease the pain you're experiencing...but it doesn't fix it long term. Once the drugs wear off, the pain is back.

Too many people know all too well, this is how addictions form. The pain is unbearable, so pills are taken one after another--before you know it, it becomes a dependency that quickly transforms into an addiction. And if you've been paying attention to the news, that's a path no one should ever take, but once the addiction occurs, it becomes difficult to overcome.

Because of the nation's opioid epidemic, the Centers for Disease Control and Prevention (CDC) recommends physical therapy to manage most non-cancer-related pain. Physical therapy actually treats the pain--it doesn't hide it.

## How Pain Management at Physical Therapy Now Works

Our Physical Therapy Now therapists are ready to help you manage your pain through a few different methods, including:

- **Manual therapy:** Hands-on treatment of pain has proven effective, whether it's lower back pain or carpal tunnel syndrome. Manual therapy can reduce your pain and improve your movement through joint and soft tissue mobilization, manipulation, and proven other strategies.
- **Exercise:** It's a fact that those who exercise regularly generally experience less pain than those who don't. Our skilled physical therapists can work with you to create an exercise routine that helps alleviate your pain and achieve your goals.
- **Education:** Our physical therapists will discuss your pain history and determine the best course of treatment.

## Pain Management at Physical Therapy Now

If you want to manage your pain and work your way toward taking little to no medication, come check out our beautiful, fully equipped Physical Therapy Now facilities in Cape Coral and Fort Myers. Give us a call to schedule your first appointment, where you'll meet with one of our staff members to create the perfect treatment plan designed just for you.

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

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# Ignoring Common **CARDIAC** Symptoms Leads to Critical Issues

**Dr. Joseph Freedman MD, MBA**

**J**ohn F. Kennedy once said, “The time to repair the roof is when the sun is shining.” This statement holds true when we focus on many of the issues in life, especially our health. Some of the most common cardiac risk symptoms are often overlooked. Ideally, individuals should start to be mindful of their heart health from a younger age, but it’s never too late to improve your cardiac function or to get the treatment you need to enhance your lifestyle and overall health.

People are living longer, and staying healthy is at the forefront of most our minds. The aging population is primarily concerned about keeping up with their grandchildren and having the capability to freely live an active lifestyle well into their eighties and nineties, but without being proactive about our cardiac health, we set ourselves up for critical heart disorders and issues.

Some of the things we can do are to follow a heart-healthy nutrition plan like the Mediterranean diet. We should also incorporate regular exercise and keep our stress levels down. If you smoke, you **MUST** quit now to help your body heal from the damage to the blood vessels and arteries that have already taken place. It’s never too late to stop smoking.

## Cardiac Risk Factors & Indicators

- High Blood Pressure
- High Cholesterol
- Tightness in Chest
- Shortness of Breath
- Jaw pain
- Arm Pain
- Back Pain
- Fatigue

These symptoms are significant indicators of heart disease, but the most common warning sign that people have is —Ignoring their symptoms!

It’s the familiar adage of denial—If we ignore or avoid the symptoms, then we don’t have to deal with any of the accountability. However, just like most things, if you ignore them, they’ll go away, but not in a right way.



If left untreated, they will go away through deterioration and damage, and eventually death. Being proactive about your heart’s health is imperative.

Unfortunately, many people are more sedentary than they’d like to believe. A limited or lack of physical activity is not going to do your body or your heart much good. In our modernized world, we have grown complacent. We don’t walk as much to get from A to B; instead, we drive a car to work, sit at a desk all day, drive home, sit down to eat dinner and then sit in front of the television until we go to bed. If this sounds even remotely familiar, you need to have a consultation with a cardiologist to test your cardiac condition.

Coupled with a sedentary lifestyle, the prevalence of individuals being diagnosed with diabetes is astronomical. Diabetes is a significant risk factor for cardiovascular disease. Very often obesity and diabetes work in conjunction to damage your heart and arteries, deplete your nutrient, oxygen-rich blood, and can cause venous insufficiency and blood clotting issues. If you have diabetes or suspect that you may, it’s critical to seek medical attention to get your blood sugar levels to a manageable state and to assist you with an overall healthy lifestyle plan.

## Risk Factors For Heart Disease

- Age
- Family history
- Smoking
- High cholesterol
- High blood pressure
- Diabetes
- Overweight
- Chronic stress

## What You Can Do

- See a cardiologist for important diagnostic testing
- Don’t ignore symptoms
- Eat a heart-healthy diet
- Avoid sugar and salt in excess
- Stop smoking
- Exercise daily (at least a 30-minute walk)

At the Cardiac Care Group in Cape Coral, they provide a wide range of services that focus on the prevention, prompt diagnosis, and state-of-the-art treatment of cardiovascular disease. They pride themselves on being an exceptional practice where patients come first. All of their physicians and medical staff are highly trained professionals, maintaining the highest level of accreditation in cardiology to address the unique needs of those they are privileged to serve.

**Don’t Ignore Your Symptoms!** If you or someone you know needs to have a cardiology consultation, are concerned about your risk factors, or are experiencing symptoms of chest discomfort, shortness of breath or other related issues, please contact the Cardiac Care Group at **(239) 574-8463**.

## Joseph Freedman, M.D.

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.



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

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*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.*



# LET GO OF TRAUMA: KETAMINE TREATMENT FOR PTSD

**M**Y Self Wellness Center, a new and alternative medical treatment center in Bonita Springs, FL, offers Ketamine as a groundbreaking way to treat many chronic conditions, including PTSD.

Ketamine therapy is a practical treatment alternative for assisting in psychological healing and mental health issues, as well as chronic pain symptoms, and may be particularly effective for individuals who have come to be resistant to narcotics and various other pain-relieving treatment methods.

The science is based on neuroplasticity—the ability of the brain to form new connections and pathways and change how its circuits are wired. When we learn something new, we create new connections between the neurons in our brain. We also rewire our brain to adapt to new situations. This happens on a daily basis, but it's also something that we can encourage and stimulate, which is why you are looking at ketamine as a viable treatment option.

Research shows ketamine increases expression of brain-derived neurotrophic factor (BDNF), which is the brain's own repair inducer. This protein promotes the survival of neurons by playing a role in the growth, maturation (differentiation), and maintenance of these cells. Not only does ketamine increase BDNF, but it also increases the



number of receptors that BDNF binds to. With time, there is more repair factor and more receptors available to be activated by the repair factor.

The outcome is that over a period of weeks, neuroplasticity and repair occur in the brain. Ketamine also binds to NMDA receptors creating a glutamate surge and releasing growth factors. This allows your brain to make new synaptic connections. When paired with new healthy habits it paves the way for healthier thought patterns while increasing your resilience to chronic stress and lasting effectiveness.

Led by **Dr. Andrew Ferber**, aka Bodhicitta, patients will first schedule a consultation, followed by a psychiatric evaluation. The MY Self Wellness Center team works with clients to ensure they are mentally and physically prepared for treatment.

With over 60 years' experience as a psychiatrist and holistic doctor, and 50 years as a meditator and meditation teacher, Dr. Ferber has healed people on five continents, and is the current Director of The Osho Institute for the Art of Living and Dying.

"The Ketamine allows us to unblock the natural flow of healing energy, often called love that we are actively blocking, which then allows us to open up and blossom like a flower," commented Dr. Andrew Ferber, AKA Bodhicitta, MY Self Wellness Center.

At MY Self Wellness Center, we believe that we have the power to create change in our brain which facilitates change in our lives.

In short, MY Self Wellness Center is a premier Ketamine treatment facility that exists to assist and empower you on your health and wellness journey with the healing benefits of Ketamine and other alternative treatment routes.

In addition to paving the way for psychedelic-assisted therapy, MY Self Wellness Center also offers medical marijuana cards, NAD+ therapy, meditation classes, group Ketamine assisted psychotherapy, and IV nutritional bags.

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For more information about MY Self Wellness Center, please call 239-908-9958, or visit [www.myselfwellness.center](http://www.myselfwellness.center).

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# Health Insurance

## What you need to know!

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

2020 was certainly a trying year for all of us with COVID19 changing the way we live, work and even who we meet. Health Insurance is often looked at as a bill that is optional and not necessary. Really? Why would you not consider your health and life not the most important thing? If you become terminally ill you might not be around much longer so that new car, all the channels on your TV become less important to not at all. Some of the reasons I hear people do not get insurance is, it is too confusing, how do I know what I need, it costs too much for as little that it covers, I never hit my deductible, it cost too much, and I am healthy. Everything costs too much if there is no presumed value!

All the answers could be so simple if you work with an agent, and I always recommend that you, see them and get to know them, check them out. Why? Just because someone has a license does not always mean they are good at what they do or have your best interest at heart. Most of the time (99%) there is no charge to you for insurance professional assistance and the cost is the same as if you did it all yourself. Did you ever go online and then get bombarded with e-mails and phone calls? If you talked to any of those people that called, and you bought something from them. Would they be available if you have a question? Can you reach them directly? What if they sold you the wrong thing, now what? These are just some of the reasons you should work with a trusted professional. We do advertise but 85% of our business comes from client referrals. Our clients remain our clients.

**Medicare** – Generally when you turn 65 you are eligible for Medicare, once you have worked 40 quarters roughly 10 years there is no cost for Medicare Part "A" Part A covers Hospitals, Skilled Nursing, Home Health & Hospice. Medicare Part B you can choose to take at 65 or you can hold off if you are still working and have credible coverage. Also, if you then want Part B later there is a special enrollment Period (Jan-Mar), and the earliest effective date is July (if you did not have group coverage).



If you did not have group health insurance that is considered qualified, you would have a late enrollment penalty for each month you did not have Part B & Part D and that penalty will last monthly for the rest of your life. Part B covers, doctors, imaging, blood work, ambulance, durable medical equipment, etc. Part D is a Medicare Drug Plan and covers medications. During your initial enrollment period it is very important to understand your options! Medicare Supplements are NOT guaranteed. You can purchase them during your 1st 6-month of Medicare Part B being effective without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! Very important: when you move you need to know your options. Can you keep the same plan? Do you need to make a change and what does that look like in your situation?

We offer Free Medicare Seminars both online and in person, please e-mail [info@logicalinsurance.com](mailto:info@logicalinsurance.com) to register. Classes include Applying for Medicare; Special Enrollment Periods; Late Enrollment Penalties; Low income/Medicaid.

**Individual/Family Health Insurance** – Being young and healthy does not mean you do not need health insurance. Do you know anyone that knew when they were going to be diagnosed with cancer, or when they were going to have a heart attack or even a serious accident? I do not, it happens, and insurance is there to help you get the care you need and limit your financial exposure. What are your insurance options, and what is best for you? Employer Group Coverage, Individual Medically Underwritten Health Insurance, Medicaid, or the Government Market Place Guaranteed Issue Health Insurance. There is a lot to know about the differences as well as the cost. The monthly premium should not be your only consideration. *You do not know what you do not know* so ask the experts that do know about all of them and can help educate and guide you thru the enrollment process. When it comes to medically underwritten plans most of them you can enroll all year long, but you can also be denied based on underwriting. The Market Place has extended the Special Enrollment Period this year due to COVID-19 to August 15, 2021. There are some carriers that have joined the Market Place this year that DO NOT have all the local hospitals in network, so be careful when making choices.

**Life Insurance** – Is the only life insurance you have through your employer? Most employer group life coverage is not portable, what that means when you leave your employment you will lose your coverage. Apply for life insurance as young as possible while you still do not have health issues. Life insurance has many great benefits. Did you know that some policies grow in cash value that you can use when you need it? So, no you do not need to die to use your life insurance. There are many different types, and we can probably find an option that would work for you!

Logical Insurance Solutions is a SWFL Insurance Broker that works with most of the carriers, we are happy to help you through the maze. This is what we do daily, it is second nature to us. We offer virtual seminars, one on one WebEx, phone and in person appointments.

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

*Logical Insurance Solutions for all your insurance needs - Dee Merritt*

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# Medical Marijuana Delivery: A New Booming Sector in The Industry

**A**s of the lockdown, medical marijuana delivery and contact-free pick up services have seen a huge rise in popularity. The state of Florida saw a 40% increase in medical marijuana sales with delivery focused dispensaries such as One Plant potentially reaching even higher numbers. With the looming uncertainty of things returning to normal, many patients have stocked up on products as this also limits exposure by reducing the number of visits to the dispensaries. Most dispensaries have had delivery services for some time now, and that option was mostly used by those either too far from the dispensary or those who are homebound. But this sentiment has shifted, and the majority are resorting to safer, contact-free options such as this and taking advantage of telemedicine to recertify over the phone.

Unfortunately, while convenient, it does leave patients limited as they cannot go and drive to the storefront and mostly have to abide to the delivery window. To address this, dispensaries such as Grow Healthy have shown a game changing service with delivery times as short as a couple hours; now making it as quick and simple as ordering a pizza. As new standards are set through the upcoming months, time will tell whether or not the delivery sector will continue to see the same amount of growth within the industry as we enter uncharted territory.

## Why is Medical Marijuana so Effective and in Demand?

The endocannabinoid system (ECS) is a group of endogenous cannabinoid receptors located in the mammalian brain and throughout the central and

peripheral nervous systems, consisting of neuromodulatory lipids and their receptors. The endocannabinoid system can be found in nearly any mammal with a vertebrae. The endocannabinoid system is involved in regulating many key bodily processes, including blood pressure, immunity, stress, inflammation, neurotoxicity, and digestive functions. The endocannabinoid system within the human body is a network of cell receptors that respond to key molecules found in marijuana – THC and CBD in particular. CB1 receptors are most densely concentrated in parts of the brain and central nervous system, and less densely found throughout the rest of the body. CB2 receptors, on the other hand, are less densely located in the brain regions, and more concentrated in the peripheral nervous system and organs. The mapping of these receptors fits well with the diverse range of symptoms and conditions that are found to respond positively to medical marijuana.

In addition to regulating neuronal excitability and inflammation in pain circuits, the endocannabinoid system has been shown to play a regulatory role in movement, appetite, hypothalamic-pituitary-adrenal axis modulation, immunomodulation, mood, blood pressure, bone density, tumor surveillance,

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neuroprotection and reproduction. The endocannabinoid system has also been shown to affect sensory perception, cardiac output, cerebral blood flow and intraocular pressure.

## How to Become a Patient

You must first be Certified by a Licensed and Certified Marijuana Doctor who will provide a patient number for you to order your Medical Marijuana Card from the State of Florida Department of Health Office of Medical Marijuana Use.

**Patients with a qualifying medical condition can become a Florida Medical Marijuana Patient in two easy steps:**

1. Fill out the form above, or call us at (844) 420-7277 or call one of our Local Offices: Certified Medical Marijuana Doctors Offices
2. Once you are certified by one of the Medical Marijuana Doctors you will receive an email link to order your medical marijuana card from the State of Florida.

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# Understanding the TRUTH About Your Diabetes Treatment

Denise A. Pancyrz - Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

## This Information Might Surprise You

**D**iabetes is a growing issue in our country. If it's left untreated or mistreated, it can contribute to life-threatening and serious morbidities such as heart disease, stroke, and loss of vision.

High blood glucose contributes to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes hardening of the arteries.

For years, we've been told that diabetes is genetic, when in fact, environmental and lifestyle choices primarily cause the disease. After diagnosing Type II diabetes, most primary care physicians put their patients on medications. These medications work to lower blood sugar levels; however, after a short period, they stop working, and the dose will continuously need to be increased. Drugs have a lot of unwanted side effects, and just because you're medicating a symptom, doesn't mean it's curing your disease. In fact, with diabetes medications, they only treat the "symptom" of high blood glucose and insulin resistance, but they do not get to the root cause of "why" you have diabetes. Finding out the reason your body is insulin resistant is critical. Diabetes can be reversed!

### Medications

Diabetic medications work to lower blood sugar levels, but they stop working, and the dose will continuously need to be increased. The worst part is these drugs are not making you better, and they are not curing diabetes—There are simply masking your problem. It's like putting a bandage on a firehose to stop the flow of water. While these drugs may be essential in the beginning diagnoses for severe cases where A1C or fasting glucose



levels are extremely high, these drugs are not a long term answer. The root cause of your disorder is usually found in lifestyle choices such as diet or being sedentary.

### Dietary Changes Are Critical

Cleaning up your diet is one of the best ways to lower your A1C and to improve your insulin resistance issues. A healthy diet can improve a great deal of dysfunction that has been increasing in the body for years. Not one specific diet is suitable for all people; a diet that is customized to your needs, and genetics is essential to healing your insulin sensitivity.

The most important aspect is to avoid all sugars. This is especially important in the beginning stages as your body is overloaded with insulin and glucose. Sugar causes a great deal of inflammation in the body. Eliminating refined sugars and long-chain sugars like grains, pasta, and white potatoes can quickly improve diabetic conditions. Although healthy, for the initial stages, it is important to limit or eliminate fruit intake, as that is a natural source of sugar. But again, not one diet is going to work for every person.

*Denise Pancyrz understands your diabetic challenges, frustrations, and life-threatening health risks. She was once in your shoes but discovered a breakthrough and reversed her disorder. She now coaches others to help them get their lives back.*

### DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

I was a diabetic who was angered being burdened with diabetes. I was tired of taking medications and four insulin shots per day that did NOT make me feel better. The food I was taught to eat as a diabetic was not bringing me to a state of optimal health. It was keeping me medicated and constantly visiting Walgreen's, Diabetes Educators and the doctors.

I wanted my life to be different and the medical community told me it was highly unlikely. In fact, I was told the amount of medication and insulin would increase as I age. However, I learned that you could improve or eliminate disease with proper nutrition, not with unnecessary medication.

I feel better and stronger in my 50s, than I did in my 40s. I have more energy, reversed diabetes, eliminated inflammation that was leading me to heart disease, eliminated IBS and intestinal issues ~ no more stomach aches after meals, my seasonal allergies are gone and a slight skin issue on my elbow healed. I almost forgot, I lost weight in the process.

I know it sounds too good to be true that proper nutrition was able to heal me—I'm living proof. As a national coach, speaker and author, my mission is to help others to achieve optimal health through holistic lifestyle changes. Certified in holistic nutrition and homeopathy, I can bring awareness to diabetics to make lifestyle changes for a lifetime and reverse the effects of diabetes.

*If you are tired of living with diabetes and are worried about your future and your health, contact Denise for personalized coaching and accountability to live your best life in optimal health.*



Denise A. Pancyrz

Diabetes & Holistic Lifestyle Coach  
Speaker • Author

To find out more please visit  
**ReverseMyDiabetes.net**, call 888-848-1763 or  
email Denise at **Info@ReverseMyDiabetes.net**.





# DID YOU KNOW NOT ALL PRIMARY CARE DOCTORS TREAT AUTO ACCIDENTS?

By Dr. Alejandro Blanco

**A**ccident victims have only 14 days from the time of an accident to see a doctor if you want insurance to cover your medical fees. Internal Medicine Partners of Naples can help walk you through the process and get you a detailed report of your medical condition.

## Common Injuries After Motor Vehicle Accidents

Car accidents can cause a variety of serious personal injuries and even death. Most people hurt in a car crash suffer impact injuries, from slamming around inside the vehicle upon collision. Some are even injured by being hit by unsecured articles & cargo that become airborne in a crash.

**After most minor accidents, you might feel fine, but these symptoms should not be ignored:**

- Headaches
- TBI (Traumatic Brain Injury)
- Lethargy
- Back Pain
- Neck Pain
- Broken Bones
- Numbness
- Dizziness
- Cervicalgia

## A common condition related to vehicular accident is unfortunately, Traumatic Brain Injury

Persons involved in automobile accidents may have hit their head on the steering wheel. When the head hits an object, it comes to a direct stop, but your brain continues momentum and strikes against your skull. When your brain bluntly hits against the skull bones, it most likely will be bruised or possibly produce bleeding disorders.

In any brain injury accident scenario, you can think of your head and brain as a raw egg. If the egg is thrown into a wall, the shell hits, and fractures, while the raw egg inside sloshes forward causing significant damage. If your brain injury is caused by a vehicular accident, some laws need to be reviewed about the vehicle's crashworthiness, which tests its crash capabilities for safety. If you were involved in any act of violence, sports injury, or any other trauma to the head that took place, there are also specific laws to coincide with each of the related traumatic experiences.



An MRI or CT scan should have been performed on you after your trauma to detail the initial specific amount of damage your brain endured. More medical testing may be needed to evaluate your overall condition.

## Essential Steps to Take

- Get medical attention
- Speak to a Personal Injury Attorney
- Keep a record of your injuries
- Write down and date any new symptoms (radiating pain, sleep disturbances, hearing loss)
- Update your physician in writing with every new symptom that you endure

**If you've been in an accident, getting medical treatment is crucial**

Even if you don't have symptoms, getting a thorough diagnosis via physical examination, diagnostic testing and imaging, medical treatment and follow up are all critical to your wellbeing, and essential if you plan on pursuing legal damages.

Whether you show symptoms of injury or not, it's imperative to have a check-up to rule out possible long-term effects.

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# WHAT IS THE MIND DIET?

In this article we focus specifically on the impact a potentially revolutionary nutrition plan called the MIND diet can have on Alzheimer's prevention for seniors.

The possibility of losing our cognitive abilities can be even scarier than the loss of physical abilities as we age. There are an estimated 5.5 million Americans with Alzheimer's, affecting millions more people caregiving for loved ones affected by the devastating disease, with no cure at the present moment. Therefore, many seniors and their families are wondering what they can do to be proactive and prevent the onset of Alzheimer's.

For the purposes of this article, we're going to focus specifically on the impact a potentially revolutionary nutrition plan called the MIND diet can have on Alzheimer's prevention for seniors.

The name MIND diet surprisingly isn't in reference to the diet's supposed ability to improve cognitive functioning. Rather, it stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. The MIND diet meal plan is essentially a combination of two popular diets, the Mediterranean and DASH, with an emphasis on brain foods shown to improve cognitive functioning.

## HISTORY OF THE MIND DIET

Dr. Martha Clare Morris, an expert in nutritional epidemiology at Rush University Medical Center in Chicago, introduced the MIND diet meal plan in 2015. Her studies on the diet tested and compared the effects

of the Mediterranean, DASH, and MIND diets in adults aged 58-98 years. The study found that diligently sticking to all three diets was associated with a reduced risk for Alzheimer's disease, but only the MIND diet showed lower risk even with moderate adherence. Another study showed that participants who stuck to the MIND diet lowered their risk for Alzheimer's by 54%. In addition to the MIND diet's effect on Alzheimer's prevention, Dr. Morris and her colleagues recently studied the diet's effect on the cognitive decline of stroke survivors.

Those in the study who were highly adherent to the MIND diet had substantially slower rates of cognitive decline than people who didn't follow the diet.

Given the newness of the MIND diet meal plan and relatively few scientific studies conducted, scientists still need to do more research, but the early results are certainly very promising. Some have even coined the phrase "Alzheimer's diet" when referencing the MIND diet meal plan, and US News and World Report ranked the MIND diet #5 in its list of Best Diets in 2018.

## FOODS TO EMPHASIZE

If you choose to follow the MIND diet for yourself or integrate it into the meal plan of a senior loved one, here are the brain foods you'll want to emphasize and recommended number of servings/week:

**Leafy greens (spinach, mixed greens, kale):** aim for at least 6 servings of leafy greens per week. In addition to cognitive benefits, leafy greens are high in vitamin K and many other essential nutrients.

**Other veggies:** in addition to leafy greens, try to eat one additional serving of vegetables per day.

**Berries:** aim for two or more servings a week. Smoothies are great for seniors to get their weekly servings of berries.

**Nuts:** at least five servings per week. Nuts are also a great source of protein and healthy fats.

**Wholegrains:** three or more servings a day. Common wholegrains include brown rice and whole-wheat pasta.

**Oliveoil:** replace butter with olive oil, and use it as your primary oil for cooking. Keep in mind that when sautéing, it's better to use standard olive oil than extra virgin olive oil.

**Wine:** a glass of wine, particularly red, a day has been proven to have cognitive benefits.

**Fish:** at least one serving per week. Salmon is especially beneficial and is loaded with Omega-3 fatty acids.

## FOODS TO AVOID

Some foods to avoid include:

**Red meat:** aim for less than four servings per week, and choose leaner cuts. Think tenderloin, not rib eye.

**Butter and margarine:** less than a tablespoon daily.

**Cheese:** less than one serving per week.

**Added sugar:** avoid or limit unhealthy desserts, no more than five servings per week. Instead of pastries and ice cream, try dark chocolate.

**Fast food:** it's best to eliminate fast food altogether because it's typically loaded with sugar and sodium.

One of the big benefits of the MIND diet meal plan is that it's not a "fad diet" and doesn't require you to eliminate lots of foods from your diet. Rather, it calls for moderation of unhealthy foods and emphasizing healthy brain foods. This makes the MIND diet easier to follow for seniors than more extreme nutrition plans like the Paleo diet or Vegan diet.

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

Phone: 239-776-1758

Email: bill.springer@chefsforseniors.com

  
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## When You Are At Your Wits End

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

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

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

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

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

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

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

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

*Tim Neptune is the lead pastor of Venture Church 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](http://www.venturenaples.com).*

# OCD SIGNS

Some people with OCD manage to mask their behaviors so they're less obvious. For others, social situations trigger compulsions. Some things you might notice in a person with OCD:



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### TESTIMONY:

Over the last several years I noticed my weight kept creeping up slowly until I was 20 lbs heavier than I should be. I knew this was common with most of my patients at my age, but I was never happy with the fad diets being promoted daily on TV. When I saw the "before" picture that was taken by my daughter a couple of years ago, I really felt I had to do something about the belly fat. Fortunately, a colleague from North Carolina told me about the Ultimate Light Therapy procedure. I had already started to exercise and cut back on the late night snacks, but wasn't making the progress that I wanted with getting rid of the belly roll and saddlebags. My wife and I used this therapy and within one month, I noticed a significant change in inches around my waist and hips. My wife liked the change in her upper back and the face lift reduced a slight double chin and wrinkles beside her eyes. I went from a tight size 38 waist to my present comfortable 34 inches! Once I saw the difference it made for my wife and myself, I started to mention it to my patients. I will not endorse any procedure until I have experienced it personally. It has now been over 2 years that I have remained at this weight and size. I did put a couple of pounds on during the last Christmas holidays, so I used the therapy twice to get me back on track.

We have now used the Ultimate Light Therapy on over 120 people with great results. If you are serious about getting rid of extra weight and problem areas like your belly, saddlebags, thighs, arms and facial wrinkles and double chin, give me a call to schedule a free consultation and I can show you how you can get similar results and feel good about your shape! ~ Dr. Larry Johnson

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