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October 2021

Lee Edition - Monthly

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Fort Myers Events

Date	Time	Location	Location Address
October 14	4:00 PM	Cantina Laredo	5200 Big Pine Way, Fort Myers, FL 33907
October 21	10:00 AM	VIRTUAL	Contact us for Link
October 23	9:30 AM	Logical Insurance Solutions	2161 McGregor Blvd. Fort Myers, FL 33901
October 26	9:30 AM	Logical Insurance Solutions	2161 McGregor Blvd. Fort Myers, FL 33901
October 28	4:00 PM	Cantina Laredo	5200 Big Pine Way, Fort Myers, FL 33907
November 4	4:00 PM	Cantina Laredo	5200 Big Pine Way, Fort Myers, FL 33907
November 6	9:30 AM	Logical Insurance Solutions	2161 McGregor Blvd. Fort Myers, FL 33901
November 11	10:00 AM	VIRTUAL	Contact us for Link
November 11	4:00 PM	Cantina Laredo	5200 Big Pine Way, Fort Myers, FL 33907
November 18	4:00 PM	Cantina Laredo	5200 Big Pine Way, Fort Myers, FL 33907
November 22	9:30 AM	Logical Insurance Solutions	2161 McGregor Blvd. Fort Myers, FL 33901
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KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

Treatment

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

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

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

Source:

1. https://www.nfcr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAyc2BBhAAEiwA44-wW9qTM7gXbIKsBU1dxNN-rM7OKwmg3J43bZni6h175MIIQCzwNsKORoCE5QQAvD_BwE

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

Services Provided

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

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

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

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ENCOURAGING SIGNS IN THE FIGHT AGAINST **BREAST CANCER**

By Dr. Arie Dosoretz

Every October, National Breast Cancer Awareness Month represents an opportunity to reassess the impact of breast cancer in our lives and the lives of those we love, as well as our community.

The average risk of a woman in the U.S. developing breast cancer during her lifetime is about 13%, or one in eight women. In recent years, the incidence rates have increased slightly by .5% per year. And in 2021, the American Cancer Society estimates 281,550 new cases of invasive breast cancer will be diagnosed in women in the U.S.

These statistics demand our full attention, as do the weapons that we have in our fight against breast cancer.

To continue making progress, we must focus on advancing access to care as well as providing the most advanced treatment and technologies available.

Breast cancer treatment usually involves a combination of surgery, radiation therapy and systemic treatment in the forms of chemotherapy and hormone therapy. Surgical approaches include a breast-conservation approach, often called a lumpectomy, in which the tumor is removed and the rest of the breast is preserved. The other common surgery is a mastectomy, a surgery in which the entire breast is removed.

Radiation therapy uses targeted doses of radiation to kill cancer cells. It works by damaging the genetic material inside cancer cells. Once this happens, they are not able to grow and spread. Radiation therapy is prescribed for several reasons. The most common goal is to cure a patient's cancer, but even when this is not possible, radiation can be used to shrink tumors and reduce their associated symptoms. The phrase "radiation oncology" covers all aspects of radiation treatment. As each patient is different, it is critical to create an individualized plan based on all the relevant factors in a given patient's case.

Modern radiation technology can target cancer cells with extreme accuracy while preserving as much of the healthy surrounding tissue as possible.



Recognizing that each patient is different, doctors at Advocate Radiation Oncology create an individualized treatment plan using the latest techniques available. The practice offers the following treatments:

- External Beam Radiotherapy (EBRT) and Intensity-Modulated Radiation Therapy (IMRT)
- High-dose Rate Brachytherapy (HDR)
- Stereotactic Radiosurgery (SRS)
- Stereotactic Body Radiation Therapy (SBRT)
- Surface-Guided Radiation Therapy (SGRT) and Deep-Inspiration Breath Hold (DIBH)

Advocate Radiation Oncology is also proud to bring a powerful treatment option in the fight against cancer as it establishes the first proton therapy center along Florida's west coast. An advanced form of radiation that uses proton beams to target tumors precisely, proton therapy has proven effective for the treatment of many common cancers.

Proton therapy uniquely spares significant dose to normal tissue, while delivering powerful treatment to areas of disease. This treatment option can lead to improved outcomes in combination with reduced toxicity and side effects in patients. The entire team at Advocate Radiation Oncology is honored to bring world-class cancer care close to home.

Early detection, effective treatment options and continued research are our best allies in the battle against breast cancer. We will continue to stand proudly with our patients and loved ones in their fight against this disease.

About the Author

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

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Roth vs. Traditional IRA:

Retirement and Estate-Planning Advantages

By Adam Bruno, Certified Financial Fiduciary®

It would be nice if the Roth IRA had been around long as the traditional IRA. Imagine the long-term benefits of tax-free growth throughout a 40-year career. Annual contribution limits for IRAs are relatively low (\$6,000; \$7,000 for 50-plus), but the Roth is a good complement for investors who also contribute to an employer-based retirement plan. While 401(k) contributions are made from tax-deferred income, Roth contributions are derived from previously taxed income. Both vehicles are permitted to grow without taxes on earnings; however, in retirement, you don't have to pay any taxes on Roth distributions, whereas all 401(k) distributions are taxed at your then-regular income tax rate.¹

That tax bite during retirement can feel pretty punishing when you're on a fixed income. It's one reason why the Roth has an edge over the traditional IRA — which also taxes distributions in retirement. One of the key strategies that has emerged in the Roth IRA era is tax diversification in retirement: Try to invest in such a way that not all your income is taxable. This can help avoid taxes on Social Security benefits and keep you from having to pay higher Medicare premiums.²

Everyone has different circumstances, and you should build your financial portfolio to reflect your needs and objectives. Since the total amount you can contribute to an IRA each year — traditional, Roth or a combination — is limited, it's typically a good idea to pick one that best meets your needs. Another viable strategy for reducing taxes in retirement is later converting a traditional or rollover IRA to a Roth. Investors also should consider the advantages of both versions for estate planning purposes. If you have any questions, or would like help developing a long-term IRA strategy, please contact us.

Distributions from a Roth IRA can increase your income during retirement since qualified withdrawals are not taxed. Moreover, if an investor doesn't need to use his Roth funds during retirement, those assets and all potential tax-free earnings they generate can be left tax-free to heirs.



Whatever amount he passes on can continue growing tax-deferred and eventually be withdrawn tax free. Note that non-spouse beneficiaries of a Roth will need to take full distribution within 10 years of inheriting the money. However, when beneficiaries have the discipline to leave that money in the inherited Roth for the full 10 years, it can continue to grow for an even larger inheritance with no tax consequences.³

By contrast, traditional IRA distributions to heirs are considered taxable income in the year(s) withdrawn.⁴ So don't just think about reducing your own taxes with a Roth; consider its tax-free advantage for your heirs.

Be aware that you can contribute only earned income to an IRA. That precludes Social Security and pension income, dividends, etc. You may continue to contribute throughout retirement as long as you're earning some income — and may only contribute up to amounts earned, subject to the contribution limits. Also bear in mind that there are income limits for making Roth IRA contributions. Single tax filers must earn less than \$140,000 (in 2021); the married and file jointly income limit is 208,000.⁵

In a Roth conversion, you can move money from a 401(k) into a Roth IRA, converting all or a portion of assets throughout time, but there are considerations. For example, you'll have to pay taxes on the money you move in the year it's converted. That's a good reason to only move a portion at a time; try not to tip your reported income into a higher tax bracket each year. If you conduct the conversion once you're retired, your taxable rate will be lower. However, Roth funds are subject to a five-year rule. If you convert 401(k) funds to a Roth you've already owned for five years or more, you can go ahead and use that money. But, if you must open a new Roth to make the conversion, you must wait five years before you can tap that account, or funds tapped will be subject to a 10% early withdrawal penalty.⁶

If you are considering a Roth conversion for any retirement account funds, remember that income tax rates are relatively low right now. If there are any changes in the near future, rates are more likely to go up than down. That's a good reason to start a conversion now if you and your advisor believe that's a good strategy for your situation, especially if you plan to roll over funds gradually throughout several years.⁷

Content prepared by Kara Stefan Communications.

- 1 Dayana Yochim and Andrea Coombes. NerdWallet. April 28, 2021. "Roth IRA vs. Traditional IRA." <https://www.nerdwallet.com/article/investing/roth-or-traditional-ira-account>. Accessed July 21, 2021.
- 2 Phil Lubinski. ThinkAdvisor. June 10, 2021. "6 Ways to Help Clients Avoid Medicare's IRMAA Surcharges in Retirement." <https://www.thinkadvisor.com/2021/06/10/6-ways-to-help-clients-avoid-medicare-irmaa-surcharges-in-retirement/>. June 23, 2021.
- 3 T. Rowe Price. Summer 2021. "The Simple Move That Has Significant Advantages." <https://www.troweprice.com/content/dam/investor/planning-and-research/insights/investor-magazine.pdf>. Accessed June 23, 2021.
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- 5 Charles Schwab. 2021. "2020-2021 Roth IRA Contribution Limits." <https://www.schwab.com/ira/roth-ira/contribution-limits>. Accessed June 23, 2021.
- 6 Cathy Pareto. Investopedia. April 9, 2021. "Must-Know Rules for Converting a 401(k) to a Roth IRA." <https://www.investopedia.com/articles/retirement/08/convert-401k-roth.asp>. Accessed June 23, 2021.
- 7 Sarah O'Brien. CNBC. May 20, 2021. "These strategies can reduce the taxes you will pay on retirement accounts." <https://www.cnbc.com/2021/05/20/these-plans-can-reduce-how-much-tax-you-will-pay-on-retirement-account.html>. Accessed June 23, 2021.

Please remember that converting an employer plan account to a Roth IRA is a taxable event. Increased taxable income from the Roth IRA conversion may have several consequences, including (but not limited to) a need for additional tax withholding or estimated tax payments, the loss of certain tax deductions and credits, and higher taxes on Social Security benefits and higher Medicare premiums. Be sure to consult with a qualified tax advisor before making any decisions regarding your IRA. It is generally preferable that you have funds to pay the taxes due upon conversion from funds outside of your IRA. If you elect to take a distribution from your IRA to pay the conversion taxes, please keep in mind the potential consequences, such as an assessment of product surrender charges or additional IRS penalties for premature distributions. We are an independent firm helping individuals create retirement strategies using a variety of insurance and investment products to custom suit their needs and objectives. This material is intended to provide general information to help you understand basic financial planning strategies and should not be construed as financial or investment advice. All investments are subject to risk, including the potential loss of principal. No investment strategy can guarantee a profit or protect against loss in periods of declining values.

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Adam Bruno, Certified Financial Fiduciary® Founder & President

A former teacher, Adam has never stopped learning. He's still passionate about educating, only now he achieves that by instructing clients on all aspects of their retirement and wealth management to help them formulate a personalized plan for what should be life's most rewarding stage.

Adam grew up in Niagara Falls, New York, and in high school was a three-sport athlete, editor of the school newspaper and president of the drama club. He attended Niagara University on a scholarship and graduated with a Bachelor of Fine Arts in theater and English literature, later earning a master's degree in secondary education. Adam relocated to Florida in 2006 and, after three years spent teaching in the Lee County School District, transitioned to the financial services industry in 2011.

Working for major players like MetLife, Gerber and Mutual of Omaha provided Adam with invaluable experience, but after teaching other advisors across the country different strategies to help their clients, he came to a realization: It was time to put his own system in place. With an aim to open a one-stop shop where individuals could receive holistic guidance and education on all aspects of financial planning, Adam founded Evolution Retirement Services in 2018. He's since achieved designation as a Certified Financial Fiduciary® from the National Association of Certified Financial Fiduciaries.

Adam lives with his wife, Kelly-Ann, and has three children: Austin, Emeilia and Maverick. Still enthralled by the world of performing arts, he currently serves as Chairman of the Board of Directors of the Arts Foundation at North Fort Myers Academy of the Arts. In his free time, Adam enjoys being active in his church, going to Disney with his family and golfing (though he openly admits he's "not very good" at it).

BUYER BEWARE: ONLINE EYEGLASS PITFALLS

Elmquist Eye Group recommends shopping for eyewear in person

Has this happened to you? You buy clothing from an online retailer, and when your item arrives, it does not fit correctly, and you do not like the quality.

This can happen, too, when ordering eyeglasses from an online retailer. Glasses may look great in pictures, but the frame size, color and shape may not fit your face.

Shopping for glasses in person allows an expert to guide you through the selection process, which goes well beyond how you want your eyeglasses to look.

Did you know, for example, that glasses wearers with high-prescription lenses should avoid certain frames because of thickness of the lenses they need? Glasses with a small lens area, rounder, plastic frames and other considerations will make glasses lighter and thicker lenses less noticeable.

A proper fit can also impact the quality of your vision. Accurate lens placement avoids visual distortion. Inaccurate measurements can cause an induced prism, where your glasses shift images to another section of the lens. This causes you to compensate by looking through other parts of the lens for sharp vision, which can cause headaches and dizziness. Even with an accurate prescription, if the lenses in the glasses sit too close or too far from your eyes, your glasses fitting can change the power of your lenses!

Furthermore, improperly fit glasses can also be painful. They can pinch the sides of your face or nose and cause headaches. If they are too loose, they can continually slide down your nose or fall off and break.

Here are some other reasons that ordering glasses online may not be the best option:

- In ordering any glasses, you will need your pupillary distance (PD), the distance between the centers of both of your pupils, which is specific and unique to your eyes and face. It is most accurate when measured by a trained professional.

- Vision insurance may not cover glasses from an online retailer.
- Specialized prescription needs, such as progressive lenses, may not be available from online retailers.

Since eyeglasses are critical to optimal vision, it is best to trust this purchase you need for daily function to an eyecare professional.

Opticians are formally trained and licensed in the field of optometry through study of optics, design and fitting to ensure eyeglasses and corrective lenses provide proper vision enhancement.

In addition, opticians offer services not available online, like Visioffice, a revolutionary new measuring system only available locally at Elmquist Eye Group, which creates optical lenses that are unique to the patient.

Using the Visioffice with Eyecode technology, opticians can now take a single measurement to record the patient's eye rotation center for each eye, as well as the patient's natural head posture, eye position, visual behavior and frame measurements – all factors that are unique to each patient and can impact lens performance. The information is then used to create individualized lenses that are unique to the patient. In addition, the frame selection feature allows patients to try on frames and take photos at a variety of angles. It then dispenses the photos so that the patients can view and select their choice of frames.

Elmquist Eye Group also offers digital lenses, something that online services or one-hour lens services cannot offer. Digital lenses are manufactured using precise laser technology which results in lenses that are nearly six times more clear than traditional ones, with enhanced nighttime vision and peripheral vision.



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

Elmquist Eye Group cares for your vision and is here to help you protect it with a variety of functional and stylish eyewear options. For more information on corrective lenses, visit www.Elmquist.com, call 239-936-2020 or schedule an appointment at an Optical Boutique location in Fort Myers or Cape Coral.

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



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FORT MYERS
7970 Summerlin Lakes Dr.

Dr. E. Trevor Elmquist

CAPE CORAL
2336 Surfside Blvd., Suite 121

Dr. Kate Wagner



BUNIONS - WHAT TO DO?

A bunion is commonly referred to as a “bump” on the joint at the base of the big toe – the metatarsophalangeal (MTP) joint – that forms when the bone or tissue at the big toe joint moves out of place. Because this joint carries a lot of the body’s weight while walking, bunions can cause extreme pain if left untreated. The MTP joint itself might become stiff and sore, making even the wearing of shoes difficult or impossible.

Causes

Bunions form when the normal balance of forces that is exerted on the joints and tendons of the foot becomes disrupted. This disruption can lead to instability in the joint and cause the deformity. Bunions are brought about by years of abnormal motion and pressure over the MTP joint. They are, therefore, a symptom of faulty foot development and are usually caused by the way we walk and our inherited foot type or our shoes.

Although bunions tend to run in families, it is the foot type that is passed down – not the bunion. Parents who suffer from poor foot mechanics can pass their problematic foot type on to their children, who in turn are prone to developing bunions. The abnormal functioning caused by this faulty foot development can lead to pressure being exerted on and within the foot, often resulting in bone and joint deformities, such as bunions and hammertoes.

Other causes of bunions are foot injuries, neuromuscular disorders, or congenital deformities. People who suffer from flat feet or low arches are also prone to developing these problems, as are arthritic patients and those with inflammatory joint disease. Occupations that place undue stress on the feet are also a factor. Ballet dancers, for instance, often develop the condition.

Lori DeBlasi, DPM

Dr. Lori DeBlasi is a board-certified podiatrist at Family Foot & Leg Center at the Colonial Blvd. office. She is accepting new patients. To make an appointment, call 239-430-3668 or visit www.NaplesPodiatrist.com.



1645 Colonial Blvd,
Fort Myers, FL 33907
(239) 430 - 3668 (FOOT)
www.NaplesPodiatrist.com



Wearing shoes that are too tight or cause the toes to be squeezed together is also a common factor, one that explains the high prevalence of the disorder among women.

Symptoms

The symptoms of a bunion include the following:

- Development of a swelling, callus, or firm bump on the outside edge of the foot, at the base of the big toe.
- Redness, swelling or pain at or near the MTP joint.
- Development of hammertoes or calluses under the ball of the foot.
- Corns or other irritations caused by the overlap of the first and second toes.
- Restricted or painful motion of the big toe.

What can you do for relief?

- Apply a commercial, non-medicated bunion pad around the bony prominence.
- Apply a spacer between the big toe and second digit.
- Wear shoes with a wide and deep toe box.
- If your bunion becomes inflamed and painful, apply ice packs several times a day to reduce swelling.
- Avoid high-heeled shoes over two inches tall.

When to visit a podiatrist

If pain persists, podiatric medical attention should be sought. Bunions tend to get larger and more painful if left untreated, making nonsurgical treatment less of an option.

Diagnosis and treatment

Treatment options vary with the type and severity of each bunion, although identifying the deformity early in its development is important in avoiding surgery. The primary goal of most early treatment options is to relieve pressure on the bunion and halt the progression of the joint deformity.

A podiatrist might recommend these treatments:

Padding and taping: Often the first step in a treatment plan, padding the bunion minimizes pain and allows the patient to continue a normal, active life. Taping helps keep the foot in a normal position, thus reducing stress and pain.

Medication: Anti-inflammatory drugs and cortisone injections often are prescribed to ease the acute pain and inflammation caused by joint deformities.

Physical therapy: Often used to provide relief of the inflammation and bunion pain. Ultrasound therapy is a popular technique for treating bunions and their associated soft tissue involvement.

Orthotics: Shoe inserts might be useful in controlling foot function and might reduce symptoms and prevent worsening of the deformity.

Surgical options: When early treatments fail or the bunion progresses past the threshold for such options, podiatric surgery might become necessary to relieve pressure and repair the toe joint. Several surgical procedures are available to the podiatrist. The surgery will remove the bony enlargement, restore the normal alignment of the toe joint and relieve pain.

A simple bunionectomy, in which only the bony prominence is removed, might be used for the less severe deformity. Severe bunions might require a more involved procedure, which includes cutting the bone and realigning the joint. Swelling and some degree of discomfort are common for several weeks following surgery. Your podiatrist wants you to have a satisfactory and speedy recovery, and this can be achieved by carefully following the postoperative instructions that you have discussed prior to and immediately after surgery.

Prevention

There are some steps that might help prevent, or at least slow, the progression of bunions:

- Avoid shoes with a narrow or pointed toe box.
- If your foot flattens excessively, make sure you wear supportive shoes, and if necessary, get custom orthotics from your podiatrist.
- See your podiatrist at the first signs or symptoms of a bunion deformity, as early treatment might stop or slow its progression.

Source:

American Podiatric Medical Association (apma.org).

Advanced Mammography Detects Smaller Malformations

Mammograms have helped diagnose breast cancer early and eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. 3D advanced mammography is critical for detecting small tumors that often get overlooked.

Early diagnosis saves lives, and it is critical for treating any cancer effectively. Regular screenings are imperative, as are self-diagnoses. If you notice any changes, making an appointment with your physician is vital.

2D Breast mammograms are standards, but they often miss the early stages of breast cancer.

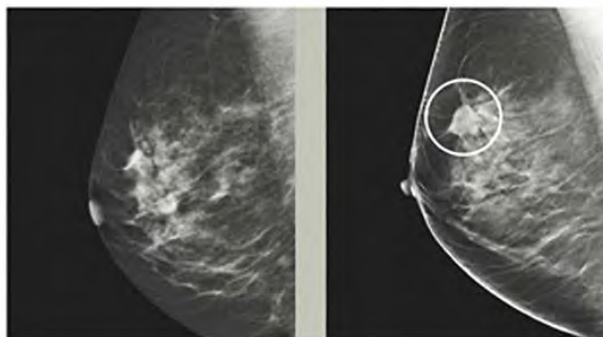
Why 3D Mammography is Superior

3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as "slices" of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible. This new technology increases breast cancer detection by 38%.

3D mammography helps distinguish harmless abnormalities from real cancers, leading to fewer callbacks for additional mammography and less anxiety for women. With 3D mammography, Radiology Regional radiologists have reduced patient callback rates by 20-30 percent.

3D Biopsy Testing

Radiology Regional offers the latest, advanced testing for their patients when there is an abnormality that calls for biopsy of the breast tissue. With Hologic Affirm® 3D Biopsy testing, the patient is comfortably seated in a comprehensive machine that provides the most precise biopsy procedure. Additionally, this system allows the fusion of both imaging and interventional purposes.



About the 3D Affirm® Breast Biopsy Guidance System

This innovative interventional tool provides advanced breast health via the Affirm breast biopsy guidance system. This system enables 3D™ breast biopsies using the same imaging equipment as for mammography exams. It also includes a lateral arm upright biopsy accessory that allows for even more flexibility to access challenging lesion locations.

Advanced Imaging

With the 3D™ biopsy option, Radiology Regional practitioners can pinpoint subtle, tiny lesions and faint calcifications.

The use of this groundbreaking 3D™ imaging technology to perform breast biopsies offers these key advantages:

- Target lesions, including those visible only in tomosynthesis images.
- Streamlines procedure steps and speeds targeting, resulting in shorter patient procedure time.
- Reduces patient dose, as fewer exposures are required.

Interventional Biopsy

The system transitions from screening to interventional procedures to biopsy a wide spectrum of patients in a comfortable, seated position.

Radiology Regional has 13 locations in 3 counties, Lee, Collier and Charlotte. Ask your physician to refer you to Radiology Regional for your imaging needs.

Contact Radiology Regional today at (941) 255-7945, (239) 425-4678 (Español)

What if I need a 3D Mammogram, but I don't have health insurance? Radiology Regional is offering a special program to help the uninsured:

IT'S TIME FOR
YOU

BREAST CANCER AWARENESS SPECIAL

September 15th - November 30th

**Radiology Regional invites
YOU to receive a**



**3D Screening
Mammogram**



for just \$99

THIS IS A SPECIAL SELF-PAY RATE AVAILABLE FOR
*ELIGIBLE UNINSURED PATIENTS ONLY, TO RECEIVE
A 3D SCREENING MAMMOGRAM PERFORMED
BETWEEN SEPTEMBER 15th - NOVEMBER 30th, 2021.

**To Receive This Special Offer,
Schedule Your Appointment
ONLINE at radiologyregional.com
or call 941-255-7945**

SCAN ME



*Must be one year since previous mammogram and have an established healthcare provider. Radiology Regional will obtain prior images if needed.
NO PRESCRIPTION IS NEEDED FOR A SCREENING MAMMOGRAM.

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Regional**

18300 Murdock Circle, Building #15
Port Charlotte (Behind the Surgery Center)
WWW.RADIOLOGYREGIONAL.COM

**You have a choice where you have your imaging
performed - choose Radiology Regional today!**



Health Insurance – Medicare 2021 Annual Election

Open Enrollment Starts October 15, 2021, Individual/Family Open Enrollment is coming soon!

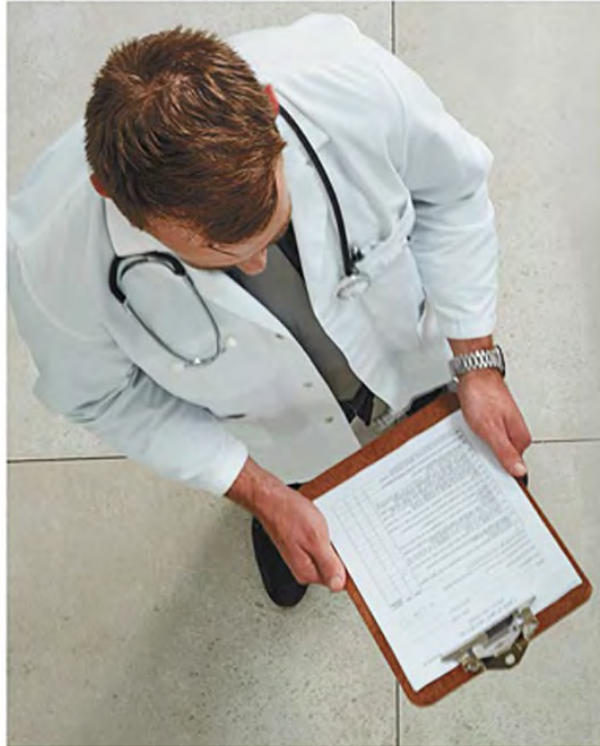
By Ulla-Undine Merritt (Dee) National Producer Number (NPN) 8853366

Medicare Beneficiaries who currently have Medicare Advantage Plan and Part D (Prescription Drug Plans) should have received their "Notice of Change" documents in September. These notices compare any plan changes from your current 2021 plan to your new 2022 plan. You will be automatically re-enrolled in your current plan if you do nothing and the new changes will take place January 1st, 2021. OPEN ENROLLMENT for MEDICARE PLAN changes starts October 15th and runs through December 7th, 2021, for a January 1st, 2022, effective date. The last plan you select during this period will be your plan for 2022.

Part C Medicare Advantage Plans - One of the biggest mistakes I see is that people do not check their plan each year to make sure it is still the best for you. They look at the copays or the plan costs, not the detail. As an example, a carrier last year added a superior drug plan compared to other, nice right? But the problem was that the formulary on the plan people were paying a lot more for their medications that way outnumbered the savings. If you are on an Advantage Plan, you use 1 card for doctors, hospital, and medications. This is not a Supplement; your network is the insurance company. Advantage Plans when you are checking them your agent should be entering all of your doctors you see, not just your primary and your medications. Maybe you can qualify for some extra assistance call Low Income Subsidy, this is not Medicaid and allows higher incomes. This is what we do for our clients, and we have helped have people thousands of dollars in their medical care.

Part D Drug Plans - formulary, premiums and pharmacy providers are constantly changing. It is very important that you check your medications each year to see what is best for you. Being on a plan and going to the wrong pharmacy can sometime cost you thousands.

Medicare Supplement they work together with Original Medicare and offer the most robust provider network. These plans do not have an annual enrollment period and you can stay on the plan as long as you live and pay your premium. You can not be singled out for a premium increase or terminated due to your bad health.



However, after your 1st 6-month of your Part B effective date you are not guaranteed acceptance. So, thinking you will get on them later when your sick will most likely not be possible. Carriers have medical underwriting questions. Florida is an entry age state for most carriers and what that means is you will remain the age that you enrolled in the plan for any future rate increases. So, say you enrolled at 65 and now your 75, you are still paying the 65-year-old rate not the 75-year-old.

Medicare can be very confusing so I would recommend that you meet with a licensed insurance broker that represents multiple insurance carriers. You should explain to them your current needs and concerns. Having a local agent that specializes in Medicare Plans is important. If you have a question, you should be able to reach that person who enrolled you in your plan. If you go online or call a toll-free number chances are, they are not local, and you will not be able to talk to them to clarify any questions later. It is important to know that it is illegal for anyone to contact you without your permission, if they do this ask them for their national producer number and name and tell them you will report them to Medicare. They should never call, knock on your door, and things on your door or car or confront you without your permission.

We offer Medicare Seminars in Naples and Fort Myers, plus WebEx and in person appointments!

Individual/Family Health Insurance Open enrollment will start November 1, 2021, to December 15, 2021, for January 1st, 2022, effective. This deadline pertains to fully insured plans that meet the Affordable Care Act (ACA)/Obama Care Guidelines. *Very important for people that have pre-existing conditions and or would qualify for government subsidies. There are additional lower cost options with National Insurance Carriers for people that are healthy and do not qualify for subsidy, these plans can be purchased year-round. You are NO longer penalized for not having health insurance that meets ACA guidelines.

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

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

*We also do a complimentary homeowners review

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

Logical Insurance Solutions for all your insurance needs - Dee Merritt
info@logicalinsurance.com
www.Logicalinsurance.com 239-362-0855

239-362-0855 **Logical Insurance**
www.Logicalinsurance.com
info@logicalinsurance.com Solutions USA!

What You Should Know About IV Vitamin Therapy

Vitamins, herbal supplements, and nutrients are what makes us glow, thrive, and live our healthiest life. But did you know that many supplements are unable to properly be absorbed or survive within our digestive tract?

When vitamins are given intravenously, larger amounts are absorbed into the bloodstream, cells, tissues, and organs. Oral supplementation often results in high amounts of excreted nutrients before being able to become useful to the body. Getting your nutrients from food is also key, but our produce and proteins are often lacking in the antioxidants, amino acids, and polyphenols we need as well.

While eating a healthy diet and taking vitamins is very beneficial, IV administered vitamins are able to enter the bloodstream, infiltrate tissues and pass through the blood brain barrier easier than with traditional supplementation.

NewU Wellness practitioners are experts in vitamin infusion therapy, and they offer numerous blends created with their patients in mind.

A few popular vitamin IVs and cocktail blends:

Vitamin C

Ascorbic Acid also known as Vitamin C, is a powerful Antioxidant that plays an important role in the body. This high concentration of Ascorbic is the ultimate immune system enhancer designed to help maintain a healthy immune response. High dose Vitamin C may help aid the body in:

- Supporting various cellular functions of both the innate and adaptive immune system
- Protecting the body's cells from damage
- Maintaining the health of skin, teeth, bone, cartilage, and blood vessels
- Helping improve brain function

Biotin

Biotin is a B-complex vitamin, also known as B7 or Vitamin H. Biotin is necessary for the cell growth and the production of fatty acids in living organisms. Biotin converts fatty acids and glucose into

fuel to produce energy. It helps to produce enzymes by metabolizing amino acids and carbohydrates. Biotin supplements may aid the body in:

- Healthy sweat glands
- Nerve tissue and bone marrow
- Stronger hair and nails
- Prevention of hair loss
- Increased metabolism
- Faster weight loss
- Improved blood glucose

L-Glutathione

Our bodies quintessential antioxidant defense is the glutathione system which include glutathione itself, along with the enzymes and other proteins that enable glutathione to do its work. Glutathione is actually a very simple molecule – our body makes it from three amino acids – cysteine, glycine and glutamine. Levels of glutathione have been shown to diminish with age as well as with chronic illness and poor health.

Functions of L-Glutathione include:

- Protects cells from free radical damage
- Improves cellular function
- Aids in recovery process
- Acts as a universe toxin-binder
- Weight Management

Lipotropic Vitamin Cocktails

LIPOSTAT PLUS: Fat Burning + Energy

- Methionine: helps break down sugar and carbohydrates and converts energy
- Inositol: Converts food to energy
- Choline: Healthy nerve cells, cuts muscle recovery time, helps convert fat cells
- Cyanocobalamin: Energy, healthy nerve cells
- L-Carnitine: Building blocks for proteins, helps body burn fat as fuel
- Thiamine: Improves immune system, helps convert fat and carbohydrates into energy
- Riboflavin: Increase metabolism, suppresses appetite
- Pyridoxine: Promotes red blood cell production + converts food to energy
- Methylcobalamin: Energy, healthy nerve cells, helps convert fat to energy

Vitamin D3

Vitamin D is a fat-soluble vitamin that is necessary for mineral homeostasis and proper formation of bone. The major biological function of Vitamin D is to maintain normal blood levels of calcium and phosphorus.

Benefits:

- Helps fight disease/antioxidant
- Helps both bone and muscle strength

Tri-Immune Boost Formula

Triple Defense Immune Response

Tri-Immune Boost is a triple defense immunity formula that consists of potent antioxidants and an essential mineral that assists in supporting the body's immune response. Tri-Immune Boost is a power-packed immunity blend Glutathione, Ascorbic Acid and Zinc that is the ultimate immune system boosting essentials helps maintain a healthy immune response.

May Help:

- Increase immune response
- Maintain healthy immune system
- Decrease inflammation
- Optimize healthy cell function
- Aid in wound healing
- Strengthen weakened immune system

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, wellness visits, cosmetic injections, and vitamin therapy. 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.



NewU Wellness

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Fort Myers, FL 33912

239-789-2184

www.newuwellness-swfl.com

contact@newuwellness-swfl.com



ED is a Systemic Condition: Getting the “Right” Treatment is Essential

By Alejandro Miranda-Sousa, M.D.

Although it can be an uncomfortable topic for men, erectile dysfunction is extremely common. This is especially true for men ages 35 to 80-plus years of age. Some causes of the disorder are vascular disease, which leads to narrowing of the arteries and decreased blood flow, diabetes, heart disease, high cholesterol, physiological effects, and prostate cancer. It's important to see a medical professional if you are experiencing difficulty in getting and maintaining an erection.

Although, erectile dysfunction (ED) is deeply related to vascular health, many men who begin to experience ED have little idea that they need to treat the arteriosclerosis in the penis as well as in their body. Most standard medical practitioners will start a man on the “little blue pill,” but this only masks the symptoms of ED and it definitely doesn't treat the cause.

Any man who is showing signs of erectile dysfunction should seek alternative and thorough medical assistance from a physician who not only understands the disorder but one who also offers the most advanced treatment to address your overall health.

Urology Experts focuses on your cholesterol, blood pressure, total vascular health, blood sugar, and hormone levels to treat your root cause of ED. In addition to these conditions, Urology Experts employs the most advanced groundbreaking technology, which utilizes low-intensity shock wave therapy to break up the plaque in the penis. Their method is a scientifically proven, non-invasive procedure that uses focused sound waves to increase blood flow to the penis, optimizing erections, sensitivity, and sexual performance. The improvements are long-term. Multiple studies show at least 75 percent of patients continue to have normal erections three years after treatment. This is due primarily to neurogenesis and angiogenesis, which are the stem cell regeneration of the nervous system and new blood vessel development.

Younger Men Should Seek Treatment Early

Men who are just beginning to see ED warning indicators should seek the earliest treatment possible.



The reason is that it has been well documented that if early diagnosis and treatment are started when a man is younger (the 30s, 40s, 50s) there is an increased chance that the ED will very likely no longer need medical treatment and their arteriosclerosis can dissipate. There have been multiple peer-reviewed studies that indicate that shock-wave treatment can potentially cure ED in some patients. The sooner you intervene with treatment, the better your outcome will be.

Almost everyone will experience a decline in sexual functioning. But with the advent of regenerative medicine, erectile dysfunction is no longer an inevitable part of aging.

Treatment Details & Outcomes

There are no side effects from the treatment. More importantly, it is completely painless and noninvasive as well. Patients can resume their normal activities, including sexual activity following each treatment session. Urology Experts follows European protocol and guidelines, which based on a series of clinical studies and trials recommends a total of six sessions over the course of six weeks. On average, patients will start noticing results after the third or fourth treatment.

Our procedure breaks up plaque formation in blood vessels and stimulates the growth of new blood vessels in the penis. This process, called neurogenesis, increases blood flow to the penis, improves sexual function and enhances sensitivity in the penis. In addition, the procedure activates the growth of new nerve tissue in the penis.

Effects from the treatment have been scientifically proven to be maintained for more than three years, although this can vary dependent of individual health and lifestyle habits.

The machine is a multi-purpose device that has been tested and proven to work in several other medical fields, including orthopedic medicine, urology, anti-aging treatments, and wound healing.

SEEK EARLY TREATMENT & DON'T JUST MASK YOUR SYMPTOMS— TREAT THE ROOT CAUSE!

It's important to seek treatment. No one has to accept ED as a natural part of aging. Let our technology get you back to enjoying your life and your loved one!

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

NOW OFFERING TELEMEDICINE!



239.226.ASAP (2727)
www.UrologyExperts.com

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Estero, FL 33928

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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FOOTXPERTS

Biomechanic & Orthopedic Foot Experts Offer Superior Care to Mass Produced Inserts from "Foot" Stores

By Marek Zajac, FootXperts CEO

Our feet have evolved over millions of years, but we've changed our environment dramatically over the past 100 years. Everything we walk on is hard and flat. We don't move as much as we should, and obesity is surging. But our feet are the foundation of our body, and our body works as a chain of muscles and bones, which means that our foot shape has an immediate effect on our entire posture. Structural differences of the right and left foot (which can only be discovered with a 3D Foot scan) cause an immediate imbalance in the hips. Hip and lower back pain are typical symptoms. Furthermore, the foot shape directly affects our leg axis. The knee and hips turn, which causes permanent damages to joints (grinding, wear and tear).

Unfortunately, the most damages are discovered much too late and unlike bones that can heal after they were broken, our joints cannot and painful and expensive treatments or even replacements can become necessary.

Besides the structural connections through our body there is a constant never-ending loop of informational exchange between the so-called receptors in our feet and our brain. This system is called proprioception. Based on the impulses our feet provide, our brain controls the muscular tension, allowing us to stand, walk, run, jump, maintain balance, and we have a postural awareness. That information can become weaker over time when we get older (balance issues) or certain conditions can disturb this system, such as neuropathy, Parkinson's, and different types of physical and cognitive disabilities.



Custom foot orthotics can help if they are designed with special modules and state of the art 3D software technology. Unfortunately, "Foot Stores" do not offer these solutions. You can only receive true Expert Foot Orthotics from a professional with appropriate equipment and training.

Our toes play the most critical role in maintaining balance, to support our posture and propulsion during gait cycles, and YET most of all Foot Orthotics are FLAT in this important toe area.

Often underestimated, custom foot orthotics, designed individually, from a specialist with additional knowledge in proprioception can help with structural issues and postural awareness. They can prevent future injuries, support your entire posture, help not only with foot- but also with knee, hip and back pain as well as with balance problems and muscular issues in lower extremities.

It is important people understand that common "Foot Stores" are providing mass produced plastic insoles that are mirrored, which means they are equal on left and on the right side. They CANNOT address individual medical conditions. If there's no waiting time, then you get an out of the box insole which is not capable of treating the root cause of your issues. And keep in mind, these over the counter products and are not sold by specialists with a medical background.



THE DIFFERENCE IS CLEAR

Marek Zajac, FootXperts CEO

"I moved from Frankfurt Germany to Fort Myers two years ago and started my company Footxperts. My vision is it to provide the best possible solutions for patients and health professionals. We're already successfully working with podiatrists, orthopedic clinics and physical therapists in the area".

Who we are and how we work

At FootXperts, we have over 20 years of experience in the field of biomechanics and orthopedics. Our clients (from top athletes to people of all ages and kids) all suffer from different painful symptoms or will develop them over time because of misaligned feet and legs.

We help them through a special type of Custom Made Foot Orthotics that goes beyond the typical arch supports. Besides structural support, we use state of the art 3D software and the proven concept and knowledge of proprioception (change in muscular tension and more postural awareness).

We design our products 100% individually and produce them in Germany. Over the next few months, we are setting up a new production site in Fort Myers, which will reduce the turnaround time.

Our solutions help with

- Foot Pain - Knee Pain - Hip Pain - Back Pain (related to foot shape and leg axis)
- Balance and Perception Issues (Neuropathy, Parkinson's, Kids with special needs)
- Muscle- and Joint Problems (muscular over tension, muscular dystrophy)
- Posture and Stability (Poor posture, bad gait)

YOU'RE EXPERIENCING ANY OF THE ABOVE MENTIONED CONDITIONS ? VISIT US!

FOR ALL HEALTH PROFESSIONALS INTERESTED IN A COOPERATION: DON'T HESITATE TO CONTACT US!

Don't rely on mass produced inserts and get expert medical help that is 100% customized to your specific needs.



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SHOULDER PAIN & INJURIES CAN BE HEALED WITHOUT SURGERY

By Dr. Sebastian Klisiewicz, D.O.

PLATELET RICH PLASMA (PRP) OR BONE MARROW STEM CELLS MAY BE THE ANSWER

The shoulder is a complex joint with many moving parts. It has more mobility than any other joint in the body, and because of this it is vulnerable to injuries and chronic pain. Conditions such as tendonitis, rotator cuff tears and arthritis are common in the shoulder, often leading to pain, weakness and a limitation of function. Unfortunately, many people just bare the pain without seeking medical care. Often they are scared that surgery or medications are their only options. But there is another option, latest research has shown that Regenerative Medicine can heal the shoulder and stop the pain.

The "Old" Standard Treatment for Shoulder Pain

Traditional treatment for most shoulder conditions typically involves physical therapy, steroid injections or surgery. Physical therapy is a great first line treatment, but often it is inadequate by itself to treat many shoulder conditions. Steroid injections are frequently offered as the next step. Unfortunately, these only mask the pain and come with an array of unwanted side effects. Steroid injections can actually weaken the tendons and ligaments and increase the progression of tendon tears and arthritis. Surgeries such as a rotator cuff repair or a joint replacement are often offered as "the only option left". These are serious medical procedures with long recovery times and potentially serious complications. Luckily for shoulder pain sufferers, there is a new non-surgical option that is natural, safe and effective.

The New Frontier of Non-Surgical Shoulder Care

The shoulder, like all other tissues in our body, can heal naturally without surgery. It can do so with the right stimulus and a proper healing environment. Regenerative Medicine injections with Platelet Rich Plasma (PRP) or Bone Marrow Stem Cells are that stimulus that can start the healing process. When Regenerative injections are combined with physical therapy and proper nutrition, the torn tendons, ligaments and cartilage can actually heal. This can resolve pain and restore normal function, without surgery or other toxic medications!

PRP or Stem Cells can be thought of as a gift from your own body as they stimulate the body's natural immune system to help you heal. PRP is a solution



of concentrated platelets made by spinning your own blood in a centrifuge. The platelets are packed with growth factors that kick start the healing response. Stem cells are the "master orchestrators" of regeneration. They sense the environment and release growth molecules that stimulate tissue healing and decrease inflammation. The best and most studied stem cells for orthopedic conditions are safely obtained from the bone marrow of the pelvis. Unlike other "stem cell like" products, these are **real living cells** that come from your own body.

The choice of using PRP or Bone Marrow Stem Cells is based on the severity of the injury and other physiologic factors. These products are carefully injected into the injured area under ultrasound guidance. Once injected, they stimulate regeneration of tendons, ligaments and joint cartilage. This increases joint stability, decreases pain and improves overall function. Regenerative Medicine injections with PRP or Stem Cells don't just mask the symptoms, they heal the shoulder and provide long term results.

An Integrated Team Approach Provides Best Results

The most effective way to treat shoulder pain and injuries is to combine Regenerative Medicine injections with specialized physical therapy and proper nutrition. The injections stimulate the healing, but specific therapeutic exercises and manual therapy support the healing process. A well-balanced diet that is rich in fruits, vegetables and high-quality proteins can also support tissue regeneration and decrease unwanted inflammation. Sometimes specific nutritional supplement may also be needed to prepare the body for the healing journey.

At Integrative Rehab Medicine, we specialize in non-surgical ways to heal the body. Our medical and therapy staff are highly trained in the most advanced Regenerative techniques to help you heal, eliminate pain and restore function. We are leading experts in the use of PRP and Bone Marrow Stem Cells in Southwest Florida. If you are tired of pain stopping you from living the life you want to live, schedule your consultation today and find out if PRP or Stem Cells can help you get your life back.

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

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

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



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Hormone Replacement Therapy & Breast Cancer: Risk or Hype?

By Dr. Doreen DeStefano, NHD, APRN, DNP

As we age, women will start to experience symptoms of hormonal imbalance, which is interconnected to perimenopause, menopause, post-menopause or reproductive conditions.

Hormone replacement therapy (HRT) has been used for decades; however, it's well known that synthetic HRT leads to blood clots, heart disorders and breast cancer in women. Unfortunately, you won't often hear about this from your primary care physician or gynecologist. In fact, it's not uncommon for many physicians to prescribe HRT to women over 50 in the form of birth control to help regulate their heavy bleeding or spotting. Along with birth control there are other oral hormones such as estrogen, progesterone and testosterone that are widely available in patches, creams and pellets that have numerous adverse effects.

A study published in JAMA, entitled, Unopposed Estrogen Therapy and the Risk of Invasive Breast Cancer, sheds light on the dangers of synthetic unopposed hormones.

They concluded that, breast cancer risk increased with duration of unopposed estrogen use among longer-term users with the highest risk seen in cancers positive for estrogen receptor (ER+) and progesterone receptor (PR+). The study population was expanded every 2 years to include women who subsequently became postmenopausal and had a hysterectomy, so that 28 835 women were included in the final follow-up period (2000-2002). Estrogen use was assessed from self-reported data on biennial questionnaires. The main outcome was invasive breast cancer.

Bio-Identical Hormones—A Safer Option

Regulating hormones to create balance is important and women need options that do not cause harm. That is why many practitioners rely on bio-identical hormones, which are safer and more widely accepted by the body.

Hormone levels can be adjusted through bio-identical hormone therapy, which alleviates or in many cases, eliminates the associated symptoms and life fluctuations surrounding hormones. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.



In the U.S., bio-identical Hormone Replacement Therapy (BHRT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patient's overall quality of life and dramatic changes in their hormonal symptoms are astounding.

BHRT is equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level.

Bio-identical hormones are made from plant sources and are readily received by the body as natural and normal. They are much more therapeutic and effective than synthetic hormonal substances.

Measuring BHRT for Women

The typical bio-identical hormone replacement therapy for women are Estrogens (Estradiol and Estradiol), Progesterone, Testosterone, and DHEA. These precise components of each woman's therapy need to be determined upon completion of a physical examination, medical history, and laboratory testing ordered by your doctor.

Progesterone for Women

Bio-identical progesterone provides the most efficient way to integrate with the body's natural progesterone receptors. This is critical because body receptors are structure specific. A few of the benefits from bio-identical progesterone are an increase in bone health, protection against breast cancer and endometrial growth, an antidepressant effect, controlling blood clotting, and increased libido.

Source:
<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/410252>

On the contrary, Progestin (synthetic) doesn't have quite as many benefits. In fact, it has more negative effects, like, miscarriages, weight gain, decreased sex drive, increased risk of breast cancer, high risk of fractures and osteoporosis, increased blood clotting risks, anxiety, depression, migraine headaches, and other health-related disorders.

Correct ratios and customized blends are critical

With personalized medicine, Bio-identical hormones can be compounded and made specifically for each patient's needs. Bio-identical estrogen and DHEA offers similar benefits.

*Creams are thought to be a safer choice than pellets since it can be better controlled.

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.

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

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



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A CAREER THAT'S ON THE MOVE

Are you ready for a new start? Do you like helping others? Do you want a career that is in demand? If you answer yes to these questions, you can get that new start with a career as a Physical Therapist Assistant at Hodges University. In two years or less, you can earn your Associate in Science degree and be ready to take your licensure exam.

What can you expect in this program?



"It is a rigorous program, but it's designed that way to help our students take what they learn in class and apply it in the real world," said Dr. Cindy Vaccarino, Director of the Physical Therapist Assistant program at Hodges University. "My fellow professors and I are passionate about this so we bring everything we've learned in our careers and share it with our students."

Recent graduates of the program can attest to the dedication of their professors.

"My instructors are absolutely incredible. They eat, breathe, and live for their students. There is not anything they would not do- they're family," said Valentine Antal.

"Everyone is awesome. Our professors have become my new idols!" said Sarah Plocharczyk.

"My cohort became like a little family. Being able to form these relationships that I will have for the rest of my life has been my favorite part about the entire program," said Charles Klein.



"The constant knowledge I was getting really made me love this program," said Samantha Hickory. "This program helped show me how flexible and adaptable I truly am."

One graduate, Corey Gallant, has even returned to assist with instruction for the program.

"We have fantastic instructors. They answer every question and will stay late to help you out. They're truly exceptional professors and really care about each student in the program," he said.

Students spend their time first in the state-of-the-art Health Sciences building on campus. They have a dedicated classroom, and two, modern labs where they apply what they learn. As they get closer to graduation, they will then take their skills to area hospitals, physical therapy centers and other organizations.



"This program requires dedication and hard work, but our students know that it is all worth it when they graduate and earn their license," said Dr. Vaccarino.

"It's really rewarding to be able to help people out in the world," said recent graduate Yusmyliys Rodriguez. "The program taught me that I can do more than what I thought I could do. I learned to believe in myself."



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- Job demand growing 29% in Florida*
- Average annual salary in Florida: \$62,830*

*According to CareerOneStop (careeronestop.org)

**PTA graduate data submitted in Hodges Summary Action report to the Commission on Accreditation in Physical Therapy Education on 2/23/21

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Do You Have Varicose Veins or Venous Insufficiency?

Vascular & Vein Center at Gulfcoast Surgeons Provides Advanced Procedures that Offer Optimal Results

At Vascular & Vein Center, vein stripping and other surgical, often painful procedures with considerable downtime are a thing of the past. With advanced procedures like VNUS® Closure and Endovenous Laser Ablation to treat varicose veins, our innovative, minimally invasive treatments provide a conservative approach and optimal outcomes.

The VNUS Closure Procedure

The VNUS® Closure procedure is a treatment for varicose veins. The procedure brings advanced technology to an age-old disease. We perform the Closure® procedure on an outpatient basis. Using ultrasound, we position the Closure® catheter into the diseased vein through a small opening in the skin.

The tiny catheter delivers radiofrequency (RF) energy to the vein wall. As we deliver the RF energy and withdraw the catheter, the vein wall heats up. This causes the collagen in the wall to shrink and close the vein. Once we close the varicose vein, blood reroutes to other healthy veins.

Following the procedure, we place a simple bandage over the insertion site, and we may provide additional compression to aid recovery. We encourage you to walk and to refrain from extended standing or strenuous activities for a period of time.

Patients who undergo the VNUS® Closure procedure typically resume normal activities within a day.

VenaSeal™ Closure System

The VenaSeal™ closure system treats venous reflux disease in the lower extremities. This procedure uses an adhesive to seal the diseased vein.

It is the only non-thermal, non-tumescent, non-sclerosant procedure approved for use in the U.S. that uses an advanced formulated medical adhesive that seals the vein.

During the procedure, we attach a catheter to the VenaSeal closure system dispensing gun. We insert the catheter into the diseased vein under ultrasound guidance.

We will conduct a series of trigger pulls to deliver the medical adhesive in specific areas of the vein. This will effectively seal the vein, and the body will reroute blood flow to healthy veins.

This procedure should minimize your discomfort and reduce your recovery time. After the procedure, we will place a small bandage over the access site. You should be able to quickly return to normal activities. Additionally, patients report minimal bruising after the procedure.

Three clinical studies determined this treatment is effective, with proven safety and high closure rates.

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 arterial and venous disease is critical.

Vascular & Vein Center at Gulfcoast Surgeons


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

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

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

Call the Vascular & Vein Center at Gulfcoast Surgeons today at (239) 344-7061 to make an appointment with a vascular surgeon who specializes in arteries and veins.



VARICOSE VEINS	CHRONIC VENOUS INSUFFICIENCY		
Bulging veins	Leg swelling	Skin color and texture changes	Venous ulcers
			

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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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- Low Force Adjusting
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- Massage Therapy
- Shockwave Treatment
- Blue Light Teeth Whitening

Health Conditions

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

PRIMARY CARE PHYSICIAN OFFERS PATIENT-CENTERED APPROACH

Building a relationship with a primary care physician (PCP) can help you prevent illness and disease, manage chronic conditions and maintain your desired quality of life. So, it's important to choose a PCP who shares this philosophy.

The newest PCP at Physicians Regional Medical Group is one such doctor. Board certified Internal Medicine physician Michael Ianniello, D.O., approaches patient care holistically, by focusing on treating the patient as a whole person – mind, body, and spirit.

“Empathy and a caring heart are qualities any physician should aspire to,” he says. “After that, I focus on three main points with my patients: prevention; education; and treatment.”

Disease prevention is the number one goal, he says. Many chronic conditions are preventable, and may be avoided with lifestyle modifications and possibly low-dose prophylactic medications, he explains. And of course, educating patients about their own role in staying healthy is critical.

“Education not only helps patients prevent illness but also is an important part of treatment,” he says. “I do my best to provide my patients with as much information and resources as I can so that they can understand their illness and how it is being treated.”

Dr. Ianniello also says it's important to remember that medications and procedures often do not work the same for every patient. “That's why I work to tailor individual treatments specific to each patient.”

As a primary care physician, Dr. Ianniello specializes in general medicine for men and women age 18 and older, including geriatric patients. In addition to supporting routine health maintenance, Dr. Ianniello specializes in cholesterol management and commonly deals with musculoskeletal complaints (such as back, neck and joint pain). He also offers more specialized techniques, such as lymphatic drainage, which can assist in the healing process for infectious diseases and other conditions.



Dr. Ianniello grew up in the South Miami-Dade area, and he professed his desire to be a doctor at age 5. He completed medical training at Nova Southeastern University in Fort Lauderdale. Fascinated at a young age by exercise physiology and human anatomy, Dr. Ianniello has a background in competitive bodybuilding.

When he is not helping patients live a healthier lifestyle, Dr. Ianniello enjoys doing things outside of the office. “I enjoy working out, but my #1 hobby is fishing. I am also very involved in my faith and attend church every weekend. I am a devout Catholic and am part of the Knights of Columbus.”

You can find Dr. Ianniello at Physicians Regional Medical Group – Bonita Springs, 24231 Walden Center Drive. Or, you can see him from the comfort of home via telehealth. Request an appointment at (239) 348-4221 or PhysiciansRegionalMedicalGroup.com.

Ask about same-day appointments.

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WHAT'S ON YOUR SKIN?

Perhaps You're Due for a Skin Check—Not All Physicians Have the Same Expertise

By Joseph Onorato, MD, FAAD

Living in Florida year-round or even for just a few months out of the year, is beautiful and we're blessed to have so many sunny days, but with all of the sunshine, there is the looming possibility of skin damage and cancer. Most people know that it is critical to wear sunscreen, avoid overexposure, and get skin treatments and checkups, but not all take this advice.

No judgment—We've all had days where we've inadvertently gotten a little burnt, not to mention our younger years when we would bask in the sun for hours. The earlier the diagnosis of skin cancer or other conditions, the better.

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.

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

SWFL Dermatology Plastic Surgery & Laser Center is a privately owned, all-inclusive dermatology practice specializing in adult and pediatric general dermatology and Mohs surgery for skin cancer. The team provides care to patients of all ages experiencing embarrassing, unwanted, and potentially life-threatening skin conditions.



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- Skin Cancer
- Mohs Surgery
- Botox
- Dermal Fillers
- Virtual Office Visits
- Cosmetic Dermatology
- Medical Grade Skincare & Product

The staff at SWFL Dermatology Plastic Surgery & Laser Center is dedicated to providing the most personalized care by treating their patients like family. Each provider is committed to taking the time to understand the concerns and goals of the patient in order to provide the best-individualized care for that patient.

The expert and dedicated team offers specialized and individualized treatment options for skin conditions such as acne, alopecia, contact dermatitis, eczema, rosacea, shingles, sunburn, and urticaria.

SWFL Dermatology is an extension of All Island Dermatology Plastic Surgery, MedSpa and Laser Center which has serviced patients in the greater Garden City and Glen Cove communities in Long Island, New York since 1995.

The office is conveniently located at 13800 Tamiami Trail N, Naples, Florida, and serves the greater Collier and Lee County areas.

What's on YOUR Skin?

Contact SWFL Dermatology Plastic Surgery & Laser Center. Accepting most Florida & New York Insurance Plans including Florida Blue and GHI.

To improve the appearance and health of your skin, schedule a consultation today at SWFL Dermatology Plastic Surgery & Laser Center online or by phone at 239-500-SKIN.



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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What causes bladder leaks and incontinence?

Bladder leakage, urinary incontinence or overactive bladder symptoms are not a normal part of aging. Millions of people worldwide suffer from these life-altering symptoms.^{1,2} These symptoms may occur because of abnormal communication between the brain and the bladder. This may lead to the feeling of an urgent need to urinate and an unwanted bladder contraction. You may also experience a need to rush to the restroom and leak or lose urine before you make it in time.

The good news, there are treatment options available to help regain control of your bladder.

The Doctors at Florida Bladder Institute are now offering Axonics® Therapy, a long-lasting solution that is clinically proven to regain bladder control and deliver clinically meaningful improvements in quality of life*.

What is Axonics Therapy?

Axonics Therapy is an advanced treatment option that is clinically proven for treating symptoms of overactive bladder (including urinary urgency incontinence), fecal incontinence and urinary retention.¹

Axonics Therapy works by providing gentle stimulation to the nerves that control the bladder and bowel, which can restore normal control and result in symptom improvement.

If you and your doctor believe you are a candidate for Axonics Therapy, you will first try the therapy for a brief test period that allows you and your doctor to see if the therapy provides satisfactory reduction of your symptoms. If it is determined that the therapy is right for you, you will have an outpatient procedure where a miniaturized Axonics implant is placed just beneath the skin in the upper part of your buttock.

What are the benefits of Axonics Therapy?

Axonics Therapy provides the possibility of saying goodbye to bladder leaks!

Long-lasting symptom relief: Designed to provide therapy for at least 15 years, providing a long-term solution for your symptoms

Relief without compromise: An implant that will not limit your access to full-body MRI's*.

Clinically proven results:

- 89% of treated patients achieved clinically significant improvements at 1-year³
- 93% of patients were satisfied with their therapy³

*50% or greater reduction in symptoms

References:

1. Coyne KS, Sexton CC, Thompson CL, et al. The prevalence of lower urinary tract symptoms (LUTS) in the USA, the UK and Sweden: results from the Epidemiology of LUTS (EpiLUTS) study. *BJU Int.* 2009;104(3):352-360.
2. Census Reporter website. <https://censusreporter.org/profiles/01000us-united-states/>. Accessed July 19, 2019.
3. Benson K, et al. *NeuroUrol and Urodyn.* 2020

Important Safety Information: Implantation and use of the Axonics System incurs risk beyond those normally associated with surgery, some of which may necessitate surgical intervention. Results and experiences may vary and are unique to each patient. No promise or guarantee is made about specific results or experiences. For more information about safety and potential risks, go to: www.axonics.com/isi. Caution: Federal law (USA) restricts this device to sale and use by, or on the order of, a physician.
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BREAST CANCER AWARENESS MONTH

Cell Health is Good Health

By Debra Florio

A friendly reminder to get your annual Breast screening. Breast cancer develops as the cells mutate either inherently from your parents (genes) or acquired through lifestyle risk factors. Those factors are:

- Age
- Exposure to radiation (x rays, cell phones, 5G, microwaves, acne treatment in adolescence, computers and routers, etc.)
- Being overweight (diet and nutrition)
- Excessive alcohol consumption
- Lack of exercise
- Smoking
- Light Exposure at night (i.e., night workers)
- Chemicals (cleaning, cosmetics, food, lawn/garden, plastic, sunscreen, water, grilling)
- Certain prescribed medications
- Viruses

So, how does the cell mutate? Mutations can result from DNA duplicating mistakes when a cell divides, which any of the above risk factors can cause.

"Proto-oncogenes are genes that help cells grow normally. When a proto-oncogene mutates (changes) or there are too many copies of it, it becomes a "bad" gene that can stay turned on or activated when it's not supposed to be. When this happens, the cell grows out of control and makes more cells that grow out of control. Overgrowth of the cells can lead to cancer. This bad gene is called an oncogene."

<https://www.cancer.org/cancer/breast-cancer/about/how-does-breast-cancer-form.html>

Preventative measures:

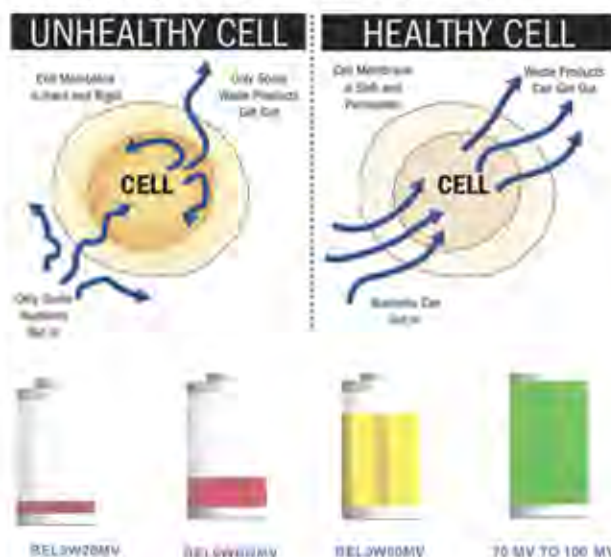
- Healthy nutritious diet
- Limited alcohol
- Limited toxic exposures (radiation, chemicals, smoking, etc.)
- Regular Breast exam. (Self-exam, Mammography, Ultra Sound and thermography)
- Exercise regularly

CELL HEALTH IS ALL HEALTH!

The healthier your cells are, the healthier your body is to protect and defend against viruses, diseases, and, yes, even cancer.

The picture below demonstrates a healthy charged cell and a lower charged weak cell.

Disease and cancer will attack weaker cells; CHARGED CELLS are STABLE CELLS, which will prevent mutation and disease. We want our cells to be fully charged and functioning optimally.



Understanding cellular health and managing your cell health is one crucial step you can take to improve your overall health, energy, and longevity.

How is Cellular Health Affected?

Our cells are essential building blocks and power packs to keep us healthy and disease-free. Cellular health is more important as we age. We need to manage good nutrition, exercise and support our cellular health. As we age, our cells age. We need to be proactive and engage in preventative measures that focus on rejuvenating our cellular health to prevent mutation, premature aging inside and out (oxidated stress, skin, bones, and organs, and more). Good nutrition is vital to our cells to rejuvenate and replicate without mutation; it helps maintain muscle tone, prevents premature aging of skin and bones. A vitamin-enriched diet is essential for long healthy life.

How Can You Improve Your Cellular Health?

Optimal healthy cells will take some effort to maintain. To maximize cellular health, you need to be consistent with diet and exercise, limit alcohol and detox toxins from your body or remove the use of toxins daily (cleaners, cosmetics, smoking, etc.). Since it is challenging to eliminate environmental toxins (computers, routers, 5G, pollution), we need all the help we can get.

Other treatments that are beneficial to Optimal cellular health:

I. Infra-red sauna benefits:

- A. Detoxification of heavy metals and toxins
- B. Boosts cognition and mental health
- C. Improves circulation
- D. Improves arthritis and fibromyalgia
- E. Helps with weight loss
- F. Improves markers of diabetes and metabolic disorders
- G. Improves skin health
- H. Strengthens immune system
- I. Lowers inflammation

II. Vitamin Infusions, such as:

A. Glutathione: Is an excellent antioxidant preventing damage to cellular components caused by free radicals, peroxides, lipid peroxides, and heavy metals. As we age, we produce less glutathione.

B. NAD: nicotinamide adenine dinucleotide. NAD and its vital amino acid are in every single cell in the human body. Without NAD to help our cells produce ATP or energy, the human body would not function. NAD will help turn back the hands of time, energize every cell and help remove toxins and metals.

C. IV infusion of Vitamins: Myers Cocktail is an IV infusion with various vitamins that are essential to cellular health.

III. PEMF:

Pulsed Electro-Magnetic Field Therapy, PEMF functions at a cellular level, enhancing your cells' activity to keep your body healthy and functioning. PEMF will increase circulation, improves tissue regeneration potential, decrease inflammation, fight pain, and so much more.

For more information and a **COMPLIMENTARY** consultation, including a PEMF treatment, don't hesitate to get in touch with us at **239-851-7422**.

References:
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https://www.unlockmbc.com/?utm_source=bing&utm_medium=ppc&utm_campaign=M_Endocrine%20Reality%20-%20mBC%20Treatment&utm_content=mBC%20Treatment%20-%20mMM&utm_term=%20treatment%20%20Bbreast%20%20Bcancer&msclkid=eb213ebf8ac9185d456d5ff739b2d532
<https://www.cancer.org/cancer/breast-cancer/risk-and-prevention.html>
<https://www.smartnesshealth.com/science/cellular-health-support/>



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What do You Know About POAs?

Many of us have heard of powers of attorney but don't really know what they are. Yet, it is in every person's best interest to have at least one POA, so decisions are made appropriately on our behalf.

We all need a durable power of attorney in effect, even a healthy eighteen year old teen. Nobody likes to think about these things, but what if your loved one becomes incapacitated and can no longer make decisions? In these cases, there are often disagreements in families over who should make decisions for that person. It can get quite messy, and very quickly. Who should have power of attorney to make decisions regarding what actions should be taken? And even worse could be if someone is incapacitated without a financial or healthcare power of attorney. Then it becomes a legal issue, and the courts may appoint a conservator to make those decisions. Now, it's a long and expensive legal process with total loss of control for the family.

What Is a POA?

A document that gives an agent the right to act on behalf of someone else is called a power of attorney (POA). Five types exist to grant different levels of authority. A power of attorney exists by state. For example, if your brother has POA for your father in Illinois, and he moves to Colorado, the POA is invalid. You need to know what the laws are in your state. Some states require annual re-certification. Also, if you have POA for your Uncle Bill and he passes away, you no longer have any legal right to handle his financial or other affairs, unless granted in a will. Another thing to know is that Social Security is a federal, not a state program. Social Security does not recognize POAs. You must become a representative payee to handle Social Security on behalf of someone else.

The five types of POA

A durable power of attorney (DPOA) means that the agent will continue to have authority to make decisions even if you become incapacitated. (Like going into a coma or having dementia.) Unless documented otherwise, a POA becomes effective immediately after it is signed (and notarized). If it is durable, the agent will continue to have authority to make decisions even if you become incapacitated, such as by having dementia or going into a coma. If it is a non-durable POA, it simply means that the agent loses authority if you become incapacitated.



All POAs end with the person's death. The person can also rescind a POA with a revocation form, as long as he or she is competent. Most of the POAs listed in this article can be made durable.

A Medical Power of Attorney Or Advance Directive allows an agent to make medical decisions for you if you cannot make them yourself. These include a broad range of medical treatments, surgical procedures, choice of health care facilities, organ donation and a broad range of medical treatment. Your agent will also make certain that health providers carry out wishes you have specified in your do not resuscitate (DNR) form or living will.

A General POA grants broad powers. This agent can make decisions for you regarding legal matters, real estate, business and financial matters. Your agent will be able to manage your banking, buy or sell property, pay bills, and enter into contracts. It is so extensive in nature, that it is usually used for a short period, for example, if you cannot be reached due to extensive travel.

A Limited, or Special, Power of Attorney gives an agent the power to act on your behalf but unlike a general POA, it's limited to specific purposes. As an

example, you might decide to grant someone the power to cash checks for you, but not access or otherwise manage your finances. These POAs expire at a specified time on the document or once a specific task is done.

A Conditional (or Springing), Power of Attorney only goes into effect in the event of a medical condition (usually incapacitation) or other trigger specified in the POA. For example, a soldier could create a springing power of attorney that is only in effect when he or she is deployed overseas. It can end when the person becomes incapacitated or at a specified date. As with every type of POA, it will also end upon death.

Be very specific and extremely careful when drawing up a POA. Information must be detailed about the agent's activities and duties. If specific language isn't there, it can cause some big headaches. If something is inaccurately listed as a trust, the trustee or successor must be the one to make financial changes. These sorts of issues can get sticky and require trips in front of a judge when the person is incapacitated.

If you know someone who is preparing to navigate these difficult issues, call 239-218-7739 to reach your local Oasis Senior Advisor. Oasis is a trusted resource for seniors and their families and can connect you to appropriate professionals for drawing up a POA, as well as other aging resources. One call to Sandy Moffett or Cindy Walker at Oasis Senior Advisors Lower SW Florida offers many solutions.

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

By Joyce Famakinwa

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

Additional reporting by Robert Holly

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



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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

What is Osteoarthritis (OA) of the Knee?

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

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

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

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



Knee Replacement Surgery is Permanent

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

Physicians Rehabilitation's Knee Therapy Program Includes:

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Viscosupplementation

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

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

Practical Tips Supporting Someone with Tinnitus (Ringing Ears)

By Hoglund Family Hearing and Audiology Services

What is tinnitus?

Tinnitus is the sensation of hearing a sound when there is no external source for that sound. In a minority of cases the sound may have a physical source within the body, like the sound of a person's pulse, but in most cases the sound is generated by the brain spontaneously. Tinnitus is very common - about one in eight adults experience it.

The experience of the sound can be difficult to manage. For around one in ten people with tinnitus, there is a significant impact on their quality of life. This is where understanding and support from family and friends can make a big difference.

What does tinnitus sound like?

Everyone's tinnitus is different. Many people hear a ringing sound, but others hear whistling, buzzing or crackling. There are many different experiences, and, like fingerprints, there are endless variations.

The noise may be heard in one ear, in both ears or in the middle of the head or it may be difficult to pinpoint its exact location. The noise may be low, medium or high pitched. There may be a single noise, or two or more components. The noise may be continuous, or it may come and go. It can be quiet or very loud, or the volume may fluctuate.

How does it affect people?

Tinnitus is sometimes a difficult condition to learn to live with and often causes anxiety. Anxiety, in turn, often makes the experience of tinnitus worse. Many people with tinnitus feel isolated because there is just no adequate way to explain the struggle to come to terms with the constant or recurring presence of sounds that they can't control. Some people describe their condition as tiring or even exhausting. In the first months especially, people can feel they are fighting a constant battle.

You may notice changes in the person's behaviors. Perhaps they have become short-tempered, withdrawn or distracted. Tinnitus can draw people inwards as their attention is constantly being diverted towards it. Their concentration is affected, and this can mean that everyday tasks take longer than usual to complete.

How can I help?

Your friend, relative or partner will benefit from your patience and understanding as they adjust. Just being aware that what they are going through may be causing



them problems is a huge help. Ask them if there are practical things you can do to help. For example, some people find loud or echoey environments very difficult, but don't want to always be the person in a group to suggest a different meeting place or activity. Other people find quiet environments tricky where there is more focus on the sound of their tinnitus. Your support in backing up whatever option makes things easier for them can be a big relief.

Help the person to assess whether they are letting their tinnitus control them. Try to support them to make a balanced decision about any lifestyle changes, rather than one based on their fears and worries, but do accept their decisions once they have decided to seek help. If possible, always go with your loved one to show support and learn as much as possible about the condition.

You can also encourage an open-minded approach to different coping techniques and try to be open minded yourself. For example, if night times are difficult, it can be extremely helpful for a partner to be open to the person trying a bedside sound generator. If you are a friend of the person, perhaps you could join them in wearing ear plugs for a night out, not only protecting your own hearing but helping them not to feel like the odd one out.

Another helpful thing to do is to encourage the person to get a Tinnitus Assessment from an Audiology Clinic, if they haven't yet done so, or to encourage them to go back to see their clinician if their tinnitus changes significantly. Going with them to the appointment turns it from a condition that they face alone... to a challenge you face together! Likewise, encouraging a positive approach to recommended treatments is important. For example, if the tinnitus is accompanied

by a hearing loss and a hearing aid is recommended, your support can go a long way to help the person more comfortable in wearing hearing aids.

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 Hoglund 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.

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What is OCD?

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

OBSSESSIONS
Repetitive and unwanted images, thoughts or urges.

COMPULSIONS
Behavior that you repeatedly perform to reduce distress.

DISTRESS
You feel like the thoughts must be significant, and they bother you.

TEMPORARY RELIEF
The compulsions only make you feel better for a little while.

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

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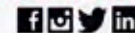
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CBD FOR STRESS & ANXIETY

Stress is made up of both psychological and physical symptoms, and once it begins to overwhelm an individual, anxiety, worry and fear often overthrow their peace and soundness of mind. Anxiety physically can affect our heart rate, gastrointestinal tract, breathing, sleeping patterns and so much more.

Stress and anxiety lead to the following issues:

- Bouts of anger
- Depression
- Heart Palpitations
- Hypertension
- Lack of appetite
- Lack of motivation
- Mood disorders
- Nausea
- Nervousness
- OCD Disorders
- Overeating
- Shortness of breath
- Sleep disturbances
- Substance abuse
- Suicidal tendencies

There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Anxiety is made up of both psychological and physical symptoms.

Stress and anxiety are a normal part of life and usually short-lived, but for 40 million Americans, it's a daily battle. Whether it's anxiety due to biological, psychosocial, or post-traumatic stress disorder (PTSD), the treatment options usually include behavioral therapy, counseling, and various prescription medications that block or dull different areas of the brain. However, there are many natural supplements that work very well to reduce stress and anxiety, and one of the most popular is CBD.

Many individuals are incorporating CBD into their health and wellness lifestyle to help them feel a sense of calm, relax, achieve better quality sleep, and alleviate the side effects of anxiety.

A study entitled, "*Cannabidiol as a Potential Treatment for Anxiety Disorders*," sheds light on how CBD effects anxiety.

A 2015 review of 49 studies found evidence that suggests CBD could help with generalized anxiety disorder, panic disorder, social anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder (PTSD).

Conclusions: Preclinical evidence conclusively demonstrates CBD's efficacy in reducing anxiety behaviors relevant to multiple disorders, including PTSD, GAD, PD, OCD, and SAD, with a notable lack of



anxiogenic effects. CBD's anxiolytic actions appear to depend upon CB1Rs and 5-HT1ARs in several brain regions; however, investigation of additional receptor actions may reveal further mechanisms. Human experimental findings support preclinical findings, and also suggest a lack of anxiogenic effects, minimal sedative effects, and an excellent safety profile. Current preclinical and human findings mostly involve acute CBD dosing in healthy subjects, so further studies are required to establish whether chronic dosing of CBD has similar effects in relevant clinical populations. Overall, this review emphasizes the potential value and need for further study of CBD in the treatment of anxiety disorders.

CBD Explained

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

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

The Quality of Hemp Products is Critical

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



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

Pets Can Benefit Too

Animals can get extremely stressed if they are afraid or in pain. When your pet is home alone or if there is a storm or loud noises, your pet can benefit from the calming, anti-inflammatory effects of CBD.

CBD treats can ease your pet's anxiety. Before you leave the house, give your pet the recommended dosage of these all-natural, anti-anxiety herbs as this can help your pet feel more at ease during times alone. If they struggle with pain from arthritis or other conditions, CBD treats can be very helpful to reduce inflammation.

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

What is Delta 8?

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

Delta-8-Tetrahydrocannabinol

An analogue of tetrahydrocannabinol (THC) with antiemetic, anxiolytic, appetite-stimulating, analgesic, and neuroprotective properties. Delta-8-tetrahydrocannabinol (delta-8-THC) binds to the cannabinoid G-protein coupled receptor CB1, located in the central nervous system; CB1 receptor activation inhibits adenylyl cyclase, increases mitogen-activated protein kinase activities, modulates several potassium channel conductances and inhibits N- and P/Q-type Ca²⁺ channels. This agent exhibits a lower psychotropic potency than delta-9-tetrahydrocannabinol (delta-9-THC), the primary form of THC found in cannabis.

About Hemp Joi

It all started back in 2019, we set out to change the way the world deals with chronic aches and pains. Having a background in functional medicine and a passion for entrepreneurship, we set out to bring quality products to the greater SW Florida area and beyond. Our philosophy is **TRY BEFORE YOU BUY. Enjoy FREE Samples** to make sure they work.

We were inspired by family members, in the massage 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.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4604171/>

Physical Therapy in Combination with Massage Offers Pain Relief and Rejuvenation

Massage is not just a leisurely activity that the elite can enjoy while pampering themselves, but an actual wellness component to healthy living.

In combination with Physical Therapy, massage helps to relax the muscles leaving the body in a state of ease, and while this not only feels wonderful, it puts the central nervous system into a relaxed state as well, which is a significant component to overall health and recovery.

When Physical Therapy is performed on a relaxed, massaged body, the overall musculoskeletal system reaches more advanced healing and regeneration. It is beneficial due to the synergy of both treatments. When you receive Physical Therapy, you do not have to subject yourself to drug therapies or addictive pain medications. Physical Therapy is a completely drug-free way to increase the body's natural healing process.

Benefit of Massage

- Increases blood flow
- Alleviates tightness in muscles
- Relieves stress
- Reduces anxiety levels
- Helps with chronic neck pain
- Relieves migraine frequency and pain
- Improves balance
- Reduces osteoarthritis pain
- Lowers blood pressure
- Promotes relaxation
- Increases oxygen, and much more...



Massage and Physical Therapy Work Together to Maximize Healing

Although massage can produce all of the benefits mentioned above; however, if the underlying issues are not dealt with in a more synergistic approach through combining Physical Therapy, the chronic pain, limited range of motion and musculoskeletal issues will not be fully addressed. Whether you are seeing a physical therapist for acute pain or a long-standing issue, combined therapies are proven to be the most beneficial.

Benefits of Physical Therapy

Physical therapy is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical therapy.

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:

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- Occupational Therapy
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By Ricardo S. Bocanegra, D.D.S.

Is Invisalign Treatment Right for You?



Four million people in the United States have braces at any one time. According to statistics, 25% of them are adults.

However, most adults would prefer not to have train track-style braces, as it can impact their self-esteem and detract from a professional appearance. But how can those who don't want the appearance of braces have their teeth fixed?

Enter Invisalign. With this method, you can fix any crooked teeth without ever looking like you've had braces at all. But, not everyone is a candidate.

In this article, we'll go over some of the signs that you are an Invisalign candidate, and can speak to your dentist or orthodontist about starting the process.

What Is Invisalign?

Invisalign is a series of clear trays that change your teeth's positioning over time. You'll get a custom mold made of your teeth and then you'll receive the first tray. This will shift the shape of your teeth slightly. Then, you'll receive another tray that will change your teeth ever so slightly even more.

After a series of trays, you'll have the straight teeth you originally set out to achieve. This way, you get the benefit of braces without having to wear them visibly.

Next, we'll go over some of the signs that you're a candidate for Invisalign.

1. Your Case Is Straightforward

Most cases of crooked teeth can be fixed with Invisalign. The system can work for those who have underbites, overbites, crossbites, open bites or those who have gaps or crowded teeth. But, that doesn't mean it works for everyone.

Your dentist or orthodontist will be able to assess your case and let you know if Invisalign is right for you. In more complex cases, you may require dental surgery, or you may not be able to have your teeth straightened without the use of traditional braces.

2. You're Responsible

One reason Invisalign is only for people over a certain age is that you must commit to wearing them for them to work. Invisalign trays are removable, meaning you can take them out if you wish. The system relies on you wearing them on your teeth for a set number of hours per day. In some cases, this means you'll have to wear them all of the time, except when you eat.

Because you can remove them, some people decide they won't bother wearing them. They may even lose them. These types of people likely won't progress very far with Invisalign, because they'll stall their own results.

If you aren't very committed to changing your teeth, or you know you lose important items easily, Invisalign probably isn't the solution for you.

3. You've Got All of Your Adult Teeth

Most orthodontists won't treat teeth cosmetically unless you have all of your adult teeth. That's because they can't predict how children's adult teeth will grow in.

In order to have Invisalign, you must have all of your adult teeth. In some cases, there are adults who still have a baby tooth or two that is lingering. If this is the case, you may require further orthodontic work before you're able to start the Invisalign process.

4. You've Got Good Oral Hygiene

Having good oral hygiene is a must for Invisalign trays. Not only must your mouth be healthy, but you must be able to take care of your trays so that they don't cause infections or further issues.

This goes along with the point that you must be responsible in order to wear Invisalign trays. You must clean them at regular intervals and take good care of the trays. Otherwise, you may have to pay quite a bit to replace them.

Additionally, you will need to ensure your mouth is free of disease or other problems and that you brush regularly before a dentist or orthodontist will consider you.



5. You Don't Smoke

As your Invisalign trays will be in most of the day, you can't smoke or use tobacco. This can interfere with the trays themselves, as well as make them dirty. If you smoke too often and remove your trays while you smoke, you may find that your Invisalign isn't as effective as it could be because you aren't wearing them for enough time during the day. Additionally, smoking is incredibly unhealthy for not just your teeth, but your entire body. If you want to have Invisalign and smoke, now might be the best time to quit.

6. You're Old Enough

Not only do you need to have all of your adult teeth, but you also need to be old enough to wear Invisalign. There is no upper age limit, and you can have your teeth straightened at any point in your life. But, most orthodontists aren't keen to give sets to young teens or children, regardless of if they have all of their adult teeth.

This is partially because the Invisalign trays are removable and must be looked after. This gives the wearer an added responsibility that they may not have with traditional braces that cannot be removed.

Am I an Invisalign Candidate?

Are you an Invisalign candidate? If you meet the six points listed above, there is a good chance that you'll benefit from the Invisalign system. Your dentist or orthodontist may have more to discuss with you about your individual case, so be prepared when you make your appointment for yourself, or for your teenager.

After reading this article, if you feel you might be interested in starting the Invisalign system, contact us to set up an appointment. We can assess your situation and discuss whether you're an appropriate candidate.

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

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

Due to the effectiveness of the VI Peel Formula-tion, it is only available to professional practitioners. Beauty Ritual Skincare is one of only a few professionals in the area to offer this procedure.

Patient Testimonials

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

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

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

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PLANNING AHEAD WITH TRUSTS FOR ESTATE TAX LAW CHANGES

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

Since the Tax Cuts and Jobs Act (TCJA) took effect in 2018, federal estate taxes have been deemphasized in estate planning. The TCJA more than doubled the federal estate tax exemption—from \$5.49 million to \$11.18 million. As a result, only about one in 1,000 deceased Americans have estates that qualify for federal estate tax, and only a small percentage of estate plans needed to address the tax. Fans of low taxes welcomed the TCJA's increased exemption. But—like it or not—there's a good chance changes are on the horizon. If the current Biden tax proposal is implemented, an individual taxpayer would be allowed—over the course of a lifetime—only \$3.5 million in exempt gifts, generation-skipping transfers, and estate value. The tax code combines all three into a single lifetime exemption so that—for example—a taxpayer's \$100,000 exempt gift during life reduces the taxpayer's eventual estate tax exemption by \$100,000. Thus, today's topic of trust planning strategies for wealth tax increases is front and center when updating estate plans in Florida for most high net worth families and their estate tax advisors.

How Biden Administration Proposals Would Increase Estate Tax Liability?

For 2021, the federal combined estate-and-gift-tax exemption remains an inflation-adjusted \$11.7 million. However, the historically high exemption sunsets at the end of 2025. So far, there doesn't appear to be much momentum in Washington behind an extension.

As mentioned above, the Biden Administration has advocated reducing the federal exemption further—to \$3.5 million. This would be the lowest level since 2009 and would dramatically increase the number of estates hit with the "death tax." In addition to the changes mentioned in our first paragraph above, the Biden administration has also proposed increasing the top estate tax rate from 37% to 45%. And another proposal would eliminate the step-up in tax basis for inherited assets—which would make an estate or heir pay capital gains tax on estate assets that increased in value after being acquired by the deceased taxpayer. Taken together, the Biden proposals would result in a far larger percentage of estates paying estate taxes, and estates already qualifying under the current rules would pay considerably more.

Adjusting to a Lower Estate Tax Exemption

While nothing in D.C. is certain, it pays to think ahead. When people think about estate tax planning, usually using the spousal estate tax exemption with A-B trust planning is the initial planning option that comes to mind. The spousal estate tax exemption includes portability in Florida and elsewhere and thus can be used with flexibility following a spouse's death, and, thus, this is a very important estate tax planning tool, it is important to keep in mind that a conventional A-B trust in Florida does NOT lock in the exemption until the death of the first spouse. So various approaches are being utilized to lock in the exemption prior to 2026.



Under IRS rules, a taxpayer who claims an exemption under the current higher figure won't be penalized if the allowable exemption shrinks in the future. That means a taxpayer can make tax-exempt gifts of up to \$11.7 million in 2021, and, if the exemption drops to \$3.5 million in 2022, the 2021 gift is still exempt. You're essentially "locking in" the higher exemption for the gifted wealth.

Using Irrevocable Trust Planning in General

While nothing in D.C. is certain, it pays to think ahead. When people think about estate tax planning, usually using the spousal estate tax exemption with A-B trust planning is the initial planning option that comes to mind. The spousal estate tax exemption includes portability in Florida and elsewhere and thus can be used with flexibility following a spouse's death, and, thus, this is a very important estate tax planning tool, it is important to keep in mind that a conventional A-B trust in Florida does NOT lock in the exemption until the death of the first spouse. So various approaches are being utilized to lock in the exemption prior to 2026.

Irrevocable trusts in Florida and elsewhere generally are one of the best tools for efficiently organizing assets to mitigate estate and gift tax liability—especially with potential tax increases looming. Wealth gifted to an irrevocable trust locks in the current high exemption and—just as importantly—removes the gifted wealth from a future taxable estate. If Congress lowers the estate tax exemption next year, wealth used to fund an irrevocable trust now is already exempt.

There are scores of different types of trusts that can accomplish a host of wealth-management objectives. The irrevocable trusts described below all potentially reduce estate taxes by removing wealth from an estate and locking in the current exemption. Each trust provides additional financial planning benefits and can be tailored to a grantor's individual circumstances and goals.

Using Specific Trusts for Mitigating Federal Estate (Wealth) Tax Increases:

Spousal Lifetime Access Trust (SLAT). A SLAT is an irrevocable trust created by a grantor spouse—with the other spouse named as the trust's beneficiary. The tax code provides an unlimited marital deduction allowing transfer of wealth from one spouse to the other with no gift or estate tax liability. So, the purpose of a SLAT isn't to avoid taxes on wealth transferred to the other spouse. Instead, the grantor spouse's transfer to the SLAT removes the wealth—and any subsequent growth on that wealth—from both spouses' estates.

When funding the trust, the grantor spouse applies the annual gift exclusion and lifetime exemption toward the transferred wealth. During the trust's term, the beneficiary spouse can—but does not have to—receive distributions from the trust.

When the beneficiary spouse dies, trust assets are distributed to secondary beneficiaries—usually children or grandchildren—outside of either spouse's taxable estate. Alternatively, SLATs can be set up to remain effective for extended periods—supporting succeeding generations without exposing trust wealth to additional estate taxes at each generational level.

Irrevocable Life Insurance Trust (ILIT). An ILIT in Florida is an irrevocable trust created for the purpose of owning one or more permanent life insurance policies (like whole life or universal life). The insured grantor funds the trust with the cash needed for policy premiums—removing wealth from the grantor's eventual estate. Upon the insured grantor's death, the life insurance company pays out policy proceeds to the trust with no estate tax liability. The trustee either distributes the funds directly to beneficiaries or manages the money in accordance with the trust instrument's instructions.

Grantor Retained Annuity Trust (GRAT). A GRAT is an irrevocable trust designed to reduce taxes on appreciating assets and to efficiently transfer family wealth to the next generation. When creating the trust, the grantor pays the taxes due on any assets transferred to the trust. Throughout the trust's fixed term, the grantor receives regular annuity payments from trust assets. When the trust's term concludes, the trust's beneficiaries receive the remaining value with no tax liability. However, if the grantor dies during the trust's term, the trust's value becomes an asset of the deceased grantor's estate.

Grantor Retained Unitrust (GRUT). GRUTs work similarly to GRATs. The principal difference is that annual distributions to a GRUT's grantor are variable—calculated each year as a percentage of the trust's value. Like with a GRAT, the trustee distributes the residue of trust assets to the designated beneficiaries—usually the grantor's children or grandchildren—if the grantor is still living when the trust's term concludes. Beneficiaries receive the remainder tax-free.

Generation Skipping Trust (GST). Generation skipping trusts mitigate the generation-skipping tax (also abbreviated GST)—a federal tax on gifts to recipients more than 37 ½ years younger than the gift-giver. Congress passed the generation-skipping tax to prevent taxpayers from bypassing a generation of estate taxes by gifting wealth directly to grandchildren. Like the gift tax exemption, the GST exemption is linked to a taxpayer's lifetime estate tax exemption.

When funding a generation-skipping trust, the grantor either pays the transfer taxes or claims the exemption for the wealth transferred to the trust. A grantor can name successive generations as beneficiaries or authorize the trustee to name future beneficiaries. Once placed in a generation-skipping trust, wealth is not exposed to estate taxes as long as it remains in the trust—allowing wealth to avoid multiple generations of estate tax.



Charitable Remainder Unitrust (CRUT). With a CRUT, a grantor can both benefit a chosen charity and enjoy valuable tax benefits. The irrevocable trust has a fixed term during which the grantor receives regular distributions measured as a specified percentage of the trust's total value. When the term ends, the trustee distributes the remainder to the charity.

A CRUT removes wealth from a taxable estate and reduces capital gains tax liability on appreciated assets because the grantor does not have to pay taxes on the trust assets at the time of funding. The grantor may also receive a tax deduction based on the present value of the charitable gift. Charitable Remainder Trusts (CRTs) and Charitable Remainder Annuity Trusts (CRATs) are close relatives of CRUTs—varying in how distributions to the grantor are measured.

Charitable Lead Trust (CLT). A CLT works like a CRT or CRUT but in reverse. The designated charity receives the regular distributions during the term of the trust, and the trustee distributes the remainder to a named beneficiary—usually children or grandchildren of the grantor. Along with benefiting a cause favored by the grantor, a CLT reduces estate or gift taxes due for trust wealth when it is ultimately received by the next generation. The grantor can also receive a current tax deduction for the value bestowed on the charity.

Remember that the above mentioned trust planning strategies for wealth tax increases are considered advanced planning and should only be implemented with the involvement of experienced high net worth estate planning attorney in Florida as well as other tax advisors (such as CPAs) who focus on high net worth planning.

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How To Tell if Your Pain is Coming From The Spine or The Hip

Hip and spine pathologies can lead to severe disability, and they often occur in combination. Because symptoms of hip and spine conditions can significantly overlap and mimic one another, diagnosing and treating patients with hip and spine problems can be very challenging. Patients with both hip and lumbar spine pathology commonly have low back pain (LBP) with associated buttock, groin, thigh, and, possibly, knee pain. Understanding where the symptoms are coming from can minimize the risk of delayed diagnosis and treatment.

Obtaining a thorough history from the patient is one of the keys to discerning the cause of the pain. Traditionally, physicians are taught that hip osteoarthritis mainly causes groin pain, and sometimes thigh and knee pain, but not typically pain below the knee. However, research has shown that hip osteoarthritis can result in buttock pain (75%), posterior thigh pain (43%), shin (47%) and calf (29%) pain. Generally, difficulty with putting on shoes and socks, clipping toe nails, or getting in and out of a car are associated with a hip problem. On the other hand, patients with lumbar spine conditions typically complain of burning or electric type pain shooting down the leg to the toes (sciatica) that may or may not be associated with tingling/numbness. Patients with lumbar stenosis (narrowing of the spinal canal leading to pinching of the nerve roots) will typically report the need to lean over a shopping cart at the grocery store, or the need to frequently sit down to obtain relief of back, buttock, and leg after prolonged standing or walking.

A compressive physical examination is requisite to hone in on the primary cause of the symptoms. Patients with pain coming from a hip pathology will typically have exacerbation of groin and thigh pain with provocative rotation of the hip joint. These patients may also exhibit markedly decreased range of motion of the hip joint. Focal tenderness to palpation over the lateral hip area may indicate inflammation of the trochanteric bursa. On the other hand, the presence of altered sensation or atrophy and weakness of the muscles



around the buttocks and lower extremities are more likely to be associated with a problem arising from the spine. Furthermore, the presence of asymmetric reflexes, or nerve root tension signs (exacerbation of the sciatica pain when the physician raises the patient's fully straightened leg) is indicative a spinal pathology.

Imaging workup may include x-rays, MRI and/or CT of the spine and the pelvis/hips. Always start with plain film X-rays. If the hip X-rays are normal, turn your attention to the patient's back. When imaging demonstrates significant pathology in the spine but not the hip, or vice versa, then the diagnosis becomes obvious. Unfortunately, it is not uncommon for imaging workup to reveal pathologies in both the spine and the hip. In this case, it may not be possible to diagnose the primary source of the pain based on imaging data. An astute physician may order specialized testing such as nerve conduction testing or specific types of diagnostic (and potentially therapeutic) injections into the hip area or the spine to assess the patient's response.

For example, if a patient receives greater than 90% relief of their symptoms after a hip joint injection, then it can be deduced that the primary source of the pain is coming from the hip joint, and treatment should be targeted to the hip.

It is important that the patient and the surgeon understand the concept that concurrent spine and hip symptoms do exist. Determining which pathology to surgically address first should be a joint decision made between the patient and the surgeon. Both the patient and the surgeon should also understand that after one pathology is managed, the treatment of the other pathology may become necessary because of persistent pain. The recognition of both entities may help reduce the likelihood of misdiagnosis, and the management of both entities in the appropriate sequence may help reduce the likelihood of persistent symptoms.

If you have concerns about having an arthritic hip joint, call and schedule an appointment with Dr. Edward R. Dupay, Jr. He has 34 years of extensive experience doing total hip replacements.

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



Edward R. Dupay, Jr, DO
Board Certified

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

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

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Heart Check Ups Are Critical Amid COVID-19

(For those that have recovered, those that need cardiac examinations and those that have any cardiovascular symptoms)

By Dr. Joseph Freedman MD, MBA

C OVID-19 has taken its toll on us mentally, emotionally, and physically, and although most of us are beyond the shock and disbelief phase of the pandemic, what researchers and physicians are seeing is the lingering effects of cardiac conditions directly and indirectly related to the virus is astronomical.

Cardiovascular DIRECT Correlation from COVID

COVID-19 has been well researched and it's clear that it can intensify or create cardiovascular issues in many patients. These symptoms can show up long after you've recovered from the virus. Myocarditis, pericarditis, blood clots, strokes, hypertension, and atherosclerosis are all risks of having had the virus.



A JAMA Cardiology study looked at 100 patients that had recovered from COVID-19 within a two to three month period, and examined their cardiac MRIs. The researchers reported that 78% of the patients had cardiac abnormalities. 60% of them had ongoing myocardial inflammation, and 76% showed high levels of the blood enzyme troponin, which is a key indicator of heart damage.

If you have any of the following symptoms, call 911 and seek medical care immediately.

- Chest pain
- Shortness of breath
- Sensations of having a fast-beating, fluttering, or pounding heart
- Lightheaded or dizzy
- Tightness in chest
- Pain down arm or in the shoulder or jaw
- Sudden confusion

Cardiovascular INDIRECT Correlation from COVID

If cardiac patients miss checkup or follow up appointments, or ignore their symptoms, many times they will end up in the emergency room. When cardiologists evaluate and assist patients with prescriptions, recommend imaging or lab work and check their vital signs or doing other diagnostic testing it's a thorough process that will keep them safe and well monitored to avoid cardiac events. If you are still putting off your cardiac visit because you don't want to go the office or feel you don't have time, you are putting yourself in danger. Make an appointment as soon as possible to alleviate your risk.

If you are having any new or intensified cardiovascular symptoms, do not ignore them!

If you had COVID-19 or are in need of a cardiology examination, schedule an appointment today.



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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Many People Feel Their Mental Health Medications Don't Work: There is a Better Way

If you have depression, ADHD, anxiety, PTSD, or other mental health issues, you may have tried countless drugs and still feel they don't work. You're not alone.

There are several reasons that medications do not work for individuals and a lot of it comes down to genetics. There is an advanced technology that allows your practitioner to understand your DNA and which medications will and will not work for you specifically. Although this form of genetic testing is still considered theoretical, for the professional team at Hope & Harmony Holistic Health, it's an important tool to determine what is best for their patients, and they believe it's helped their patients tremendously.

You no longer have to try numerous medications to find what works best for you. The guesswork is taken out of the equation, and that is due to the innovation of GeneSight®.

The GeneSight® Test

GeneSight® Psychotropic is a pharmacogenomic test which means that it analyzes how your genes may affect medication outcomes. The GeneSight® test analyzes clinically important genetic variations in your DNA. Results can inform your provider about how you may break down or respond to certain medications commonly prescribed to treat depression, anxiety, ADHD, and other psychiatric conditions.¹

The GeneSight® test must be ordered by your healthcare provider and it is conveniently done in their office with a simple cheek swab.¹

Over 1,500,000 individuals have taken GeneSight®, and many clinical studies have published efficacy reports in peer-reviewed journals. GeneSight® Psychotropic is the only psychiatric pharmacogenomic test backed by such extensive research.¹

The genetic testing tells your practitioner if you are a low, medium or high responder to certain medications.

MTHFR Gene has a high incidence of depression

GeneSight® MTHFR, has added the latest addition to its pharmacogenomic test panel. GeneSight® MTHFR determines the alleles at the C677T polymorphism in the MTHFR gene to predict effects on folic acid conversion. An individual's genetic inability to convert folic acid into l-methylfolate has been linked to higher incidence of depression.¹ Patients with the MTHFR gene are particularly challenging to treat. This test is ideal for helping them receive



viable care quickly. So if you struggle with your response to medications or just haven't noticed improvement in your symptoms, this genetic alteration may be a factor. We can help you find out.

Treating the whole person matters.

Hope & Harmony Holistic Health, Inc.

You deserve hope and harmony in your life. At Hope & Harmony, the providers are committed to working with each person to live the healthiest life possible as defined by each individual. We use a team approach to holistic and functional health care to help you meet your goals, including reducing use of prescription medications. We have a variety of practitioners, working together under one roof, to provide you with assistance in general and functional medicine, psychiatry, psychotherapy, and nutrition coaching and counseling.

At Hope and Harmony Holistic Health, our core values are reflected by how. . .

- We treat every person as an individual with inherent worth and dignity.
- We provide holistic treatment choices rather than using medications as the first or only options.
- We prioritize the optimum quality of life for each and every client.
- We help every person achieve optimum health by becoming the best they can be in body, heart, spirit, and mind.
- We provide a safe space in a warm and welcoming environment.
- We, as providers, work collaboratively with each other and the client, to reach optimum health as defined by the client.

Because every person deserves to be the healthiest version of themselves, our purpose at Hope & Harmony Holistic Health is to help our patients discover what that means for them as individuals, and to make a plan for how to achieve their health goals.

We are committed to working with each person to reduce dependence on medications when possible and to design an individualized treatment plan to assist you in living the healthiest life possible as you define it.

Each of us at Hope & Harmony Holistic Health has struggled through mental and physical challenges that left us frustrated and hopeless at times — until we discovered the healing and nurturing strategies that are part of holistic health care. Now it's time for us to give back to the community by helping everyone who comes to us to discover, or to rediscover, the hope that comes with living a healthy life that allows our bodies, minds, and emotions to live in harmony every day.

Hope & Harmony Holistic Health, Inc., is a safe and welcoming practice no matter who you are or where you are on life's journey.

If you are in need of a fresh new approach to your best health in general, functional, and psychiatric care, including psychotherapy or nutritional counseling, please contact Hope & Harmony Holistic Health today at 941-979-2952.

Source: <https://genesight.com>

SPOTLIGHT ON OUR PSYCHIATRIC PROVIDER



Tess Lambert, APRN, CMO

Tess Lambert, Psychiatric Nurse Practitioner, is our co-founder and serves as Chief Medical Officer. She began her medical career as a certified surgical technologist, then worked as a hospital floor nurse and an auto-

transfusionist for several years. She has been a Psychiatric Nurse Practitioner since 2009, and has worked in Michigan, Ohio, and Florida in a variety of settings, including inpatient and outpatient practices, extended care and rehab facilities, community mental health centers, and prisons. Tess' passion is working closely with patients to help them live the healthiest life possible using a minimum of medications. She believes good care takes understanding, a willingness to listen and the need to think "outside the box" that we as providers can easily get stuck in.

Tess received an Associate's Degree in Nursing from Owens Community College, a BA from the College of Mount St Joseph, and a Master's Degree in Nursing from the University of Toledo. In addition, Tess holds a Master's of Theology from Trinity Lutheran Seminary in Columbus, Ohio. She refers to herself as a chronic student and never stops learning because she knows her patients' health and happiness depends on it.

Your Cleaning Service May Be Sweeping More Than Just Dirt Under The Rug

Pop quiz: How much do you really know about the people you hire to work in and around your home? Through casual conversations you may know where they live, their children's names and ages. You might know someone for whom they've done work or have a friend or acquaintance in common (that's probably how you found out about them in the first place).

But, what do you really know about your landscaper, electrician, painter, plumber, the cable guy, the guy who fixes your appliances, or the person who cleans your home each week (and to whom you have given a key!)? Are they financially responsible? Have they ever fallen into legal trouble or veered over the line into petty criminal behavior? And what do you really know about the people your service providers employ or how they go about hiring them?

Statistically speaking, there is a high probability that all of the service providers who come into your home are upstanding, law-abiding citizens. They work, right? And perhaps everyone should be forgiven the minor transgressions of their teenage years. But, while you don't need to be paranoid, you can at least be sensible. As a homeowner and customer, it is always your right to inquire about your service provider's hiring and other business practices that-if not executed properly and consistently-can create financial liability, even danger, for you and your family.

Five critical sets of questions to ask:

- **Hiring practices.** How and where do you source new employees? Do you check personal references? Do you conduct criminal background checks? Do you verify your employees are legal to work in the U.S.? And do you use credible sources for background checks?
- **Tax practices.** Do you have a federal employer's tax ID number? Are all of your employees of the W-2 variety? Do you pay all FICA, social security, unemployment insurance, and other required tax withholding for yourself and for your employees?
- **Bonding and insurance practices.** Are your employees bonded and insured to cover any damage to or theft of my property? Are you and your employees covered by workers' compensation insurance in the event someone gets injured while working on my property?
- **Certification and training practices.** Do your employees have all the required professional training and certifications to conduct the work I am hiring them to do? And if there is no required certification, do you offer employees training to ensure the protection of my assets?
- **Security practices** (for instances where service providers require unsupervised access to your home). How will you store my key? Who will know that you have it and where it is kept? How will my key be marked? And how susceptible will it be to loss, duplication, or theft?

Do not be afraid to ask these questions! If a home service provider is not paying their taxes or insuring their employees properly, you can be financially liable for back taxes, penalties, interest, and for loss or damage to your own property. Also, when you show you are savvy in the hiring process, your service provider is more likely to treat you with respect in other areas, for example, in assessing the work you need done or in quoting you fair rates.

Something else to consider: Best business and employment practices cost business owners money. In order to cut costs, many independent businesses or individuals skip the necessary precautionary measures of running criminal and personal background checks on their employees, thus attracting less than reputable employees to these smaller shop businesses. The benefits and job security provided by a more reputable company tend to attract and retain reputable employees that are keen to their stature in the employment screening process. If a home service provider quotes you a rate that is substantially below market or below their competitors, the difference is likely to be in their operating costs. So, don't just take 'yes' for an answer to the above questions. Ask for documentation! If a potential service provider gets offended or tells you it is none of your business, they could be getting ready to sweep THEIR dirt under YOUR rug.



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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.



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Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best thing that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

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Managing Your Money and Retirement Investments in these Turbulent Times

The Impact that COVID-19 may have on Your Taxes, Life Savings and Lifestyle

Join Your Host Adam Bruno,
Certified Financial Fiduciary®

Please Choose a Date that Works Best for You!

Wednesday
October 27
5:00 PM

OR

Tuesday
November 2
5:00 PM



SABAL PALM ROOM
1380 COLONIAL BLVD.
FORT MYERS, FL 33907



Everyone in attendance will receive a copy of Adam's Book **THEY LIED: The Real Cost of Your Retirement**

Please RSVP now to guarantee your seats:

Call (239) 771-8696 and give your
RSVP code Health & Wealth

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