

SOUTHWEST FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2021

Lee Edition - Monthly

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**STRESS
MANAGEMENT**

FOOT CARE
AN IMPORTANT
FACTOR IN
**HEALTHY
AGING**

**ACHIEVE
ANTIAGING**

WITH MICRONEEDLING,
PRP & THE INNOVATIVE
FDA CLEARED SKINPEN

**WHAT MEN
SHOULD
KNOW
ABOUT
PROSTATE
CANCER
AND
RADIATION
THERAPY**

**AGING
EYES?
KEEP VISION
IN FOCUS
AS YOU AGE**



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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By Neetu Malhotra, MD

Stress Management

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

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

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



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

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

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

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

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

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By Dr. Kevin Kozak

What Men Should Know About Prostate Cancer and Radiation Therapy

Every September, National Prostate Cancer Awareness Month presents an opportunity to increase awareness and discussion on prostate cancer, the second most common type of cancer among men in the U.S.

Nearly one in eight men will be diagnosed with prostate cancer during their lifetimes. The American Cancer Society estimates there will be 248,530 new cases diagnosed in 2021, and 34,130 deaths will be attributed to prostate cancer.

While these statistics may come as an unsettling shock, the disease is survivable. In fact, more than 3.1 million men in the U.S. who have been diagnosed with prostate cancer are still alive today.

Early detection, effective treatments and continued research are our best allies in the battle against prostate cancer.

Risk factors

Prostate cancer is more likely to develop among older men. That means the older a man is, the greater the chance of getting prostate cancer. Approximately six in every ten cases of prostate cancer are diagnosed in men 65 and older, and the average age at diagnosis is around 66.

Family history, race and diet are also risk factors associated with the disease. Men have a higher chance of getting or dying from the disease if they have family history of prostate cancer.

Detecting cancer early

Prostate cancer can be found early by testing for prostate-specific antigen (PSA) levels in a man's blood or with a digital rectal exam. Rectal exams are performed by a doctor who feels for any bumps or hard areas on the prostate that might be cancerous. The procedure can be uncomfortable but only requires a short amount of time.

Screening tests remain the most effective way to detect prostate cancer at an early stage, which allows patients to have more treatment options and higher survival rates.

Treatment & radiation therapy

When it comes to treating prostate cancer, it's not a question of which treatment is better but rather which option best fits the patient's specific needs. There are many factors to consider when recommending treatment, some of which include:

- The wishes of the patient.
- The stage of cancer.
- The patient's age and health.
- The recurrence of prostate cancer.

Most men with prostate cancer are diagnosed early, when the cancer hasn't spread beyond the prostate gland. In this case, more management options are available, some of the most common include radiation therapy and surgery. In fact, some patients require no treatment and can be carefully monitored.

Fortunately, if radiation therapy is recommended, advances in technology have dramatically improved. Radiation therapy serves as safe and effective treatment for prostate cancer and uses high-energy rays to precisely target and destroy cancer cells.

Radiation techniques have greatly improved in minimizing the side effects of treatment so that patients can return to their daily lives following



each treatment. Using industry-leading machines, patients can complete a full course of radiation with little inconvenience due to more highly effective methods of prostate cancer treatment.

You might find it helpful to discuss your decision with family, friends or more than one medical opinion. At Advocate Radiation Oncology, we continue to stand proudly with our patients in their fight against prostate cancer.

About the Author

Dr. Kevin Kozak is a board-certified radiation oncologist 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.

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AGING EYES? KEEP VISION IN FOCUS AS YOU AGE

Elmquist Eye Group Offers Tips for Healthy Aging Month

Your vision is one of the first senses you may notice changing as you get older. Over time, many find a need for more light, have difficulty reading and doing close work, and experience problems with glare and tear production.

"The effects of aging are not limited to wrinkles and gray hairs," said Dr. Sarah Eccles-Brown, board-certified ophthalmologist and partner at Elmquist Eye Group. "Changes in eyesight are also common as we grow older, often leading to eye conditions including cataracts, glaucoma and age-related macular degeneration."

The good news is that most normal age-related eye changes should not stop you from being active well into your golden years. Yet, you must begin caring for your eyes now in order to preserve your vision for years to come.

The most important thing you can do for your eyes is to get an annual eye exam, especially once you turn 40. That's because the most common age-related vision conditions generally become evident between ages 41 to 60, including:

- **Cataracts** – Clouding of the normally clear lens of the eye, making things look blurry, hazy or less colorful.
- **Age-related macular degeneration** – The leading cause of irreversible vision loss among the elderly, causing loss of central vision.
- **Glaucoma** – A disease of the optic nerve, commonly associated with high eye pressures.

Regular comprehensive eye exams play a critical role in eye health, even if there are no noticeable vision problems. Exams allow your eye doctor to monitor, detect and treat developing eye conditions before permanent damage occurs.

"Early detection and diagnosis are most important in preventing loss of vision," Eccles-Brown added. "In some cases, symptoms can be managed with lifestyle changes and medication. In more advanced cases, surgery may be necessary."

Cataract surgery involves removing the eye's natural lens, which has become cloudy and formed a cataract, and replacing it with an artificial lens implant. A variety of intraocular lenses are available



to correct your vision, ranging from traditional single vision to presbyopia-correcting lenses that can expand your range of clear vision with a reduced need for eyeglasses. Additionally, minimally invasive glaucoma procedures can also be performed in conjunction with cataract surgery, such as the iStent inject® and Kahook Dual Blade® to lower eye pressure.

While some vision changes may be subtle, there are also several cosmetic changes that come with age that can be affecting your vision.

Over time, the skin and muscles of your eyelids lose their elasticity and sag, resulting in impaired vision as they begin to block peripheral vision.

"For those plagued with undereye bags and droopy lids, an eyelid surgery called blepharoplasty can enhance the positioning of upper eyelids by removing loose skin and excess fat," said Dr. Yasaira Rodriguez, an ophthalmologist for Elmquist Eye Group who specializes in cosmetic and surgical eye procedures. "This restores the eyelid's natural contour while restoring peripheral vision."

In addition to surgical options, non-surgical cosmetic procedures like dermal fillers and neurotoxins also offer a safe and effective way to reverse visible signs of aging. Cosmetic procedures can help improve the

appearance of fine lines and wrinkles, poor skin texture and lost facial volume. These procedures are minimally invasive with a short recovery time. An ophthalmologist specializing in these procedures can help you determine the best method of surgical or non-surgical treatment for your individual needs.

And while you can't stop the aging process, you can take additional steps now (and throughout your life) to protect your vision:

- Have an annual comprehensive dilated eye exam
- Don't smoke
- Exercise
- Maintain normal blood pressure
- Manage diabetes
- Limit UV exposure. Wear sunglasses and a brimmed hat any time you are outside in bright sunshine.
- Eat a diet rich in green, leafy vegetables and fish.
- Wear protective eyewear when working around your house or playing sports.

We must take a proactive approach to our vision as we advance in years. Make an appointment with your eye doctor today.

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



Dr. Yasaira Rodriguez

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Dr. Sarah Eccles-Brown

Cholesterol Awareness Month: Know Your Numbers

Uncontrolled cholesterol can lead to heart attacks and stroke, but it can also create blockages in the peripheral arteries known as PAD (peripheral arterial disease). Cholesterol is a fatty substance that the body needs, but when it's in excess, it can begin to build up and leave a sticky substance in the arteries. Uncontrolled, high cholesterol damages the arterial walls, which raises a person's risk for peripheral arterial disease. Maintaining a healthy diet is critical for keeping your lipid levels in proper balance, coordinately it will assist in supporting the vascular structures through nutrient and antioxidant-dense foods.

Know Your Numbers

- Total Cholesterol should be below 200
- LDL should be less than 130
- HDL should be higher than 60
- Triglycerides should be less than 150

Lifestyle choices and changes are incredibly effective at reducing and controlling cholesterol levels. Did you know that losing 10 pounds can significantly reduce your total cholesterol and your LDL by approximately 8%?

Medications: Statins are also the "Gold Standard" for reducing cholesterol. Statins help control the metabolism of serum cholesterol and can reduce the risk of heart attack and stroke. According to the Society for Vascular Surgery, new studies suggest that statins may also reduce plaque that has already accumulated, and it makes it more stable so that it is less likely to break off, form clots and cause strokes or heart attacks.

Diet: Physicians typically, recommend a diet low in saturated fat, full of nutrient-dense fruits, vegetables, lean protein, and healthy fats such as avocados, nuts and cold-water fish. Preventing atherosclerosis, or the hardening of the arteries due to plaque buildup can be achieved through various medications as well. However, if the blockage from PAD is severe and life-threatening, a medical procedure will be necessary to open and repair the artery to allow blood to flow normally again. Nearly 9 million Americans have PAD.



Along with uncontrolled cholesterol, the arteries can become damaged by smoking, high cholesterol, high blood pressure, and insulin resistance (high blood sugar). When this damage occurs, the body begins a healing and regenerative mechanism that allows plaque to act as a bandage over the damaged arterial walls. This is dangerous for multiple reasons, but the two most detrimental are that the plaque can break off, causing a blood clot to form, leading to strokes or embolisms. And the other issue is narrowing of the artery, which blocks blood flow in the legs, arms, brain, and heart. These issues are often linked to unhealthy lifestyles, and PAD can also lead to other complications and comorbidities. Although PAD can happen to anyone, the most common factors that put you at risk are family history, smoking, being overweight, and a sedentary lifestyle.

Because the veins and arteries balance each other out when an individual is experiencing chronic symptoms it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. PAD must be treated to prevent further damage to your circulatory system and your overall health. If you or someone you know is experiencing any venous or arterial issues, please contact your physician immediately.

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

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

Source:
https://vascular.org/sites/default/files/CVH_Flyer_English_Link_noblood_for_web.pdf

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



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

REGENERATIVE MEDICINE

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

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

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

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

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



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



AESTHETICS NONSURGICAL FACELIFT

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

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

WHAT ARE FACIAL FILLERS?

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

HOW LONG THEY LAST

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

SANEXAS

A Revolutionary Electronic Cell Signaling Treatment



SANEXAS Electric Cell Signaling Machine uses electrical signals to treat pain and circulatory conditions. This electric cell signaling device is much like a traditional TENS unit, but it is larger in size and penetrates deeper which is more effective in reducing pain. The pharmaceutical strength, frequencies, and associated harmonics are greater than the typical TENS unit, which is why trained medical professionals are present when it is in use.

WHAT IT TREATS

The SANEXAS Electric Cell Signaling Treatment treats (but is not limited to) the following:

- Neuropathy/radiculopathy pain
- Improve nerve health and regeneration
- Neuromuscular reeducation and training
- Creates relief of chronic intractable pain (osteoarthritis)
- Muscle spasms relaxation
- Increased local blood circulation
- Prevents the retardation of disuse atrophy
- Acute/chronic pain conditions
- Post-traumatic pain syndromes
- Aids in treatment in post-surgical pain conditions
- Improved tissue/organ function

HOW MANY TREATMENTS

The average person will start noticing changes after 6-15 treatments. Some may notice changes earlier than later depending on the person and area receiving treatment, but it is necessary to receive a series (multiple) treatments for the SANEXAS treatment to be effective. Not all symptoms will be treated with the same number of treatments or the same amount of time per treatment.

Covered by Medicare and most insurances.

**Patient Testimonial:**

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

SPOT FAT REDUCTION

Our clinic has treated more than 100 satisfied patients for spot fat reduction for over 3 years. A cutting-edge new Light Therapy made in the United States is the first machine of its kind with a new micro-chip technology that is the latest and most advanced method for immediate fat loss. An alternative to invasive liposuction, the Laser Light Therapy is in the forefront of the aesthetics industry for one simple reason—It Works!

HOW DOES IT WORK?

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

SHOCKWAVE THERAPY FOR CHRONIC JOINT PAIN / ED

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

Erectile Dysfunction

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

HAIR LOSS RESTORATION

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

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

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

**CHIROPRACTIC TREATMENT**

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

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

The Activator Method is an **especially good choice for older patients**, or those with arthritis, osteoporosis or other boneweakening conditions. The low-force thrust of the Activator Adjusting Instrument, along with the doctor's **ability to pinpoint the exact location of the problem** can relieve a patient's pain **without added discomfort**.

Patient Testimonial:

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

— Rebecca M.



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Not All Imaging Can Detect Prostate Cancer:

Understanding Innovative MRIs and Choosing the Right Imaging Center is Critical

A PSA (prostate-specific antigen) count, which tests the blood for specific protein-synthesized prostate cells can help diagnose prostate cancer. The higher the number of PSA, the more likelihood of impending cancer. There is also a more advanced test of free-range prostate PSA cells; this test typically reads higher in men that have undiagnosed prostate cancer. The earlier your PSA levels are checked, the better your chances of successful treatment and survival rate.

However, PSA scores can be somewhat unreliable. Some reasons that PSA scores may be high are due to infections, medications, or pressure from tight clothing or bike riding to name a few.

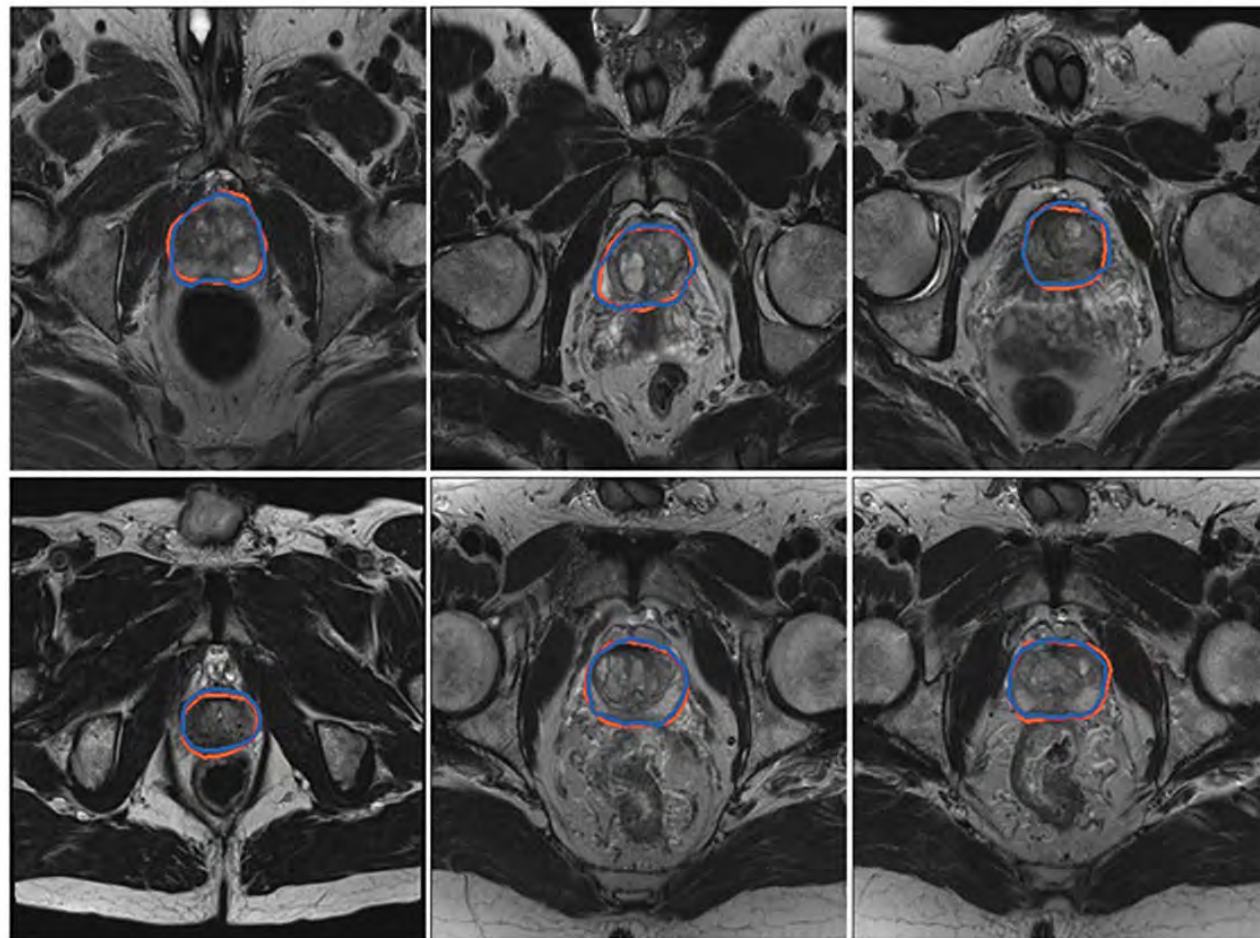
What about detecting prostate cancer via ultrasound? Some physicians simply ordered an ultrasound-guided biopsy for their patients, and while this test can detect prostate cancer, it has limitations, as the images often do not show the cancer inside of the prostate.

It's becoming much more common for physicians to refer their patients with high PSAs or other symptoms for an MRI, which detects cancer on a deeper level; however, not all MRIs are equal.

Advanced MRIs Detect Even the Tiniest Cancer Cells
Radiology Regional stays up to date on all advanced testing, screenings, and procedures for the good of the patient. That is why they have the 3-T Wide-Bore MRI. This machine provides the radiologist with the highest level of images available.

You have the CHOICE of where you get your diagnostic imaging done. Make sure that you are researching your options and getting the most advanced screenings available.

At Radiology Regional, they take your health personally. Radiology Regional has 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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You have a choice where you have your imaging performed - choose Radiology Regional today!

FOOT CARE AN IMPORTANT FACTOR IN HEALTHY AGING

For today's baby boomers, it's more important than ever to stay healthy and active as they age. While growing older causes some unavoidable body changes, more boomers are focusing on healthy lifestyles that can help them prevent problems associated with aging such as mobility issues related to the feet and legs. Impairment of the lower extremities is a leading cause of activity limitation in older people, according to the US National Center for Health Statistics (NCHS).

"Foot problems are a health concern that can lead to further complications like knee, hip, and lower-back pain, all of which undermine mobility," says Lori DeBlasi, DPM, a podiatrist at Family Foot & Leg Center in Fort Myers and member of the American Podiatric Medical Association (APMA). "The human foot has been called the mirror of health. Systemic problems often related to age, such as diabetes, arthritis, and circulatory disease often can first be detected in the feet."

Fortunately, boomers can do a lot to maintain and even improve their foot health. APMA offers the following advice to keep your feet pain-free.

Keep walking

Walking offers many benefits for both physical and mental health. If your feet hurt, however, you may find yourself less willing to get in the daily walking that's good for your overall well-being.

To keep your walking regimen comfortable, choose a good-quality, lightweight walking shoe with breathable upper materials like leather or nylon mesh. The heel counter should be firm, and the



shoe heel should have less cushioning in order to position the foot's heel closer to the ground for stability. The front of the shoe should offer adequate support but also be flexible. For a list of footwear that has been awarded APMA's Seal of Acceptance, visit www.apma.org.

Shop for shoes in the late afternoon, because feet swell throughout the day, and have both feet fitted professionally. Wear the type of socks you intend to wear while walking and be sure the shoe fits snugly, but not tightly, over the sock. Your toes should have plenty of room to move around.

Deal with diabetes

"Diabetes symptoms often appear in the feet first, and the extremities can be hit hard by this chronic disease," says Dr. DeBlasi. "In fact, diabetes complications lead to more than 65,000 lower-limb amputations each year." Including a podiatrist in your diabetes care can reduce the risk of amputation up to 85 percent. Learn to recognize warning signs that often appear in the feet, including changes in skin color, swelling, numbness, pain,

open sores that heal slowly, ingrown or fungal toenails, bleeding corns and calluses, and dry cracks in the skin, especially around the heels.

If you have diabetes, inspect your feet daily for cuts, bruises, sores or changes to the toenails. Wear thick, soft socks without seams that could rub or cause blisters. Always have new shoes fitted properly and never go barefoot, not even in your own home.

Manage arthritis

Arthritis can affect the structure and function of your feet. Common symptoms in the feet include joint swelling, joint pain or tenderness, redness or heat in joints, limited movement, early-morning stiffness, and skin changes, including rashes and growths.

Podiatrists are often the first to diagnose a patient's arthritis. Treatment can take many forms, including physical therapy, exercise, and medication. Regular check-ups are vital to managing the condition successfully.

General foot health

In addition to shoes that fit properly, it's important to choose socks, pantyhose, or stockings that also fit well. If you have corns or calluses, never cut them with a razor, pocket knife, or other sharp instrument. Consult a podiatrist and only use over-the-counter foot products if he or she advises it. Bathe your feet daily in lukewarm water with a mild soap that contains moisturizers, or use a separate moisturizer after your bath or shower. Trim or file toenails straight across and inspect your feet every day. If you notice redness, swelling, cracks in the skin or sores, see your podiatrist.

Lori DeBlasi, DPM

is a podiatrist at Family Foot & Leg Centers in Fort Myers, FL. Call 239-430-3668 or visit www.NaplesPodiatrist.com to make an appointment.

Visit www.apma.org to learn more about foot health and care.

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PREPARING YOUR HOME TO SELL

So you've decided to sell your home, or at least thinking hard about the possibility. Now what?

As part of the process of selling your home, prospective buyers will be touring your home to see if they are interested in owning the home.

In order for someone to buy your home, two things must happen. First, buyers need to appreciate the value of the home, and secondly they need to picture themselves living there. The best scenario for this to happen is to see the home at it's best. Take some time to consider some of these helpful hints that can reduce your selling time and land you the deal you are looking for in this competitive market.

1) BEFORE EACH SHOWING MAKE SURE THE HOME IS CLEAN AND CLUTTER FREE.

If the prospective buyer has to first visually remove you and your family from the home and then picture themselves living there it becomes a two step process that many buyers aren't able to do.

2) CONSIDER STAGING YOUR HOME.

You can make your move sooner with staging your home to sell. Staging companies can help with the removal of clutter and transition your belongings effortlessly.

3) BUYERS ARE VERY CURIOUS. The more serious they are about buying your home, the more deeply they will look. Expect that closets, medicine cabinets, kitchen cabinets and drawers will be opened. Expect buyers to go into the attic, or out-buildings. Anything that comes with the home, they will want to fully inspect. Buyers will not open furniture drawers or personal bags, backpacks or briefcases. These are great places to store items listed below as "remove from view".

4) REMOVE DANGEROUS ITEMS FROM VIEW. Handguns, rifles or any other weapons should ideally be removed from the home, but if that is not feasible, they should, at the very least be locked in a secure box or case out of view. This is for the safety of all.



5) REMOVE RELIGIOUS, POLITICAL, OR CONTROVERSIAL ITEMS FROM VIEW. In order to attract the largest pool of buyers, it is best to not exclude anyone as a prospective buyer. This means the removal of items of a religious or political nature. By the same token, some people are sensitive to animal rights and firearms, so items that are controversial in nature should also be considered.

6) REMOVE CLUTTER. Any items that detract a potential buyer from noticing all of the wonderful features of your home such as excessive rugs, collectibles, and too many items on surfaces, will be distracting to the buyer.

In addition, you may wish to consider making a move to an all-inclusive luxury rental community, such as Campo Felice, where you can live a maintenance-free lifestyle without the hassles of home ownership. Enjoy resort style living with an abundance of amenities for one low price each month. This would also include meals, housekeeping & linen service, concierge, valet, private transportation, utilities, and a robust social and activities calendar for our 55 and older residents. If you are looking to make a move to a senior lifestyle community without the burden of high priced community fees or high interest mortgages, consider Campo Felice as a next move. Mention this article and receive discount pricing on several of our stunning models. To learn more about this hidden senior living secret, call us at 239-935-5029 or visit us online at www.LiveatCampoFelice.com.

CAMPO  FELICE

(239) 935-5029

www.LiveatCampoFelice.com

Additional tips for a successful showings:

- Turn on all the lights inside
- Turn on outside lights if any of the showing will take place after dark
- Turn on the TV or audio system to a music channel; Jazz, Soft Rock, Classical or Standards is recommended
- Make time to Campo Felice to learn more about all-inclusive living in Fort Myers for as low as \$1,995 per month
- Remove from view and lock any weapons or valuables
- Remove from view any medications.
- Remove from view any pet food or water dishes
- Clean and hide litter boxes
- Remove pets from the home, if at all possible
- Remove from view any personal documents
- Open the door to the basement and attic, if applicable
- Turn heat to 70 or A/C to 68 if applicable
- Remove from view all clutter from counters, tables, dressers, desks, vanities etc.
- Make all the beds
- Remove from view all personal items in the bathrooms
- Wipe down any water from sink, tub and shower
- Hang fresh towels in the kitchen and baths
- Remove from view all family photos
- Remove from view any religious articles
- Remove any taxidermy
- Put away garden tools, hoses, lawn movers, shovels etc
- Open all blinds, curtains, shutters etc.
- Pull weeds and keep the lawn mowed and watered where applicable
- Remove solar cover from pool, where applicable
- Open patio umbrellas and put cushions on outdoor furniture where applicable
- Purchase a few plug-in air fresheners and locate them discreetly throughout the home. Clean scents such as linen or cotton are advised
- If there is a strong odor purchase an odor eliminator product such as Gonzo Odor Eliminating Crystals, available at home improvement stores or on Amazon. Locate them discreetly in a vessel, not the bag it comes in!
- Remove any unhealthy plants or plants that block windows or architectural features

Scalpel-Free Vasectomy

By Alejandro Miranda-Sousa, M.D.

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

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

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



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

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

Alejandro Miranda-Sousa, MD



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

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

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

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Achieve Antiaging with Microneedling, PRP & the Innovative FDA Cleared SkinPen

One well known way to combat fine lines, wrinkles and sagging skin is with collagen, but did you know that collagen molecules are too large to penetrate the skin's dermal layers? That is why so many individuals are leaning towards microneedling with PRP to further enhance the body's ability to utilize collagen and decrease the signs of aging.

As we age, the sagging and fine lines is a side effect of a loss of collagen. Without collagen, the signs of aging will continue to progress, and topical creams or serums are unable to penetrate the deep layers of the dermis on their own. The treatment that so many individuals are wanting is microneedling with PRP.

Microneedling uses a handheld device covered with very small needles to trigger your body's natural healing response and increase collagen in the skin. The device is gently rolled over your skin, making tiny punctures. A topical anesthetic is applied first and there is little to no pain or downtime. Stimulating collagen can improve the skin's texture, lines and wrinkles, sun damage, acne, scars, stretch marks, and other signs of aging.

PRP (platelet-rich plasma) are cells in your blood that are responsible for regeneration and healing. A small sample of your blood is spun in a centrifuge to help concentrate the platelets, which are then applied to the skin before microneedling. This allows the PRP to absorb rapidly and deeply into the dermal layers. Microneedling coupled with PRP can help improve skin tone, texture, pore size and age-related skin conditions.

NewU Wellness uses a sophisticated device to perform these procedures called a SkinPen. The SkinPen's Precision gives your skin the reset that it needs. Not only is SkinPen the first FDA-cleared microneedling device, but it's also made in the USA – which means it's rigorously tested for safety. This in-office treatment also has little to no downtime involved. In as few as three treatments, SkinPen Precision can make a visible difference.¹ It's time to get the beautiful, glowing skin you've always wanted.¹



The SkinPen creates thousands of microchannels that stimulate your body's natural wound healing process, while minimizing cellular damage. This rejuvenates your skin from the inside out. The result is effective remodeling of scar tissue, while keeping the overall structure of the skin intact.¹

3 phases to the wound-repair process:

- **Phase I: Inflammation.** Piercing the skin triggers your immune system to cleanse the wound, remove debris, increase blood flow and begin to create new tissue.
- **Phase II: Proliferation.** The wound is rebuilt with new granulation cells, which are part of the extracellular matrix. Additionally, a new network of blood vessels develops.
- **Phase III: Remodeling.** The wound is replaced with new dermal tissues and blood vessels.

At NewU Wellness, our compassionate team is dedicated to customizing your treatment plan in helping you look and feel great. We offer a variety of services to help you embrace the aging process and feel empowered. We specialize in hormone replacement for men and women, cosmetic injections, and vitamin therapy.

Source:
1) <https://skinpen.com>

Let us help you feel rejuvenated and feel like your old self again. Say goodbye to the old you and say hello to the NewU.

Male Symptoms

- Lack of energy
- Low libido
- Muscle loss
- Weight gain
- Cognitive decline
- Hair loss
- Low metabolism
- Heart disease
- ED
- Osteoporosis
- Enlarged prostate
- Disturbed sleep

Female Symptoms

- Imbalance of estrogen and testosterone
- Hot flashes
- Night sweats
- Anxiety
- Depression
- Cognitive decline
- Weight gain
- Muscle loss
- Irritability
- Osteoporosis
- Heart disease



NewU Wellness

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www.newuwellness-swfl.com
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AA FOR A HEALTHY CAREER

By Dr. Diana Schultz

They say the shortest distance from a starting point to a goal is a straight path. At Hodges University, there is one common starting point: the Associate in Arts in Health Sciences degree. From there, you have your choice of several career paths. If your interest is in the area of healthcare, our AA degree is the pathway that leads directly to Physical Therapist Assistant, Nursing, and Dental.

Our AA in Health Sciences provides foundational knowledge for careers in healthcare, and our modern labs provide the ideal environment. You will learn sterile techniques in microbiology and biology labs. You will learn about the structure and function of the human body in Anatomy and Physiology classes. You'll perform experiments to understand the concepts you're taught in class, like extracting DNA from fungi, testing your own DNA, and making bacteria glow. Your lab instruments and equipment include scalpels and forceps, extraction columns, centrifuges, electrophoresis instruments, and PCR machines.

Additionally, this degree also leads to a Bachelor's degree in Health Sciences, which gives you the knowledge you need for graduate school to pursue careers that range from physician, physician assistant, and medical scientists. This degree is also ideal for healthcare positions in the areas of wellness, supervisory roles, administrative, communications or health education. From the AA you will move to more advanced courses to build a solid Bachelor's degree, with the choice to select courses in Health Sciences that best fit your career goals.

With this well-rounded degree, you have the foundational knowledge and skills needed to continue your career path, many of which continue to be in high demand. According to the Bureau of Labor Statistics (BLS), the projected outlook of job growth is described as by percentages. For example, little or no change would be one percent; slow growth is two to four percent;

average is five to eight percent; faster than average is nine to 13 percent; and much faster than average is 14 percent or more. As you can see, the majority of paths in healthcare careers are faster and much faster than average.

THE BUREAU OF LABOR STATISTICS JOB OUTLOOK THROUGH THE YEAR 2029 FOR THESE CAREER PATHS:

- Physical Therapist Assistant: 29%
- Nurse (RN-BSN): 7%
- Paramedic: 6%
- Health Educator: 1.6%
- Medical Scientist: 6%
- Physician: 4%
- Physician Assistant: 31%
- Health Administrator: 32%

The demands for careers in the healthcare sector will continue to rise faster and much faster than the average, which is an attractive aspect of choosing this path. Additionally, these careers can be exceptionally rewarding, which is perhaps the best of all.

Dr. Diana Schultz is the Director of Health Sciences Programs at Hodges University.

For more information, visit Hodges.edu.



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Why it's Important to See Your Dermatologist Pre-Season

By Joseph Onorato, MD, FAAD

Are you putting off your dermatology appointment? Soon the streets will be bustling with countless out-of-towners, and our northern friends that call Florida home six months out of the year. You know what that means—Scheduling your appointments will be placed further out than you like. We've already seen a huge influx of new residents due to people moving to our area. If you wait too long, you might put yourself a greater risk.



Why not beat the rush? Schedule your dermatology appointment now to make sure that you are maintaining healthy skin, and if anything is abnormal, getting an early diagnosis is critical for optimal treatment.

Every hour a person dies of melanoma, and this year alone, over 76,000 new cases of melanoma will be diagnosed. On average skin cancer screenings take about 10 minutes, which could potentially save your life.

Along with the unfortunate diagnosis of melanoma, there are many other concerns and cancers that can be detected in your dermatologist's office with a thorough, proper, skin cancer screening. 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 forms of lesions, bumps, moles that are of concern, you should schedule a dermatology appointment immediately.

Skin cancer is often on the scalp, ears, bottom of the feet and other areas that usually go undetected by patients. That is why it's imperative to see your dermatologist regularly. However, if you do notice changes in your skin, don't wait.

Make an appointment immediately, as skin cancer can proliferate rather quickly.

The symptoms to look for in moles or lesions are outlined in this simple acronym, ABCDE:

- A**—Asymmetry
- B**—Border Irregularity
- C**—Color-Variiegated or a Halo Effect
- D**—Diameter (>6 mm)
- E**—Evolving

In Addition to the symptoms above, there are supplementary signs to look for, which include:

- A**—Amelanotic (Pink or Red Lesion)
- B**—Bleeding/Bump (Raised Lesion)
- C**—Color Uniformity
- D**—De Novo Development
(A New Development <6mm)

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SWFL Dermatology Plastic Surgery & Laser Center
SWFL (Southwest Florida) Dermatology is a full-service skin care practice offering Adult Pediatric Family Dermatology services and Mohs Micrographic Surgery.

SWFL Dermatology is an extension of All Island Dermatology Plastic Surgery MedSpa & Laser Center - a leader in providing skin care to its patients in the greater Garden City and Glen Cove communities in Long Island, NY since 1995.

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

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

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

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



Founder & Owner

Joseph Onorato, MD, FAAD

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

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The Best Non-Surgical Treatment for Arthritis YOUR OWN STEM CELLS!

Dr. Sebastian Klisiewicz, D.O.

What is Arthritis?

Osteoarthritis is a degenerative condition of the joints affecting millions of people worldwide. Those suffering from arthritis can experience joint pain, swelling and or stiffness. The most commonly affected joints are the knees, hips, and shoulders, but other areas such as the spine, feet and hands can also be affected.

With osteoarthritis, the joint cartilage is broken down which can result in inflammation, pain and stiffness to that area. Reasons for this breakdown can include loose ligaments, weak muscles, as well as overuse or trauma.

Typical Treatments for Osteoarthritis

Unfortunately, many of the standard treatments for arthritis come with significant risks and side effects. Anti-inflammatory medications such as ibuprofen and Advil can help decrease pain and inflammation, but can cause serious complications such as kidney failure, stomach ulcers and increased risk of heart attack.

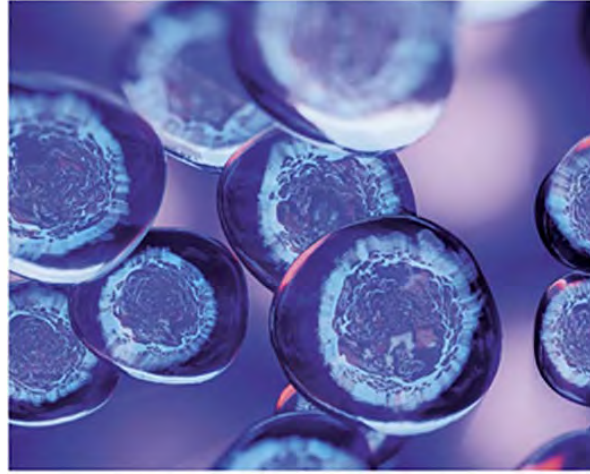
Steroid injections into arthritic are also commonly used. If repeated, steroid injections can speed up the process of joint degeneration and cartilage breakdown, accelerating the need for a joint replacement.

Joint replacement is generally the last line treatment for severe arthritis that is not adequately managed with the above therapeutic options. This is an invasive procedure that, even when done correctly, has significant risks including infection, blood clots, nerve injury, and malfunction of the prosthesis.

Stem Cells, a New Treatment Option

Luckily for arthritis sufferers, stem cell procedures offer a natural and effective treatment for osteoarthritis.

Stem cells are the "master orchestrators" of healing and regeneration. Through the release of signaling molecules and growth factors, stem cells regulate the local immune response, decrease inflammation, and stimulate tissue healing. Stem cells can also replace injured cells, recharge old and tired cells and stimulate the production of necessary proteins. Through these mechanisms, stem cells can significantly improve the health and function of an arthritic joint.



Multiple scientific studies on knee arthritis have shown that bone marrow stem cell injections can significantly reduce pain, decrease inflammation and most importantly improve function. Best of all, in many patients, these effects were shown to last for many years.

Bone marrow stem cells are real living cells that are derived from the self, unlike many other "fake" stem cell products on the market. In 2019, Dr. Lisa Fortier from Cornell University published a study testing multiple amniotic fluid products that are sold as "stem cells". Her findings showed that there were no living cells in any of these products nor did they contain any significant amounts of growth factors.

The only place to get living stem cells that are programmed to heal your tissues is from your own body, such as the bone marrow of the pelvis.

Maximizing Your Stem Cells Results

At Integrative Rehab Medicine we offer a comprehensive treatment program to maximize your results.

We educate our patients on specific nutritional support for optimal healing. A well-balanced diet rich in fruits, vegetables and high-quality proteins as well as specific nutritional supplement are used to prepare the body for healing.

We complement our stem cell injections with a personalized physical therapy program which can include manual therapy, muscle strengthening, balance training, and or bracing protocols. We also

incorporate state of the art energy modalities such as low-level laser and pulsed electromagnetic field therapy to improve the healing process.

The whole joint and surrounding structures need to be treated. Joint strength and stability can also be maximized through prolotherapy injections to the surrounding ligaments prior to and after the stem cell procedure.

At Integrative Rehab Medicine, we specialize in treating arthritis with bone marrow stem cells. Dr. Sebastian and our team of highly trained professionals are pioneers in non-surgical Regenerative Medicine treatments for arthritis and other musculoskeletal conditions. Our Integrative Advantage™ is the most comprehensive arthritis treatment in South-west Florida. Arthritis patients now have a safe and effective options to eliminate symptoms, improve function and regain quality of life.

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Dr. Sebastian is a leading physiotherapist in Estero, Fort Myers and Bonito 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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OBSSESSIONS
Repetitive and unwanted
Images, thoughts
or urges.

COMPULSIONS
Behavior that you
repeatedly
perform to
reduce distress.

DISTRESS
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thoughts must be
significant, and
they bother you.

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The compulsions
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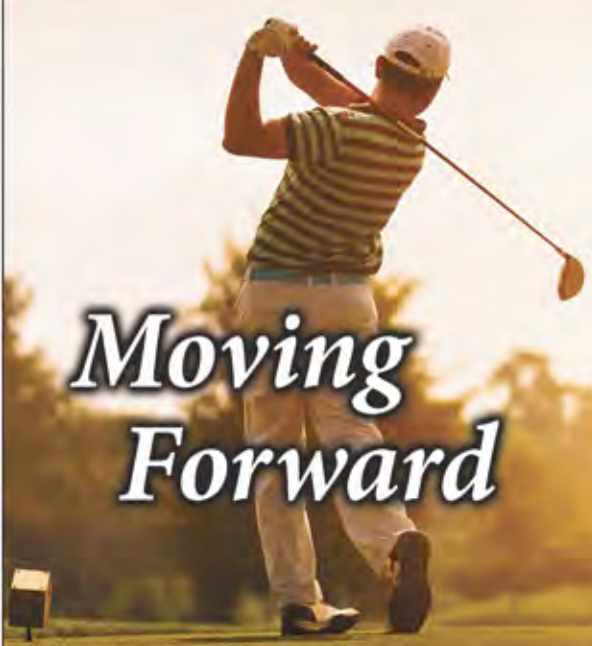
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15 QUESTIONS FOR CHOOSING A HOME CARE PROVIDER

By Helen Bach

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

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

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

Questions to ask

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

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

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

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



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

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

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

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

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

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

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

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

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

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

How do you ensure the confidentiality of your clients?

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

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

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Many Hospitals are Shutting Their Doors to Elective Surgeries - What are Your Options to Take Care of Your Health?

You have most likely heard incidents of people neglecting their health during the last COVID shut down which had grave consequences. People were scared to go to the hospital for fear of contracting COVID. After all, that's where all of the COVID patients go. Many people thought that their health concern may have not been an emergency and

suffered at home. This resulted in unnecessary discomfort, depression, delay of important diagnoses and even death. At Surgery Center of Naples, we will keep our doors open to take care of your surgical health needs. Following, is a list of doctors and their specialties that have privileges at Surgery Center of Naples. Don't let your health concerns go untreated.



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<https://surgerycenterofnaples.com/physicians/>

How to Know When It's Time to Move Your Parents to Senior Living

Unfortunately, in our society, people often don't want to address the challenges of aging until they absolutely have to. This is not the best approach. The best advice is to be proactive, not reactive. It's a good idea to take the time and make an effort to become educated about the available senior care options, preferably well before they actually need them. A CSA, certified senior advisor, can help you navigate the system, which can be complicated and overwhelming.

So how do you know when it's time to actually do something? If you live near Mom and Dad, it's much easier to know than if you live at a distance and only see them occasionally for a short period of time. Aging seniors tend to wear their pride on their sleeves and often cover up their frailties during a visit. Sometimes they are in total denial about their challenges. Be aware and alert when you talk to them or visit.

Here are some signs that it's time to consider bringing in-home health care or looking at senior living communities:

- **Isolation:** Isolation causes loneliness and leads to depression, in many cases. Studies have shown that socialization and mental stimulation are essential to healthy aging. Moving to a senior living community is usually the best solution. This enables them to make friends, socialize during meals, participate in activities with little effort, and meet new neighbors in the community.
- **Loss of driver's license:** We all probably wait too long to address this with aging parents. It is one of the most difficult subjects to approach—even when we know our loved one is endangering not only him or herself but also the other drivers on the road. It is much easier to ask them to stop driving if you can offer a viable solution—a caregiver who can drive them or moving to a senior living community that provides transportation.
- **Frequent falls:** Is your loved one “furniture walking”? This is holding onto the furniture as they walk? Furniture walking is a gateway to falls, with



falls continuing to be the number one cause of injury and death for individuals 65 and older. If your loved one is having balance issues and refuses to use a walker or cane, you need to know they are an accident waiting to happen. When an older person falls, it can be the beginning of a decline in physical and/or mental health status. It is imperative to obtain assistance in the home or move them to a senior living community before that really bad fall happens. It's definitely time to do something if they've been calling 911 due to falling!

- **Drastic weight loss:** Sometimes an elderly person isn't eating enough because they can no longer shop or prepare meals adequately.
- **Medication Management:** Inconsistency or lack of compliance in taking medications.
- **Increased forgetfulness or confusion:** This is when it is critical to have a caregiver looking out for your loved one, either in the home or at a senior living community.
- **Caregiver:** You are spending a significant amount of your time caring for your loved one. Maybe you're going to their home to help them to the toilet, take a bath, or dress.

It's stressful to have to give up so much of your own time, and it puts your loved ones in a situation that is often uncomfortable since now the parent/child roles are reversing. It would be healthier to have a hired caregiver, either in the home or at a senior living community performing these duties. This will allow you to resume your role as the child or other caring relative. You don't have to go it alone. There are plenty of local resources, including a network of Certified Senior Advisors (CSAs) such as Sandy Moffett, Certified Senior Living Advisor of Lower SW Florida, who is here to help with no charge to seniors or their families.

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10% THC CAP PROPOSAL

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

Rep. Jose Oliva is proposing a hard limit on the percentage of THC allowed in all medical marijuana products; a leap back from the current progression in the program. Cited from a UK study done in the 1950's, Oliva is quoted saying "We're seeing different strains now in Europe that are 100 times stronger, and we're starting to learn that this has some schizophrenic results, especially in young, developing brains." Every year we see similar policies trying to trek its way into senate and undermine Florida's already strict medical program and Florida marijuana cardholders see this as an uphill battle they're willing to fight for. Patients across social media outlets cannot stress enough how much this could negatively affect them as well as the dispensaries revenue. The bottom line is that this proposal will not benefit anybody in the marijuana industry from the patients all the way to the top executives at places like Trulieve.

While these initiatives have not slowed down yet, it is very important to note that most of these laws have not made it past the House and should not be a major concern to current card holders. Despite this, it is important to stay up to date with the current direction of Florida's ballooning marijuana industry although this particular proposal shouldn't worry any medical card holders anytime soon.

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HOSPITALS ARE SHUTTING THEIR DOORS TO ELECTIVE SURGERIES, WHAT ARE YOUR OPTIONS TO TAKE CARE OF YOUR HEALTH?



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You have most likely heard incidents of people neglecting their health during the last COVID shut down which had grave consequences. People were scared to go to the hospital for fear of contracting COVID. After all, that's where all of the COVID patients go. Many people thought that their health concern may have not been an emergency and suffered at home. This resulted in unnecessary discomfort, depression, delay of important diagnoses and even death. At **Surgery Center of Naples** we vow to keep our doors open to take care of your surgical health needs.

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Ovarian Cancer Treatment: Why Adding IV Therapeutics Might Help

By Dr. Doreen DeStefano, NHD, APRN, DNP

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

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

Ovarian Cancer Treatment

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

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

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

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

Why IV & Chelation Therapy Rather Than Oral Supplementation?

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

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

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- Impaired liver function
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- Chron's Disease
- Kidney disorders
- Glaucoma
- Cataracts
- Removes heavy metals and chemicals
- And much more

Source:

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



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



Doreen DeStefano, NHD, APRN, DNP

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

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HIPAA AND MEDICAL PRIVACY CONCERNS

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

Since its dramatic entrance on the national scene in early 2020, COVID-19 has precipitated some monumental societal changes. COVID vaccinations in particular have raised some important questions relating to healthcare privacy. Can an employer compel an employee to divulge his or her vaccination status? Or to get the vaccine? Can governments force citizens to receive vaccines and penalize those who refuse? Can media outlets publicize information about individual healthcare decisions? What about HIPAA and doesn't this federal law prohibit the disclosure of one's medical status? Or, should it? Suffice to say, these are complex questions, and in some cases, the answers are unclear, yet-to-be-determined, or depend on which state you live in. All of the above questions frame the focus of this article looking at HIPAA and medical privacy in Covid-19 era.

Individual Rights vs. Public Health

The legal development of medical privacy rights has been gradual, often requiring a difficult balancing between individual rights and societal public health interests. As the debate slowly evolved into the 21st Century, privacy rights appeared destined to win out. But COVID has undoubtedly altered the discussion—raising new legal issues and changing the way some old issues are viewed. As a new chapter unfolds in the history of healthcare privacy, it's worth taking a look at how the story began.

Origins of Medical Privacy Rights in the United States

To provide some background concerning HIPAA and medical privacy in the Covid-19 era, a little bit of history is helpful. In the pre-HIPAA era, medical privacy was not regulated at the federal level. No national law stopped healthcare providers or anyone else with access to a person's medical information from disclosing it however they saw fit. The U.S. Supreme Court recognized (and still recognizes) a constitutional right to privacy, but constitutional protections generally only limit the conduct of a government entity. A private healthcare provider, insurance company, or employer doesn't have to respect your constitutional right to privacy any more than Facebook, YouTube, or Twitter have to respect your First Amendment right to freedom of speech. Notwithstanding, there are some rumblings about the aforementioned companies being commandeered as political actors, thereby classifying them as government actors. But that's another article.

That's not to say medical privacy didn't exist prior to 1996. Doctors taking the Hippocratic Oath have been swearing not to divulge confidential patient information since ancient times. Winston Churchill's personal physician refused to disclose anything about Churchill's significant health problems—which could have potentially affected his official duties—until after the former prime minister's death. Even then, disclosure was rationalized as an effort to promote Churchill's posthumous reputation. Regardless, the disclosure drew heavy criticism from other prominent physicians.

Common Law Approaches to Medical Privacy

The critics of Churchill's doctor argued that he had breached physician-patient confidentiality, an ethical duty of doctors. A similar concept has been long recognized under common law in the form of the doctor-patient privilege. Designed to encourage open discussion between patient and physician, doctor-patient privilege prevents doctors from being forced to testify or provide evidence against their patients. The privilege is limited, though, with multiple exceptions, and doesn't prevent disclosure of confidential health information by someone else.

The tort of invasion of privacy offers another potential common-law tool for protecting confidential medical information. The civil tort includes a cause of action arising from unreasonable publication of another person's private affairs, which can

include health matters. If you have a condition you'd like to keep private—and a newspaper runs an article about it to try to embarrass you—you might sue the paper for common law invasion of privacy.

While invasion of privacy is sometimes useful for keeping healthcare matters private, it is limited in that an actionable disclosure must be "highly offensive" and must not serve a legitimate public interest. In other words, if a defendant reasonably believes that divulging a plaintiff's private medical details promotes public health, the defendant stands a good chance of defeating a common-law invasion of privacy claim.

Balancing Personal Privacy and Public Health

Historically, the conflict between individual privacy rights and perceived public health interests has frequently involved identification of individuals exposed (or possibly exposed) to communicable diseases. Thus, this question concerning HIPAA and medical privacy in the Covid-19 era bears out a somewhat unique circumstance due to unanswered questions about the relatively lower risk posed by Covid-19 for the majority of the population, when contrasted with other historic pandemics.

Local sanitary authorities, for example, kept close tabs on tuberculosis cases—sometimes publicizing patients' names and addresses in local newspapers. The idea was to mitigate spread and provide notice to people who might have been exposed already. Liberal-minded commentators raised objections on privacy grounds, but privacy rights were less robust at the time. So objections were usually brushed aside in favor of protecting the public from dangerous contagions like TB, smallpox, and polio.

As medical practice, ethics, and modern conceptions of privacy evolved throughout the 20th century, privacy-rights advocates made progress in the debate and even started to win on occasion. By the latter half of the century, public health officials and medical researchers still compiled disease and birth-defect registries—but with considerably greater respect for patient confidentiality.

Medical Privacy Gains the Advantage

HIPAA and medical privacy concerns changed dramatically during the 1980s and 1990s, when two issues made healthcare privacy a major issue at the national level—child immunization databases and HIV registries. In the former case, proposed legislation that would have created a national immunization database for children was vanquished by the combined efforts of parents' groups and privacy rights advocates. Instead, immunization has been largely handled by state and local governments—with a greater sensitivity to privacy than the national registry had envisioned.

Around the same time, to study and reduce the spread of HIV, the CDC planned to create a national registry with the names and health information of all HIV-positive patients. Advocacy groups and civil libertarians rigorously opposed and ultimately defeated the effort, arguing that disclosure could lead to all sorts of negative consequences for patients. In the end, the CDC was still able to track national cases—but only using encrypted data with individually identifiable information removed. It turned out that the opposing objectives of promoting public health and protecting medical confidentiality were not mutually exclusive. But, had the objectors not made their case for privacy, the latter goal would have been discounted.



HIPAA: A Milestone in Medical Privacy

One of the most significant milestones in the history of healthcare privacy in the U.S. came with the 1996 passage of HIPAA (the "Health Insurance Portability & Accountability Act"). HIPAA was enacted for a variety of purposes. At the time, the "portability" aspect of the legislation garnered much of the attention. Congress wanted to make it easier for workers to retain health insurance coverage when changing jobs. HIPAA also expanded access to health savings accounts and streamlined administration within the healthcare industry by promoting the use of electronic records.

The HIPAA legislation did a lot of things. But what HIPAA is most well-known for today is the "Privacy Rule" adopted by the Department of Health and Human Services ("HHS") in 2003, within the scope of its rule-making authority. The Privacy Rule, in a nutshell, prohibits unauthorized disclosure of "protected health information" that can be linked to a specific individual. In 2008, "genetic information" came under the protection of the Privacy Rule—incorporated within the definition of "protected health information" by the Genetic Information Nondiscrimination Act.

For privacy advocates, HIPAA's Privacy Rule represented a major breakthrough, as it acknowledges and protects the right to avoid disclosure of health status and treatment information without consent. Nonetheless, privacy advocates maintain that it does not go far enough because the rule is subject to some noteworthy limitations. First, patient consent is not required if disclosure of health information is necessary in relation to medical treatment, payment for healthcare, or the individual patient's healthcare options. Thus, your doctor's office can disclose treatment information to another provider involved in your treatment or to your health insurer to facilitate payment of the bill. That's not so bad.

Another, perhaps more consequential limitation is that HIPAA's Privacy Rule only applies to "covered entities." Healthcare providers are covered entities—as are health insurers, HMOs, "healthcare clearinghouses," and government agencies that transmit healthcare information. And the Privacy Rule applies vicariously to business associates of covered entities and subcontractors who work for them. But individuals or entities that don't qualify as a "covered entity" are not regulated by the Privacy Rule.

That means if you're providing confidential medical info to a health-tracker app on your phone (among any number of other examples), there's a good chance HIPAA doesn't prohibit disclosure—though non-HIPAA privacy rules may come into play.

Another HIPAA limitation is that covered entities can disclose protected information to public health authorities to help control or prevent disease or to law enforcement authorities under certain circumstances. Or, when otherwise authorized by law, a covered entity can make disclosures to individuals who may have been exposed to a communicable disease—or to a patient's employer at the employer's request if disclosure is necessary for OSHA compliance.

Notably, these disclosures are permitted (not required) by HIPAA—the statute does not override common law confidentiality privileges. In other words, a doctor can still refuse to divulge a patient's confidential medical information on grounds of privilege—even if the disclosure would fall under one of the exceptions to the Privacy Rule. There might be other legal grounds for compelled disclosure, but not HIPAA.

A major weakness of HIPAA is that it does not authorize private enforcement. That is—an individual whose privacy rights have been violated due to a HIPAA violation cannot file a civil lawsuit requesting damages. Instead, HIPAA's remedy is for aggrieved individuals to file a complaint with HHS or the relevant state's attorney general. HHS (acting through its Office of Civil Rights) has the power to impose

sometimes stiff fines (and even criminal charges in the worst cases) for HIPAA violations. In practice, enforcement is largely discretionary, and HHS usually focuses more on corrective action than penalties.

Although a civil suit under HIPAA is not an option, some states have their own healthcare privacy laws which do allow private causes of action. The general rule is that a state can enact laws providing greater, but not lesser, privacy protections than HIPAA—and some states have opted to do so. Depending on the circumstances, common law claims for negligence, intentional infliction of emotional distress, or the privacy claims mentioned above may also be available based on conduct that violates HIPAA.

Medical Privacy in the COVID-19 Era

Though privacy rights aren't absolute, as it concerns HIPAA and medical privacy in the Covid-19 era, the personal-medical-privacy side of the debate seemed to have most of the momentum heading into the 21st Century. However, many are alarmed that COVID-19 may be changing the playing field, even going as far to sound the alarm about "medical tyranny"—due to the media's attention to the "peril of a pandemic", as well as the partisan expansion of governmental power spurred by crisis and widespread fear, and, finally, the unfortunate politicization of public health reshape perceptions and priorities.

Advocates for compulsory inoculation note that there is U.S. Supreme Court precedent for government-mandated vaccines. The 1905 case of *Jacobson v. Massachusetts* upheld the Commonwealth of Massachusetts' power to require smallpox vaccinations, with fines for noncompliance. *Jacobson* served as precedent for high-court sanctioning of mandatory school vaccinations in 1922—and involuntary sterilization in 1927.

But constitutional law generally—and privacy rights in particular—have evolved substantially over the past century. While *Jacobson* is technically still good law, governmental power to mandate particular healthcare procedures is by no means a settled question under modern jurisprudence. A 2005 article leary of compulsory vaccinations in the *American Journal of Public Health* (now featured on the National Institute of Health's website) asked whether mandatory vaccines could still pass 21st Century constitutional muster. The authors viewed the issues from a variety of relevant angles, ultimately concluding:

A law that authorizes mandatory vaccination during an epidemic of a lethal disease, with refusal punishable by a monetary penalty... would undoubtedly be found constitutional... However, the vaccine would have to be approved by the FDA as safe and effective... On the other hand, if a vaccine were investigational, compulsory vaccination would not be constitutional, and people would be less likely to accept it voluntarily... [A] state statute that actually forced people to be vaccinated over their refusal [] would probably be an unconstitutional violation of the right to refuse treatment... Even the state's legitimate interest in protecting life cannot outweigh a competent adult's decision to refuse medical treatment...

The 2005 article offers a fairly detailed analysis and is worth a read if you're interested in the topic. A somewhat ominous warning from the authors (at least for supporters of privacy rights) is worth another quotation: "As a practical matter, major new epidemics or terrorist attacks are likely to be considered national emergencies. In such circumstances, overreactions are likely and constitutional rights may be trampled, regardless of established law..."

Private Employers and Medical Privacy Rights

When it comes to HIPAA and medical privacy in the Covid-19 era, private actors, which are most employers, are generally not restrained by constitutional privacy protections. And, unfortunately for individual rights advocates, HIPAA is of little help. While the law prohibits healthcare providers' unauthorized disclosure of patients' vaccination status, it does not prevent employers from asking employees whether they've had the vaccine—or even compelling vaccination as a condition of employment.

With that said, employment law is largely governed at the state level, and individual states vary in the relative strengths and weaknesses of protections afforded to workers. The issue is certain to result in significant litigation in the days ahead, resulting in new precedent in the privacy-rights-versus-public-health debate. It will be interesting to see how the lower courts come down and whether the U.S. Supreme Court decides to weigh in on medical privacy in the COVID-19 era.

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HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

Regenerative Medicine May Play a Larger Role in Healing Than Most People Realize

By Physicians Rehabilitation

We hear so much about Blue Zone centenarians' lifestyles and thoughts on how they age so well without major disease or illness, but when it comes to healthy aging, it's not just about what we eat, exercise, and socialization, although these are definitely critical. However, it is important to mention that the medical treatment you receive is highly subjective to your outcomes, overall health and wellness.

What do we mean by that? Many doctors over prescribe medications to mask your symptoms but these usually fail to get to the root cause of your disorder. If you are injured or suffer from chronic pain, many surgeons will tell you surgical intervention is necessary, but is it? Often these treatment plans leave people sicker, with multiple other symptoms and surgery many times, doesn't relieve the problem long term.

Regenerative medicine is different because it helps the body heal from within on multiple levels. It is never a bandage approach, and it aims to treat the root cause of your condition.

If you want to age well, you might want to reconsider your thoughts on standard treatment. In the case of musculoskeletal conditions, it's always best to start with conservative approaches. Surgery is permanent; there is no going back once you have a knee or shoulder replacement. While those might be necessary in severe cases, they can be treated with regenerative therapies that offer significant optimal restoration.

Regenerative Medicine

The purpose of Regenerative medicine is it to utilize the body's own ability to regenerate cells and tissues that have been damaged back to full functionality. When used in orthopedics, the goal is to regenerate soft tissues, cartilage, muscles, and tendons. Regenerative Medicine should be the first recommendation, and in many cases, it is the only treatment necessary when dealing with muscle strains, tears. When it comes to joint dysfunction or tears such as with sports injuries, physical therapy is also extremely beneficial as an add on treatment.



AT PHYSICIANS REHABILITATION THE TWO PRIMARY REGENERATIVE MEDICAL THERAPEUTICS FOR MOST SPORTS INJURIES ARE VISCOSUPPLEMENTATION AND PLATELET RICH PLASMA (PRP) THERAPIES

Viscosupplementation

Viscosupplementation is an injectable substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is a high concentration of Hyaluronic Acid (HA) and is used to help protect the joint, act as a cushion and protector against damage and most importantly acts as a lubricant to enable smooth function of the joint. As you age, your body supplements with less Hyaluronic Acid (synovial fluid) and an increasingly less viscous Hyaluronic Acid replaces your thick and very well lubricating HA. This lack of fluid creates dried out joints which leads to cartilage, tissue, muscle, and bone breakdown – leading to Osteoarthritis and making it easier to have tissue and muscle damage within and around the joint.



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The procedure can be done in our office and only takes a few minutes. After locally numbing the area of concern, the procedure is monitored under a fluoroscopic image, which is a live X-ray. This allows us to see the inside of your joint while it is in motion and during the injection process. Using the fluoroscope, the practitioner will have the ability to see exactly where the Hyaluronic Acid is being placed to make sure it is in the joint space – because if it is not, it will do NO GOOD! You'll receive approximately five injections at one week apart. The results of the cartilage enhancement will last for around six months or longer. Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

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 by spiking your body's natural ability to heal by using your own growth factors and proteins in your blood!

Research studies and clinical practice have shown PRP therapy to be 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

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient.

OCD: PARTICIPANTS NEEDED

ARHI | Clinical Trial | Biohaven Pharmaceuticals

During 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.



Advanced Research for Health Improvement, LLC

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A FREE TINNITUS ASSESSMENT CAN HELP YOU UNDERSTAND THE NEWEST TREATMENT OPTIONS FOR THOSE SUFFERING WITH TINNITUS (RINGING EARS)

By Høglund Family Hearing and Audiology Services

Tinnitus is the perception of a sound that has no external source. Some of the more common sounds reported are: ringing, humming, buzzing, and cricket-like. It can also be a combination of sounds, and for many, the sound of their tinnitus actually changes. It can be constant or intermittent and is heard in one ear, both ears or in the head. Tinnitus is almost always accompanied by hearing loss. *If you have tinnitus, you should have your hearing tested by a hearing health professional.* Some 30 million adults suffer from persistent tinnitus (it can also affect children). For 12 million, the problem is severe enough that it impacts their everyday life. "Since tinnitus can be a symptom of a more serious disorder, it is important to have an appropriate health evaluation", states John Høglund,



John and Patricia Høglund
LHAS, BC-HIS, ACA

owner of **The Audiology Centers of Høglund Family Hearing.** "Our Doctors of Audiology have found many health conditions requiring intervention with Ear, Nose and Throat Doctors that helped prevent more serious medical consequences! The initial Tinnitus Assessment and Consultation is completely **Free of Charge** at any of our conveniently located Audiology Centers throughout Southwest Florida!" John and his wife Patricia have spent over 60 years in the hearing healthcare field! "We never wanted expense to be a barrier to knowledge," states Patricia. "So, we offer these complimentary hearing and tinnitus assessments for anyone who needs our guidance and support!"

WE CAN HELP!

There is help available! You can do something about it. "Curious patients have some basic concerns and inquire about therapies. Concerned patients are bothered by their tinnitus, and want detailed information and strategies for reducing the impact of their tinnitus. Distressed patients are very bothered. They require professional help to reduce their stress and improve their coping abilities". **None of these responses are wrong.** Everyone's tinnitus is a bit different, and we are all different people with different life experiences, weaknesses and strengths.



Some people do not appear to be too bothered by their tinnitus, but most would wish it would go away. *Tinnitus can have a direct influence on: Thoughts and emotions, hearing, sleep, and concentration.*

Hearing

Some people with tinnitus (39%) say that the sound of the tinnitus competes with or masks things they are trying to hear. Most people with tinnitus also have a hearing loss, and it is not always easy to tell whether hearing difficulties are due to the hearing loss or to the tinnitus. There are many things you can do to improve your listening strategies, and hearing aids often improve hearing and tinnitus! **We offer complimentary Tinnitus Assessments at the Audiology Centers of Høglund Family Hearing!**

Sleep

Many tinnitus sufferers (20%) report that when they are in their quiet bedroom, their tinnitus interferes with them getting to sleep. It can also make it more difficult to get back to sleep when we wake up in the middle of the night. Some even report that their tinnitus is worse after waking up in the morning, or even after a brief afternoon nap. There are many things you can do to nurture your sleep experience, and most individuals with tinnitus benefit from sound therapy while falling asleep. *Sleep deprivation can dramatically increase stress... and stress can increase tinnitus, creating a nasty circle that negatively impacts the tinnitus sufferers' quality of life!*

My tinnitus began while I was filming the Star Trek episode "Arena." I was standing too close to a special effects explosion and it resulted in tinnitus.



There were days when I didn't know how I would survive the agony. I was so tormented by the screeching in my head I really thought I would not be able to go on. But then a ray of light burst into my life - the American Tinnitus Association. The help they gave me literally saved my life. The harsh reality of tinnitus has robbed silence from the lives of nearly 50 million Americans. Whether you hear it in your ears or in your head tinnitus means the same thing: noise that does not go away. You do not suffer alone.

- William Shatner

Managing tinnitus

There are many things you can do to help yourself manage your tinnitus. Finding a good tinnitus care provider can greatly improve your quality of life! If you have tinnitus, you likely have a hearing loss as well. The poorer your hearing, the more difficulty you will have communicating. In addition to your hearing loss, your tinnitus can also interfere with your hearing. Counseling and sound therapy, including the use of hearing aids, can be very helpful. *The Audiology Centers of Høglund Family Hearing specialize in tinnitus testing and treatment protocols! Please call (239)494-8651 to schedule a FREE Hearing Test and Complimentary Tinnitus consultation!* Clinics are conveniently located in Bonita Springs, Estero, Fort Myers and Cape Coral.

In 2020 our practice was voted **Best Tinnitus Care Provider and Best Audiology Center** in Cape Coral, Bonita Springs/Estero and Fort Myers in the Readers' Choice Poll.

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Exercise Overload:

Tips for Avoiding Stress Fractures

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

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

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

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



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

If you have several stress fractures, a DEXA Scan to identify bone loss should be performed. For women with a stress fracture, it could be related to a medication that you are taking that is suppose to prevent stress injuries.

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



Edward R. Dupay, Jr, DO
Board Certified

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

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

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

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MY SELF WELLNESS CENTER OFFERS FREE PTSD TREATMENT TO SELECT VETERANS

MY 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.

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Do You Ever Have Heart Palpitations or Sensations of Fluttering in your Chest?

AFib is an Alarming Condition.

By Dr. Joseph Freedman MD, MBA

A Fib is an irregular heart rate that is often rapid with palpitations and causes insufficient blood flow. More than 6 million individuals in the United States have AFib. Hereditary heart disease can cause the disorder, but other factors contributing to heart arrhythmias are high cholesterol, high blood pressure, obesity, heavy alcohol use, and more. A disruption to the top chamber of the heart, prompting the heart's rhythm and rate to fluctuate, causes an arrhythmia. The timing of the heart's contractions is directed by the cardiac electrical system, not the pumping system.

AFib can also be brought on by other health conditions such as type 2 diabetes, hypertension, atherosclerosis, cardiomyopathy (seeing a lot of this due to Covid), lung and thyroid disorders, and carbon monoxide poisoning. However, not all AFib cases have a distinct cause, in fact, fit people can still develop the disorder.

Triggers and Symptoms

Some common triggers are things like smoking, excessive alcohol intake, caffeine, and being obese. Common symptoms of AFib are a fluttering sensation in the chest. Along with this symptom, fatigue, weakness, confusion, chest discomfort, dizziness, and an irregular heartbeat are also common warning indicators.



Risk of Stroke

AFib can come and go, or it can be consistent. If you have AFib, you are at a very high risk for having a stroke. Those with AFib are 5 to 7 times more likely to suffer from a stroke. Here's why—When the atria are irregularly and rapidly beating, the blood cannot flow properly and often clots are formed. If the clot breaks loose it can travel to the brain causing a stroke and if it travels to the heart, it causes a pulmonary embolism. AFib also weakens the heart muscle. These clots can also travel to other organs in the body.

Diagnosis is critical for prevention of stroke, embolisms, and also to treat the specifics of your AFib.

Diagnostics

Cardiologist will run tests such as ECG, Holter monitors, and portable event monitors. The goal is to get your heartbeat regulated and to prevent

blood clots. There are many types of treatment, depending on the severity of the cause of your AFib these could be medications, lifestyle changes, ablation procedures, closure devices, pacemakers, and surgical intervention.

LAAC Device (WATCHMEN)

If you have AFib not caused by a heart valve issue, you may be eligible for an innovative procedure that will prevent strokes and get you off blood thinners permanently. The WATCHMEN procedure, which is an implantable left atrial appendage closure (LAAC) device, has proven to be a highly effective procedure to reduce the risk of stroke.

If you are concerned about AFib or other heart-health issues, please see an experienced cardiologist immediately.

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.

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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Health Insurance Important Dates!

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

Obama Care/Affordable Care Act – August 15, 2021 deadline for new policies issued. The Government extended your ability to enroll in health insurance on the Market Place due to COVID. This special enrollment period will end this month! The website is HealthCare.gov, your local insurance agent can help you through the maze and there is no charge generally for their services. The government also increased how much money you can earn and qualify for subsidy to help lower your cost for insurance. Many people are not aware that they do not need to forgo having health insurance and there are affordable options for them. Insurance is not just about the price of the premium but very important the network of doctors, hospital, etc. that you can have access to. This year a carrier can on board in Lee County and folks that enrolled were not aware that Lee Memorial was NOT in that carrier's network. This is a big deal! So, in their case to be treated as in network they would need to call the carrier and get approval to have the charges covered as a Medical Emergency out of Network.

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.



Medicare – Annual Enrollment Period October 15-December 7th, 2021, for January 1st, 2022, effective. 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 to register. Classes include Applying for Medicare; Special Enrollment Periods; Late Enrollment Penalties; Low income/Medicaid.

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!

Whole Life Policies for children make wonderful gifts and leaves a legacy. As an example, I buy my grandchildren each a \$100,000 life insurance policy that will be paid in full in 10 years. The policy grows in cash value, the premium is set for 10 years and then it is Paid in Full. My 5-month-old granddaughter's policy cost me \$748.00 for the year and I could have chosen to make monthly payments. Whole Life policies have so many wonderful benefits.

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

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

Logical Insurance Solutions for all your insurance needs - Dee Merritt
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Don't Let Pain Control Your Life

Managing pain can be an overwhelming feat for millions of people. When over-the-counter pain meds don't work, physicians often prescribe pain medications that unfortunately, can become addictive, and when these drugs stop working, many times patients are told they need surgery.

While surgery has its place and is necessary in certain cases, it's not always the answer. If you are living with chronic pain or pain from an injury, you might be surprised to know that numerous people just like you have found significant regenerative relief from physical therapy.

Physical Therapy can help alleviate pain by increasing flexibility, relieving tightness, stiffness and soreness. PT also builds muscle strength, which is a big issue with many chronic pain symptoms, and PT can expedite your long-term recovery and help you avoid surgery.

Physical Therapy Now's Pain Management

With no drugs, invasive procedures, or side effects, Physical Therapy can often be the best option for your ailment. However, even if surgery is required, therapy can give you improved outcomes and shorten healing time. We offer laser therapy for pain management as well.

Pre-Surgical & Post-Surgical Rehabilitation: Some surgeries are planned, so you know what to expect. And then there are those surgeries that happen unexpectedly, and the entire process takes you by surprise. Whether your surgery is planned



or unplanned, and whether you need pre- or post-surgery rehab, our team is here to make sure you leave your sessions feeling healthier and stronger than before.

Our goal is to help you eliminate pain by targeting the source and creating a customized treatment plan to help you live pain-free.

When you've been injured, you may notice you can't simply move around the way you did before. Physical therapy for loss of motion is what you may need, but the only way to know is to let us exam you and dig deep to find the root cause of your pain.

The list of injuries can go on and on. Meniscus tears, rotator cuff injuries, torn ligaments, broken bones... if you need to heal 100% from any sports injury, the skilled therapists at Physical Therapy Now will guide you every step of the way.

Graston Technique: Here at Physical Therapy Now, we love to use the Graston Technique when we can. Not only does it support healing in a healthy and efficient way, but it also minimizes treatment time. That means you can get back to enjoying the things you love – pain free!

At Physical Therapy Now, we believe in providing our clients with compassionate, comprehensive care so that they can truly feel better. We deal with sports injuries, chronic conditions, and post-surgical recovery procedures. We'll give you our personal attention, and we hope that you'll benefit from our extensive services, which include the following, to name a few:

- Exercise Therapy
- Manual Therapy
- Massage Therapy
- Stretch Therapy
- Muscle Strain/Sprain Therapy
- Functional capacity evaluations
- Laser therapy
- Home exercise programs
- Occupational Therapy

Physical Therapy Now

If you need physical therapy, you're in luck! Physical Therapy Now offers two convenient locations within 10 miles of Cape Coral. But convenience only matters if the service is worth it, and we deliver high-quality physical therapy care that's second to none. Call us today to set up your first appointment. **We know how to TREAT you.**

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MICRONEEDLING FOR HYPERPIGMENTATION

Microneedling 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.





TOPICAL HEMP-DERIVED CBD PRODUCTS FOR PAIN

There are great alternatives or add on therapies for arthritis, migraines, trauma, pain, and inflammatory issues as well. The following are a few of our hemp-derived CBD topical products. If you suffer from acute or chronic pain, one or more of these products might be a good fit for you. We also have tinctures and other types of CBD products for your needs.

PurWell 1500 mg Nano-Infused Full Spectrum Hemp Oil Roll-on

This Nano-infused full spectrum CBD roll-on was made with strength and form factor in mind. At a concentration of 1500 mg of whole plant CBD hemp oil extract, this is the strongest roll-on available on the market. Some ingredients include Arnica, Aloe, Camphor, Eucalyptus, Turmeric, and Peppermint.

Purple Hippo 5000 mg Full Spectrum CBD Cream

Why not try a CBD topical on steroids? This 5000 mg full spectrum CBD lotion works fast and gets the job done. With menthol, ostrich oil, tea tree oil, lemon-grass oil, and many more essential oils, this product not only smells great but works great as well.

Soothe Elements Soothe'N CBD Infused Massage Lotion 240 mg

Our massage 8 oz. bottle of massage lotion has been professionally developed by Massage Therapists for massage enthusiasts of all kinds. Utilizing a professional blend of oils and Hemp Extract (CBD) to help provide muscle and joint relief, quick recovery, and maximum relaxation.

Full Spectrum CBD Pain Patch by Hemp Joi

It doesn't get much easier than putting on a 60 mg CBD pain patch. Simply put it on the area that hurts and leave it. The 60 mg of Full Spectrum CBD will go to work helping reduce the inflammation that causes the pain. These pain patches work for 72 hours.

How CBD helps with pain

There is evidence that suggests Hemp-derived CBD can help to tamp down pain. Research suggests that the effect the CBD has on the body's endocannabinoid system is what reduces pain and inflammation. CBD binds to our endocannabinoid receptors and is thought to help regenerate cells.

Cannabis has multiple strains, one of which is Delta 8, which is popular due to its potency and effectiveness with a less intense psychoactive effects of Delta 9 or THC. Both CBD and Delta 8 have anti-inflammatory properties and work well for both acute and chronic inflammation for numerous people.

Delta-8-Tetrahydrocannabinol

According to the National Cancer Institute, Delta 8 is described in the following way:

An analogue of tetrahydrocannabinol (THC) with anti-emetic, 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 conductance's and inhibits N- and P/Q-type Ca²⁺ channels. This agent exhibits a lower psychotropic potency than delta-9-tetrahydrocannabinol (delta-9-THC), the primary form of THC found in cannabis.

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 make 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.

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. Our philosophy is **TRY BEFORE YOU BUY**. Enjoy FREE Samples to make sure they work.

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.

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Not All Fat is Created Equal

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

Diets lower in carbs are well known to benefit those with diabetes, because it helps to control blood sugar and inflammation. However, many people are eating very unhealthy fats that over time, will cause other chronic illnesses to occur.

If you've been eating butter, bacon, salami, processed and frozen foods, you will want to read on as to why these might be harming your health.

Healthy fats are the key to optimal wellness. Our bodies need fat to survive, and our brain needs fat to function properly. Saturated fats, processed fats and seed oils can increase inflammation in the body creating a slew of problems.

Saturated Fats

Too many saturated fats can cause atherosclerosis (plaque in the arteries). Saturated fats are in heavy cream, ice cream, pizza, most baked goods, pepperoni, salami, cheese, butter, etc. Some saturated fat can be healthy like egg yolks or coconut oil, but these must be eaten with other healthy foods like leafy greens as opposed to grains and sugar. When we combine grains or sugar with saturated fat, it creates a multitude of issues to take place. If you are consuming saturated fats, do so with caution. Too much and when combined with the wrong foods, cause detrimental effects to our health.

If you want to enjoy eggs, eat them with a side of roasted tomatoes or greens, and leave out the toast and hash browns.

Processed Meats

Hotdogs, salami and pepperoni are cured meats that contain nitrates, which are known carcinogens. There is strong evidence that these types of meats cause cancer of the bowel, stomach, rectum and colon. It's not just the nitrates, there is also a link between eating too much red meat, showing that it also causes the risk of colorectal and other cancers to intensify.

It's okay to enjoy a filet mignon or skirt steak once in a while, just not too often.



Trans Fat

The most common form of trans fats is found in processed foods. It's also called partially hydrogenated oil. These fats have one of the worst impacts on our health. They cause high LDL, high triglycerides, greatly increase stroke and heart attack risk and they also raise blood sugars and inflammation leading to type II diabetes.

Fatty Acids

We know that Omega-3 fatty acids are incredibly beneficial for us, but there is an increasingly high amount of Omega 6 oils in many people's diets. If you are consuming foods with sunflower and corn oil, omega 6 can begin to cause adverse conditions such as an increase in blood pressure, inflammation, water retention blood clots, heart attack and stroke. Omega-3 Fatty acids will have the opposite effect and increase overall health in the body and brain.

MUFAs & PUFAs

Monounsaturated fats (MUFAs) and polyunsaturated fat (PUFAs) are nutritious fats that help to lower LDL cholesterol, triglycerides, regulate blood sugar, and tamp down inflammation. These are found in foods like walnut, flax seeds, avocados, and olive oil. Eating higher amounts of these fats will help to promote better health.

If you are on a low carb or ketogenic diet, these are wonderful ways to control diabetes, and increase overall health, but doing these the healthy way is best. Think about eating whole foods such as non-starchy vegetables, berries, nuts, salmon, sardines, olives, avocados, chicken and eggs.

It's okay to splurge and have bacon or pepperoni and cheese every now and then, but we shouldn't be eating this way every day.

DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

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

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

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

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

Reverse My Diabetes
Denise A. Pancyrz

Diabetes & Holistic Lifestyle Coach
Speaker • Author

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



Practicing Safe Dentistry and Implementing Advanced COVID -19 Safety Precautions

Ricardo S. Bocanegra, D.D.S.

At Porto Fino Dental your health and well-being are our highest priority. At all times, we take the highest level of precautions to prevent the spread of infection, including the new coronavirus. You can learn more about these protocols, as well as how you can help keep yourself and those around you healthy, from the American Dental Association's website. If you are healthy, there is no need to cancel your regularly scheduled dental appointment. We do ask you to arrive on time, rather than early, for your appointments to minimize the amount of time patients spend in the waiting area

Our offices have always been among the safest places to be in terms of cleanliness and sanitization. We are continuing to be diligent with strict screening measures and stringent infection control prevention protocols while providing our patients and staff members ease of mind during dental visits and procedures.

Our sanitization, infection control protocols and social distancing measures include the following:

1. We are asking all patients to fill out any necessary paperwork online prior to their appointment
2. We ask patients to wait in their vehicles (when applicable) until they are ready to be seen to avoid waiting areas



3. We Require anyone entering the offices to wear a facemask and ensuring they are a minimum of 6 ft. apart when not receiving dental treatment

4. We are taking and recording all staff members temperatures prior to each shift, to ensure only healthy personnel are treating patients

5. Taking temperatures of patients

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

7. Requiring doctors and medical staff to wear proper personal protective equipment (PPE) at all times

8. Thoroughly and regularly cleaning all surfaces in offices that can be exposed to infection between patients

9. Requiring symptomatic patients to reschedule appointments when asymptomatic

In addition, our office has large and wide-open operatories, with plenty of exam rooms where patients and staff members are comfortable practicing social distancing. We have installed air purification systems in all operatories, invested in extraoral suction machines that capture all aerosols during procedures, installed UV disinfecting lights in our air conditioners and go above and beyond CDC guidelines to guarantee your safety and the safety of our team. These protocols result in our offices being one of the safest spaces for dental treatment.

Our dental team will be happy to answer any questions you may have regarding a safe dental visit.

You may reach us at 239-482-8806 or email us at info@portofinodental.org

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Understanding the Pros and Cons of Alternative Investments

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

In today's dynamic market environment, some investors may be looking beyond stocks and bonds for other options for investing their money. This search for other options may lead to alternative investments.

Alternative investments are investments outside the stock and bond markets, and may include currencies (including cryptocurrencies such as Bitcoin), commodities, real estate, private equity, hedge funds, precious metals and art or collectibles. These types of investments tend not to be correlated to the performance of stocks and bonds, and may offer the potential for higher returns, but typically with higher risk.

Here is an overview of what you need to know before investing.

Potential Upsides of Alternative Investments

Potential reduction in overall volatility. Since their performance is not correlated with the stock and bond markets, alternative investments may help to reduce overall volatility within a portfolio of traditional investments.

Diversification. Alternative investments typically help provide diversification across different markets, strategies, managers and investment styles.

Potential for increased performance. Like any investment, the rate of return for alternative investments is not guaranteed. However, according to a study called "The Rate of Return on Everything, 1870-2015," which looked at performance across 16 advanced economies over a period of 145 years, residential real estate provided the best returns.¹

Potential Downsides of Alternative Investments

Illiquidity. Alternative investments tend to be private, rather than public, and they are generally illiquid, so they may be difficult to exit and your money may be tied up for an extended period of time.

Lack of regulation. Alternative investments are not regulated and are not subject to reporting requirements. In addition, the underlying assets of alternative investments are often difficult to value, which leads to challenges in pricing and price transparency.



High minimum investments. Many alternative investments carry high minimum investments, and may not be available to all investors. In addition, alternative investments generally carry higher fees.

Complexity. Alternative investments are often complex instruments and may require a higher level of due diligence. If you are considering alternative investments, you also want to be sure that you research and understand the potential tax implications associated with them.

In the past, alternative investments were reserved for the domains of institutional and high-net-worth investors. However, in recent years, alternative investments have grown in popularity and are making their way into the portfolios of individual investors. Like all investments, alternative investments come with both benefits and risk. Before taking the leap into this sector, consult a Financial Advisor with experience in alternative investments who can help you determine whether this type of investment is right for you.

Footnotes

1 Jordà, O., et al. The Rate of Return on Everything, 1870-2015. Published June 2017. Available at http://conference.nber.org/confer/2017/SI2017/EFGs17/Jorda_Knoll_Kuvshinov_Schularick_Taylor.pdf.

Disclosures

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Diversification does not guarantee a profit or protect against loss in a declining financial market.

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Hope and Optimism

By Pastor Timothy L. Neptune

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

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

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

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

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

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

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

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

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



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

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TESTIMONY:

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

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- Neck Pain
- Sports Injuries
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- Sciatica
- Plantar Fasciitis
- Tendonitis
- Shoulder/Hip/Knee Pain
- Erectile Dysfunction