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November 2021

Lee Edition - Monthly

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**6 COMMON
DIABETIC MYTHS**

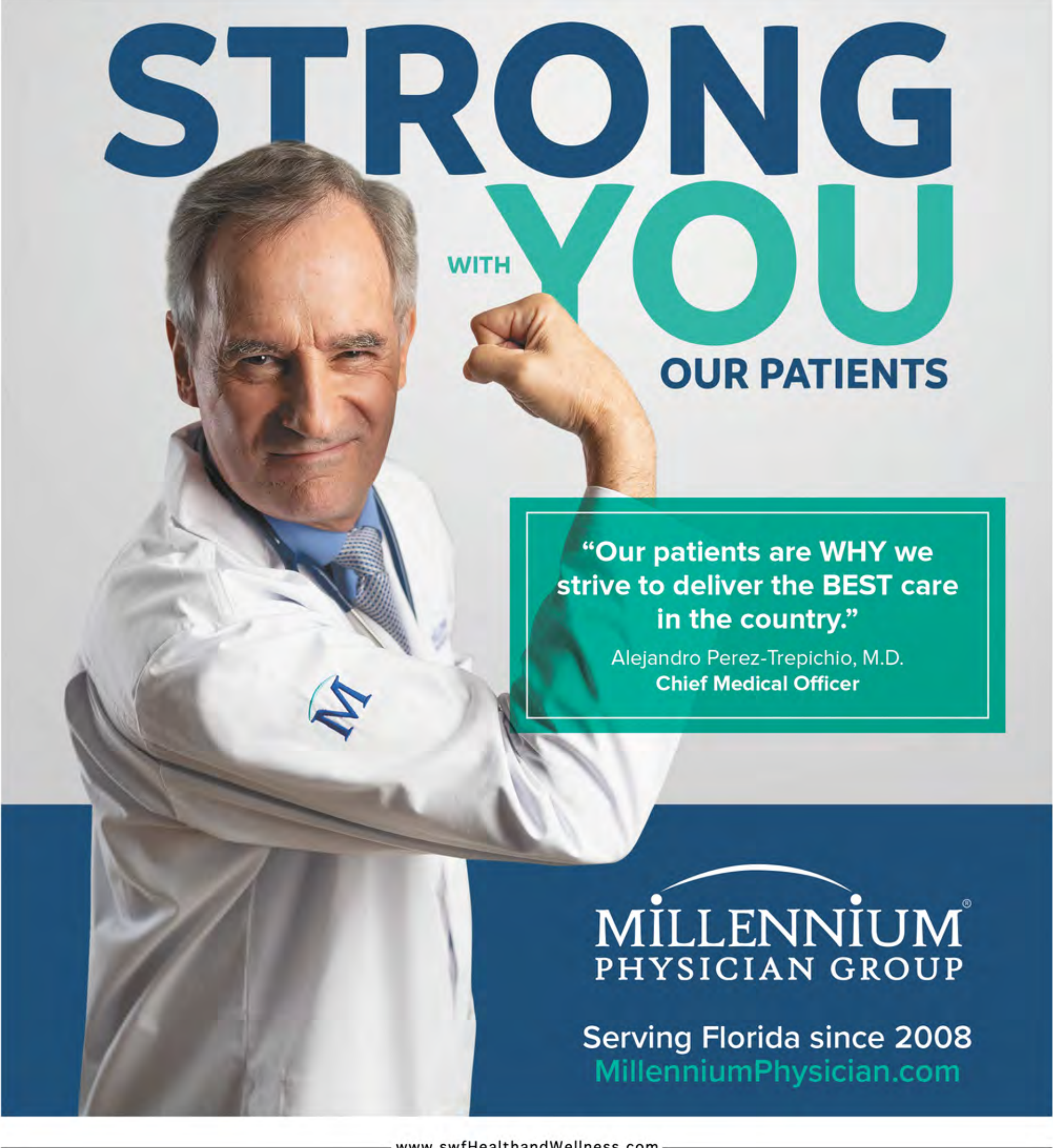
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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR
Lisa Minic



Publishing • Advertising • Web Design • Graphic Design

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Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

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

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

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

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6 COMMON DIABETIC MYTHS

By Shayhira Suazo Herrera, M.D. | Endocrinologist | Millennium Physician Group

Myth #1 Insulin harms the body.

Insulin is naturally produced by the body and is not harmful. By the time most individuals are diagnosed with diabetes, they are not producing enough insulin. The main purpose of insulin is to regulate energy. Insulin is essential for the body to transport glucose to glucose-dependent organs and tissues on an intracellular level. With insulin resistance, the cells begin to become unable to take in enough insulin, and the pancreas can't produce enough insulin to manage blood sugar levels. As diabetes progresses, people will become more insulin deficient.

Myth #2 All diabetics are obese.

Not all diabetics are obese. Being overweight is not the only risk factor for developing diabetes. Many people with normal weight or those slightly overweight also develop diabetes. Additionally, there is something to be said about ethnicity and its role in diabetes. Different ethnic groups may naturally have a lower BMI (Body Mass Index) but still be at risk for diabetes due to other factors.

Myth #3 Diabetics should avoid carbohydrates completely.

People with diabetes are not forbidden to eat carbohydrates. In fact, those who eat a balanced diet of nutrient-dense protein, fat, and carbs can control their diabetes quite well. It's important not to eat simple carbs such as cookies, crackers, and candy, but eating complex carbs such as whole grains, legumes, sweet potatoes, and fruits is ideal. However, these complex carbs should be enjoyed in smaller amounts but not avoided entirely in most cases.

Myth #4 All diabetic patients need medication.

When patients are first diagnosed, it's typically through routine blood work, and in the majority of cases, it is not a severely progressed diabetic diagnosis, so these people do quite well on lifestyle changes. Lifestyle modifications include dietary changes, implementing an exercise routine, and if they are obese, losing weight.



If patients are diagnosed, and their A1C levels are really high, they might need medications to lower their glucose levels. Anytime a patient is put on medications for diabetes, we also recommend diet and exercise because it is very important to lower blood sugar naturally and get the body moving to circulate oxygen-rich blood and keep your cardiovascular system healthy as well.

Myth #5 Diabetes is only about blood sugar.

Diabetes patients are more susceptible to chronic illnesses and conditions. Many people with diabetes that is left untreated or poorly managed can develop cardiovascular disease, vision loss, and cognitive decline. Managing your insulin and keeping your diabetes in check is critical for overall health and wellbeing. People with diabetes are also more likely to develop infections than those with normal blood sugar. That is why we encourage all of our diabetic patients to get their vaccinations for influenza, pneumonia, and Covid-19.

Myth #6 Sugary drinks are not that harmful.

There is documented research available that shows how sugary drinks are, in fact, linked to diabetes. In general, it's best to avoid drinks with sugar altogether. These drinks are high in calories and sugar. For example, a can of soda such as cola has 161 calories and 39 grams of sugar.

Avoiding simple carbs such as sugar is critical for maintaining low blood sugar levels. Is this to say you can never enjoy sweets again? No. If you want to have dessert or something with sugar once in a while, it's best to consume those with a complete meal (protein, fats, carbs) and only have a small portion of dessert or something with sugar.



Shayhira Suazo Herrera, M.D.

- **Education:** Doctor of Medicine, Universidad Autonoma De Santo Domingo, Santo Domingo, Dominican Republic
- **Residency:** Internal medicine, Salvador B. Gautier Hospital, Santo Domingo, Dominican Republic and Nassau University Medical Center, East Meadow, New York
- **Fellowship:** Endocrinology, Diabetes and Metabolism, Nassau University Medical Center, East Meadow, New York
- **Specialty:** Endocrinology
- **Focus:** Diabetes, obesity, thyroid disease, autoimmune diseases, adrenal gland diseases, lipid abnormalities, metabolic bone disease, calcium disorders, prevention and management

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How Inflation Risk Can Affect You

By Adam Bruno, Certified Financial Fiduciary®

Inflation is a steady rise in the price of goods and services over time and actually signals both good and bad economic conditions. On one hand, as prices rise, someone living on a fixed income cannot purchase the same amount of goods, so they tend to reduce spending or buy cheaper alternatives. On the other hand, when inflation rises, the Federal Reserve tends to reduce interest rates, making it cheaper to borrow money — so spending picks up.¹

This cycle of inflation tends to go round and round. Many factors can cause inflation — including a growing economy — but there are monetary policies that help drop the inflation rate in time. Likewise, each of us needs to be able to manage how inflation affects our household finances throughout these cycles, and those management strategies differ based on your situation.

For example, someone working full time may be able to adjust spending based on fluctuating prices. However, many retirees live on a fixed income and have fixed expenses, so when prices increase that can squeeze the household budget. If you'd like to learn about ways to position assets so that you can increase income when needed without threatening your financial security, please give us a call.

Inflation can actually be positive for stock investments, as a company's revenues and earnings tend to move in tandem with higher prices. Interestingly, the stock market has held remarkably well even in the low inflationary environment the U.S. has experienced throughout the past two decades. The fact that inflation is rising now isn't necessarily a negative for investors; the traditional theory is that stock prices should increase alongside prices of consumer goods.²

At present, the Fed expects the economy to continue growing despite the ongoing coronavirus. In fact, the agency projects inflation-adjusted GDP growth of 7% for this year and 3.3% in 2022. If this projection holds, interest rates are likely to stay in their current low range until at least 2023.³

Investors worried about rising prices impacting their portfolio may want to consider one or more inflation-mitigation strategies. For example, allocate more assets to sectors that tend to increase along



with inflation, such as the energy, materials, technology and financial sectors.⁴ Other asset classes that tend to move with accelerating inflation include commodities, real estate, and industrial and precious metals.⁵ Fixed income investors may want to take a look at Treasury Inflation-Protected Securities (TIPS), a type of U.S. Treasury security whose principal amount is adjusted to reflect the inflation rate.⁶

If you are unsure of what to do with large amounts of cash, please understand that you could potentially be down 5-7 percent this year on that cash from inflation alone. If you are like me, you understand the turbulent and volatile times that we are living in. Now, more than ever, you need to be made aware of your options, and you need to educate yourself to protect your retirement and your legacy. You have worked your entire life for it. You can get the answers, and you can be a part of the solution. You have the same questions and concerns that families we sit with every day have. You will have a one-on-one consultation with the team here at Evolution and get the answers to questions that you might not have known to ask! You will feel so much better knowing that your legacy is protected. All you have to do is register for one of our dinner events, webinars, or just reach out to us. You can find success that few families find in retirement, and we can help you!!!



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Content prepared by Kara Stefan Communications.

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Although Robert played the bugle at a thousand military ceremonies over the course of his life, his wife Barbara told the staff at Hope Hospice that he hadn't played the instrument at all in the past three years. While a counselor was with the couple, Robert asked for his bugle and proceeded to play two songs for his captive audience. Using all his breath and energy, he began to play Taps, and soon there wasn't a dry eye in the house.

As a five star partner of the We Honor Veterans program, Hope Hospice provides special recognition for veterans like Robert.

Hope Honor Guard volunteers perform heartfelt ceremonies for our nation's heroes. Each celebration is personalized and may be attended by friends and family members. The recognition includes a formal appreciation certificate with the veteran's name and branch of military service, American flag, lapel pin, patriotic blanket, and handmade veteran bear.

Hope Hospice volunteers also offer assistance with the Veteran's History Project through the Library of Congress. The project collects and archives personal recollections of wartime veterans to honor their service and share their stories with current and future generations.

As part of National Hospice and Palliative Care Month in November, Hope Hospice is raising

awareness about end-of-life care. Comforting, compassionate care is available for everyone – including our nation's honored veterans – as they begin life's closing chapter. Financial gifts allow the local not-for-profit organization to help those in need regardless of ability to pay.

Hope Hospice offers compassionate care when a cure is no longer possible, helping with pain and symptom management. Their caring team of professionals ensures that people have the medications, tools, and equipment that they need to stay as comfortable as possible while living with serious illness. Most people receive care in the comfort of their own homes. Practical, spiritual, and emotional support are available for the entire family.

Many people are surprised to learn that hospice care is not just for the last few weeks or days of life. In fact, the sooner someone enrolls in Hope Hospice, the more likely they are to experience the full benefits. Special recognition for veterans is only one example of this comprehensive support. When families and caregivers get help sooner, they report greater satisfaction and peace of mind.

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Above: Robert served in the Air Force during the Korean War, retiring as a Chief Master Sergeant after 20 years of duty. His wife Barbara was beside him as he was honored for his service by Hope Hospice.

Diabetes & The Risk of Foot Ulcers Should NOT be Ignored

Did you know that 84 million people in the United States are prediabetic? And over 30 million people have the disease. Specialists are saying that it's an epidemic. There are two primary forms of the disease, known as type I and II; while both are equally dangerous, type II is the most common. Glucose is the byproduct of the breakdown of the sugar and carbohydrates that we eat. Glucose is an essential nutrient that powers the cells in our bodies. However, a hormone in the blood called insulin is also critical for our cellular regeneration, as insulin is needed to absorb the glucose and use it for energy. With diabetes, the body doesn't make enough insulin, or the body can't use the produced insulin, and it builds up in the blood. This is known as insulin resistance, a dangerous condition that can lead to stroke and cardiovascular disease.

Diabetes and peripheral neuropathy are interconnected. Neuropathy is nerve damage, which is caused by insulin resistance and the inflammatory response that coincides with the disorder. Peripheral neuropathy causes the patient not to feel the full sensations of pain when they get a cut or small bruise, especially on their feet. Individuals with diabetes are at a higher risk of developing non-healing ulcers on their feet and ankles because glucose deters the healing process. It's often difficult for a cut or wound to heal.

Dr. Abraham Sadighi of the Vascular and Vein Center of Gulfcoast Surgeons explained, "People with diabetes are more prone to foot ulcers due to diseases of the nerves which make them less likely to feel pressure points, decreased ability to heal and fight infections, and greater incidence of peripheral vascular disease."

"25% of people with diabetes will develop an ulcer in their lifetime. Of these ulcers, 50% will become infected. Of those that become infected, 20% will require an amputation. It is very important for people with diabetes to have their feet evaluated by a podiatrist, wear proper footwear, and seek immediate attention for any wound on their feet." Dr. Sadighi continued. "Ideally, every diabetic patient with an ulcer should be evaluated by a vascular surgeon for arterial blockages, which are also more common in diabetics."



If foot ulcers are left untreated in diabetic patients, they can lead to progressive infection, and the patient can be at risk for amputation of their toes, foot, or leg. If treated properly and early enough, a vascular surgeon can save limbs with various techniques and procedures. Many times wound care, and vascular intervention is combined for optimal results.

If you have diabetes, it's critical to keep your A1C level under 5.7 percent; your fasting blood glucose should be less than 100 mg/dL. Staying on top of your numbers and your diet and lifestyle choices are critical for your overall health.

Many times, patients will have minimal to no signs of diabetes. That's why it's often referred to as a silent 'silent disease.' You should regularly have blood work taken to make sure all of your numbers are in check. If you have diabetes, you should see a vascular surgeon even if you are not having symptoms, as symptoms and warning signs can often go unnoticed. Diabetes and vascular disorders are interrelated—Don't ignore or put off your health. There are diagnostic tests that can be performed in the office setting, and if you need a stent or other procedures to open or repair blocked arteries, those steps will be determined by your vascular surgeon.

If you are at risk for diabetic foot ulcers, make an appointment with a vascular surgeon specializing in arterial and venous disease.

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.



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Fort Myers Events

Date	Time	Location	Location Address
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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
December 4	9:30 AM	Logical Insurance Solutions	2161 McGregor Blvd. Fort Myers, FL 33901



Health Insurance – Medicare 2021 Annual Election

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

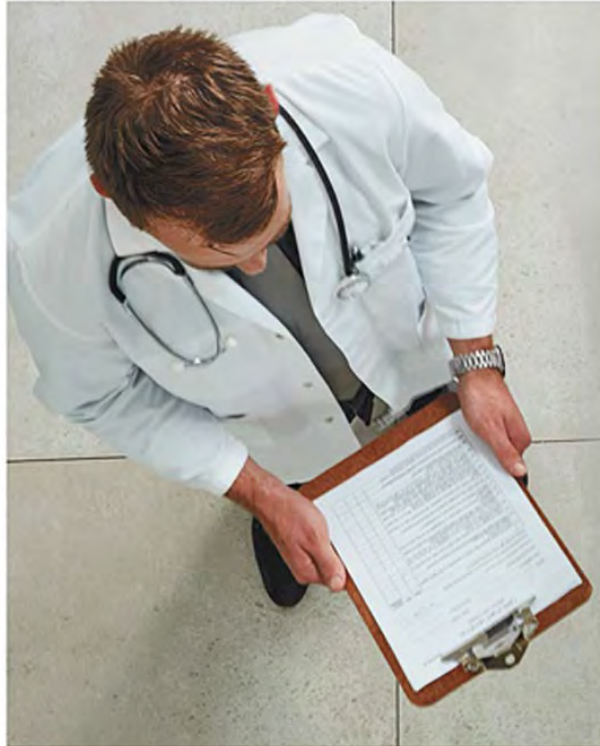
By UllaUndine Merritt (Dee) National Producer Number (NPN) 8853366

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; you 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 what we do for our clients, and we have helped have people thousand 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:

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KEEPING YOUR SKIN HEALTHY, VIBRANT AND YOUTHFUL

By Joseph Onorato, MD, FAAD

November is Healthy Skin Awareness Month; we have so many choices and options when it comes to keeping our skin healthy, from protecting our skin from the sun's harmful rays to getting rejuvenating aesthetic procedures. SWFL Dermatology Plastic Surgery & Laser Center specializes in medical and cosmetic dermatology.

Skin Cancer

A small investment of your time can help save your life. Living in Florida, we all know the importance of sun safety and skin cancer screenings. The best way to identify potential skin cancer is through an annual full-body skin examination with a qualified medical professional. Because it's nearly impossible to look at your own skin in its entirety, and unfortunately, skin cancers can hide from sight or be mistaken for harmless skin growths, it's essential to see a dermatologist regularly.

Skincare OTC Vs. Medical-Grade

Over-the-counter, products may have similar ingredients or similar sounding ingredients to medical skincare lines, but the grade and concentration levels are not equivalent. Also, there are guidelines and FDA Regulations that monitor specific products like Retin-A and hydroquinone, so over-the-counter products that you can purchase at the drug store will not have access to or the ability to use those same ingredients or strengths. Regarding Retin-A or retinol, this is a prime example of the confusion most people face when purchasing skincare. Retinol is available in many over-the-counter products, but in pharmaceutical skincare, the active ingredient in Retin-A, called Retinoic acid, is the proven ingredient that builds collagen, treats acne, and penetrates deep enough to show real anti-aging results.

If you have Vulgaris acne or cystic acne, the skincare a medical professional will advise will be much more efficacious than just picking something up at the drugstore. If you have hyperpigmentation (discoloration), it's essential for a dermatologist to diagnose its cause and treat the condition according to your skin's texture and thickness. And if you have a combination of skin



conditions, which most of us do, having a dermatology professional recommend specific products is imperative to prevent clogging pores, causing outbreaks or exacerbations of your skin's disorder(s).

Injectables Can Reduce the Appearance of Aging

In 2012, a European study was documented in the Journal of Psychiatric Research. They concluded that depressed individuals that were injected with Botox to reduce facial frowning showed significant reductions in their clinical depression rating than those in the placebo group.

Along with making you look years younger, if you're feeling a little weighed down by your facial muscles, wrinkles, or sagging skin, injectable fillers or Botox might just help improve your outlook on life. It seems that this catch 22 is positively influencing confidence levels from the inside and out. So, to refute the saying that, "Beauty is only skin deep," we now have a reason to make it a priority to smile more, and if it's right for you, you have options when making improvements to your aesthetic appearance.

If you're in need of a bit of rejuvenation, the simplicity of dermal fillers can plump the skin, give you a more youthful pout, or lift specific areas of the face and neck. Many times, this is referred to as a liquid facelift. Botox and other injectable treatments can freeze away those stubborn lines and wrinkles, like crow's feet and the furrows between the brows.

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.

swfl
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We strictly follow CDC guidelines



HOW PODIATRISTS AND PHYSICAL THERAPISTS ARE DIFFERENT, AND HOW THEY WORK TOGETHER

Physical therapists and podiatrists are two groups of providers that render treatment to patients with foot and ankle injuries or problems. What can each group offer for foot and ankle injuries and problems?

Physical therapists evaluate quality of function and movement and utilize methods of strengthening and balance to restore function. Podiatrists are physicians and surgeons of the foot and ankle.

Whereas a physical therapist concentrates on rehabilitation, a podiatrist will concentrate on assessment and treatment. A podiatric physician evaluates the structure and function of all systems of the foot and ankle and may perform or order imaging studies such as x-rays and MRIs if needed to diagnose the problem, and utilize various treatments to address the problem, including physical therapy, other non-surgical modalities, or surgery.

If there are fractures, dislocations or tendon tears, for example, initial immobilization for a certain period of time is needed to help the weight bearing structures to heal. Podiatrists will prescribe the proper immobilization if resting the injured part is needed, or strengthening and activity if that is needed. It is advisable to seek the opinion of a podiatrist to see if other treatment is required, or just rehabilitation.

Besides injuries, patients may have structural problems that lead to painful conditions. For example, a patient may have a flat, pronated or collapsed arch which may lead to overuse of certain tendons, pain on the bottom of the foot, or deformities such as

bunions. Podiatrists may correct for these structural problems with biomechanical devices such as custom molded functional orthotics. Like eyeglasses or contact lenses which modify the angles of light coming into the eye, orthotics modify the angles of gait to lessen the load on certain structures so that pathologic conditions do not progress.

Physical therapists rely on training the foot to move a certain way. It may take years of physical therapy to come close to the correction a custom orthotic can give. It is very difficult to replicate and sustain correct neutral joint angles, and it may be too much to expect of the structures, which carry the whole body weight. One may learn to squint to see, but it is much better to have a pair of glasses or contact lenses to see 20/20. It is advisable to seek the opinion of a podiatrist to determine if biomechanical correction is indicated.

One of the most effective modalities that sports medicine podiatrists employ is extracorporeal shockwave therapy, which works to debride and repair damaged tendons and ligaments naturally whether they are acutely injured, or if there is a chronic injury with pain present for a long time.

Further, podiatrists may prescribe medication and perform surgical correction if necessary to address severe conditions such as fractures, tendon ruptures or deformities. It is advisable to seek

the opinion of a podiatrist to determine if these treatments can be helpful.

Physical therapy is important for strengthening after a period of needed immobilization to get back to sports or activities, or if there are weak muscles that need to be strengthened for balance or proper gait. However, physicians and surgeons such as podiatrists should be consulted to treat injuries and foot conditions, as they can assess and treat them, using radiography, immobilization, custom orthotics, medication, extracorporeal shockwave therapy, refer to physical therapy and perform surgery if necessary.

Family Foot and Leg Center in Fort Myers, by Gulf Coast Hospital, offers both podiatric evaluation and Physical Therapy for your convenience. Come in for a consultation today!



Sahiba Singh DPM, AACFAS

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

6846 International Center Blvd, Suite B
Fort Myers, FL 33912

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www.NaplesPodiatrist.com

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(Across from Gulf Coast Hospital)



WE KEEP YOU WALKING

FOOTXPERTS

How Can Custom Foot Orthotics Help to Relieve Diabetic Symptoms

By Marek Zajac, FootXperts CEO

Your feet are the foundation of your entire body. They have to withstand extreme amounts of load and pressure. In fact the pressure on every foot with every step equals 2.3 times your body weight. You might think "how is that possible?". The answer: Science of forces and motion, including speed, velocity, acceleration, and Newton's laws.

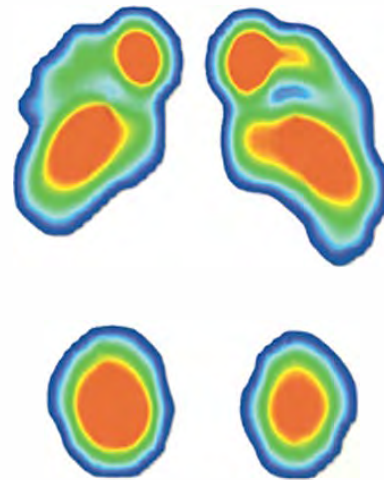
The average person takes 10.000 steps a day. I let you do the math...

Diabetes causes nerve damage and blood circulation problems which most often affect the legs and feet and your feet have to deal with the highest forces which permanently put pressure on them. People with diabetes are therefore at a higher risk for developing complications from minor injuries such as blisters or cuts. Poor blood flow makes it difficult for the body to heal even from small wounds. Nerve damage also reduces sensations in the feet, making it difficult to feel when an injury has occurred. The reduced sensation has also one another side effect: Balance issues.

Symptoms include:

- Tingling
- Numbness (may become permanent)
- Burning (especially in the evening)
- Reduces Sensations (balance issues)
- Pain

People with diabetes must take every foot issue seriously. Even the smallest blister can turn into an ulcer, which may require amputation in serious cases. Custom Foot Orthotics are one way diabetics can prevent or properly care for injuries. Every foot shape is unique and only a pair of Custom Foot Orthotics can fill all gaps between your shoe and your foot in order to distribute pressure evenly over the entire surface, preventing blisters from developing or worsening.



DID YOU KNOW?

THE AVERAGE PERSON TAKES AROUND 10,000 STEPS A DAY AND EVERY STEP PUTS 2.3 TIMES YOUR BODY WEIGHT ON EACH FOOT!

The right shoe type and Custom Foot Orthotic can prevent injuries and are a great help if you have diabetic neuropathy.

- Check your footwear regularly. Wear shoes that fit well. They shouldn't rub or pinch in any area and, ideally, should be lined with a soft, seamless interior.
- Inspect your feet and toes daily. Look for any changes to the skin: redness, blisters, cracks, dry patches, etc.
- Maintain a healthy lifestyle. Healthy eating, blood glucose management, and weight control are essential to successful diabetes management.
- Foot care for people with diabetes starts with prevention in order to reduce the risks of diabetes-related foot complications. The right footwear and Custom Foot Orthotics can help you.



FOOTXPERTS
LOCATED IN CAPE CORAL

Marek Zajac, Founder and CEO

20 years of experience in the field of biomechanics and orthopedics combined with state of the art German engineering. Our vision is it to provide the best possible solutions for patients and health professionals in the field of Custom Foot Orthotics.

Who we are and how we work

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, joint problems, bad posture and balance issues.

We help them through a special type of Custom Made Foot Orthotics that goes beyond the typical arch supports. 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)

ARE YOU EXPERIENCING ANY OF THE ABOVE MENTIONED CONDITIONS?
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email: info@footxperts.com
web: www.footxperts.com



Low Testosterone Is the Gateway to Poor Health

What You Should Know About Your Treatment Options

By Alejandro Miranda-Sousa, M.D.

As we age, both men and women will start to experience symptoms of hormonal imbalance. For men, this is called andropause. The symptoms for males and females are very similar, but for most men, as they age and their hormonal testosterone levels begin to decline, they will experience a lack of energy, low libido, loss of muscle, weight gain, decreased mental focus, hair loss, and low metabolism.

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

Why Testosterone?

Men should have 50 times more testosterone than estrogen. An enzyme called aromatase that converts male to female hormones regulates the balance. If everything is functioning normally, there is a normal ratio of male to female hormones or testosterone to estrogen, but when hormonal imbalances occur, it's imperative to treat with hormonal therapy.

Low Testosterone Can Lead To:

- Heart Disease
- Metabolic Syndrome
- Depression
- Diabetes
- Obesity
- Cognitive Decline
- Lack of libido

Benefits Of Testosterone Replacement Therapy (TRT)

Men with low testosterone may experience many benefits after starting an appropriate replacement therapy. Some of these benefits include:

- Improved sexual drive
- Improved ability to achieve and maintain an erection
- Increased muscle mass and body composition
- Increased strength

Coupling TRT and NeoWaves has helped many men turn back the clock.

NEOWAVES

EDSWT (Erectile Dysfunction Shock Wave Therapy) was officially accepted by the European Association of Urology (EAU) as the gold standard for treatment of Erectile Dysfunction in the EAU 2013 guidelines on Male Sexual Dysfunction.

NeoWaves performs Low-Intensity Shock Wave Therapy, which is a scientifically proven, non-invasive procedure that uses low frequency sound waves to increase blood flow to the penis and optimize erections, sensitivity, and sexual performance. NeoWaves utilizes high frequency, low intensity sound waves to improve blood flow to the penis. The sound waves repair aged blood vessels, stimulate the growth of new blood vessels and remove decades of micro-plaque. NeoWaves uses a specific protocol designed to optimize efficacy, safety, and results.

More than 80% of Erectile Dysfunction (ED) issues are caused by poor blood flow.* NeoWaves performs a protocol to specifically treat ED, as well as to enhance sexual performance. Our procedure is based on a large series of clinical studies showing a greater than 75 percent success rate in treating Erectile Dysfunction (ED).

Unlike some traditional Low-Intensity Shockwave Therapy, the acoustic NeoWaves therapy is virtually painless. There may be a sense of tingling in penis during treatment, but very little measurable discomfort. Many patients experience enough results from NeoWaves therapy that they are able to stop their current prescription medications.

Here is why NeoWaves is a better option:

- Enhances Your Erections
- Drug & Surgery Free
- Sexual Performance Improvement
- Non-Invasive Therapy
- Increased Sensation
- Long-Lasting Results
- Treats Erectile Dysfunction
- Discrete In-Office Procedures

NeoWaves therapy does not require any invasive surgical procedures, limiting risk and discomfort. NeoWaves therapy definitely allows you to continue your day as usual. No need to plan for any downtime after treatment.



WHAT ARE THE BENEFITS OF NeoWaves therapy?

All NEOWAVES treatment procedures are supervised by certified men's health professionals.

Short & Private In-Office Procedures

Achieving a Natural Erection Again

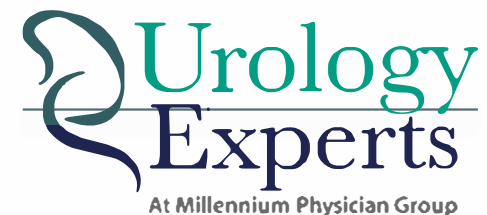
No Need for Medication

No Need for Surgery

Zero Downtime

Enjoy Vitality and Performance and Enjoy a Stronger Relationship with Confidence.

To feel the vitality you once knew and to be able to spontaneously enjoy your partner, it's important to seek treatment. No one has to accept LOW TESTOSTERONE or ED as a natural part of aging. Let NeoWaves technology get you back to enjoying your life and your loved one!



For more information, please visit our website www.neowaves.com or call Neowaves today at (239) 301-4475 or email info@neowaves.com to schedule your free consultation!

FORT MYERS

12995 S. Cleveland Ave., Suite 184
Fort Myers FL 33907

ESTERO

10201 Arcos Ave., Suite 105
Estero, FL 33928

Lung Cancer Screenings:

It's Time to Stop Putting Off Your Screenings—They Save Lives

CT Lung Screening is a non-invasive CT scan that can detect abnormalities and lung cancer in earlier, more curable stages. CT Lung Screening is far more accurate in finding lung tumors than a chest x-ray, the traditional diagnostic tool. It can find lung cancers as small as a grain of rice compared to a chest x-ray, which detects them when they are roughly the size of a quarter.

What are the benefits of screening for lung cancer?

Lung cancer is widely known to be the third most common form of cancer in the United States but is also the leading cause of cancer-related deaths. In fact, Lung Cancer has claimed more lives in America than colorectal, breast, pancreatic, and prostate cancer combined.

Without early detection screening, over 95% of lung cancer patients eventually die from the disease, usually within a few years of diagnosis.

CT Lung Screening offers you and your physician the opportunity to catch any concerns at a much earlier stage. Early diagnosis gives your physician time to make informed decisions and provide you a wider variety of treatment options than what may otherwise have been available to you.

What should I expect from the exam?

There are no dyes, no needles, no fasting, and no pain. There is absolutely no advanced prep needed for this exam. After completing a brief medical history questionnaire, a technologist will assist you on the CT table. The scan will take less than 15 minutes and consists of a series of pictures taken while you hold your breath at very short intervals. The CT scanner is open, spacious, and should not be claustrophobia-inducing.

Does insurance cover this exam?

Medicare and most insurance companies are now covering this exam for ELIGIBLE, "high-risk" patients once per year as part of their preventative services offerings. Check with your insurance provider for specific coverage information.

Who is eligible?

You are eligible if you meet ALL of the following criteria:



- Between the ages of 55-77
- Show no signs or symptoms of lung cancer
- Current smokers or have quit within the past 15 years
- Smoked the equivalent of one pack per day for 30 years You will need an order from your healthcare provider.

If you are not eligible, you can still have the exam, but you must self-pay. In this instance, you do not need an order from your healthcare provider. The self-pay rate is only \$245 and is due at the time of service.

Can I still have the exam if I don't have insurance?
Yes, we offer this exam to self-pay patients for just \$245 at the time of service.

How much radiation is used for this exam?

CT Lung Screening is a low-dose procedure, using less than 3 mGy. This radiation amount is equivalent to what you receive naturally from the earth in less than six months. The National Cancer Institute assesses the risk of not having the exam is 400% greater than the radiation risk.

Why should I choose Radiology Regional?

Radiology Regional is a physician-owned, well-established imaging practice with over 45 board-certified radiologists that work closely with your doctor. You will get personalized service and expertise in a warm, comfortable environment, which is not always offered with a big group or hospital-owned organization. Radiology Regional also provides the newest technological advances. Their superior imaging equipment includes 3T wide-bore MRI, 256 Slice CT, 3D Mammography, Nuclear Medicine, PET

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

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

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

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

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



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

Seniors Can Still Grow Their Social Network

People generally are social by nature, and high-quality social relationships can help us all live longer, healthier lives. However, older adults often find themselves unexpectedly alone due to factors like the death of a spouse or partner, physical distance from friends or family, or loss of transportation and mobility. These seniors are at an increased risk for loneliness and social isolation — and the related health problems such as cognitive decline, depression and heart disease. While social isolation can be damaging to an older person's health and livelihood, there are steps seniors and those in their support network can take to help counteract these negative effects.

Did You Know?

According to the National Institute on Aging, one in four adults age 65 and older are socially isolated. These seniors can experience significant health ramifications. Research shows that:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.
- Healthy social networks enhance the immune system's ability to fight off infectious diseases.

And these things result in a happy fulfilled life!

Ideas for Activities to Stay Connected

Chances are you know or interact with someone that is socially isolated. Sometimes it takes encouragement to help seniors stay connected and expand their circle of engagement. Here are activities you can recommend that can help seniors increase socialization and reduce loneliness.

Meet People with Similar Interests – Suggest they rediscover an activity or hobby that they once enjoyed and restart it. Alternatively, they may want to learn something new, and a group class is a great opportunity to start.



- **Stay in Touch with Family and Friends** – Remind family and friends to schedule time each day to stay in touch by email, social media, video chat, text, or make a simple phone call. If the senior in your life is not tech-savvy, help them sign up for an online or in-person class at the local public library or community center.
- **Nurture Existing Relationships** – Encourage them to invite people over for coffee or ask a neighbor to read a favorite book to engage a discussion.
- **Adopt a Pet** – Suggest they adopt a pet if living arrangements and ability for care allow. Animals can be a source of comfort and may also lower stress and blood pressure.
- **Stay Physically Active** – Recommend they join a walking club, senior fitness class, or exercise with a friend.
- **Get Involved in the Community** – Help them introduce themselves to neighbors, join a faith-based organization or volunteer to engage with others in activities and events.

Senior living communities are exceptional in that they can provide “just what” seniors need to fill all the gaps and enjoy a rich satisfying life.

Helpful Social Wellness Resources

Oasis Senior Advisors lower SW Florida has a huge network of trusted partners to answer questions and supply solutions to each challenge seniors face. It is much more than just a residential service. Oasis strives to find the solutions to any obstacles you may have.

Oasis Senior Advisors provides free services to seniors and their families. If you know of an older adult in need of companionship, activities, or a suitable housing community, contact your local Oasis advisor at 239-218-7739. One call to a Certified Senior Advisor can offer many solutions for a senior in need.

Sandy Moffett, Certified Senior Living Advisor



(239) 218-7739

www.OasisSeniorAdvisors.com/
Lower-SW-Florida

**3739 Milano Lakes Circle #408
Naples, FL 34114**

LIFELIKE SIMULATIONS

By Melissa Bagby, MSN-Ed, BSN, RN, CPN, PED-BC

One minute a patient is talking to you, and the next, they're experiencing a medical emergency. That's where training and experience takes over and allows the nurse to promptly and accurately assess the patient and begin life-saving interventions. It begins with education and training, but how do you prepare nursing students for a variety of medical scenarios?

At Hodges University's Thelma T. Hodges accelerated BSN Program, our students are more than prepared to care for patients thanks to a high-tech group of "patients" that help them apply what they learn to lifelike patient scenarios. "Hal" "Tory" and "Susie," for example, have the ability to suddenly suffer from a wide variety of ailments, which gives our students the opportunity to practice what they learn in the classroom.

"Tory" is a life-like high-fidelity newborn that weighs just over eight pounds. She can breathe, cry, grunt, open and close her mouth, blink her eyes and move her arms and legs. "Tory's" skin feels like a real newborn and her skin tone can change to become pale, jaundice or cyanotic. Our students can listen to her heartbeat, lung and abdominal sounds, feel her pulse and fontanels, and assess her muscle tone. She can also suffer seizures if that is part of the simulation scenario. Students can also practice starting IVs on the newborn, perform CPR, and ECG monitoring. "Tory" helps prepare students going into a newborn, pediatric, or community setting.

"Hal" is a pediatric patient that can simulate lifelike emotions and phrases. Pediatric "Hal's" emotions, include anger, worry, anxiousness, crying, yawning and being quizzical and amazed. This helps our students learn how to communicate with young patients in a variety of settings. For example, if "Hal" is lethargic, his eyelids will droop and his head movements slow, and he may yawn. When he cries, he sheds real tears to further enhance the student learning process related to pediatric patients and communication. Hodges University BSN students can practice multiple skills to assess



"Hal's" condition, including trauma, neurological diseases, and respiratory distress. His eyes will track when students enter the room and his pupils can dilate and constrict when a penlight is shined on them. Our students can also listen to his heart, lung and bowel sounds, and detect any abnormal respiratory patterns. Students can also practice using airway support devices and hemothorax procedures. Any situation a nurse may encounter with a pediatric patient can be simulated in the HU high-fidelity simulation hospital.



Several adult "Susie" mid-fidelity simulators provide our students the opportunity to learn and practice their clinical skills. Some of the skills taught in the Hodges University nursing skills lab include obtaining vital signs and listening to heart, lung and bowel sounds. Students can also practice

tracheostomy care, nasogastric tube insertion, feeding and care, patient catheterization, correct placement of ECG electrodes, and CPR. "Susie" can also suffer from medical conditions that include a heart attack, heart failure, acute respiratory distress, asthma, chronic obstructive pulmonary disorder, fluid and electrolyte imbalance, hypoglycemia, new onset diabetes, pneumonia and sepsis.

Adult "Hal" gives our students the opportunity to practice connecting monitoring devices for EKGs, defibrillators, oximeters, capnographs and NIBP monitors. Hodges University students can practice various skills, including nasal/oral intubation, surgical airway, feeling carotid, femoral, popliteal, brachial and pedal pulses, listening to airway, bowel and heart sounds, and visualizing tongue edema, pharyngeal swelling, and more. Students can also practice IV insertion and monitoring, intramuscular access, catheterization, and needle decompression. "Hal" can simulate most patient scenarios students may encounter as nurses.

The patients in the Hodges University skills and simulation labs provide our students with invaluable clinical practice that translates to their clinical experiences while caring for real patients in our community. The advanced technology provides students with knowledge, skills, and confidence required to help real patients.

Melissa Bagby, MSN-Ed, BSN, RN, CPN, PED-BC, is the Interim Director of the nursing program at Hodges University.



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HEALING KNEE PAIN WITH REGENERATIVE MEDICINE

The Alternative to Surgery and Medications

By Dr. Sebastian Klisiewicz, D.O.

Knee pain is common and potentially disabling. It is often caused by injuries from falls and sporting activities or by wear and tear from years of repetitive use. The supporting structures such as the muscles, tendons and ligaments are often the victims of injury along with the deeper structures such as the meniscus and joint cartilage. If these are left untreated, the joint eventually degenerates leading knee osteoarthritis. This is generally marked by chronic pain, swelling and stiffness, and at times a feeling of the knee "giving out".

The "Old" Standard Treatment for Knee Pain

The standard "old school" treatment for most knee conditions typically involves anti-inflammatory medications, physical therapy and steroid injections. And if that doesn't work, surgery is offered as the only other option. Unfortunately, these treatments are not benign.

When anti-inflammatory medications are used regularly, they can cause serious damage to the stomach and kidneys. Steroid injections also come at price. They can temporarily mask the pain, but can cause an array of unwanted side effects such as increased blood sugars, weight gain and increased risk of infections. Worse yet, repeated steroid injections can actually damage the joint cartilage and increase the likelihood of ending up with a knee replacement.

Luckily for knee pain sufferers, there is a new non-surgical option that is natural, safe and effective for most knee conditions.

The New Frontier of Non-Surgical Knee Care

The knee, like all other tissues in our body, can heal naturally without surgery if given the right stimulus and a proper healing environment. Regenerative Medicine Injections such as Prolotherapy, Platelet Rich Plasma (PRP) or Stem Cells can be that stimulus that starts the healing process. And when combined with physical therapy and proper nutrition, Regenerative Medicine can actually heal the tendons, ligaments and cartilage. This can resolve pain and restore normal knee function, all without the need for surgery or toxic medications.

Regenerative Medicine Injections work by stimulating the body's natural healing response. Prolotherapy is a type of Regenerative treatment that uses injections of a natural dextrose solution to heal and strengthen loose and injured ligaments. This can improve the stability and function of the knee joint, thus providing pain relief.

Platelet Rich Plasma (PRP) and Stem Cells are a gift from your own body to help you heal. PRP is a solution of concentrated platelets taken from your own blood. The platelets are packed with growth factors that kick start the healing response. Stem cells are the "master orchestrators" of healing and regeneration. They release growth molecules that regulate the immune response, decrease inflammation and stimulate tissue healing. The best and most studied stem cells for orthopedic conditions are safely obtained from the bone marrow of the pelvis.

Many research studies have shown that Regenerative Medicine Injections are safe and effective at providing long term results. In long-term studies, patients with mild to moderate knee arthritis have significantly improved for many years after a series prolotherapy or PRP injections. Other studies have shown that about eighty percent of patients with severe osteoarthritis who underwent bone marrow stem cell injection into to the knee joint were able to avoid surgery when followed for 5 years.

The choice of using Dextrose Prolotherapy, PRP or Bone Marrow Stem Cells is based on the severity of the condition. These products are carefully injected into the injured area under ultrasound guidance, then the body starts the repair process. This may take weeks to months, but it can provide real long term results.

An Integrated Team Approach Provides Best Results

The best way to heal injuries and treat chronic knee pain is to combine the above Regenerative Medicine Injections with personalized physical therapy, laser therapy and proper nutrition.

At Integrative Rehab Medicine, we educate our patients on nutritional support for optimal healing.



A well-balanced diet rich in fruits, vegetables and high-quality proteins as well as specific nutritional supplements are used to prepare the body for healing.

We complement our Regenerative injections with personalized physical therapy that may include manual therapy, muscle strengthening, balance training, and or bracing protocols. We also incorporate state of the art energy modalities such as low-level laser and pulsed electromagnetic field therapy to expedite the healing process.

If you are looking to heal your knee pain without surgery, schedule a consultation today! We look forward to helping you with your healing journey.

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

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

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



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HORMONAL IMBALANCE

WHAT YOU SHOULD KNOW ABOUT REPLACEMENT THERAPY

Females and men are predisposed to experience an imbalance of hormones. When estrogen, progesterone, and testosterone levels are disrupted, it can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability, and bone deficiency. As men and women age, they tend to produce fewer and fewer hormones each year after the age of thirty.

Hormonal 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.

Hormonal Pellet Therapy

Pellet Therapy is a bio-identical estrogen and/or testosterone hormone treatment that is time-released. It's a small pellet the size of a grain of rice, and it is strategically placed in a very tiny incision in the upper buttock's region of the hip. Females need approximately one or two pellets, which lasts for about three to four months. Most men require a higher dosage than females, and many patients have their pellets replaced just four times per year.

Females need a steady level of testosterone and estrogen in their bodies for overall health and well-being on many levels. However, a common misconception is that women need high levels of flowing estrogen. This is not the case. Consequently, female bodies need circulating testosterone, which enables the body to produce and regulate how much estrogen is necessary. In short, testosterone naturally regulates estrogen levels within the cellular structure.

Many women are skeptical of testosterone therapy for menopausal symptoms because they believe it's just for men. But testosterone is vital for females, and your physician will regulate the dosage to custom-suit your specific needs. It is essential for women to have appropriate testosterone levels to naturally control their estrogen because as we age, our testosterone levels are continuously decreasing.



Other Types of BRHT Options include creams, patches, and troches

When hormones are injected into the muscle, you receive a large dose into your body immediately, and many times, that can be overwhelming to your cells. When taking hormones in pill form, troches (lozenges), or transdermal patches the levels are broken down in the liver and never fully reach the bloodstream to make a significant impact.

Bio-Identical Hormones

In the U.S., bio-identical Hormone Therapy (BHT) 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.

Bio-identical hormones are 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.

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

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

Male Symptoms

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

Female Symptoms

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



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GAINING CONTROL WHEN DIAGNOSED WITH LUNG CANCER

By Dr. Alan Brown

A lung cancer diagnosis brings a range of emotions and questions. It can feel overwhelming.

At Advocate Radiation Oncology, we recognize that coping with cancer is a journey, and it's important that you know we are walking alongside you. In fact, one of the first steps we take together is giving our patients some power over the situation, and that starts with education – for both patient and provider. First, we get to know you, not just your diagnosis. Lung cancer patients may be referred to our office in the very early stages to shrink the tumor before surgery, after surgery to destroy any cancer cells that remain, or to treat lung cancer that has spread to other areas of the body to ease symptoms of the disease. Becoming educated on your history is a priority. Advocate Radiation Oncology focuses on treating the individual, and that means we understand our patients so that we can create a comprehensive, customized treatment plan.

In getting to know you, it's also important that patients and families learn about our team. We are proud to have world-class physicians on our staff who provide innovative and compassionate care with a patient-centered approach. Many of our board-certified physicians have trained and worked at the nation's most prestigious institutions and bring decades of experience and passion to your care team as well as to the greater cancer community.

Establishing an individualized cancer treatment plan is one of the best ways we can help patients regain control. Our treatments are guided by the most up-to-date data, most appropriate evidence-based cancer care, and the very latest technologies available in the fight against lung cancer or other cancers. Lung cancer is the second most common cancer in both men and women. It's also the leading cause of cancer death, accounting for about one in four deaths, according to the American Cancer Society. These statistics are difficult to hear. That's why it's especially important to ensure patients have access to the most sophisticated, advanced technology on the market.



Patients should understand that with radiation oncology, precision is critically important. The key is destroying tumors without damaging surrounding tissue.

Our practice has made substantial investments in equipment to treat lung and other cancers, including these three state-of-the-art Varian machines:

- **Halcyon:** Using image-guided radiotherapy, the Halcyon's intelligent automation provides for faster treatment times. Patients find that the smooth motions and soft, ambient lighting helps them stay relaxed and comfortable during their treatments.
- **TrueBeam:** The Intensity-Modulated Radiation Therapy, or IMRT, linear accelerator targets and destroys tumor cells in the body using external-beam radiation.

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

With our patient-first approach and individualized treatment plans, combined with the very latest technologies, Advocate Radiation Oncology is helping our patients gain some control over their illness.

About the Author

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

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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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- Massage Therapy
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- 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

Can Gratitude Make You Healthier?

By Dr. Doreen DeStefano, NHD, APRN, DNP

It's no secret; when we are in a good mood, we feel better. When we take time to relax, enjoy nature, and be thankful for friends, family, and the air we breathe, we are content and happy. The thing about gratitude is that we often overlook the health benefits that coincide.

It comes down to psychological principles and the way the body and brain communicate with each other. It's even well-studied that when people are pleased with their outward appearance and internal health, they are happier and, therefore, offer more gratitude to others and themselves. So, it's also somewhat of a catch-22. Being grateful produces healthier living, and admiring healthy living makes one more grateful.

A recent study examined whether dispositional gratitude predicts physical health among adults, and if so, whether this relationship occurs because grateful individuals lead healthier lives, either psychologically or physically. Specifically, we examined whether psychological health, healthy activities, and willingness to seek help for health concerns mediated the link between gratitude and self-reported physical health, as well as if these mediational pathways are moderated by age, in a broad sample of Swiss adults (N = 962, M(age) = 52 years, age range: 19 to 84).¹

Dispositional gratitude correlated positively with self-reported physical health, and this link was mediated by psychological health, healthy activities, and willingness to seek help for health concerns. However, the indirect effects of psychological health and healthy activities were more substantial for older than younger adults. In other words, the mechanisms explaining why gratitude predicts health appear to differ across adulthood.¹

Dr. Doreen DeStefano of Root Causes Holistic Health and Medicine believes that being healthy is our responsibility. Now, that doesn't mean that you'll never get sick or encounter a disorder or disease but living a healthy life can stave off and alleviate numerous long-term conditions.

She lives this lifestyle, and she sees remarkable results with her own patient's lives. If you'd like to gift yourself or someone you love a jumpstart to a

healthier life, contact Root Causes Holistic Health and Medicine to begin your path to a healthy, grateful life that fulfills the body, soul, and mind on multiple levels.

A great place to begin is with IV Therapy, which can boost the immune system and help with numerous conditions.

Functional medicine is integrative medicine that focuses on a complete look at a person's lifestyle, genetics, environmental, and social factors concerning their overall health condition. A key component of functional medicine is IV therapy. This type of treatment option, administers high dose vitamins, minerals, amino acids, and other essential nutrients to fight disease, eliminate symptoms, and alleviate associated effects.

IV Therapy Benefits

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- Cancers
- Tumors
- Fibromyalgia
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- Heart disease
- Hormonal disorders
- Diabetes
- Circulatory issues
- Impaired liver function
- High Cholesterol
- Hypertension
- Chron's Disease
- Kidney disorders
- Glaucoma
- Cataracts
- Removes heavy metals and chemicals
- And much more

Reference:

1. P. Hill, Examining the Pathways between Gratitude and Self-Rated Physical Health across Adulthood. PMID: 23139438 PMCID: PMC3489271 DOI: 10.1016/j.paid.2012.08.011. <https://pubmed.ncbi.nlm.nih.gov/23139438/>



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



Doreen DeStefano, NHD, APRN, DNP

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

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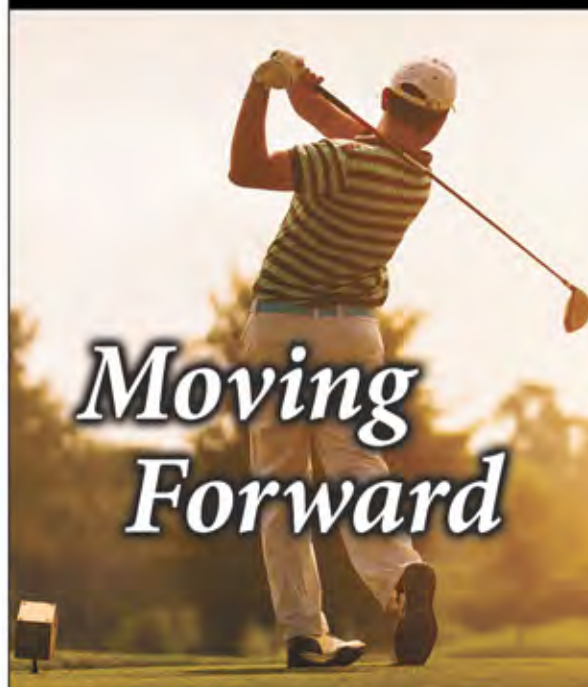
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ARE YOU STRUGGLING WITH URINARY INCONTINENCE?

When it comes to urinary incontinence, you have many choices and treatment options, but you must be honest with yourself in order to finally get long-lasting medical help. If you answer yes to one or more of the following questions, it's time to see a specialist.

Yes or No:

- Do you often have an uncomfortable or uncontrollable urge to urinate?
- Do you have frequent urination during the day?
- When you get the urge to go, do you make it to the bathroom on time?
- Do you wake up to urinate on or more times per night?
- Does urine leak when you cough, sneeze, laugh, jump, exercise, or lift heavy objects?
- To help your symptoms, have you tried wearing pads or briefs, drinking less, doing Kegel exercises, rearranging your daily routine?

THE TRUTH: WHAT YOU NEED TO KNOW

#1 It's important that you don't just see someone claiming to be a pelvic floor specialist.

A modern subspecialty called Female Pelvic Medicine & Reproductive Surgery (a.k.a. Urogynecology) was developed to harness this knowledge to benefit women of all ages. A Urogynecologist has advanced training in treating these disorders that a gynecologist and a urologist may not have. A gynecologist specializes in the female reproductive system (vagina, uterus, and ovaries) and a urologist specializes in the urinary tract of both men and women. A urogynecologist blends the knowledge of a gynecologist and urologist to give women the best possible outcomes for disorders that affect these two closely integrated systems.

The Florida Bladder Institute, based in Naples Florida, is one of the country's first urogynecology practices. Typically, a woman would have to see a gynecologist for one problem, a urologist for another and a gastroenterologist for another. Dr. Joseph Gauta explains, "A Urogynecologist has the skill and experience to assess the entire pelvic region including the uterus, bladder, vagina and rectum as well as the muscles, ligaments, connective tissue and nerves that support those systems." He added, "This means a thorough evaluation is done of your urinary, lower gastrointestinal and reproductive systems as a whole to ensure you receive the best possible treatment and outcome in the most efficient and cost-effective manner."



#2 It's not cookie-cutter. Your treatment should depend on the type and severity of your disorder.

"Urinary incontinence" is a general term and symptoms can range from mild leaking to uncontrollable wetting. It can happen to anyone, but it becomes more common with age. There are many types of urinary incontinence, and sometimes a woman may have more than one of the following types:

- Stress
- OAB
- Urgency
- Mixed incontinence (i.e., stress and urgency can occur together)

Your treatment should be custom-tailored to the specific cause of your incontinence, your medical and surgical history, your overall health, age, and goals.

#3 It's not always incontinence.

Sometimes there are other conditions that may feel like an incontinence problem or cause unusual pain. The Florida Bladder Institute is well-prepared to evaluate and treat related problems of the urinary system that may be causing your discomfort.

The Florida Bladder Institute can offer several options used in combination or individually depending on your needs. They may include medications, diet modification, bladder retraining and Kegel exercises to strengthen the pelvic muscles.

#4 There are numerous incontinence treatment options.

The good news is that virtually all types of incontinence are treatable. The Florida Bladder Institute's expert team is dedicated to helping you achieve the highest level of health and quality of life.

The clinical staff of the Florida Bladder Institute is well-versed and experienced in using a variety of techniques including medication, rehabilitation, minimally invasive surgical intervention, and life-style education to improve your overall health and help you regain control and reclaim your freedom.

The Florida Bladder Institute's Innovative Techniques and Treatment Options:

- Bladder Retraining
- Emsella (Kegel chair)
- Pelvic Floor Rehabilitation including Kegel Exercises, physical therapy and electrical stimulation
- Laser and Muscle Therapy
- Biofeedback
- Botox Bladder Injections
- Pessary Vaginal Device
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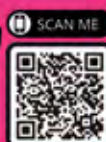


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NON-INVASIVE TREATMENT FOR CHRONIC PAIN, WEIGHT LOSS AND HAIR LOSS RESTORATION

REGENERATIVE MEDICINE

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

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

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

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

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



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



AESTHETICS NONSURGICAL FACELIFT

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

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

WHAT ARE FACIAL FILLERS?

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

HOW LONG THEY LAST

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

SANEXAS

A Revolutionary Electronic Cell Signaling Treatment



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

WHAT IT TREATS

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

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

HOW MANY TREATMENTS

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

Covered by Medicare and most insurances.



Patient Testimonial:

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

SPOT FAT REDUCTION

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

HOW DOES IT WORK?

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

SHOCKWAVE THERAPY FOR CHRONIC JOINT PAIN / ED

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

Erectile Dysfunction

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

HAIR LOSS RESTORATION

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

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

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



CHIROPRACTIC TREATMENT

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

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

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

Patient Testimonial:

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



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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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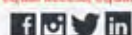
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Dementia:

WHAT CAREGIVERS SHOULD KNOW ABOUT GETTING SUPPORT

Alzheimer's is one of the primary forms of the disease known as dementia and with the diagnosis of dementia comes many life-challenging details. There is often initial shock, denial, and emotional turmoil of the diagnosis. Many people can live a few years or so, with minimal changes; however, for many, the disease is very progressive and difficult to navigate for the person affected by it, as well as their families and caregiver(s).

Once the disease progresses, forgetfulness, agitation, frustration, social withdrawal, difficulty with daily tasks, and a decreased quality of life often spiral at an alarming rate. Not only is it challenging for the person who has dementia, but it's also difficult and upsetting for the caregiver and family members who see the changes in the personality of their loved one. Parents forget children's names and they may forget who their spouse is. They also may begin to have difficulty with bathing, sleeping, eating, etc. This disease affects nearly 6 million Americans and unfortunately, that number is expected to triple within the next 20 years.

Caregivers often become overwhelmed—Don't be afraid to seek help

Dementia can be difficult to accept by the entire family's support system. Understandably, many caregivers want to be there for their loved one. They may feel a sense of obligation and pride in taking care of them but struggle to provide care by themselves. The Dubin Center believes no one should face dementia alone and works with caregivers to provide necessary education, help them build a care team, and to effectively plan for emergencies.

Training and Support

Take comfort in knowing that The Dubin Center's certified professionals offer free training and education for family caregivers. Examples of these courses include the Savvy Caregiver, a 6-week, evidence-based course designed to help you become a more confident caregiver. The course is offered in small groups where you will meet other local caregivers who are learning and sharing the journey of caregiving with you. We also provide



Dealing with dementia, a two-class workshop which teaches participants how to utilize local resources and practice behavioral modification strategies with their loved ones living with dementia.

Amongst our different support groups are the Journey's and Connections meetings. The Journey's Group offers caregiver support group specific to those who have a loved one in the later stages of memory impairment. The Connections Group provides support in a group specific to those who have a memory impairment.

The Dubin Center—Where no one faces dementia alone.

Our mission is to achieve caregiver health, strength, and resilience by providing education, information, hope and compassion. The Dubin Center was established in 1995 to assist families of individuals suffering from dementia related disorders (including but not limited to Alzheimer's Disease, Lewy Bodies,

Frontal Temporal, Vascular Dementia). The Dubin Center offers training and support for caregivers and loved ones of those affected by dementia.

The Support Groups here at The Dubin Center allow caregivers to learn effective coping strategies, share their current challenges and successes with others who are facing similar situations, and create a safe space to release their feelings in a loving and understanding environment. All groups are facilitated by one of our Certified Dementia Practitioners.

Our center is named after Alvin A. Dubin whose widow, Zelda Dubin, made a generous donation to ensure the viability of a resource center in Lee County. Throughout their lives, Alvin and Zelda Dubin used both their time and assets to help others. Their legacy will continue through the center's work.

To find out more please call (239) 437-3007 or visit DubinCenter.com.



HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

Regenerative Medicine

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



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

Viscosupplementation

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



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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

Is it My MEMORY... or Is it My HEARING?

The Latest Findings on the Connection Between Hearing Loss and Cognitive Function!

Does your loved one constantly forget items that you know you've discussed with them, or is it possible that they didn't actually hear the message correctly? This question has been a concern for many families who suspect that a family member is showing signs of cognitive decline. Now, new research shows that hearing loss may not only be mistaken for signs of Alzheimer's disease or Dementia, but that hearing loss may actually contribute to cognitive problems!

A False Impression of Cognitive Decline

"We've always known that there are similarities between untreated hearing loss and Alzheimer's/Dementia symptoms" states John Hoglund, BC-HIS, ACA of Hoglund Family Hearing and Audiology Centers. "There are times when you may ask Mom a question about a specific topic, and she may give you an answer about a completely different subject that sounds absurd. You may be inclined to think she is showing signs of serious mental processing issues ... but she was actually answering... what she heard!" "Similarly it is impossible to correctly remember what you don't hear properly, so when Dad says that you never told him something that you KNOW that you discussed with him... he may not have understood what you said, but didn't bother asking you to repeat it." Episodes like these can give a false impression of cognitive decline where it is, in fact, simply due to their hearing loss. If the hearing problems are correctly addressed, these types of mistakes tend to go away.

Untreated Hearing Loss Linked to Alzheimer's and Dementia

There have been many recent headlines that now show a strong body of evidence that untreated hearing loss can significantly increase the risk of developing Alzheimer's Disease and Dementia! CNN reports, "The risk of Dementia appears to RISE as hearing ability DECLINES!" AARP quotes a study from Johns Hopkins and the National Institute on Aging that finds, "Men and Women with Hearing Loss are much more likely to develop Dementia and Alzheimer's Disease!" They further state, "Even mild hearing loss DOUBLED the Dementia risk." And the University of Pennsylvania School of Medicine links even EARLY STAGE hearing loss to accelerated BRAIN ATROPHY!

The findings suggest that poor hearing is a "harbinger of impending dementia," says George Gates, M.D., a hearing expert at the University of Washington in Seattle, who was not involved in the new study but whose own research has demonstrated a link between the two conditions. "We listen with our ears but hear with our brains," Gates says. "It is simply not possible to separate audition and cognition." People with moderate hearing loss generally struggle to communicate even in quiet settings, and those with severe hearing loss are near deaf. People with severe hearing loss, the study reports were five times more likely to develop dementia than those with normal hearing.

Make Hearing Tests Part of Your Annual Physical

Frank R. Lin, M.D., an ear surgeon at Johns Hopkins Hospital in Baltimore, says that hearing loss has an enormous impact on the lives of his patients and their family members.

"Yet because it is such a slow and insidious process, it is often left ignored and untreated." It is therefore recommended that regularly scheduled Hearing Tests should be part of a Senior's routine medical testing, and that hearing loss should be addressed as early as possible before these negative consequences begin to develop. "The intent of publishing these research articles is not to create 'panic' among the Senior population that they are going to lose their faculties if they have hearing loss," states Mr. Hoglund. "It is, however, information that people should learn about in greater detail, since regular hearing tests are often not included as part of an annual physical. If you are over the age of fifty and have not had a Baseline Hearing Test, I would encourage you to begin monitoring your hearing acuity the way you monitor other aspects of your health. These tests are provided as a FREE public service by our Practice as a way of increasing knowledge and awareness of hearing related issues."



Please call to schedule an appointment. All it will cost is a little of your time... but the knowledge you receive may be priceless!

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A Story of Hope for Adult Children and Their Parents

Before the COVID-19 pandemic hit our lives like a runaway train, you probably worried about your aging parents living alone, wondering, "Are they healthy? Taking care of themselves? Eating enough? Taking their medication on schedule?" What about the guilt of not visiting them as often as you probably should?

Today, with sheltering in place, your parents may be lonelier than you realize. If you felt you didn't visit them enough in the past, the situation is likely worse now because you can't visit them for fear of COVID-19 exposure. Don't be hard on yourself—you can take steps to heighten your parents' sense of purpose and provide them with something to look forward to every day.

Prevent the loneliness of isolation from damaging the already fragile health that comes naturally with age. Consider in-home care from a professional home care agency that practices CDC-recommended safety measures to help prevent exposure to and transmission of COVID-19.

Prevent your isolated parents from succumbing to loneliness

You may live a block away, an hour away or 2,000 miles from your parents. Even if you live near them,



COVID-19 restrictions prevent visiting face-to-face today or in the near future. You're concerned about their well-being, but what can you do?

Consider in-home care

In-home care is a robust and dependable solution to reduce or eliminate loneliness for your parents, providing peace of mind for you. In addition to caring for your parents' daily needs such as dressing, preparing meals, running errands and light housekeeping, in-home caregivers do much more. Our SYNERGY HomeCare caregivers engage older adults in meaningful activities like arts and crafts, reading, listening to music, setting up video calls with friends and writing letters.

In addition to the activities mentioned above, there are scores of things seniors can do with their caregivers to feel more connected to others. With in-home care, each day seniors have something to look forward to doing with their caregiver, and that provides hope while reducing loneliness.

As social creatures who thrive on social connections, the prolonged disconnection from friends and family has been difficult. Professional caregivers understand the relationship between socialization and good health. They focus on activities that deliver interaction with the people your parents care about—video coffee chats with friends, FaceTime with the grandchildren, coordinating window visits and sending little gifts to the family that has special significance.

Connect through a project

Additionally, you can give your parents a project to do while they're physically isolated. Ask them to be the family historian by journaling about the struggles your family, the country and the world are enduring as we navigate the pandemic. Or request they put a photo album together using the old box of prints in the garage. Call them daily to check on their progress, discuss and be a part of a shared project. The idea is to give them a purpose that makes them feel connected to family and special for being the one chosen to manage the project.

In-home care provides peace of mind

As an adult child, the peace of mind you experience from your parents' home care stems from the daily communication provided by the caregiver. Knowing how your parents are doing, how their emotional and physical health is will be what you look forward to each day. It's this level of contentment and the variety of services offered in their home that make a profound impact on the quality of their lives.

Home care is in demand today, particularly by adult children like yourself. Doing whatever it takes to ensure your parents are in a good place emotionally, distanced from potential COVID-19 exposure and well cared for within their own home by compassionate, friendly caregivers is your goal. SYNERGY HomeCare's caregivers are committed to getting your parents through isolation with smiles on their faces, good health and warmth in their hearts.

The peace of mind you will experience is priceless.

"As the coronavirus continues to spread throughout the world, adult children of aging parents worry about their parents' safety as well as the repercussions of isolation. With 16.9 percent of the U.S. population aged 65 and older, it is a concern many face."

COVID-19 Isolation hits senior hard: Lonely, depressed & declining health. Research has linked social isolation and loneliness to higher risks for a variety of physical and mental health conditions, such as high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease and even death.

The coronavirus has left many seniors unusually isolated, separated from friends and family they once depended upon for socialization, rides to the grocery store or trips to the doctor. These are the seniors who are at the highest risk for loneliness, depression and susceptibility to disease and illness.



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Fort Myers, FL 33908**

AHCA Registration #30212058



By Ricardo S. Bocanegra, D.D.S.

5 Ways Invisalign® Clear Aligners Can Improve Your Smile and Your Life



INVISALIGN, ORTHODONTIC ADVICE

Invisalign® is a household name in the world of clear aligners, and there's a good reason for that. In fact, there are five good reasons!

Can Improve Your Smile and Your Life

However, before we dive into the benefits of Invisalign® for kids, teens, and adults, it might be a good idea to give a general overview of how this treatment works.

With Invisalign® (or any other clear aligner brand), we will start by taking a 3D scan of your mouth. Once we have that, we can create personalized aligner trays that fit your mouth. You'll wear each tray for about two weeks, then you'll switch to the next one in the series. Each tray is slightly different, and they work by slowly guiding your teeth to the correct position in your mouth.

Because Invisalign® is integrated with 3D technology, we are actually able to show you what your future smile will look like! Our patients absolutely love this feature. Want to hear more great things about Invisalign clear aligners? Read on!

Five Benefits of Invisalign® Clear Aligners

1. Boost Your Confidence

Invisalign® aligners are more aesthetically pleasing and less noticeable than braces. Since they are clear, you can smile with confidence for photos and special occasions. Adults who have public-facing jobs love the fact that they can get their dream smile without a mouth full of metal braces.

However, it's not just ideal for adults! Teenagers often opt for Invisalign® (there's actually a version made specifically for teenagers called Invisalign Teen®) and younger kids can also get a more confident smile with the Invisalign® First option.

2. Eat Whatever You Want!

One of the biggest advantages Invisalign® has over metal braces is the lack of dietary restrictions. With metal braces, there's a list of foods you have to avoid because they're too sticky or hard. When you consider that most people have braces for at least two years, that can be a real bummer, especially if you're being asked to give up your favorite foods!



With Invisalign® clear aligners, you can simply take your tray out whenever you want to eat something that's sticky or otherwise potentially damaging to the aligner trays. While we recommend keeping your aligners in for at least 22 hours per day, you definitely can still remove them here and there when you want a special treat.

3. Take Care of Your Smile

Easily Oral hygiene is so much easier with Invisalign® too, because you can take the aligners out to brush and floss normally rather than having to navigate around brackets and wires! This leads to healthier teeth once your orthodontic treatment is done, which is always a win.

4. Less Pain, More Gain

A straight smile doesn't have to mean pain and discomfort. With traditional orthodontic appliances (like metal braces), the sensitive cheek and gum tissue can get irritated, and whenever the braces



are tightened or adjusted, there can be soreness or pain for a few days. Not so with Invisalign® clear aligners!

The aligner trays gently shift your teeth into place and because you're getting new trays every few weeks, the movement is subtle enough that you shouldn't feel any discomfort.

5. Fewer (and Faster) Check-Ups

No one wants to spend more time in the orthodontist's office. We totally get it! For adults, more appointments means you have to take time off work and possibly commute across town. This lost time (and money) adds up! For kids, taking time off school is never convenient.

Invisalign® allows you to enjoy more time between your orthodontic appointments, and your appointments will take less time. That's a huge win, especially for those with busy schedules!



Have you been thinking about improving your smile with Invisalign® clear aligners? Maybe you simply have questions that you would like to ask before making a decision. Either way, the team at Porto Fino Dental is here to help! Schedule your consultation today.

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

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Stop Allowing Neuropathy Pain to Interfere with Your Life:

A NEW INNOVATIVE METHOD AVAILABLE IN FORT MYERS



Most people with peripheral neuropathy, start out with some tingling sensations in the legs, but the disorder often progresses to become painful and disrupts daily activities and the quality of life in general. If left untreated, it can become debilitating and even life-threatening. The nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

In the United States alone, neuropathy affects nearly 20 million people. Neuropathy is typically associated with diabetes, as it's common for nerve damage to have occurred in individuals with high glucose storage, but neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

SYMPTOMS OF NEUROPATHY:

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

Innovative Treatment for Neuropathy

At Integrative Medicine & Rehab, we offer an advanced treatment option. Our Patients experience substantial decreases in pain, increased balance, and diminished numbness and tingling with our clinically proven protocol, using breakthrough technology. Thousands of people have found relief with this method.

How It Works

Our process provides relief with THREE critical steps.

#1. IMPROVE BLOOD FLOW

Since damaged blood vessels cannot bring adequate nutrition & oxygen to the nerves, this must be corrected in order for the nerves to heal and function properly.

#2. STIMULATE NERVE FIBERS

It's crucial that once we get more blood to the nerves, to re-educate the nerve back to normal function. Using a device that's used in large hospital chains across the country for neuropathy, we are able to repair the damaged nerves, and start to make them healthy once again.

#3. DECREASE PAIN

Our approach also stimulates the damaged nerves to reduce pain and improve balance while decreasing brain-based pain.

Our method is 100% Natural, safe, non-invasive, and uses no medications.

You do not need to take addictive, dangerous drugs. We help patients stop nerve damage before the effects are irreversible. With a 97% success rate, our revolutionary protocol provides exceptional relief and outcomes.

Discover lasting, long-term results:

- Improved balance and stability
- Improved pain free sleeping
- Reduced swelling
- Increased blood flow to legs and feet
- Improved walking and exercise

At Integrative Medicine & Rehab, we know that treatment is not a one-size-fits-all. Our doctor customizes a treatment plan depending on your specific injury. Our office focuses on individualized treatment and one-on-one customer service. A comprehensive treatment facility specializing in chiropractic care for auto accidents & injuries! **Schedule with Dr. Drew-Montez Clark today!**

We offer new patient appointments 7 days a week! Transportation is available. Services include Medical Evaluations, Physiotherapy, Rehab, Chiropractic Treatments. We provide services for people of all ages including adults, children, and geriatric patients.

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The Great American Smokeout Challenge: Why Your Cardiologists Wants You To Quit

Dr. Joseph Freedman MD, MBA

Most people are familiar with the negative effects that smoking has on your lungs and the increase in cancer related diseases, but often times are unaware of the damage that smoking does to your cardiovascular health.

Smoking cigarettes and other forms of tobacco causes toxic chemicals to enter your lungs and travel throughout your body. All smoking, no matter how long you've done it, or how much in quantity you've smoked, affects your heart negatively and causes damage. But the good news is, no matter how long or how much you've smoked, quitting will benefit you immensely. It's never too late to stop smoking.

Smoking correlates to the following heart and vascular issues:

- Causes inflammation in the arteries
- Increases heart rate
- Causes sticky plaque buildup in your arteries (both coronary & peripheral)
- Raises LDL (bad cholesterol)
- Lowers HDL (good Cholesterol)
- Blood vessel walls become stiff and damaged
- Creates abnormal heart rhythms
- Increases blood pressure
- Creates undue stress on your heart
- Causes blood to thicken
- Lowers oxygen levels in blood

The chemicals in the smoke are what cause atherosclerosis (arterial plaque). These chemicals negatively affect cholesterol levels and fibrogen levels, which is a blood-clotting agent. These disturbances can lead to stroke, aortic aneurysms, peripheral vascular disease, heart attack and abdominal aortic aneurysms just to name a few.



Realistic advice to help you quit smoking:

1. Take the 'Great American Smokeout Challenge' this month (November 18th)
2. Plan ahead. Talk to your doctor now about smoking cessation programs, treatment options and medications.
3. Get rid of all tobacco & lighters
4. Clean your home and car if they smell like smoke or have remnants of nicotine
5. Let your family and friends know that you're quitting
6. Find a new hobby to stay busy
7. Avoid the same old routine that allowed you the convenience of smoking
8. Keep track of the money you save, write it down every day and make a tally
9. At the end of each week that you continue to not smoke, treat yourself to something you like.
10. Don't give up! It's not easy, but it's worth it to quit.

By quitting smoking you reduce your risk of coronary heart disease, stroke and cardiovascular disease.

Statistics According to the U.S. Department of Health and Human Services:

- Within 20 minutes of quitting, your heart rate will decrease
- Within 12 hours of quitting, the carbon monoxide levels in your blood will decrease to normal
- Within 3 months of quitting, your risk of a heart attack decreases, and your lungs will begin to work better
- After 1 year, your added risk of coronary artery disease is half that of someone who smokes
- After 5 years, your risk of stroke is the same as that of a nonsmoker
- After 10 years, your lung cancer death rate is about half that of someone who smokes
- After 15 years, your risk of coronary artery disease is the same as that of a nonsmoker

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

If you or someone you know needs to have a cardiology consultation, are concerned about your risk factors, or are experiencing symptoms of chest discomfort, shortness of breath or other related issues, please contact them at (239) 574-8463



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(239) 574-8463

www.flccg.com

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

Do You Need Knee Replacement Surgery? What You Should Know

When it comes to joint replacement, one of the main conditions that orthopedic surgeons see and treat daily is knee pain. Arthritis is one of the primary causes of knee pain in the aging population.

Your Knees Withstand Remarkable Pressure on a Daily Basis

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 the knees — with each step. Not only is the knee one of the most intricate of all the joints in the body, but it is 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.

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 is 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 is the beginning stages of osteoarthritis, or bone rubbing against bone. In turn, this can cause bone spurs and a great deal of discomfort.

Osteoarthritis develops slowly, and 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. This



process can also affect younger people. Osteoarthritis pain can be debilitating and interfere with daily activities, affect your ability to work, and create limited range of motion in your life.

Many people may find little to no relief with over-the-counter nonsteroidal anti-inflammatory drugs (NSAIDs), like ibuprofen. Other treatment methods are often necessary.

Treatment

Conservative methods are the first line of defense. These included things such as weight reduction, controlled non-resistive exercises, bracing, injections, biologic regenerative methods, and pain medication. However, because the knee joint has no blood supply, it's difficult to heal this area with many alternative treatments, and surgery is often necessary.

Knee Joint Replacement

Depending on your individual circumstances and especially your age, you may be a candidate for a partial knee replacement. In cases of extensive degeneration, a total knee replacement may be more appropriate.

Arthritic damage to one side of the knee is common, so utilizing an implant customized for the medial or lateral deteriorated area is often a better option than a knee replacement depending on your individual circumstances.

If you are a candidate for a partial knee implant, a technique to preserve your tendons and ligaments, as well as part of your natural knee bone when possible is available. Additionally, preserving the bone will provide a more natural knee for any future treatments.

Orthopedic Associates of Southwest Florida also provides revision surgery for prosthetic joints that need to be replaced.

Joint replacement surgery is a highly effective solution to joint-related injuries and conditions. If your condition hasn't improved with nonsurgical treatment, joint replacement surgery can help relieve your pain and improve your mobility. At Orthopedic Associates of Southwest Florida, P.A. in Fort Myers, Florida, Edward R. Dupay, Jr., DO, and his team provide patient-centered, comprehensive orthopedic care and have been doing total knee replacement for 34 years.

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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CAN HEMP DERIVED CBD HELP YOU SLEEP BETTER?

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

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

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

Recent Study on CBD & Insomnia

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

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

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

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

Studies have shown multiple health benefits of CBD:

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

CBD Explained

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

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

The Quality of Hemp Products is Critical

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

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

What is Delta 8?

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

Delta-8-Tetrahydrocannabinol

An analogue of tetrahydrocannabinol (THC) with antiemetic, anxiolytic, appetite-stimulating, analgesic, and neuroprotective properties. Delta-8-tetrahydrocannabinol (delta-8-THC) binds to the cannabinoid G-protein coupled receptor CB1, located in the central nervous system; CB1 receptor activation inhibits adenylyl cyclase, increases mitogen-activated protein kinase activities, modulates several potassium channel conductances and inhibits N- and P/Q-type 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.

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

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

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



Foot and Ankle Therapy with Physical Therapy Now Cape Coral

If you're walking to and from pretty much anywhere, your feet and ankles take a beating every day. Whether you work on an assembly line, behind a desk, or on a construction site, you're on your feet more than you even realize—yes, even those who work behind a desk.

After all, your feet are your body's transportation—you can't go anywhere without them. And, after time and wear and tear, foot and ankle pain is a common issue. If putting your feet up, a nice pedicure or better shoes doesn't help your pain, and you live in the Cape Coral area, foot and ankle physical therapy may be an option to consider.

What Types of Foot and Ankle Injuries Are There?
Quite a few. Among the more common sources of foot and ankle pain are:

- Sprains and strains
- Fractures
- Tendon issues such as Achilles tendonitis and plantar fasciitis
- Osteoarthritis
- Bunions
- Neuropathic foot from diabetes

The degree of pain you're experiencing clearly depends on the severity and type of foot or ankle injury you have. A proper diagnosis determines what specific injury you have and the best treatment course.



How To Strengthen Your Foot and Ankle

Strengthening and reinforcing your ankle and foot can go a long way toward preventing more pain in the area. It's not going to necessarily "fix" the pain, but it should help keep you on your feet much more comfortably. The best way to do this is through a foot exercise and stretching routine, which will help build strength and flexibility in your feet and ankles... most of which you can do while sitting down.

Some of these exercises include toe stretches, toe curls, picking up a small object with your toes, stretching your Achilles tendon, and toe extensions. All easy to do and worth the few minutes, it'll take you each day. To reiterate, this won't miraculously fix any structural issues, but these exercises and stretches will help manage pain by creating a more substantial base and foundation.

Other Ways To Reduce Your Foot and Ankle Pain

So, what can you do to alleviate some of the foot and ankle pain you're experiencing? Healthline offers some easy and effective ways to calm your foot and ankle pain.

• **Footbath:** Some warm water and Epsom salts can help relieve sore muscles and reduce foot swelling. Add a cup of Epsom salt to a tub of warm water and relax for 20 minutes.

• **Strengthening exercises:** In addition to those mentioned above, you can also use resistance exercises with bands. Also, consider a regular daily walking routine. Surprisingly enough, walking is actually one of the best activities for healthy feet!

• **Foot massage:** Treat yourself! You can go to a professional for a foot massage, or you can save the money and trip and give yourself one—all you need is lotion or oil, then rub and knead the bottoms of your feet and your toes. You can also use foot rollers to mimic a professional foot rub down.

Foot and Ankle Therapy

If you've tried these suggestions and you're still in quite a bit of pain, Physical Therapy Now can help! We offer foot and ankle therapy to help you deal with pain, joint instability, and loss of motion. At our state-of-the-art Cape Coral facility, our skilled therapists provide a wide range of therapies, including manual therapy, soft tissue mobilization, programs for sprains and strains, stretch therapy, RockTape, and more.

You shouldn't have to be forced into a sedentary lifestyle because of foot and ankle pain. Let us help you get back on your feet to do the physical activities you enjoy—without the pain. Call us today at (239) 424-9904 to set up your first appointment. In addition to our Cape Coral facility, we have an additional location in Fort Myers, so we're just around the corner.

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WEB BASED ESTATE PLANNING: THE NEXT FRONTIER OR A DEAD-END STREET?

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

With each passing year, more and more of everyday life moves online. The emergence of COVID-19 and its impact on Florida estate planning, has only accelerated that trend. You can work from home, go on virtual tours of museums, or even take guitar lessons from the comfort of your own living room. It's no surprise, then, that there is an emerging trend for virtual estate planning in Florida and most other states across the country.

What is Web-Based Estate Planning and How Does it Work

Estate planning that operates from a website or using web based tools primarily, also known as "online estate planning" or DIY estate planning, which I'll refer to all as hereafter as "virtual estate planning" offers an alternative or complement to traditional estate planning with a lawyer. LegalZoom is the most well-known player in the field, offering products such as a DIY last will and testament, but there are many others, and more are emerging all the time.

As an estate-planning tool, the way online planning generally works is that, in exchange for a fee, you receive digital access to templates for common estate planning documents, such as wills, living trusts, and healthcare directives. The templates are usually state-specific, designed to comply with the laws of each state. Thus, a virtual-planning platform might offer one will template for Florida, another for Texas, etc. However, not every service makes all of their forms available for use in every state.

As part of the process, the planning software asks for your basic identifying information and estate-planning objectives, along with information more specific to the form you are creating. When preparing a will, for example, you'll describe your estate planning assets in Florida and elsewhere as well as your designated beneficiaries and identify someone to serve as your Florida Personal Representative. Once the customer information has been input, the software populates editable fields within the template. If everything works as intended, you'll end up with a legally valid document that becomes effective after it has been printed, signed, witnessed, and notarized in accordance with Florida law (or the laws of whichever state is applicable).

Importantly, virtual estate planning is usually limited to document preparation. The software can't provide legal advice or represent you in probate in Florida or elsewhere. So, for the concept to work right, you need to already have a pretty good idea of what you are trying to accomplish and the basic approach you want to take.

Web-based preparation of legal documents is by no means restricted to estate planning. LegalZoom and its competitors offer numerous business-related forms such as articles of incorporation, partnership agreements, and operating agreements for LLCs in Florida and elsewhere. But the personal nature of estate planning—and the widespread popular need for estate-planning documents—have led to rapid growth in the number of people planning their estates online. In turn, the proliferation has fermented disquiet among some legal professionals.

How Virtual Estate Planning in Florida Compares to Working Directly with an Attorney

The prime selling points of online estate planning are that it is convenient and cheaper than hiring a locally licensed lawyer. LegalZoom boasts that it can help you prepare a will for as little as \$89. You'll have a hard time finding a lawyer who can draw up a will for you that cheaply.

Considering that a large number of consumers simply cannot afford to hire a lawyer, the importance of price should not be discounted. After all, when the choice is between using templates provided by a credible online platform or having no assistance at all, virtual planning is the better option for many people.



Efficiency and convenience are also noteworthy advantages of online estate planning. By using a service that you can access from home on your own time, you avoid the need to take off work or otherwise disrupt your schedule to meet with a lawyer. And, after the necessary information is provided, the documents are created nearly instantaneously, so the overall process takes less time. If you've ever compared filling out a paper tax return to using tax-preparation software like TurboTax or TaxSlayer, you know that good software can make document preparation much quicker and simpler.

The other side of the coin is that the convenience of pre-built templates comes with a loss of personalization. Most online templates cannot be customized beyond the user-populated fields. If the form is perfectly suited to your circumstances, that's not a problem. But, of course, every person's situation is different. If you have an unconventional family structure, large or complex estate, or any other state of affairs not contemplated by the template, you might not be able to tailor it to do what you need it to do.

When you work directly with a capable attorney, you have the opportunity to discuss your individual circumstances and goals. Experienced attorneys can draft provisions customized to your situation and are also more familiar with the idiosyncrasies of state law that can cause potential estate-planning headaches. Web-based software is much less likely to identify and address state-specific statutes that might affect only a minority of their customers.

Under Florida law, for example, the powerful "elective share" afforded to surviving spouses can lead to unanticipated problems for couples with children from prior relationships. The elective share guarantees a surviving spouse a minimum 30% interest in a decedent spouse's estate—even if a will says otherwise. The statute protects spouses, but it can also lead to inadvertent disinheritance of a decedent spouse's children. If your virtually drafted will doesn't account for the elective share, the statute could preempt the will and thwart your planning goals.

A seasoned estate-planning attorney in Florida takes the time to discuss and become familiar with your situation, identifying potential snags not spotted by software. And, when those issues are present, an experienced attorney knows how to address them in advance. If you're only working with a brief online questionnaire, a circumstance with major long-term ramifications on your estate might not ever come up. Even the best template can't anticipate every possible scenario.

Along the same lines, attorneys are in a better position to help you revise your estate plan if your situation changes in the future. If there is a birth or death in the family, or if you or a prospective heir gets married or divorced, you may need to make important changes.

Another potential issue with virtual planning is that, if you don't have an experienced pair of eyes to review the final product, technical errors are more likely to crop up. Every state has its own specific requirements related to estate planning, and even a small mistake or omission can render a document ineffective. In Florida, for instance, wills must be in writing, signed by the testator, and attested by two witnesses with no interest in the estate. If even one of these requirements is left unmet, a will won't be admitted to probate. Estate-planning attorneys in Florida and elsewhere are trained to catch little errors that might make a big difference.

Similarly, lawyers are trained to craft legal documents with precision. If language is ambiguous or equivocal, it can be misconstrued or misinterpreted. Estate-planning documents in particular require precise language because, after you pass away, you are no longer able to clarify the meaning or intent of testamentary language.

Perhaps most critically, an attorney can assist with the big-picture process of developing an estate-planning strategy. Virtual-planning forms assume that you have already weighed your options and decided on an approach. Experienced attorneys are more familiar with alternatives that might be better-suited to your situation.

By way of example, Florida recognizes several will alternatives that allow you to transfer property upon death without going through probate. Depending on the situation, the same asset might be transferable using a will, joint-ownership structure in Florida, POD or TOD designation in Florida, or a Florida living trust. An attorney can advise you on the available options, the pros and cons of each, and help find the approach best-fitted to the scenario. And an experienced attorney may identify special considerations—like asset-ownership issues in non-traditional relationships—that you might not realize are important and that an online form would leave unaddressed.

Is Virtual Estate Planning a Viable Option

Attorney organizations throughout the country have voiced serious misgivings about the proliferation of online estate-planning sites. Of course, virtual estate planning presents potential competition for actual lawyers, so a cynic might say that critical attorneys are motivated by their own financial interest. But, while there may be some of that, too, the DIY approach does have some very real weaknesses, as noted above.

The ABA Real Property, Trust & Estate Law Section suggests that, while online resources have their place, they "should be used with caution." If you have a fairly simple estate—and if you don't intend to do anything out of the ordinary or employ any sophisticated estate-planning strategies—preparing noncomplex forms using an online service may be a good option. But if you intend to do anything more complex than creating a simple will that leaves assets to close relatives, proceeding without an experienced lawyer is risky.

Precise, unambiguous estate planning is critical to not only the person whose estate is being planned, but to his or her loved ones as well. A technical error, unaddressed issue, or drafting mistake can lead to significant problems for surviving family members. More than one family has suffered through long-term discord originating with a poorly planned estate. And litigation arising from a faulty document, when it occurs, costs exponentially more than the savings from a DIY estate plan.

A best-of-both-worlds approach may be to use virtual estate planning resources under the supervision of a qualified attorney. At the very least, hiring an experienced attorney to proofread a document created using an online template, though adding to the expense, will also significantly reduce the risk of a disastrous error. LegalZoom and similar sites have started including brief attorney consultations within some of their packages, though the Florida Bar cautions attorneys partnering with web-based services to ensure such arrangements are in compliance with all applicable ethics rules. Likewise, some tech-savvy Florida estate-planning lawyers are now employing sophisticated software to make the estate-planning process more convenient and efficient for their clients.

The State of Florida recently acknowledged the advantages of technology in Florida estate planning when it passed a law permitting electronic wills and remote notarization of legal documents. Under the new rule, a Florida notary may attest to a signature observed via video link. If the document being notarized is an electronic will, a Florida testamentary trust, healthcare advance directive in Florida, or waiver of spousal rights in Florida, the law includes additional requirements to ensure the signer's identity, mental state, and capacity to execute a testamentary document. Properly used, remote notarization should allow Floridians to gain some of the advantages of virtual planning without sacrificing the skill and personalization provided by an experienced Florida attorney. We currently offer this level of web-based services. Find out more at <http://www.gibbslawfl.com> and click the red button on the home page.

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What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living

longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.



McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



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