

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

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

July 2021

Lee Edition - Monthly

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# WE ARE **VAIN** ABOUT OUR **VEINS**



#### MEET OUR DOCTORS:

*Johan Escribano, MD, RPVI, Matthew Sanders, MD, RPVI,  
Abraham Sadighi, MD, FACS and Michael L. Novotney, MD, FACS*



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## 4 New Facts About Your Feet & Ankles

- 1 Heel pain in the morning can be easily resolved.
- 2 Diabetic infections kill more people than breast cancer and AIDS. If diabetic, must see us now.
- 3 Ingrown toenails can lead to bone infection; we treat them fast.
- 4 Top pickleball injuries seen include foot fractures from ankle sprains.



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# KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

**T**he kidneys are a major part of our detoxifying system. These two small bean-shaped organs clean the blood and filter waste products and toxins from the body through the urine. Kidney cancer is one of the ten most prevalent cancers. The lifetime risk for developing kidney cancer is about 1 in 46 in men and 1 in 82 in women.<sup>1</sup>

The symptoms of kidney cancer often go unnoticed or don't begin to show until the tumor(s) has grown. However, some of the key indicators are as follows:

- Blood in the urine
- Fatigue
- Loss of appetite
- Weight loss
- Fever or infection
- Swollen abdomen
- Lump on the side of the abdomen (with or without pain)
- Anemia
- Swollen legs and ankles
- Chronic inflammation
- High blood pressure
- Shortness of breath

If you have symptoms or your physician finds a lump during a physical examination, they will order diagnostic testing such as a renal arteriogram, MRI, CT Scan, blood and urine analysis, and a needle biopsy may be necessary.

There are some increased risk factors, which make some individuals more susceptible to renal cancer. The risks factors included:

- Being over the age of 40
- Being male
- Being black
- Smoking
- Obese
- Overuse of NSAIDs and other prescription medications
- Family History
- Chemical Exposures
- Kidney disease

Most kidney cancer appears first in the tubules of the kidneys. When the malignant cells form a tumor(s) the growth rate is typically slow, so the

likelihood of an early diagnosis is increased, and the treatment can usually be performed before the tumor has metastasized into any other organs.

## Treatment

Depending on the stage and size of the tumor(s), your physician will develop a specific treatment plan tailored to your needs.

Typically, performing a nephrectomy treats kidney cancer. There are three main types of this surgical option. The first is a Partial nephrectomy, which removes the tumor and some of the surrounding tissue. The second is a Simple nephrectomy, which removes the entire kidney, and the third treatment method is a Radical nephrectomy, which removes the kidney, adrenal glands, lymph nodes, and any questionable surrounding tissue margins. These procedures can usually be done laparoscopically. Some patients may also require radiation or chemotherapy treatments.

## Associates in Nephrology

Associates in Nephrology has been providing comprehensive kidney care and transplant services in Southwest Florida since 1984. Our team of nephrologists, nurse practitioners, and medical assistants are engaged in all aspects of providing the most advanced services for kidney disease and kidney transplants.

## Chronic Kidney Disease Program

Chronic Kidney Disease (CKD) means that the kidneys have become damaged. The common causes of CKD are diabetes mellitus, hypertension, inherited diseases, and nephritis.

The purpose of the CKD program is to slow the progression of damage to the kidneys and treat associated complications such as hypertension, anemia, and bone disease. If we are unable to arrest the disease process and the kidney damage progresses to end stage renal disease (ESRD), our plan is to manage these complications while preparing patients for renal (kidney) replacement therapy. This therapy can consist of peritoneal dialysis, hemodialysis, home hemodialysis, or kidney transplantation.

Source:

1. [https://www.nfcr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAyc2BBhAaEiwA44-wW9qTM7gXbIKsBU1ldxNN-rM7OKwmG3j43bZni6h175MIQCzwNsKORoCE5QQAvD\\_BwE](https://www.nfcr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAyc2BBhAaEiwA44-wW9qTM7gXbIKsBU1ldxNN-rM7OKwmG3j43bZni6h175MIQCzwNsKORoCE5QQAvD_BwE)

Managing these complications and preparing patients for renal replacement therapy is a complex process of visits, treatment, and teaching sessions. Our medical team consists of nephrologists (kidney doctors), nurse practitioners, registered dietitians, nurses, and medical assistants.

## Services Provided

Associates in Nephrology provides treatment for many kidney related conditions, as well as kidney transplant services.

- All forms of Dialysis – Hemodialysis and Peritoneal
- Diabetic Kidney Disorder
- Dietitian Services for Kidney Patients
- Disorders of Blood Chemistry
- Electrolyte Disorders
- Fluid Overload, Edema (swelling)
- Glomerulonephritis
- Hypertension
- Injections of Aranesp for Anemia related to Kidney Disease
- Kidney Transplant Services: Patient and Donor Evaluations, Post-Transplant Follow-up Care
- Lupus Nephritis
- Nephrotic Syndrome
- Pyelonephritis
- Polycystic Kidney Disease
- Recurring kidney stones
- Renal Failure
- Renal Insufficiency

We work collaboratively with a patient's primary care physician and specialists to slow the progression of chronic kidney disease (CKD) and prevent or manage complications such as hypertension, anemia, and bone disease. Additionally, our multidisciplinary team of professionals can assist you in arranging a wide array of supportive services and education programs for patients in all stages of CKD. For patients with end-stage renal disease (ESRD), our nephrologists can prepare them for all renal replacement therapies: in-center or home hemodialysis, peritoneal dialysis, and kidney transplant.

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# Technology, Precision Bring Hope to Cancer Patients

By Dr. Arie Dosoretz

Technology is in a continuous state of improvement.

As soon as a new cell phone hits the market, for example, consumers will line up to get their hands on the industry's newest, shiniest device. And who can blame them? Consumers want the best.

The same principle holds true in cancer care. Manufacturers are continuously researching and experimenting to develop new equipment that is more effective, more powerful and more precise than their predecessors. So who can blame patients for choosing doctors whose practices features the latest, most innovative technology?

Since its inception, Advocate Radiation Oncology has prioritized technology to ensure patients have access to the most sophisticated, advanced technology on the market. As a result, local physicians continue referring patients to Advocate, knowing they will receive personalized care and treatments using top-of-the-line equipment.

In radiation oncology, precision is critically important. Precision can destroy tumors without damaging surrounding tissue. The newest technology can focus beams in increments of less than a millimeter, a level of precision that helps reduce treatment times and lessens the side effects of radiation. That's why patients, and radiation oncologists, want the latest, greatest cancer-fighting equipment.

Advocate treats patients diagnosed with all types of cancers, including breast, prostate, lung, brain, neck and others. The practice has made substantial capital investments in equipment, including these three state-of-the-art Varian machines:

- **Halcyon:** Using image-guided radiotherapy, the Halcyon's intelligent automation provides for faster treatment times. Its quiet, smooth motions and soft, ambient lighting keep patients relaxed and comfortable during their treatments.

- **TrueBeam:** The Intensity-Modulated Radiation Therapy, or IMRT, linear accelerator targets and destroys tumor cells in the body using external-beam radiation.



- **Identify:** A comprehensive administrative technology system, Identify uses patient biometrics at every stage of the treatment process to ensure safe and accurate care. Identify is integrated across all machinery and devices within the practice, streamlining communication between the radiation therapists, machines and patients.

Offering the most innovative and powerful technology on the market is a difference-maker for patients, but only half of the equation. The other half is expertise from Advocate's experienced, compassionate physicians who partner with patients on every step of their cancer treatment journey. With a patient-first approach, physicians create an individualized treatment plan unique to each patient. The ultimate goal is to quickly and efficiently deliver radiation treatments that allow patients to continue living their lives with minimal disruption.

A cancer diagnosis will always initiate very serious discussions, but the prognosis isn't nearly as worrisome as it was even a decade ago. Technology has changed the conversation. In fact, doctors once discussed cancer's death rate; they now reference its survival rate. If diagnosed and treated early, a majority of cancers are survivable.

## About the Author

*Dr. Arie Dosoretz is a board-certified radiation oncologist and founding partner at Advocate Radiation Oncology, a locally owned and operated practice with offices in Fort Myers, Cape Coral, Port Charlotte, Bonita Springs and Tamarac. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).*

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# BATTLE OF THE LENSES: EYEGLASSES VS. CONTACT LENSES

*Elmquist Eye Group highlights helpful tips for selecting corrective eyewear*

**F**or many, wearing eyeglasses or contact lenses can help provide clearer vision by correcting reduced visual acuity, which is caused by ametropia, an error in the focusing of light rays as they pass through the cornea and retina of the eye. Some refractive errors include farsightedness, nearsightedness and astigmatism, all of which can be diminished with contacts or eyeglasses.

The National Eye Institute says more than 150 million Americans use some form of corrective eyewear. But how do you determine whether contact lenses or eyeglasses - or a combination of both - are best for you?

"Selecting corrective lenses depends a lot on personal preferences, including lifestyle, comfort, convenience and budget," said Dr. Kate Wagner, board-certified optometrist and managing partner at Elmquist Eye Group. "Each option comes with pros and cons in terms of vision enhancement, ease of use and overall eye health impacts."

Many people like eyeglasses because they require little cleaning and maintenance. They are often less expensive than contact lenses because they are replaced less often. Additionally, some wearers see them as a fashion statement that reflects their personality.

From an eye health standpoint, eyeglasses don't require you to touch your eyes like contact lenses, meaning less risk for eye infections. Also, they won't make dry eye or sensitive eyes worse. Eyeglasses also offer protection for eyes and eyelids from sand, wind, dust and light.

However, some disadvantages of glasses include discomfort from sitting on the nose and over the ears. Wearers with strong prescriptions may notice their eyes appear smaller or magnified through lenses. Eyeglasses may be more difficult to wear during sport and exercise, and glasses will fog up with temperature changes.

The advantages to contact lenses are that they sit directly on your eye, offering more natural vision without obstruction. They won't fog up or be



affected by changing weather, and they don't get in the way of sports or exercising. Extended-wear contacts allow wearers to see immediately upon waking up.

However, some people have difficulty inserting or removing contact lenses. Also, contact lenses can make dry eye or computer vision conditions worse because they reduce the amount of oxygen to the eyes. Care is required, making contacts more expensive to maintain.

"No single method is the perfect solution for everyone, so it is important to weigh your options," Wagner said. "Fortunately, a variety of eyeglasses and contact lenses are available to meet the unique needs of each individual with the ultimate goal of helping you see clearly."

Both contact lenses and eyeglasses can be modified to address presbyopia, the change that often occurs after age 40, with difficulty reading small print or focusing on near objects. Multifocal eyeglass lenses such as bifocals, trifocals and progressive lenses are designed to address presbyopia. Contact lenses can also be bifocal.

With monovision contact lenses, each lens has a different prescription, with one eye correcting distance and the other correcting near vision. The concept recognizes we have a dominant eye which usually controls distance. The non-dominant eye lens corrects near vision.

Eye exams are essential to stay up to date on the health of your eyes, and an annual refraction is vital to determine your best potential vision. A vision test, also called a refraction, is routinely given during an eye examination and is designed to tell your doctor if you need prescription lenses for optimum vision.

When choosing any type of corrective lenses, an eye doctor will conduct a fitting to determine the best selection for your needs. During this time, your doctor will discuss your vision goals and take special measurements that are not performed in regular eye exams. For first-time contact lens wearers, one-on-one instruction can help build confidence in the proper insertion, removal and care of contact lenses. A follow-up exam is important to ensure the lenses are fitting properly and that your visual goal has been met.

For more information on corrective lenses 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.



Dr. Kate Wagner

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# How to Take Care of Your Veins this Summer

Summer is here and that means increasing temperatures, extra sun, and shorter hemlines...all things that challenge people with varicose and spider veins.

Unfortunately, high temperatures can exacerbate vein disease as heat increases blood flow and stretches already swollen varicose veins. In most cases, mild discomfort can result from the heat, but in more serious cases, the already weak veins can become too large and cause spontaneous bleeding. Besides the health implications the rising temperatures pose, it's also true that patients with varicose and spider veins might not feel confident to show their legs in shorts or dresses.

To help our patients feel more prepared, the board-certified surgeons at the Vascular and Vein Center at Gulfcoast Surgeons made a checklist for varicose and spider vein patients to cope with the months to come.

## 1. Move

Exercise is a great way to improve your circulation. While varicose veins can't be healed without medical intervention, walking, swimming, biking and other physical activities can greatly reduce pain and discomfort. Start a routine now before the summer begins!

## 2. Eat healthier

With summer comes vacations, and previously healthy diets can fall by the wayside. While there is nothing wrong with treating yourself on a trip, don't overdo it on the sugary and salty foods which can harm your circulatory system if eaten in excess. Additionally, add foods high in bioflavonoids like blueberries, cranberries, leafy greens, and garlic that are known to reduce inflammation.

## 3. Stay cool

If you are outside for a prolonged period of time, find air-conditioned space to cool down or cover your legs with a cold, wet cloth. Try and avoid the sun at the hottest point of the day, which is typically in the afternoon. If you need to be in sun, keep your legs covered with loose fabrics.

## 4. Avoid long periods of sitting or standing

Prolonged sitting or standing is difficult on veins in your legs. Alternate sitting and standing to increase



blood flow and circulation. Going on a road trip? Plan ahead to stop every few hours to get out of the car and stretch. Planning ahead is another important factor in reducing stress and inflammation associated with your vascular health.

## 5. Visit the doctors

Taking the above steps can improve your vascular health and decrease the chances of more pain, but varicose veins can only be healed through vascular medical intervention. If you find your discomfort gets to be too much, or you are worried about your health, visit the doctors at Vascular and Vein at Gulfcoast Surgeons for a free screening. Spider veins, while not detrimental to your health, can be visibly reduced with the help of our board-certified vascular surgeons.

Their help and your preventative action will only boost your confidence, leading to an enjoyable summer.

*To schedule an appointment with our board-certified vascular surgeons, call (239) 344-7061 or visit <https://gulfcoastsurgeons.com>.*

**Call Vascular & Vein Center at Gulfcoast Surgeons today at (239) 344-7061.**



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# UV Protection Requires a Little More Detail Than Most People Realize

By Joseph Onorato, MD, FAAD

**O**kay, so we all know that it's important to wear sunscreen, especially here in Florida where the sun shines brightly throughout most of the year, but are we really doing the best job of protecting ourselves from the harmful UV rays. It's a little more complex than most people know.

## Firstly, it's essential to understand why UV protection is not optional—it's critical.

One in five people develops skin cancer. There are different types of skin cancer, and melanoma is by far the most harmful of them all. Every hour a person dies of melanoma, and this year alone, over 132,000 new cases of melanoma will be diagnosed.

UVC rays are the most harmful to the skin and eyes, but the ozone layer blocks many of the rays. UVA rays play a huge role in causing skin damage and aging. The wavelengths of UVA rays are long and are therefore less harmful than UVB rays. UVB rays are extremely damaging to the skin and eyes and can cause cancer.

When the skin becomes tanned, it's due to damage caused by UV radiation at the cellular level. No tan is safe, and that includes UV radiation from tanning beds. Despite what you might hear from tanning bed business owners or advocates.

## Timing your outdoor activities

The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4:00 pm, is due in large part to the sun's harmful UV rays during the time when the sun is the highest in the sky. However, even on gloomy days, just because it's darker, cloudier and cooler, that doesn't mean it's any safer as far as UV rays are concerned. We still need to protect ourselves.

## Windows & Glass

Harmful UVB rays are shorter wavelengths and consequently can even penetrate through glass, so while driving in a car, or sitting by a window at work, the UVB radiation can harm you.

## Sunglasses

According to the American Optometric Association, if your eyes are exposed to excessive amounts of UV radiation over a short period of time, you will likely experience photokeratitis. Like a "sunburn of the eye," photokeratitis can be painful. Its symptoms include red eyes, a foreign body sensation or gritty

feeling in the eyes, extreme sensitivity to light, and excessive tearing. The eyes are also at risk for melanoma, so please wear sunglasses that have adequate UV protection.



## Clothing

Wearing clothing that is infused with SPF or even just long sleeves, a hat and seeking shade are always wise choices. If you've been out in the sun for a long period of time, perhaps on the beach or boat and need to seek shade, doing so is important.

If there is no shade, please reapply sunscreen and wear protective clothing. Also, for your health, make sure to stay hydrated with plenty of water.

## Quality Sunscreen Products Matter

Wearing a quality broad-spectrum sunscreen with both UVA and UVB protection is the first step. However, sunscreen must be reapplied every two hours, and if you are sweating or in the water, you must reapply it more frequently. Here in Florida, where it is usually warm in the winter, covering exposed skin with light-weight long sleeves or pants and opting for those with an SPF is ideal if you are spending a lot of time out in the sun, at an event, or on the beach.

## Investing in Your SKIN = Investing in Your LIFE

There are so many choices and options when it comes to keeping skin healthy and protecting our skin from the sun's harmful rays. Consequently, a small investment of your time can help save your life. On average skin cancer screenings take about fifteen minutes. These few minutes of your time can potentially prolong years to the health of your skin and life.

A dermatologist can diagnose up to 3,000 different skin disorders. On a regular basis, you should have a screening at least once a year. And, because some forms of skin cancer grow very rapidly, if you are experiencing any new types of lesions, bumps, moles that are of concern, you should schedule a dermatology appointment immediately.

## SWFL Dermatology Plastic Surgery & Laser Center

Whether you want to focus on antiaging and aesthetic procedures or medical dermatology for the health of your skin, or a combination of both, SWFL Dermatology Plastic Surgery & Laser Center has the most comprehensive options. Not only are there numerous services, but you can trust that you are in the best hands with the most experienced practitioners.

SWFL Dermatology Plastic Surgery & Laser Center is a privately owned, all-inclusive dermatology practice specializing in adult and pediatric general dermatology and Mohs surgery for skin cancer.

## Services & Treatments Provided:

- General Dermatology
- Skin Cancer
- Mohs Surgery
- Botox
- Dermal Fillers
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**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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# YOUR FEET ARE OFTEN THE FURTHEST THING FROM YOUR MIND, BUT HEEL PAIN IS NO JOKE!

By Sean Dunleavy, DPM

Board Certified Ankle and Foot Surgeon and Wound Care Specialist

If someone were to ask me what are the most common things that I see in my practice each day, I would have to say ingrown toenails and heel pain. Ingrown toenails have a tried-and-true method of treatment, most notably being addressing and/or removing the offending edge of the nail etc. however, heel pain could be caused by a multitude of different things. Some of the most common causes of heel pain that I encounter are things such as plantar fasciitis, fat pad atrophy (losing the padding under your heel bone), and activity related injuries/overuse. Prolonged activity with ill-fitting or inappropriate shoe gear ranks pretty high up there as well.

An example of the aforementioned would be someone purchasing a new pair of running sneakers and then immediately running in them for several miles. Someone might think that there is nothing wrong with this per se, however my recommendation would be for the patient to purchase the new sneakers and wear them in-and-around the house initially doing day to day activities. This does two things, it allows both the feet to get used to the shoes, as well as the shoes to get used to the feet in the sense that the materials will stretch and accommodate somewhat to the shape of the patient's foot. I also recommend for patients that are doing any sort of extensive running on hard surfaces to do such with an over-the-counter or custom arch supportive insert in the shoes. Regardless if the patient has a high arched foot or a flatfoot, something providing some support and shock absorption will benefit the patient.

**Sean E. Dunleavy, DPM**

For more information you may contact Dr. Sean Dunleavy at Family Foot & Leg Center.

Family Foot & Leg Center has 8 locations throughout Collier, Lee, and Charlotte counties to quickly resolve all your foot and ankle problems.

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Plantar fasciitis is a condition where the insertion or the attachment of the plantar fascia on the bottom of the foot or on the bottom of the heel, becomes irritated, inflamed, and very painful to bear weight. This can happen gradually over time or can happen after an acute event such as a strenuous game of pickle ball, etc. When the patient does develop plantar fasciitis one of the most common descriptions given is a component of post-static-dyskinesia, meaning in layman's terms "after I do not move, it hurts". This is why

plantar fasciitis causes such a painful condition on the bottom of the heel with the first few steps in the morning when the patient gets out of bed, or after periods of inactivity such as maybe a lunch break where they are sitting down at work, and off of their feet.

The best way to discern plantar fasciitis versus other causes of heel pain is a thorough clinical examination combined with imaging. The imaging could be as simple as an x-ray in the office taken while weightbearing, or an MRI if the pain has been going on for an extended period of time. This information combined with the clinical exam and history from the patient are what we use when determining a diagnosis. A proper diagnosis helps us create the proper treatment plan.

If you or any of your friends or family members think that they may currently have something similar happening, please do not hesitate to give us a call for an appointment. I hope this article motivates you to taking the first steps to getting your heel pain to resolve! (pun intended)

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# HEALTHY AGING AND HEALTHY VISION GO HAND IN HAND

**T**hey say the eyes are the window to the soul, but did you know that keeping your eyes healthy takes a multifaceted approach. Protecting vision is critical, but many of us often take our eyesight for granted until it's too late.

## HOW CAN YOU PROTECT YOUR EYES?

### Eye Exams

Getting regular dilated eye exams is critical. When your eyes are dilated, the physician can see into the retina and behind the eye to diagnose any conditions in their early stages. With eye diseases, often there are no symptoms until the disease has progressed. Untreated glaucoma and age-related macular degeneration can lead to low vision and blindness.

### Diet

Eating plenty of vegetables, especially dark leafy greens, berries, cold-water fish, and limiting processed foods, sugar, and high sodium is critical for eye health.

### Exercise

Because many eye diseases are interconnected with high blood pressure, high cholesterol, and diabetes, it's important to maintain a regular exercise program to keep your vascular system in optimal condition.

### Supplements

Although you can get most of your key eye nutrients from a healthy diet, it's not always easy to eat perfectly. That is why the American Ophthalmic Association recommends supplementing with Omega-3 fatty acids, zinc, vitamin A, C, lutein, and zeaxanthin, to name a few.

### Wear Sunglasses

The reason we hear so much advice on wearing sunscreen, sunglasses, and avoiding over sun exposure between 10:00 am to 4 pm is due in large part to the sun's harmful UV rays during the time when the sun is the highest in the sky. Sunglasses are fashionable accessories that can indeed help to prevent melanoma from forming in the eyes. Your eyes need protection from both UVA and UVB rays. It's best to choose 100% UV Protection.



### Quit Smoking

Smoking is unhealthy for numerous reasons, but when it comes to vision, it decreases vascular dilation and can contribute to eye diseases such as macular degeneration.

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- Private Transportation
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# OVERACTIVE BLADDER

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

**T**he bladder's function is to collect urine from the kidneys and expel it when it is full. It acts much like a reservoir for urine. Overactive bladder is characterized by a group of four symptoms: urgency, urinary frequency, nocturia, and urge incontinence. When the bladder is overactive, urgency to empty the bladder may feel overwhelming and more frequent. Most of the time, a person cannot control the strong desire to urinate and the number of times they feel like they must empty their bladder during the day increases. The desire can be so intense, there's not much time to get to the bathroom and urine may leak out uncontrollably. The condition is usually the result of miscommunication between the brain and the bladder. The person's bladder squeezes frequently or without warning and the brain signals to the bladder that it is time to squeeze and empty, but the bladder isn't full. As a result, the bladder starts to contract. This causes a strong urge to urinate.

Some risk factors for overactive bladder include obesity, caffeine, and constipation. Poorly controlled diabetes, poor functional mobility, and chronic pelvic pain may worsen the symptoms. This condition is more common in women, especially when associated with loss of bladder control, but it can also occur in men.

The cause of overactive bladder (OAB) is unclear, and multiple causes are associated with this condition. It is often associated with overactivity of the detrusor muscle. It is also possible that the increased contractile nature originates from within the urothelium (the lining of the bladder wall) and lamina propria (also part of the lining) and abnormal contractions in this tissue. Overactive bladder can be categorized into two different variants: "wet" (i.e., an urgent need to urinate with involuntary leakage) or "dry" (i.e., an urgent need to urinate but no involuntary leakage). Wet OAB is more common than dry.

The diagnosis of OAB can be made clinically with a full history from the patient, a bladder voiding diary and urodynamics. Cystoscopy can also aid in the diagnosis to rule out other abnormalities of the bladder. Additionally, a urine culture may be done to rule out infection which can sometimes mimic or increase symptoms of OAB.



Treatment for OAB can start with lifestyle modifications such as fluid restriction, avoidance of caffeine and other bladder irritants, and pelvic floor muscle exercise and physical therapy. Biofeedback is used to reduce the frequency of accidents resulting from poor bladder control. This method is aimed at improving the person's control over the time, place and frequency of urination.

Several anticholinergic medications are frequently used to treat overactive bladder.  $\beta_3$  adrenergic receptor agonists (e.g., mirabegron) may be used, as well. Within the appropriate setting, both anticholinergic drugs and  $\beta_3$  adrenergic receptor agonists may be used in combination to improve symptoms of OAB. PTNS (peripheral tibial nerve stimulation), Interstim (sacral nerve stimulation) and Botox (Botulinum toxin A) are also treatment options done when lifestyle modification and oral medication have failed.

Living with OAB can be difficult. For this condition, you're likely to start by seeing your primary-care doctor. After your initial appointment, you may be referred to a Urologist. Some things to keep in mind prior to seeing and during your urological evaluation are: keeping a bladder diary for a few days, recording when, how much and what kind of fluids you consume. Tell your doctor how long you've had your symptoms and how they affect your day-to-day activities. Note any other symptoms you're experiencing, particularly those related to your bowel function. Let your doctor know if you have diabetes, have a neurological disease, or have had pelvic surgery or radiation treatments. Make a list of all the medications, vitamins or supplements you take. With appropriate diagnosis and treatment, OAB is a common condition that can be mitigated by various options. Every patient's clinical course may be different. Overactive bladder is a common condition, but luckily, there are several ways to improve the symptoms for better quality of life.

For more information, please visit our website [www.UrologyExperts.com](http://www.UrologyExperts.com) or call Urology Experts today at (239) 226-2727 or email [info@UrologyExperts.com](mailto:info@UrologyExperts.com) to schedule your consultation!

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# FDA Approves New Drug For The Treatment of Alzheimer's Disease

In the United States, Alzheimer's affects 6.2 million Americans, and that number is expected to rise exponentially over the next decade. To date, there has been no meaningful cure for the disease, but in June of this year, the FDA approved a new drug, Aduhelm (aducanumab), for the treatment of Alzheimer's. Because Aduhelm provides a meaningful therapeutic advantage over existing treatments, the government has put it on a fast track known as an accelerated approval pathway.

The director of the FDA's Center for Drug Evaluation and Research, Patrizia Cavazzoni, M.D., said the following, "Alzheimer's disease is a devastating illness that can have a profound impact on the lives of people diagnosed with the disease as well as their loved ones. Currently available therapies only treat symptoms of the disease; this treatment option is the first therapy to target and affect the underlying disease process of Alzheimer's. As we have learned from the fight against cancer, the accelerated approval pathway can bring therapies to patients faster while spurring more research and innovation."

Aduhelm has conducted studies on 3,482 patients, and it is known to target the pathophysiology of the disease state. The studies show that patients receiving Aduhelm had a significant dose- and time-dependent reduction of amyloid-beta plaque, while patients in the control arm of the studies had no reduction of amyloid-beta plaque.

## Critical Imaging Tracks Progress

These findings are measured with a baseline Imaging study, such as a Lumbar Puncture, MRI, or PET Scan, and then remeasured as needed after treatment. Radiology Regional is a participating Imaging center that specializes in these types of brain scans.

## Why Radiology Regional?

Radiology Regional is a physician-owned, well-established imaging practice with 50 board-certified radiologists that work closely with your doctor. You will get personalized service and expertise in a warm, comfortable environment, which is not always offered with a big group or hospital-owned



organization. Radiology Regional also provides the newest technological advances. Their superior imaging equipment includes 3T wide-bore MRI, 256 Slice CT, 3D Mammography, Nuclear Medicine, PET Scans, and Siemens ultrasound. Radiology Regional is a premier diagnostic facility that takes pride in offering the highest quality healthcare to the community.

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

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

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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# HEALING **BACK PAIN** WITH PLATELET RICH PLASMA (PRP)

By Dr. Sebastian Klisiewicz, D.O.



## What is Back Pain?

Back pain is the most common pain condition in our society. In fact, nearly 80% of adults have experienced back pain at some point in their lives. In some cases, back pain begins abruptly after a significant injury. Other times, back pain is more insidious, coming and going over the years. Back pain sufferers generally have weakness and dysfunction of the supporting muscles, ligaments and tendons. This weakness and laxity causes degeneration of the spinal discs and compression of the nerves. The result of these conditions is limited function and a significant decrease in quality of life.

## Symptoms and Diagnosis

The symptoms of back pain can range from an uncomfortable ache to severe pain that is disabling. The pain can stay in the spine or it may radiate down the legs and feet (aka sciatica). This is often accompanied by weakness or numbness. Successful treatment of back pain requires a good history that identifies all the contributing factors and a thorough physical exam to locate the pain generators. Often, imaging studies such as MRI and X-rays, and nerve studies (EMGs) can be used to help make the diagnosis.

## Standard Back Pain Treatments

Most people with back pain start treatment with their primary care doctor. They are generally given steroids, pain pills and muscle relaxers. Sometimes these treatments help temporarily but may have side effects like weight gain, increased blood sugar, and thinning of bones. Physical therapy is another first line treatment that often is helpful to increase core stability and improve biomechanics. Unfortunately for many, physical therapy alone may not be enough to provide long term relief.

When these first line therapies fail, doctors often recommend steroid injections. Again, these treatments can be effective at reducing back pain temporarily, but often do not provide long term relief. Over time, repeated steroid injections lose their effectiveness and can cause unwanted consequences including degeneration of the surrounding structures and muscle atrophy. This can lead to more spinal instability and degeneration.

## A New Approach for Back Pain

Luckily for back pain sufferers, there is a safe and natural solution to heal the spine and provide long term pain relief. Platelet Rich Plasma (aka PRP) injections are becoming the new standard of care in treating a wide variety of musculoskeletal conditions including back pain.

PRP is created by taking a patient's own blood and spinning it in a centrifuge to concentrate platelets. Platelets are the first responders to any injury; they mobilize the immune system and initiate the healing process. When concentrated platelets are injected they become activated, stick together like glue, and release an array of natural growth factors. These growth factors signal the body's own stem cells and other specialized healing cells to come to the area of injury and start the process of healing. Some of the growth factors have other effects including decreasing pain, improving blood flow and stimulating nerve regeneration. The glue-like substance of platelets can stick around in the injected area for 1-2 weeks providing a sustained release of these growth factors meaning the healing continues for weeks after the injections.

For back pain, PRP is injected into the spinal ligaments, joints and muscles under ultrasound guidance to stimulate the healing response. This leads to a strengthening of the supporting structures, regeneration of the joints and improved spinal stability which again is usually the underlying cause leading to back pain.

Numerous clinical trials have shown that PRP injections into and around the spinal joints can provide long term relief and stimulate muscle growth. Several studies have also demonstrated that injecting the growth factors from PRP into the epidural space can decrease pain and help with neurological symptoms better than steroid epidurals. All this without the negative side effects of steroids.

## Healing The Back at Integrative Rehab Medicine

At IRM, all regenerative spinal procedures are done by Dr. Sebastian, a board-certified physician with advanced training in Regenerative medicine. All of our procedures are done under ultrasound guidance ensuring that these platelets and growth factors are delivered exactly where they are needed most.

Our spinal PRP treatments are just one aspect of our Integrative Advantage™ which is the most comprehensive treatment strategy for back pain in Southwest Florida. We combine multiple modalities to provide the best results including Platelet Rich Plasma, personalized physical therapy, an anti-inflammatory diet, and acupuncture. We also use the most state of the art Energy Modalities such as low-level laser therapy and PEMF to further decrease symptoms and support the healing process.

If you are tired of back pain stopping you from living the life you want to live, be sure to schedule your consultation today to discuss how PRP can help you on your healing journey.



## DR. SEBASTIAN KLISIEWICZ, D.O. Board Certified in Physical Medicine and Rehabilitation

*Dr. Sebastian is a leading physiatrist 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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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.*

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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!

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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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# SYNERGY HOMECARE CEO: DEMAND FOR CORE HOME CARE SERVICES IS RETURNING

By Joyce Famakinwa

**R**oughly 35% of people who seek out care for aging family members don't have local support when it comes to personal care.

That's according to recent data from Synergy HomeCare, a Gilbert, Arizona-based non-medical home care franchise that offers companionship services, in addition to personal assistance, house-keeping, live-in care and 24-hour home care services.

Synergy's data was gleaned from online inbound inquiries to the company's website over the past six months. The key takeaway for home care providers: There's still a vast market opportunity for personal care and companion services out there, even during the COVID-19 public health emergency.

Synergy's data also revealed that the majority of people seeking home care are acting on behalf of an aging family member. About 78% of people looking into care options are the adult children of seniors, while roughly 17% are the potential clients themselves, Synergy observed.

This is something for home care providers to consider when planning their marketing strategies.

"There is an opportunity for home care agencies to more proactively market the value of enabling seniors and ... their independence," Charlie Young, the company's CEO, told Home Health Care News.

Another major finding is that Synergy has begun to see a return to normalcy in the midst of the COVID-19 emergency. Specifically, Synergy has seen a 70% increase in online inquiries over the past several months, according to Young.

"As we are entering into a new normal and people are becoming more comfortable living and operating in their daily lives, in the COVID era, we're seeing that need for companion care coming back pretty strong," he said. "It was the one area of the business that really fell off in the brunt of COVID, in the March-April time period."

During that same spring period, Synergy also saw its hours per caregiver go up significantly.



"Those people who were in real serious need for daily, hourly, regular personal care — that really kicked-in, in a strong way," Young said.

For those who weren't seeking daily care for themselves or a loved one, about 27% were looking for care just a couple days per week. Another 47% were requesting care four or fewer days weekly.

About 29% of people were seeking care seven days a week.

These findings highlight that home care needs often range from long-term to short-term needs, according to Young.

"I think this tells you [that] home care takes on a lot of different flavors," he said. "I think that COVID has really put a spotlight on that. You obviously have people who are in need of intense personal care with bathing, feeding, getting up [and] getting down — their ADLs. Those people are always going to need home care ... but what we're seeing, too, is that isolation is a serious issue for the elderly."

Additionally, when looking at Synergy's data on inbound inquiries, about 39% of people were seeking care for general aging, with about 20% seeking dementia care and roughly 14% looking for disability support.

Reflecting on the findings, Young believes the COVID-19 emergency has forced people to strongly consider their needs and what care fits best.

"It has caused them to rethink everything," he said. "I think that you will start to see people who are thinking differently about their needs, whether it's respite help for the sandwich generation child who is trying to figure out how to juggle a job, kids and aging parents — or a family who has a relatively active senior member far away and not close to them."

Separate from the Synergy data, a study published in Health Affairs in August also stands as a reminder of home care's market potential.

From 2004 to 2016, the use of "informal" home care among older adults with disabilities drastically increased, to where there were nearly three-quarters of adults receiving informal home care by the end of that stretch. Informal care remains the most common source of home care today, but formal home care is catching up, the study found.

From 2004 to 2016, the use of formal home care grew at almost twice the rate of informal home care.

*Additional reporting by Robert Holly*

*Source:  
<https://homehealthcarenews.com/2020/09/synergy-homecare-ceo-demand-for-core-home-care-services-is-returning/>*



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# Food is Medicine

## Eat like your life depends on it!



By Dr. Doreen DeStefano, NhD, APRN, DNP

**“Let food by thy medicine and medicine be thy food.”** Hippocrates, the father of medicine said that somewhere around 400 BC. That advice still holds true today although it’s more difficult to accomplish. We’re all in a hurry so we don’t eat properly. Our fruits and vegetables lack vitality because of the long trips they make coming to market and the depleted soil they’re grown in. Our foods are processed and stored and lack vitality. How can you put vitality back into your diet?

**The nutrition month challenge!** Be bold! Dare to eat fruits and vegetables. Dare to eat live food. We’ve all heard the phrase, “You are what you eat”. Be alive and vibrant. Be colorful and healthy. Be beautiful and fresh and maybe even exotic. Can you eat five servings of fruits and vegetables a day? Can you eat 10 servings of fruit and vegetables a day? The challenge I’m proposing to you today is to eat at least six servings of fruit and vegetables per day. That’s two with each meal. What I hear most often is simply “I don’t eat that much food.” But eating more food that’s nutrient dense and calorie low will make you healthy, strong and vibrant. So let’s see exactly how to do it.

**Don’t be SAD!** The Standard American Diet lacks nutrient density but has no shortage of calories. It consists primarily of fast food, candy, chips, crackers, cakes, and especially processed foods. If you choose these foods, your body will let you know it’s unhappy and unhealthy by breaking down and becoming diseased. Things like hypertension, high cholesterol, and diabetes are all the result of food choices in the American diet. Although they taste delicious, the only nutritional value they have is caloric. Your pancreas fires up to produce loads of insulin to help absorb all the excess sugar and processed fats causing blood sugar to spike, leaving you feeling tired, cranky, bloated and sluggish.

**The SAD Result...** The nutrients in food determine how our bodies function and how our cells either barely survive or thrive. Without proper nutrition our cells become weak and ultimately diseased. You are the accumulation of everything you eat and do to your body. Nothing happens suddenly. Every single thing you eat is metabolized and becomes part of you. So make every bite count!

Your nutrition prescription is a daily intake of two servings of fruits and vegetables three times a day. First let’s remember that a serving is half a cup. Salad greens are a full cup. Iceberg lettuce is not a salad green! So let’s see what a healthy vibrant eating day might look like.

### Breakfast:

2 free range eggs made into an omelet with ½ cup of peppers, onions, tomatoes or your choice of vegetables  
½ grapefruit

### Lunch:

4 oz of free range chicken  
A salad with 1 cup of greens and ½ cup veggies of choice  
½ cup melon

### Dinner:

two crabcakes sautéed in Olive Oil  
½ cup of green beans  
½ of a sweet potato  
A salad with a cup of greens and ½ cup veggies of choice

### Desert: Berry Sorbet

You just ate eight servings of fruit and vegetables in one day. You’re on your way to healthy!

Better health through nutrition will take some work, but who is better qualified for the job than you? Keep an open mind, try new things, and educate yourself on the foods you’re eating. Start today!

**Intravenous Vitamins:** The answer to damaged digestion.



After years of eating badly, your gut may be so damaged that it can’t absorb or vitamins or properly process whole foods. So see your holistic health practitioner for gut repair and get Intravenous vitamins to get you started.

There is No Excuse for being unhealthy! The most common excuse is never having enough time. Well guess what they make Nutrient IV therapy. So, in case you don’t have the time to design your health plan 100%. You can always support your nutrition with a supplemental Nutrient IV.

### Intravenous Nutrients

As we age, we are not as good at digesting food as we once were. Our digestion is slower and less complete, so we get less nutrients from our foods, and less benefit from oral supplements. Intravenous nutrient therapy can dramatically increase nutrient levels and improve the functionality of your immune system. There are several nutrient IV options to optimize your health and recharge your immune system. Intravenous nutrient therapy is nutrient delivery by way of a small needle inserted into the vein for direct delivery of nutrients that pack a substantial punch!

### Vitamin C

Intravenous vitamin C can increase your circulating vitamin C levels by 70 to 100 times the amount that oral vitamin C can. In times of compromised health, this is a great option. Low doses of intravenous vitamin C can help to keep your immune system robust.

### Intravenous Glutathione

Glutathione is the master detoxifier and antioxidant in the body. Every single cell uses glutathione, but it is most active in the liver, where the majority of detoxifying takes place. Remember that the big players in your immune system are white blood cells. Detoxifying protects your body from the assaults of daily living. Glutathione supports every cell in your body and is exceedingly beneficial to your immune system. Unfortunately, oral glutathione just doesn’t work. It gets broken down by the digestive process before it gets into your blood. So intravenous is the only way to get it.

### Myers Cocktail

No, it’s not available at the tiki bar! A Myers cocktail is a combination of vitamins and minerals that helps to support the cellular activity of your body. This combination just helps everything work better. In the best case scenario, only about 40 percent of supplements are absorbed by the body. The Myers cocktail gives you 100 percent absorption because it is delivered straight to your blood stream via intravenous infusion. It’s beneficial to everyone, no matter who you are.

There are numerous options and benefits of intravenous nutrient therapy. Most conditions can benefit from nutrient IV therapy. Contact Root Causes to find out how Nutrient IV therapy can benefit you!



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# THE POWER OF NUMBERS

By Dr. Leisha Cali

**T**he US is growing by 25 million people every decade. By 2030, the number of people over 65 will have doubled, and that means there will be a greater demand for health care services. This is cause for concern because we not only have a shortage of physicians, nurses, and allied health care professionals but we also have a lack of health care workers who can adequately speak more than one language. Communicating clearly and effectively to patients about their health situation and treatment options and doing so in a culturally competent way are essential skills today because language barriers have been reported to affect millions of health care consumers each year.

Hodges University is meeting the challenge of closing health care gaps through a variety of educational offerings and pathways, one of which is for residents who do not speak English as a first language. The multiplicity of languages and cultures

in our region is just one of the characteristics that makes Southwest Florida such a vibrant place to live. We are addressing the unique complexities of our region's population dynamics and growth with our intensive English as a Second Language (ESL) certificate and bridge programs. The certificate program is designed to enhance students' abilities to communicate in English so they can pursue employment. The bridge program helps students further develop their grammar, reading, and writing skills to do college level work.

Being fluent in another language often means you can navigate and communicate more effectively within another culture. Culturally competent workers possess vital skills in today's workplace, especially the health care fields, where the expression of concern, empathy, and hope can impact a patient's suffering and/or recovery. Having a medical professional speak your first language does at least two important things: First, it assures

you and your family that you are getting the proper care; second, it enables you to understand your health condition and options. That's especially important when we are facing critical health decisions. Trust is key when it comes to the relationship between a healthcare provider and their patients.

Florida Board of Governors recently reported that degree completion in healthcare fields increased by 18% at the undergraduate level and 12% at the graduate level in the State University System of Florida. At Hodges, we are doing our part in providing unique learning opportunities and pathways to help meet the higher demand for competent health care professionals in Southwest Florida. Our ESL pathways program is just one of these ways.

*Dr. Leisha Cali is the Director of ESL at Hodges University.*

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## What is OCD?

Obsessive-Compulsive Disorder is a mental health disorder that affects 1 in 100 people and occurs when a person gets caught in a cycle of obsessions and compulsions



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## Why Participate?

Clinical trials represent the latest research about your condition and may offer new treatment options. People participate in clinical trials for a variety of reasons:

- Participants might want to try something new.
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# After Childbirth Many Women Have a Weakened Pelvic Floor & Urinary Incontinence:

## How EMSELLA™ Can Help You

By Joseph Gauta, MD, FACOG

**A**fter childbirth, the pelvic floor, which protects and supports the internal pelvic organs may become weakened, stretched, less elastic, and less resilient. The weakened pelvic floor muscles can also cause overactive bladder and incontinence issues.

35% of women experience a weakened pelvic floor after childbirth, and this also occurs in women that have had C-sections because the unborn baby's weight is stabilized on the pelvic floor muscles.

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

While there are multiple ways to treat urinary incontinence, a revolutionary in-office "chair" is the most advanced, non-invasive, simplest treatment to date. Women are declaring it's impressive results in droves. EMSELLA™ treatment can help get your pelvic floor back in shape and help prevent further pelvic floor problems later in life.



The EMSELLA Chair is a non-surgical, non-invasive treatment that can greatly improve incontinence. Each 28-minute session is the equivalent of 11,200 pelvic floor exercises. The EMSELLA™ chair is being touted as the Kegel throne. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder sometimes as quickly as the first treatment

**Urinary incontinence pads cost women upwards of \$900 per year! You no longer have to miss out on life or suffer embarrassment due to incontinence issues. EMSELLA is the answer.**

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



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# Concerned About Cognitive Health... Please Check Your Hearing!

By Hoglund Family Hearing and Audiology Services

## Untreated Hearing Loss **DRAMATICALLY** Increases Risk of Alzheimer's Disease.

If you notice that you need the TV louder than other family members, or accuse people of **MUMBLING**, this could have much more significant implications than people realize! Hearing loss can have much larger consequences than just the frustration of misunderstanding friends and loved ones. Research shows a link between untreated hearing loss and dementia. Specifically, a pair of studies out of **Johns Hopkins University** found that hearing loss is associated with accelerated cognitive decline in older adults and that seniors with untreated hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. A third Johns Hopkins study revealed a link between hearing loss and accelerated brain tissue loss. **The researchers found that for older adults with hearing loss, brain tissue loss happens faster than it does for those with normal hearing.** Some experts believe that interventions, like hearing aids, could potentially delay or prevent dementia. Brandeis University Professor of Neuroscience, Dr. Arthur Wingfield, has been studying cognitive aging and the relationship between memory and hearing acuity. He says unaddressed hearing loss not only affects the listener's ability to "hear" the sound accurately, but it also affects higher-level cognitive function. Specifically, it interferes with the listener's ability to accurately process the auditory information and make sense of it.



John and Patricia Hoglund  
LHAS, BC-HIS, ACA

### How hearing loss affects cognitive function

"They say your brain is like a computer," says John Hoglund BC-HIS, ACA of **Hoglund Family Hearing and Audiology Center**. "Data gets into your computer through your five senses. The sense of smell, taste, and touch all give us information about the world around us, but most of the data getting into your computer all day, every day comes from our eyes with what we see and read... and our EARS with what we hear. There is a phrase that most people have heard from the computer field that says, 'garbage in ... garbage out!'"



We find that the ongoing misinformation and flawed data getting into 'your computer' begins to take its toll and lead to tragic consequences! We 'hear' with our brain, not with our ears. When we have a hearing loss, the connections in the brain that respond to sound become reorganized. Fortunately, for many people, hearing aids can provide the sound stimulation needed for the brain to restore the normal organization of connections to its 'sound center' so it can more readily react to the sounds that it had been missing and cognitively process them."

"The sharpness of an individual's hearing has cascading consequences for various aspects of cognitive function," said Wingfield, "Even if you have just a mild hearing loss that is not being treated, cognitive load increases significantly," Wingfield continued. "You have to put in so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard into your memory." As people move through middle age and their later years, Wingfield suggested, it is reasonable for them to get their hearing tested annually. ***If there is a hearing loss, it is best to take it seriously and treat it!***

### The increased risk of Dementia makes it critical to correct your untreated hearing loss!

People with severe untreated hearing loss, the study reports, were five times more likely to develop dementia than those with normal hearing. **Even mild untreated hearing loss doubled the dementia risk.**

"That risk appeared to increase once hearing loss began to interfere with the ability to communicate — for example, in a noisy restaurant. It is therefore recommended that regularly scheduled Hearing Tests should be a part of Senior's routine medical testing," says Frank Lin, M.D., assistant professor in the Division of Otology at Johns Hopkins University School of Medicine. He continues, ***"hearing loss should be addressed as early as possible before these negative consequences begin to develop."***

## FREE HEARING TESTS OFFERED FOR EVERYONE!

Due to the critical importance of insuring that people do not suffer the negative effects of untreated hearing loss, Hoglund Family Hearing and Audiology Center is offering **FREE HEARING TESTS** throughout Southwest Florida! Please Call **(239) 360-3753** to schedule your free evaluation!

### Baseline Memory Tests Also Available from Neuropsychiatric Research Center!

The entire month of July, our Clinical Staff will perform these evaluations and furnish a dated copy for your medical records, as well as supplying a full report to your Primary Care Physician and your Neurologist! "I feel that everyone over the age of fifty should have both a **Baseline Hearing Test and Baseline Memory Test** in their personal medical records," John Hoglund stated. "There is just too much evidence to ignore this tie between the two conditions!"

The Clinical staff of **Neuropsychiatric Research Center** have agreed to perform these **Memory Screenings at NO CHARGE** for our Patients. We will submit a referral to them on your behalf if you request one during your appointment. **They will also share the exciting updates with the new FDA approved Alzheimer's Disease medication from BIOGEN.**

**KNOWLEDGE IS POWER** when it comes to your health, and you will learn a tremendous amount about Hearing and Memory during these clinical visits so please give us a call. As we always say, "All it will **COST** is a little of your **TIME**... but the **KNOWLEDGE** you receive may be **PRICELESS!**"

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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

**W**alking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

## What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and the often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

**MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?**



## Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

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## Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, and is covered by Medicare and most insurances.

## PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing.

Research studies and clinical practice have shown PRP therapy is very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

## Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your non-surgical treatment options – even if other doctors have told you that surgery is the only answer.



# MICRONEEDLING FOR HYPERPIGMENTATION

**M**icroneedling is most well-known for its anti-aging benefits popularized by Kim Kardashian's "Vampire Facial," but can also be beneficial in managing hyperpigmentation. As a relatively new treatment, microneedling shows promising results for skin rejuvenation as well as correction of hyperpigmentation.

How does microneedling achieve what seems like miraculous results on such a variety of different skin conditions? Microneedling safely penetrates the dermis with minimal, if any, damage to the epidermis. This ability to preserve the epidermis during the treatment is what sets microneedling apart from its counterparts such as chemical peels and lasers. As the needles penetrate through the stratum corneum (the outermost layer of the epidermis), they avoid the bi-layered lipid barrier that is used to protect the dermis and structures below. When these micro-channels are created, not only is the body's wound healing cascade triggered, but it also creates a pathway to deliver any desired nutrients to the dermis. In more recent years, microneedling has shown promising results for hyperpigmentation. How does microneedling improve the appearance of hyperpigmentation? It restores keratinocyte and fibroblast function. The cells' restorative function ultimately normalizes cell signaling between the melanocytes leading to improved pigment uptake.



Proper preparation and after care in the treatment of hyperpigmentation with microneedling is vital to desired effectiveness. Additionally, 2-6 weeks prior to treatment (stopping at least 5 days prior to microneedling procedure) the use of a combination of tyrosinase inhibitors such as hydroquinone, azelaic acid, tranexamic acid and kojic acid to name a few is highly encouraged. The use of retinoids such as retinoic acid or retinol can potentiate results. Incorporating topical antioxidant serums such as vitamin C, vitamin E or ferulic acid will enhance the possibility of optimal results, as well as other topical skincare products such as copper peptides and growth factors. The most important product is daily use of at least SPF 50 sunscreen. Although microchannels usually close between 10-15

minutes post procedure, nightly application of a prescription strength depigmentation cream 24 hours post-procedure should significantly reduce pigmentation. Continued daily SPF 50 or above is vital as well. Subsequent procedures are encouraged for optimal results usually 4-6 weeks apart. After 3 months of using the prescription depigmentation cream, gradually switching to hydroquinone-free tyrosinase inhibitors will minimize or eliminate the potential for adverse side effects such as worsening hyperpigmentation.

While microneedling has many known benefits for skin health, there are a few contraindications with its use. Microneedling should not be done on those with active acne, as it can encourage the spread of *Cutibacterium acnes* bacteria. Those with any history of herpes infection should avoid microneedling, but if going forward with treatment, practitioner should use caution and prep them properly with an anti-viral medication prior to microneedling treatment. A patient who has any blood clotting disorder, such as thrombocytopenia or is on any blood thinners should avoid microneedling treatments. Those with severe chronic skin conditions such as eczema and psoriasis are not typically ideal clients for microneedling. Those undergoing chemotherapy or radiation are also not candidates for this procedure. Instead, patients can opt for more conservative treatments and skin care products that gently resurface the skin overtime while avoiding provoking any health complications.

**To schedule your appointment, please call (239) 437-4110 today.**

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# ARE YOU AT RISK FOR EYE DISEASE?

By Debra Florio

**T**here are many vision disturbances and diseases that affect us as we age, and these diseases have become a major health concern. More than 1 out of 3 Americans have vision reducing eye disease by age 65. The more common vision diseases are:

## Cataracts

A cataract develops when the lens in your eye, which is normally clear, becomes foggy. Cataracts are common among older people. More than 50% of people aged 80 and older will develop cataracts, in one or both eyes. Sensitivity to bright light, sunlight and headlights, double vision, and changes in the clarity and colors are diminished. Some contributing factors:

- Aging
- Smoking
- Heavy pollution
- Excess alcohol use
- Family history
- Certain medications and supplements (talk to your MD).

## Dry Macular Degeneration

It is unknown of the exact cause of Dry Macular Degeneration; however, research indicates it may be affected by a combination of heredity (your genes) and environmental factors, including smoking, obesity, and diet.

The condition develops as the eye ages. Dry macular Degeneration affects the macula - an area of the retina that is responsible for clear vision in your direct line of sight. Over time, tissue in your macula may thin and lose cells responsible for vision.

## Wet Macular Degeneration

Wet Macular Degeneration is a condition in which new blood vessels grow in the choroid layer behind the retina. The new vessels are weak, and they leak fluid, lipids (part of the structure of cells), and blood. The leaking gets into the layers of the retina - including the layers of the macula - and can cause scar tissue to form and retinal cells to stop functioning.

Risk Factors:

- Smoking
- Poor diet
- Uncontrolled heart disease and high blood pressure
- Obesity and sedentary lifestyle
- Avoiding regular eye exams
- Unprotected exposure to U.V. rays

## Glaucoma

Glaucoma, an eye disease that damages the optic nerve. Good optical nerve health is vital for your vision. The damage is usually caused by an extremely high pressure in your eye. As this nerve gradually deteriorates, blind spots develop in your visual field.

Glaucoma typically affects individuals over 60 and is one of the leading causes of blindness. However, Glaucoma can occur at any age. Risk factors:

- Having a family history of Glaucoma
- High internal eye pressure (intraocular pressure)
- Being over age 60
- Ethnicity: African American, Asian, or Hispanic
- Heart disease, high blood pressure, sickle cell anemia and diabetes
- Eye injury
- Certain medications taken long term

## Diabetic Retinopathy

Diabetic Retinopathy is a complication of Type I or Type II Diabetes. Uncontrolled sugar in the blood eventually blocks the nourishment to the retina and cuts off the blood supply. Risk factors:

- Non-compliance, uncontrolled blood sugar
- High cholesterol, high blood pressure
- Pregnancy
- Long history of diabetes
- Smoking
- Ethnicity: African-American, Hispanic or Native American

## ALL HEALTH IS CELL HEALTH!

One Way to charge and energize your cells to enable your body to fight off eye disease is P.E.M.F. Therapy, (pulsed electro-magnetic field 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 cell 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 cell health.

Sources:

<https://www.mayoclinic.org/diseases-conditions/wet-macular-degeneration>

<https://www.healthline.com/nutrition/eye-vitamins>

<https://www.cdc.gov/visionhealth/basics/ced/index.html>

P.E.M.F. can help prevent eye diseases including macular degeneration, glaucoma, cataracts, diabetic retinopathy, and other eye diseases, because it is effective in increasing micro-circulation in the eye, decreasing inflammation, and assisting in nerve repair.

## P.E.M.F. Therapy Benefits for the Eyes

- Better micro-circulation
- Decreased inflammation and swelling
- Improved oxygenation in tissue
- Enhanced cellular and retinal nerve repair

While receiving your P.E.M.F. therapy, you could also receive our Eye Health IV plus Vitamin C. Intravenous therapy offers the best transportation of nutrients into a cell membrane that has been primed with the P.E.M.F. for the greatest absorption.

Eye Health IV therapy including Vitamin B1, 3, 6, B9, and other nutrients, plus vitamin C is a strong preventative treatment for most eye diseases.

## Benefits of Eye Health IV Therapy including Vitamin C

- No gastrointestinal discomfort and better absorption
- Reduces the risk of cataracts
- Slows down the progression of Macular Degeneration
- Reduces cell and nerve damage
- Anti-Inflammatory
- Increase blood circulation

At Optimal Health and Wellness, we are proud to offer this combination of I.V. infusion therapy and P.E.M.F. therapy. You may contact us for a complimentary consultation to determine how we can help you to achieve your Optimal Health and Eye Wellness.



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

*Affiliate of UFirst Health and Rejuvenation*  
*Dr. Anne Lord-Tomas, Director*  
 12650 World Plaza Lane, Bldg. 72-2  
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# The Weight of Obesity

## Weight loss may save you from severe joint pain and brittle bones

**O**besity is a common focus in health-related industries, but did you know that excess weight can also affect your joints and weaken your bones? Obesity is frequently the foundation of osteoarthritis and brittle bones. Osteoarthritis is the most common form of arthritis and is caused by the wear and tear and overuse of joints. Excess body fat can also promote the development of arthritis by releasing chemicals that increase the development of inflammation within the body.

Harvard Medical School reports that on level ground, a 200 pound person puts about 300 pounds of pressure on his or her knees just by walking. This is equivalent to 1.5 times the individual's body weight. This burden increases significantly when walking up and down the stairs or squatting. According to Johns Hopkins Arthritis Center, an additional 10 pounds of weight can increase the force on the knee 30-60 pounds with each step.

If you are affected by excess weight or obesity, you are likely putting extra stress on weight-bearing joints, such as the knees, hips, feet, ankles and spine. Because of the stress that additional body weight is putting on your joints, wear and tear is more likely to occur. This can put your body at risk of developing osteoarthritis because the excess weight will put additional strain on the cartilage, causing it to wear down. Without the cushion of the cartilage, the surface of the bones in the joint will rub against one another causing severe joint pain, swelling and stiffness.

Aside from joint-related issues, obesity also puts you at risk of developing weakened bones that are prone to breaks or fractures. When higher levels of stress are placed on bones, they will eventually wear down, creating fragile and easily broken bones.

The important thing to learn is how to protect your body from the painful consequences of obesity and the overuse of your joints. Losing weight is a proactive measure for fighting osteoarthritis. Exercising and eating healthy, well-balanced meals can help to not only lose weight but to maintain healthy bones and joints as well. Low-impact exercises, such as walking, biking, swimming, yoga and stretching can help build strength and promote proper range of motion in your joints. In addition, incorporating calcium and Vitamin D in your meals will promote bone mass development and help prevent brittle bones.

Weight loss can prove to be advantageous for your joint health. Studies have shown that obese individuals who lost approximately 11 pounds reduced their risk of developing osteoarthritis by 50 percent. Losing weight not only decreases your likelihood of developing arthritis, it also prevents bones from becoming brittle and prone to breakage.

If the damaged joint causes severe pain, the best option may be to replace the injured joint with an artificial joint. According to Obesity Action Coalition, obese individuals are 20-times more likely to need a knee replacement surgery than one of average weight

and they are also likely to need this surgery many years before someone who is not affected by obesity.

If you are preparing for joint replacement surgery, it is important to shed those extra pounds to ensure that your body will be able to heal without additional stress being placed on the joints. Many doctors recommend reducing your weight and body mass index (BMI) before surgery. In fact, weight loss may allow you to delay surgery, or reduce the need for it at all. Obesity makes you a potentially high-risk patient for replacement surgery.

If you are experiencing joint pain, it is important to speak with a doctor to discuss your options for pain relief. Dr. Edward R. Dupay, Jr. and his staff are ready to answer your questions.



**Edward R. Dupay, Jr, DO**  
Board Certified

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

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

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# MY SELF WELLNESS CENTER OFFERS FREE PTSD TREATMENT TO SELECT VETERANS

**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. "As part of our commitment to the SWFL community and in an effort to support our armed forces, we've teamed up with the PTSD Awareness Summit and the Collier County Veterans Council to offer free treatment to eligible veterans," commented Charles Patti, Brand Ambassador of MY Self Wellness Center. "The CCVC will screen and select veterans for this program, and we will then proceed with our own internal evaluation to make sure they are a good fit for Ketamine therapy to begin healing their 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 Bohdichitta, 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.

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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3541 Bonita Bay Blvd, #200  
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# What Types of Conditions Does Physical Therapy Now Treat?

**A**t our beautiful, state-of-the-art Physical Therapy Now facility in Cape Coral, our skilled therapists can help with all types of conditions, including pain, weakness, limited mobility, stiffness, balance issues, pre and post surgery, injuries such as those sustained on the job (workers compensation), in car accidents, on the playing field, and others.

## Some of these injuries include:

- Spinal injuries
- Fractures
- Soft tissue injuries such as whiplash
- Other head and neck injuries, including concussions (TBI)
- Muscle strains and sprains
- Ligament and tendon injuries
- Knee and Ankle injuries
- Back and Shoulder injuries

Whether you tore an ACL on the football field, strained your lower back at work, obtained an injury on the golf course, suffered a neck injury and concussion in an auto accident, or simply strained your forearm throwing a ball in the backyard with the kids, Physical Therapy Now has you covered. Your healing is our priority.



## How Does Physical Therapy Now Treat Injuries?

That all depends on the type and severity of your injury. But regardless of your injury, we'll take great and wonderful care of you. We're ready to serve you and get you feeling your best with the following services:

- Ultrasound therapy
- Electrical Stimulation therapy
- Stretch therapy
- Exercise therapy
- Manual therapy
- Muscle strain/sprain therapy
- Functional capacity evaluations
- Lumbar and Cervical Traction
- Graston Technique therapy
- Balance therapy
- Vertigo therapy
- Iontophoresis therapy
- And much more!

With all of these options, you'll walk out of our Cape Coral facility knowing that you got the right care for your particular pain, injury or condition.

While the fact that you need physical therapy is nothing to celebrate, if you live in or near Cape Coral, there is some excellent news! Physical Therapy Now offers the best in physical therapy treatment options, and what's more... it's located nearby, at the intersection of Pine Island Road and Nicholas Parkway!

## Why Physical Therapy?

A common misconception is that PT is just for rehabbing injuries. But physical therapy is also great for the body in many ways. Besides providing rehab for injuries and surgeries, physical therapy can also:

- Help you avoid surgery for an injury
- Manage pain from your injuries
- Prevent long-term damage to your body
- Increase flexibility where you might be experiencing tightness, stiffness or soreness
- Build or rebuilds strength
- Help expedite your recovery

So, really, the question should be...why NOT get physical therapy? Especially at Physical Therapy Now, where our amazing therapists and staff will take great care of you and get you back on your feet.

## 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.

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# CAN HEMP DERIVED CBD HELP YOU SLEEP BETTER?

**W**hen we sleep, we promote healing properties throughout the body. Getting a good night's sleep is critical for optimal health. The side effects and complications associated with sleep disorders are irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, depression, behavioral issues, stroke, and brain function impairment. If not rectified, over time, sleep deprivation can lead to heart attacks, stroke, diabetes, and other serious complications.

According to the National Sleep Foundation, insomnia and sleep disruptions can be caused by the following:

- Medical conditions (sleep apnea, back pain, acid reflux, arthritis)
- Depression
- Anxiety
- PTSD
- Lifestyle Disruptors (naps, shift work, circadian rhythm imbalance)
- Medications
- Caffeine
- Alcohol
- Nicotine
- Heavy meals

## Recent Study on CBD & Insomnia

In 2019, Dr. Scott Shannon and his researchers conducted a study called, "Cannabidiol in Anxiety and Sleep: A Large Case Series." Their objective was to determine whether CBD helps improve sleep and/or anxiety in a clinical population. The final sample consisted of 72 adults presenting with primary concerns of anxiety or poor sleep. Anxiety scores decreased within the first month in 57 patients (79.2%) and remained decreased during the study duration. Sleep scores improved within the first month in 48 patients (66.7%) but fluctuated over time. CBD was well tolerated in all but 3 patients. Their conclusion reported that cannabidiol may hold benefit for anxiety-related disorders, and that more controlled clinical studies are needed.<sup>1</sup>

Source:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6326553/>

This suggests that CBD could possibly help increase the total amount of time that you sleep at once – helping insomniacs get a full night's rest without the use of chemical sleep aids. This is more evidence that CBD can work similarly to THC without having a psychoactive impact that is debilitating or in some situations cause drowsiness that is too much for normal function.<sup>1</sup>

If you have diagnosed insomnia, tinctures of CBD oil, gummies or other supplemental versions may be suitable for your condition.

## Studies have shown multiple health benefits of CBD:

- Relieves pain
- Anti-inflammatory response
- Lessens nausea
- Reduces anxiety
- Reduces cognitive impairment
- Anti-tumor factors
- Cancer cell death
- Cancer cell growth inhibitor
- Reduces Seizures/anticonvulsant
- Anti-psychotic
- Improves sleep
- Fights viral infections
- Relaxes muscles
- Anti-muscle spasm mechanisms
- Reduces beta-amyloid plaque
- Promotes pet health and reduces anxiety
- Reduces skin inflammation
- Brightens and tightens skin

## CBD Explained

Our brains and nerve cells have cannabinoid receptors, so our bodies react naturally to cannabis (industrial hemp). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with industrial hemp, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory, and much more.

**CBD derived from Hemp Oil is becoming a trusted source by many individuals for its multiple benefits.**

## The Quality of Hemp Products is Critical

Strict analysis and product quality through highly-regarded labs such as Kaycha. This process and certification makes certain that your hemp products are clean, free of mycotoxins, heavy metals and other harmful substances.

Hemp Joi offers multiple varieties of products from gummies to tinctures and salves. Hemp Joi is also a carrier of the highly sought out Delta 8 products.

## What is Delta 8?

Delta 8 is derived from THC and is less potent and is thought to have less psychoactive components than Delta 9. According to the National Cancer Institute, Delta 8 is described in the following way:

## Delta-8-Tetrahydrocannabinol

An analogue of tetrahydrocannabinol (THC) with antiemetic, anxiolytic, appetite-stimulating, analgesic, and neuroprotective properties. Delta-8-tetrahydrocannabinol (delta-8-THC) binds to the cannabinoid G-protein coupled receptor CB1, located in the central nervous system; CB1 receptor activation inhibits adenylyl cyclase, increases mitogen-activated protein kinase activities, modulates several potassium channel conductances and inhibits N- and P/Q-type Ca<sup>2+</sup> channels. This agent exhibits a lower psychotropic potency than delta-9-tetrahydrocannabinol (delta-9-THC), the primary form of THC found in cannabis.

## About Hemp Joi

It all started back in 2019, we set out to change the way the world deals with chronic aches and pains. Having a background in functional medicine and a passion for entrepreneurship, we set out to bring quality products to the greater SW Florida area and beyond.

We were inspired by family members, in the massage therapy industry, that kept getting requests from clients to use CBD oils because of their natural healing properties.

We felt this was a great and underserved need, so we began our search for the most natural most authentic CBD oils and lotions.

Please visit us at [hempjoi.com](https://hempjoi.com), stop by, or call us to find out more at (239) 676-0915.





# Respiratory Health Issues?

## How Salt Might Be the Answer You Need

**E**very year through research, clinical studies, and client testimonials, we are learning more and more about the amazing benefits and long-term relief Salt Therapy can provide on the respiratory system. Salt therapy is a 100% drug-free, effective, natural therapy for allergies, asthma, sinusitis, ear infections, as well as other respiratory and skin conditions that people of all ages can safely enjoy!

### What is a Salt Therapy Cave?

During each 45-minute session inside the Salt Cave, you will find yourself surrounded by 15,000 pounds of beautiful Pink Himalayan Salt that covers the walls and floor. Our Salt Room is fully equipped with a dry salt aerosol generator and monitoring salt sensor. This system is used to grind and disperse salt, in controlled particle sizes and concentration levels, into the air for inhalation. These controlled parameters allow for an optimal balance of effectiveness and safety in the delivery of ultra-fine, dry salt micro-particles. The inhalation of salt with each relaxing breath you take can penetrate to the deepest parts of the lungs, open airways, break up mucus, absorb excess moisture, calm an agitated respiratory tract, as well as destroy fungus and bacteria in the mucosal lining and on the skin, to help you breathe easier and feel better. You can take off your shoes if you like, relax in a zero-gravity lounger, and listen to serene background music while you unwind and relax in the salt Cave.



### Salt Therapy Benefits:

- Asthma
- Allergies
- Sinusitis
- Ear infections
- Bronchitis
- Colds
- COPD
- Psoriasis
- Eczema
- Immune support
- Relaxation, stress relief, and more!

With the increase of today's environmental pollution and irritants, the importance of sinus and respiratory health is rising. For more information on how to incorporate salt's natural anti-inflammatory and anti-microbial properties into your health routine this year please call us at (239) 318-4716.

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# ALL CRYOTHERAPY IS NOT EQUAL—AT IRON DNA, THEIR SYSTEM IS EXCLUSIVE

**C**ryotherapy can help reduce inflammation, treat chronic pain, relieve arthritis, boost metabolism & tighten skin. During this summer season, we all could use a little extra help. Whether you want to tighten, brighten, lose inches or reap the rewards of the multiple systemic health benefits, you need to know about Iron DNAs Cryotherapy system.

Iron DNA is always on the cutting edge of fitness, health and wellness. That's why they invest in the most advanced techniques and equipment like TITAN Cryo™.

## TITAN Cryo™

With Titan Cryo, the guess work is obsolete because of the incredible technology and superiority of the equipment. Cryotherapy is a fast and healthy process that accelerates the body's natural recovery while improving overall well-being and energizing the body.

Cryotherapy is a completely dry, noninvasive, hyper-cooling process that can lower a person's skin temperature by 30°F during a session of up to 180 seconds. While inside the TITAN CryoCabin™, the entire body is enveloped by hyper cold air pulsating at a temperatures below -170°F.

## *Cryotherapy accelerates the body's natural recovery process.*

### How Safe is Cryo?

Specifically, when using a TITAN CryoCabin you will have the safest experience possible. They've taken great measures implementing advanced technology for client safety. **In fact, no other equipment on the planet is as safe!**

TITAN has what is referred to as "redundant safety features" A TITAN session can be terminated by the client, by the cryo-tech and even automatically. Designed by the brilliant design engineers, should the clients head go below the top rim for just a few seconds, the ultrasonic sensor will trigger an immediate stop and open the cabin door automatically releasing all the vapor from within the cabin. Not to mention, the client could simply push open the magnetically closed door to stop a session and release all the vapor from within the cabin.



For additional safety, protective gloves, socks, undergarments, and slippers are worn to protect sensitive areas. During a session, a client's head is above the top rim of the cabin to allow constant communication with the cryo-tech.

### How Often Should I have CRYOTHERAPY?

We recommend no less than six sessions during the first two weeks to allow the body to actively adjust and realize new habits. Thereafter, a typical and effective regimen would be 2 to 3 sessions a week.

Iron DNA experts are highly trained in multiple areas of fitness and wellness. Trust that when you get Cryotherapy, you're in the best hands. Come enjoy the experience and try a session for yourself.

### 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.

### 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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# Along with Cardiovascular Health Benefits, Exercise Increases Overall Wellness

By Dr. Joseph Freedman MD, MBA

**J**AMA published a study in 2018 that found that those who do not exercise have an increased risk of premature death, outweighing, diabetes, cardiovascular disease, and even cancer-related conditions. In addition to all of the primary health benefits, regular cardiovascular exercise is also known to increase brain-derived neurotrophic factor (BDNF), which is a protein that protects the brain and improves cognitive function. You should always talk to your physician about the right exercise plan for you.

## Exercise Benefits

Exercising on a daily basis is best, but 3- 5 times per week is also favorable. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation improves nutrient, and oxygen-rich blood flow helps build strength, can increase weight loss or help to maintain and healthy weight. If you can work out at the maximum level, it's incredibly beneficial for cardiovascular health and many other conditions.

## Water-Based Exercise

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases, arthritis, or balance issues. The level of oxygen in the blood increases in water, which is ideal for anyone, especially those with vascular problems. The oxygen consumption (VO2) is three times greater in water than on land.

Working large muscle groups leads to this uptake of oxygen or VO2. Doing the same level of exercise on



land increases the heart rate at a much higher level than with water-based therapy and can be dangerous for some individuals. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

Exercise improves circulation, lowers blood pressure, helps elevate mood, increase stability, protects (and regenerates) bone health, raises HDL and lowers LDL cholesterol levels, burns body fat, increases muscle strength, and much more.

**Talk with your physician about the right exercise plan for you.**

Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, improves nutrient and oxygen rich blood flow and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

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.

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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.*



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**Joseph Freedman**  
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*Joseph Freedman is a Board Certified physician with specialization in the field of Cardiology.*

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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.

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# Implant Dentistry CAN GIVE YOU A NEW SMILE!

By Dr. Ricardo S. Bocanegra, DDS

If you're missing teeth, implant dentistry may be the best option to get a new smile. Dental implants can improve your smile in a variety of ways, and some of them may even be surprising. Here's what you need to know.

## Understanding the Basics of Implant Dentistry

Implant dentistry has existed since the 1980s, but it's really gained popularity in the last decade. Essentially, when you get a dental implant, we put a small metal post in your jaw bone. The jaw bone ossifies around the post, and then we place a crown on the post. The result is a prosthetic tooth that looks and feels just like a natural tooth.

## Replacing One or More Teeth

The most noticeable way that implant dentistry helps to preserve your smile is by replacing missing teeth. You can replace one or multiple missing teeth with implant dentistry. If you just need to replace a single tooth, the process is exactly as described above. Typically, if you are missing several teeth, we will place implants in different locations in order

to distribute the pressure of the bite. The hybrid denture is when they place a bridge between the implants. There are also full dentures that can work with implant dentistry. With this option, the implants work as anchors for your dentures, and you just snap the dentures into place. This creates a more secure, natural feeling fit.

## Preventing Future Decay

On an aesthetic level, implant dentistry helps to improve your smile, but implants also help your smile in other, indirect ways. When you are missing teeth, other teeth often began to move into those areas. Your mouth has a natural tendency to fill those gaps. As that happens, your teeth come out of alignment. This can lead to issues with chewing, headaches, and even TMJ syndrome. On top of that, when your teeth rub against each other due to misalignment, that can trap food debris and lead to cavities. By choosing implant dentistry, you help to minimize some of the risk of future decay.



## Preserving the Integrity of Your Jaw Bone

Implant dentistry can also help to preserve the integrity of your jaw bone. When you are missing teeth, your jaw bone starts to deteriorate. You can see this effect in many people who have lost all their teeth. Their jaw line loses its strength, and the mouth almost seems to collapse in on itself. Basically, this happens because when there aren't any teeth with roots to stimulate the jaw bone leading to the atrophy and resorption of the jaw bone. Dental implants mimic the role of the root of the teeth. They convince the jaw bone that it is still integral to the body's function. This prevents the jaw bone from deteriorating and safeguards your smile.

Dental implants are changing the way people live. With them, people are rediscovering the comfort and confidence to eat, speak, laugh and enjoy life. For more information about dental implants or to schedule a consultation appointment, call our office in Fort Myers, FL at 239-482-8806.



Ricardo S. Bocanegra, D.D.S.

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# OCD: PARTICIPANTS NEEDED

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**D**uring the past year and a half due to the pandemic, people have become much more obsessed with hygiene. Many have joked about having OCD due to how many times they wash their hands each day, but for a person with OCD, it is no laughing matter. The distress that comes with the anxiety, urges and abnormal compulsions plague the majority of their day.

**Obsessive-Compulsive Disorder is a mental health disorder that affects 1 in 100 people and occurs when a person gets caught in a cycle of obsessions and compulsions.**

**O**- Obsession  
**C**-Compulsions  
**D**-Distress

## There are different types of OCD

- Checking
- Contamination
- Mental Contamination
- Hoarding
- Ruminations
- Intrusive Thoughts

An example of the symptoms of OCD are checking to make sure the stove is off over and over again and worrying that when you leave the house, you have forgotten. Along with checking throughout the day, it's not uncommon for those suffering with "checking" disorders to have to come back home to check on an issue multiple times, or to get out of bed to check.

**OCD can be triggered by stress, abuse, trauma, depression or crisis.**

If you are between the ages of 18 and 65, there is a new clinical trial for those that think they may have or have been diagnosed with OCD.

At ARHI (Advanced Research for Health Improvement), they are studying an investigational drug to potentially help treat the symptoms of OCD. Adults with OCD who are not satisfied with their current medication may be eligible to participate in a study with an investigational medication that would be added to their current medication.



## 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.

At Advanced Research for Health Improvement, 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.**

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



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# MEDICAL MARIJUANA

## Edible Dosing, Certified Physicians and Dispensary Information from Certified Marijuana Doctors

**T**here are various forms of medical marijuana such as smoking, tinctures, vapors and edibles, but many people are still uncertain of which form is best for them personally. And that's a critical question and more importantly, it's why a certified medical marijuana doctor with extensive research and experience is your best option. The physicians at Certified Marijuana Doctors take great care to understand your condition and how best to dose your initial medical marijuana trial, or to tweak dosing for those that are already familiar with how it affects them personally.

Without an expert to guide you, you can end up having adverse side effects like nausea and paranoia. And because edibles are one of the most requested forms of medical marijuana, the fact that they can easily be overeaten, often leads to unpleasant effects. Being certain of if you specific dosing is essential.

### It's important to understand how and why medical marijuana works

The endocannabinoid system was discovered in 1992, yet most medical schools, and nursing programs have not added it to their curriculum. Studies showing the benefits of cannabis (marijuana) on the endocannabinoid system were mostly blocked by the Federal Government.

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

### A Note on Dispensaries and Vertical Integration

Since Florida's medical marijuana programs inception, vertical integration has been the main force behind each dispensaries operation. What this means is that each dispensary is responsible all the way from seed to sale, making it extremely costly to get your feet wet in the industry. If you include the cost of obtaining a license

as a medical marijuana business, the cost to get started can get into the tens of millions. This leaves us the question of "when will small businesses be able to flourish and profit from the industry alongside the conglomerates"?

Industry heavy hitters such as Trulieve, which currently holds the title for 54% of the entire market share in Florida, have completely taken over the state and leaves patients yearning for more options and better competition. Vertical integration inadvertently creates an uncompetitive environment as instead of having thousands of businesses compete for the top, there are about ten multi-million dollar firms coming in with millions ready to invest. Some argue it's unfair but there is a reason behind this; liability. Florida has one of the stricter programs in the U.S. and as such, it was started with an extremely limited selection of products and the laws were made this way so that each company had 100% responsibility for every step of the process. This makes regulation easier for the governing heads in charge of such but ultimately leaves out opportunities for small business to get involved, leading to all the profit going straight into the pockets of companies already set up across the states.

What does this mean in 2020? Well, there is one underdog that has finally had its moment with its single brick and mortar location in Spring Hill, Florida and they go by the name "The Botanist". While they aren't a true underdog, with them being a state-wide company, they are still the smallest dispensary to successfully have operations in the state with products that are actually worth making the trip for. Patients from Miami have made the 10 hour round trip just to see the difference between products of theirs and the rest of the competition. While seeing high percentage flower isn't too unusual in Florida (with Rise's Velvet Glove coming in at a hefty 31.8% THC), it is unusual to see consistent 20% and higher strains with proper curing and high percentages of terpenes. A small glimmer of hope that will eventually set the standard for the rest as they open more stores and create a healthier competition of better product rather than micro efficiencies to squeeze every last dollar out of the process."

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# HIGH NET WORTH ESTATE PLANNING IN FLORIDA [AND THE FUTURE OF A-B TRUSTS]

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

**A**ffluent estates often require special planning goals like long-term preservation of family heirloom assets, deterrence of squandering, and – of course – reduction of estate-tax liability. Under current (2019) rules, only estates valued at \$11.4 million or more qualify for federal estate taxes. But for those that qualify, the rates go as high as 40%. Thirteen states and Washington, D.C., add estate taxes at the state level. Florida, however, is not among them – just one of the reasons Florida is a great jurisdiction to plan a high-net-worth estate.

Not only does Florida's state government not impose any income, estate, inheritance, or gift taxes, but state law also recognizes most forms of joint ownership (e.g., POD and TOD designations, joint tenancy, tenancy by the entireties) that allow assets to pass outside of probate with minimal transaction costs. Even more, Florida's version of the Rule Against Perpetuities permits dynasty trusts to endure for over 300 years, or all but indefinitely. All told, Florida's estate-friendly legal climate affords planners an impressive assortment of Florida wealth-transfer options to choose from.

Most high-net-worth estate plans in Florida rely on some combination of strategic gifts, trusts, and wills. In practice, the three frequently work symbiotically. For instance, gifts might be used to fund a trust in Florida. Or, a last will & testament in Florida might create one or more testamentary trusts. A testamentary trust in Florida is a trust declared in a will and funded using assets that pass through probate, allowing the testator to leave instructions for use of assets after death, while retaining control during life. A living trust, on the other hand, is a revocable inter vivos ("during life") trust in Florida that can accomplish many of the same objectives as a will, but without the need for probate.

Living trusts are sometimes touted as a will replacement to be used instead of a separate will. While this is occasionally possible, it is often a false choice. Many estates, especially high-net-worth estates, are best served with a will in place, even if it's just a pour-over will acting as a safeguard in case any assets aren't otherwise accounted for.

## A-B Trusts (a/k/a Bypass Trust) in Florida

When a married couple is planning an estate, the strategy typically involves putting the estate assets into different "buckets" for estate tax planning purposes. This is the idea behind A-B trusts, for spouses to reduce or eliminate estate taxes by taking full advantage of the unlimited spousal exemption and both spouses' lifetime exemptions. When one spouse dies, the tax code allows him or her, through the unlimited spousal exemption, to transfer all wealth to the surviving spouse with no estate tax liability. The problem, historically, was that, when the second spouse died, the estate would be taxed on all wealth exceeding the second spouse's exemption. So, the first spouse's exemption was essentially wasted. Enter the A-B trust.



An A-B trust is actually two complementary trusts created through a will or living trust. Upon the death of the first spouse ("Husband"), the A Trust (or "marital trust") is funded with all assets exceeding the value of Husband's exemption. The A Trust is exempt from estate taxes under the spousal exemption because the surviving spouse ("Wife") is the beneficiary. At the same time, the B Trust (or "bypass trust") is funded up to the amount of Husband's exemption. B Trust can be used to support Wife, but Wife cannot have any ownership interest or control over the assets. Upon Wife's death, the wealth in both trusts passes to other designated beneficiaries. The value of assets in the A Trust is subject to estate taxes after applying Wife's exemption, but the B Trust is not included within Wife's estate.

The utility of A-B trusts was limited by a 2011 amendment to the tax code that made estate tax exemptions "portable" between spouses. Under the new portability, a surviving spouse can claim the amount of any estate tax exemption not used by a decedent spouse by simply filing a form with the IRS. Then, upon the surviving spouse's death, the effective exemption amount will be the survivor's exemption, plus the unused portion of the first spouse's exemption.

At first glance, this would seem to make A-B trusts irrelevant, particularly when combined with the recent dramatic increase in the estate tax exemption. However, some estate-planning attorneys have noted that, although taking full advantage of both spouses' federal exemptions is the primary benefit of A-B trusts, it is not the only benefit. Of the states that have imposed estate taxes, only two (Hawaii and Maryland) had adopted exemption portability. And all of those states have substantially lower exemption amounts compared to the IRS.



For residents of Florida, where there is no state "death tax," that's less of a concern – unless a surviving spouse might move to a state with the tax. However, there are other situations in which an A-B Trust, or something similar, could still be useful. Perhaps most notably, an A-B trust can be used to ensure that a surviving spouse is fully provided for during life, but that the appropriate heirs ultimately inherit the estate in the appropriate amounts. That is, an A-B trust protects against, for example, a surviving spouse's disinheriting the decedent spouse's children from a prior marriage; or against attachment by the surviving spouse's creditors; or against wasteful spending by the surviving spouse.

Further, while the gift and estate tax exemption is now portable, the GST exemption is not. So, if, for instance, a couple wants to leave substantial wealth to grandchildren – perhaps to avoid squandering by the intervening generation – an A-B trust may be necessary to gain maximum benefit of the GST exemption.

And, finally, there's the question of appreciating assets and inflation adjustment. An exemption transferred through portability is not indexed for inflation, and, if the surviving spouse outlives the decedent by an extended period, estate assets could appreciate substantially. If the decedent spouse's exemption is applied at the time of death to assets held in a bypass trust, the wealth held in the trust will eventually transfer to the next generation free of estate tax regardless of how dramatically the value increases. But an exemption transferred through a portability claim might not be sufficient to cover the same assets by the time the surviving spouse dies.

On the other hand, appreciating investments receive a step-up in basis for estate planning purposes in Florida and elsewhere every time they pass through an estate. So, using portability to pass equities through the estates of both spouses could result in big income tax savings.

What it ultimately boils down to is that, although A-B trusts are not as widely relevant as they once were, under the right circumstances, they can still be a highly valuable estate-planning tool. An experienced estate-planning attorney can help you decide if an A-B trust is a good approach to take based on your financial situation and goals – and help craft an overall estate plan tailored to your priorities.

**Steven J. Gibbs** is a trust and estate planning attorney who provides complete Estate Planning, Trust Planning, Business Planning, Asset Protection, Elder and Medicaid Planning, Real Estate, Probate and Trust Administration legal services in Florida and California. Steve's main offices are located in Fort Myers, Florida, and San Juan Capistrano, California. Estate planning legal services are provided statewide in these locations.

*The Gibbs Law Office was founded by Steven Gibbs in January 2009 upon the commitment to provide client-centered legal services.*

#### **Steven Gibbs founded the Gibbs Law Office in January 2009, committed to providing client-centered legal services.**

*Steve as he would rather be called, is not your typical attorney. If you appreciate the staunch egotistical mannerism of most firms, you will be delighted with Steve's unpretentious approach to educating and then assisting his client. Instead of giving you his complacent and lofty ideas, he would rather pursue your expectations with professional conversation about resolving your concerns under the Law. It's your life and it's his job to make your legal expectations come true while using years of his guidance and knowledge.*

*Steve was admitted to the Minnesota Bar in 1999, the Florida Bar in 2007 and was admitted to the California State Bar in 2014.*

*Along his career path, he was an associate attorney for an insurance defense law firm; an in-house real estate negotiator for Target Corporation; and corporate counsel for Civix, LLC and Vice President for North American Properties where he was responsible for various real estate transactions, including legal issues and negotiating unresolved business issues. Prior to opening Gibbs Law Office, PLLC, he was an associate with the firm of Roberts & Engvalson, P.A. where he gained his knowledge of trusts, estate planning and Wills. He opened his own firm in 2008 and now focuses on laws that will enrich the needs of his clients throughout their lives and those of their children. The firm has developed a practice dealing only with Trusts and Estate Planning, Wills, Medicaid Planning, Elder Law, Real Estate, Business Law and Probate.*

*Quoting from Steve "I decided to practice in areas that families will need as they progress down life's path. To help them with a solid foundation that will carry them throughout their lives is a rewarding experience for me and my staff."*

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# Eating Heart Healthy Meals Just Got a Whole Lot Easier

**E**ating more plant-based foods doesn't mean you have to be vegan or vegetarian, although those options are good for some individuals. The Mediterranean diet, the MIND or Dash diet are all viable options for individuals that want to have healthy cardiovascular systems but still consume some animal products. Eating plant-based foods while consuming lean proteins like finfish, shellfish or poultry can nonetheless be very healthy. With a heart-healthy diet, the best advice is to load up on fresh produce, limit refined or processed foods, reduce alcohol and sugar, eliminate processed meats and excessive saturated fats. If being vegan or vegetarian is better suited for one's personal preference or needs, that is absolutely a remarkable way to stay healthy and protect the heart. But the one thing we know from various studies and research is that processed carbohydrates, sugars, and trans fats cause inflammation and can exacerbate cardiovascular disorders.



*Speaking to a medical professional is essential to learn which foods are best for your condition.*

**Meal planning, grocery shopping and food preparation can be challenging for seniors. That's why Chefs for Seniors specializes in fresh, nutritious meals that are cooked right in the comfort of your home, AND there is no shopping or planning involved on your part.**

## What is Chefs for Seniors?

As individuals age, shopping and preparing meals can become a difficult task. With so many other issues to worry about such as being a caregiver, suffering from arthritis, or other disorders that limit mobility, cooking is one thing that many seniors wish they didn't have to do. Chefs For Seniors is a welcomed answer for many that want nutritious, flavorful foods custom-prepared right in the comfort of your home by

a licensed chef that not only provides gourmet-style meals, but also compassionate companionship. They also have specialty meals for low sodium, low fat, and other dietary needs.

## Why Chefs For Seniors?

***Our Mission is to Provide Amazing Food and Proper Nutrition***

- Find peace of mind knowing our personal chefs will handle the cooking
- Feel healthy and rejuvenated with meals for seniors that fit your diet
- Truly affordable and much less expensive than eating out
- All personal chefs are servsafe licensed, undergo background checks, and are fully insured

Chefs For Seniors is a welcomed answer for many that want nutritious, flavorful foods custom-prepared right in the comfort of your home by a licensed chef that not only provides gourmet-style meals, but also compassionate companionship. They also have specialty meals for low sodium, low fat, and other dietary needs.

The company's local professional chefs prepare affordable meals for the week in the home using the freshest ingredients, while offering a fun interactive experience. Chefs for Seniors is a private meal preparation service which specializes in providing companionship with the chefs preparing the meals in the home of the client. Clients select meals from a regional menu which can be customized to the client's dietary preferences and needs. The process aims to be an affordable option for seniors who may want fresh home-cooked meals, but who may be physically unable to cook the meals for themselves.

## Professionally Prepared Meals and Clean Up!

Chefs for Seniors offers rotating menu options, which includes select Chef creations inspired by the region. Clients select their desired meal in advance, allowing the chef to shop and prepare the meals on the designated cooking day. Chefs prepare the meals between two to two and a half hours. And an added benefit is that after the meal is prepared and stored according to the client's preferences, the chefs clean before leaving the house.

The price of our services are region-specific and depends on your individual needs. Our goal is to provide an affordable solution that seniors can use long-term. We offer three different service packages to meet a variety of needs: Standard, Custom, and Non-Standard. Some Long Term Health Insurance Policies may cover certain in-home services like Chefs For Seniors. During a 2-hour home visit, your personal chef will prepare 4 different entrées and 10-12 individually-packaged servings of meals. The exact number of servings depending on your appetite and the types of meals ordered and serving sizes can be adjusted with your chef.

Most clients have their personal chef visit their home every week, although some choose to schedule services every 2 weeks or 2x per week. We can work within your budget, appetite, and needs.

## What if I Have a Special Diet or Dietary Concerns?

We can accommodate most dietary concerns and diets. Our chefs and menus are particularly well-suited for low-sodium, diabetic friendly, gluten-free, Kosher, and renal diet meals. We also take inspiration from the DASH Diet (Dietary Approach To Stopping Hypertension), when designing our weekly menu rotations. Our Custom Package is well suited for clients with less common diets or dietary concerns.

## Do I Have to Supply the Cooking Equipment?

Your chef will bring their own "toolbox" with pots, pans, knives, and utensils into the home. You don't need to have anything on hand except an appetite and working appliances!

**You don't have to be a senior to enjoy the professional chef prepared foods! Contact Chefs For Seniors today to find out more.**

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

Phone: **239-776-1758**

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## Failure is a Part of Growth

By Pastor Timothy L. Neptune

**T**he Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.

Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

*Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit [www.venturenaples.com](http://www.venturenaples.com) or call (239) 775-5323.*

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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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- Sports Injuries
- Chronic Muscle and Joint Pain
- Sciatica
- Plantar Fasciitis
- Tendonitis
- Shoulder/Hip/Knee Pain
- Erectile Dysfunction