

SOUTHWEST FLORIDA'S

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

December 2021

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# OCD Clinical Trial

## DO YOU SUFFER FROM OCD?

We're 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 is OCD?

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

### OBSESSIONS

Repetitive and unwanted images, thoughts or urges.

### COMPULSIONS

Behavior that you repeatedly perform to reduce distress.

### DISTRESS

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

### TEMPORARY RELIEF

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



## Why Participate?

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

- Participants might want to try something new.
- Participants might be interested in receiving investigational medication, and study-related care.
- Some participants feel that by volunteering they are contributing to advancing science by helping researchers find better treatments for individuals who suffer from OCD.

## See If You Qualify

You are between the ages of 18 and 65.  
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ARHI is conducting a Clinical Research Trial for patients with OCD (Obsessive Compulsive Disorder).

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# Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

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

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

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

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# ADVOCATE RADIATION ONCOLOGY EXPANDS FOOTPRINT TO SERVE CANCER PATIENTS ACROSS FLORIDA

By Dr. Arie Dosoretz

A cancer diagnosis is typically a life-changing event for a patient and their family. Naturally, one asks questions around their diagnosis, treatment, and prognosis. Additionally, the everyday logistics of treatment and financial aspects have to be considered as well.

During this challenging time, cancer patients need a care team that is both compassionate and skilled. Every patient deserves physicians who are able to communicate well, listen to their concerns, and use the most advanced technology available to effectively treat their cancer.

That's what led our team of experienced doctors to create Advocate Radiation Oncology. Residents of Southwest Florida needed a radiation oncology practice that offered world-class cancer care close to home and in 2019, we opened our first location in the Port Charlotte. This was followed shortly thereafter by the opening of our locations in Fort Myers and Cape Coral. We have since added a conveniently located office in Bonita Springs as well.

Our internal mantra is that "we put patients first." We hire truly committed staff and work together as a team so that every single patient feels like they are extraordinarily well-taken care of at all times. A critical aspect of our service is that patients can stay at home during their treatment journey. In this context, we are proud and excited to open our sixth and seventh West Coast locations – Naples and Bradenton.

Our mission and motivation remain unwavering. Advocate physicians have trained at the nation's leading institutions including Yale, Michigan, Harvard, Duke, and the Mayo Clinic. They are widely published researchers who continue to contribute towards furthering our knowledge within oncology. More importantly, they have an unparalleled dedication to providing cancer patients with compassionate care.

Advocate is the region's only locally owned and operated radiation oncology practice. This is a critical distinction for patients. We are part of your community and will always be by your side. Each



Advocate patient receives a personalized treatment plan that aims to minimize the impact on his or her daily life while providing innovative treatment options using the newest technology available. This includes Varian's Halcyon, Identify and TrueBeam systems, which are extremely precise in destroying tumors while minimizing the dose to the surrounding healthy tissues.

The patients of Southwest Florida have come to trust the physicians and medical team at Advocate, and we will continue to always put them first.

Cancer can indeed be an overwhelming diagnosis, but Advocate's team is here to guide and make certain that each and every patient is well-taken care of in their own backyard.



#### About the Author

Dr. Arie Dosoretz is a board-certified radiation oncologist and founding partner at Advocate Radiation Oncology. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).

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# All About RMDs

By Adam Bruno, Certified Financial Fiduciary®

**T**here really is a purpose behind required minimum distributions (RMD) of tax-advantaged retirement accounts. IRAs and employer-sponsored retirement plans feature tax-deferred income contributions and earnings growth throughout the lifetime of the account. There's just one catch — when you take money out of that account, it then gets taxed at ordinary income tax rates. Some retirees use that money to pay for their expenses, but others may not need it and would rather let it continue growing, untaxed, and then leave it to heirs.

That means that retirees who need the money are taxed and those who don't could avoid the tax. Those tax revenues are used to fund government programs, but we are fortunate to have decades of a tax reprieve so gains can accumulate faster.

Retirement investing, and RMDs in particular, can be rather confusing. But just because something is difficult — and ever changing — doesn't mean we shouldn't take advantage of the options available. Quite the opposite — tax-deferred investing is a way to optimize the accumulation of wealth, so it's worth the time and effort to understand how these accounts work.

You can tap the advice of a financial professional to help you manage your retirement accounts, even those that fall under an employer plan. After all, your employer isn't going to help you manage the rest of your portfolio, so feel free to call us if you have questions about your tax-advantaged accounts and their distribution options.

In 2019, Congress passed the Setting Every Community Up for Retirement Enhancement (SECURE) Act, with several changes regarding RMDs. Prior to the legislation, retirement account owners had to start RMDs at age 70½; the law increased that age to 72 for anyone born after June 30, 1949. Those with a traditional IRA must take their first RMD by April 1 of the year after which they turn age 72, even if they haven't retired yet. Each year thereafter, they must take an RMD by Dec. 31. Investors with multiple IRAs must calculate the appropriate RMD for each one, but they can take that total amount from just one of the accounts they own. That's easier to do with traditional IRAs than with multiple prior employer retirement accounts, which require contacting former employers to calculate and send the distributions.<sup>1</sup>

**There is a penalty for not taking the appropriate RMD:** The account owner must pay a 50% excise tax on the amount not distributed each year. Also note that you cannot withdraw a couple's total RMD from just one spouse's account or a different type of qualified account.<sup>2</sup>

The rules for an inherited IRA can be confusing, and they also changed with the recent SECURE Act. Specifically, it is now prohibited for a non-spouse IRA beneficiary to "stretch" out taxable distributions throughout his life expectancy. Starting in January 2020, the named beneficiary is required to withdraw all funds within 10 years of inheriting the account. However, unlike before, the heir can wait the full 10 years before taking distributions, meaning there are no RMDs each year.<sup>3</sup>

The inherited IRA rules didn't change for a spouse who inherits a wife's or husband's IRA upon death. She also has more options for withdrawals, such as the ability to designate herself as the new account owner, roll it over to her existing IRA or take distributions as a beneficiary.

Be aware that these distribution rules do not apply to a Roth IRA, either directly owned or inherited. Since the Roth is funded with already-taxed income, withdrawals are tax-free in retirement — even the gains accrued over time. The only caveat is that the owner (or original owner, if inherited) must have owned the account for at least five years (the clock starts on Jan. 1 of the year of the first contribution). Contributions withdrawn before that five-year holding period may be taken tax free, but any withdrawn interest is taxable.<sup>4</sup>

Annuities also benefit from tax-deferred growth, but the account owner takes RMDs only if it is classified as a qualified annuity, meaning that it was funded with pre-tax money. Non-qualified annuity contracts are

funded with after-tax income and feature tax-deferred earnings, so they do not mandate RMDs and are taxed upon distribution.<sup>5</sup>

If you have questions, please call my office at (239) 771-8696 and schedule your confidential visit with me.

**For more information go to [taxfreefortmyers.com](https://taxfreefortmyers.com) to see my upcoming webinar schedule.**

*Content prepared by Kara Stefan Communications.*

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# Holiday Travel Plans?

## What You Should Know About Deep Vein Thrombosis

**L**ong periods of travel or sitting are more dangerous than most people realize. Do you sit for long periods of time? Just like when traveling by plane or in other vehicles, it's essential to move your legs, feet and ankles during these stages and it's important to get up and take breaks. Walking around or doing a few leg exercises can help to recirculate the blood and get things flowing in the right direction.

Individuals with Peripheral Arterial Disease (PAD) have blood flow disruptions usually in the feet and legs, but it can also occur in the brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide. Individuals with arterial disease due to atherosclerosis (plaque buildup in the arteries) often have peripheral vascular disease (PVD) as well. These conditions are interrelated with other blood vessel conditions like DVTs, varicose veins, pulmonary embolisms, and venous insufficiency are interrelated.

### Long periods of sitting can exacerbate DVTs

#### DVT Symptoms:

- Prominent varicose vein
- Heavy aching legs
- Leg swelling
- History of a previous clot
- Family history of blood clotting
- No Symptoms

#### DVTs—Deep Vein Thrombosis

Every year, nearly one million people are affected by deep vein thrombosis, and sadly, approximately 100,000 of these cases end in death! These are grim statistics since the treatment is minimal and so readily available to patients. Along with the common indicators mentioned above, nearly half of the individuals affected by DVT have no symptoms at all. Unfortunately, the majority of these people do not realize that they have a medical issue until it's too late.

DVTs are a blood clot that can form in the legs or arms. When a blood clot breaks free, it can travel to the lungs or brain and cause an embolism, which is when the thrombus or blood clot moves through the vessels or arteries. If it lodges in the lungs, it



can cause death, and if it travels to the brain, it will cause a stroke, along with the probability of death. If you have any discomfort in your limbs, it's imperative that you see a specialist.

#### Causes

When a vein's inner lining is damaged, blood clots can form deep inside the vein by either trauma, biological, or chemical factors. Varicose veins are an indicator of deep vein thrombosis. When veins are impaired, they can lead to more severe health issues. A medical professional will be able to report whether or not your symptoms are superficial or unsafe and in need of restorative treatment.

Although it can happen to anyone, the most common factors that put you at risk for DVT are sitting for extended periods. If you drive long distances, travel by train, bus, or plane, or perhaps you're deskbound at work, these lengthy episodes of sitting can all lead to deep vein thrombosis. Other causes are vascular malformations, pelvic tumors, a family history of varicose veins, smoking, being overweight, pregnancy, and an overall sedentary lifestyle.

Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. DVTs and Chronic venous insufficiency can be fatal and must be treated to prevent further damage to your circulatory system and your overall health.

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

#### 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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# Honoring the Dedication and Selflessness of Caregivers

## Ongoing Caregiver Support Group Available at No Charge for People Caring for a Loved One

During the holiday season, we are reminded that the most special gifts are those that come from the heart. It's a time to honor the dedication and selflessness of all who provide care for their loved ones.

At Hope Healthcare, we are privileged to observe these superheroes in action every day. While they don't wear capes or leap tall buildings in a single bound, family caregivers display a devotion to their loved ones that is nothing short of heroic.

Caring for a loved one with a serious illness can be very rewarding, but it can also be difficult, overwhelming, and at times isolating. At Hope, we recognize the tremendous amount of work and commitment caregiving requires. For the families in our care, we offer our support physically, emotionally, spiritually, and practically.

Our Hope team helps caregivers as little or as much as they need, serving as a coach, teacher, friend, counselor, and care partner. Hope counselors can help caregivers determine if their loved one is eligible for additional community support including military resources and can help navigate complex issues such as insurance paperwork, future care decisions, living wills, and healthcare surrogacy.

Hope Volunteers can also help caregivers by offering a variety of



services – from personal errands and transportation to emotional support. These compassionate individuals often lend a hand with day-to-day tasks so caregivers can spend more time with their loved ones or take an afternoon to themselves.

To support family caregivers throughout our community, Hope Healthcare provides an expert-led support group at no cost. Attendees may be parents, spouses, children, or friends of people who are living with cancer, dementia, heart disease, Parkinson's disease, stroke, frailty, or any other condition.

Caregivers who attend group sessions may participate at whatever level they feel comfortable, whether it's listening to the wisdom of others

who have traveled the same road or sharing their own personal experiences with the group. You can visit [HopeHCS.org/counseling](https://HopeHCS.org/counseling) to learn more about Hope's caregiver support group.

At Hope, we honor all of the dedicated, caregiving heroes throughout the holiday season and every day. Our team is ready to support caregivers and their loved ones throughout every step of their journey. Visit [HopeHospice.org](https://HopeHospice.org) to learn how we can help caregivers find Hope.

**For Hope Hospice Care:**  
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**Visit [HopeHospice.org](https://HopeHospice.org)**



# URINARY TRACT INFECTIONS

By Alejandro Miranda-Sousa, M.D.



**U**rinary tract infections can affect any part of the urinary tract system, namely the kidneys, urethra, and the bladder. However, it is the lower urinary tract system consisting of the urethra and the bladder, which is most often affected by the UTIs. The incidences of UTIs are more prevalent in women than men because women have a shorter urethra, which facilitates the faster movement of bacteria to the bladder. The major cause of UTIs is the bacteria known as *E. coli* (*Escherichia coli*), which is typically found in abundance in the gastrointestinal tract (GI). Other common UTIs causes can also be related to sexual activities and kidney stones.

The most common symptoms of UTIs include an urgent feeling to drain the bladder, frequent urination with copious amounts of urine released, feeling of pressure on the bladder and pelvic pain as well pain while passing urine among many others.

Also, the urine appears to be cloudy or brownish-red in color, which could signify blood in the urine. If the infection reaches up to the kidneys, the symptoms advance to include fever, chills, backache, nausea, vomiting, and a general feeling of malaise. UTI is diagnosed using several methods such as a urine culture, cystoscopy, or an MRI/CT scan of the urinary system.

Most of the UTIs are easily treated and cured using antibiotics. If left untreated, the UTIs can advance into complications such as permanent kidney damage and sepsis, all of which can be life-threatening. UTIs can be effectively prevented through healthy nutritional options, drinking plenty of water, and modification of behavior that increase the risk of contracting the infection. It is crucial to seek help from a medical professional as soon as you feel the symptoms to prevent severe consequences.

## Alejandro Miranda-Sousa, MD



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

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

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

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# Happy Holidays:

## Why it's Important to See Your Dermatologist This Season

By Joseph Onorato, MD, FAAD

**E**ven though it's the holidays and are schedules are packed a little more tightly, that's no excuse to put off your dermatology appointments. If you haven't noticed, our area is growing and bustling with new folks that call it home now or visit six months out of the year. If you wait too long, scheduling your appointments will be placed further out than you like or need. Waiting to schedule can put you at greater risk.



Schedule your dermatology appointment now to make sure that you are maintaining healthy skin, and if anything is abnormal, getting an early diagnosis is critical for optimal treatment.

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

Along with the unfortunate diagnosis of melanoma, there are many other concerns and cancers that can be detected in your dermatologist's office with a thorough, proper, skin cancer screening. On a regular basis, you should have a screening at least once a year. And, because some forms of skin cancer grow very rapidly, if you are experiencing any new forms of lesions, bumps, moles that are of concern, you should schedule a dermatology appointment immediately.

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

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

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

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

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

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

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

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

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

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

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

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



### Founder & Owner

**Joseph Onorato, MD, FAAD**

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

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# GOLF AND YOUR FEET - PART 1

*"Good foot action is the mark of an accomplished golfer. All timing, distance, and direction comes out of the lower body with the feet leading the way." — Jack Nicklaus, Golf Legend*

**T**he distance of a typical golf course is approximately 3 1/2 to 4 miles. This does not take into account the extra distance you walk between the green and tees or around each hole. This will add an additional 1 – 3 miles onto that distance if you are walking the entire course. The way your feet feel can affect your timing and balance. This can directly impact your swing and your scorecard.

During the golf swing the body acts as a whip rotating around the lower body. The ultimate power of a swing begins with the feet pushing against the ground. The ball of the lead foot (the foot closest to the target) pivots and provides a built-in shift in movement to enable the hip to fully rotate around a fixed leg position. This helps to drive the golf club through the swing. Each foot moves differently during a golf swing, the back foot must allow for more pronation during the follow through of the golf swing than the front foot. This motion repeated over an extended period of time can easily lead to golf related foot injuries.

The fundamental purpose of the golf swing is to amplify both the distance and acceleration of the ball. The lower body must serve as the foundation for the upper body during the rotation required for the backswing. Foot position, motion and how weight gets distributed will have a direct effect on weight transfer, the body's ability to rotate and the ground reactive forces (the force exerted by the ground on a body in contact with it). All of these factors will generate speed, energy, and efficiency.

## Lori DeBlasi, DPM

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



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**A sound golf swing is composed of three phases:**

**Set-up phase:** The setup is the only phase of the swing that a golfer can consciously control. Your weight should be evenly distributed on both feet with slightly more weight on the front part of the foot as you lean over, and slightly more weight on the inside balls of both feet.

**Takeaway or backswing phase:** The front part of the foot should pronate (your ankle and arch rolling or tipping inwards slightly), placing more pressure on the inside of that foot while the back foot stays stable as it receives more weight. The front of the foot and heel may come off the ground and place more pressure on the ball of that foot. This is necessary to promote a full shoulder turn. Shifting weight to the outside leaves you susceptible to a common error in swing, the dreaded "sway". Completion of the back swing places the weight on the back foot, evenly distributed between the front of the foot and back of the foot, with the weight remaining on the front of the foot to roll to the inside. Maintenance of proper foot alignment on the back swing is critical for control of the downswing and contact position.

**Downswing phase:** The weight will rapidly shift to the front of the foot until impact when the weight should be evenly distributed between the feet again. There is a side shift of the hips and knees during downswing that continues through impact and will continue slightly into the follow-through phase. Momentum brings the heel of the front foot down and follow-through naturally causes a rolling of the back foot to the inside and the front foot to the outside. During the follow-through phase, the front foot supinates (your weight rolls onto the outer edges of your feet) and the back heel comes off the ground with the weight of the back foot being placed on the big toe.

Here are some tips that may prevent or reduce your discomfort while playing:

**1. Know your limits.** You may not be able to walk 18 holes comfortably. Consider only playing 9 holes at a time. You may also consider renting a cart. However, it has been documented that applying the parking brake on the cart repeatedly can cause a tendinitis on the top of the foot. This is especially true on hillier courses. If the brake is causing some top of the foot symptoms, consider rotating driving responsibilities with your golf partner every other hole.

**2. Wear good shoes.** Your ideal golf shoes are a comfortable pair of soft-spiked golf shoes. This type of shoe prevents your foot from sliding too much during your swing. By limiting this motion you can decrease joint strain and your risk of injury is also reduced. Always try on your new shoes after a round of golf or late in the day because feet are largest at these times. Wear the socks that you will play golf in to try on the shoes. Make sure that the shoe fits when you try it on. Shoes do not break in! If they don't fit well in the store they will not fit well on the course. Check the fit by having one thumb's length between the longest toe and the end of the shoe. The width should be checked at the ball of the foot and should be snug, but not tight. The foot should sit deep enough in the shoe so that the heel and the middle part of the foot cannot slip. The foot slipping can be a problem in golf because of all the side-to-side motion that is required.

**3. Orthotics.** For some golfers with certain structural and mechanical problems with your feet, they may need a good pair of insoles or custom orthotics. An insole or orthotic helps to support, stabilize, and balance your feet throughout the swing. Researchers have shown that the use of custom orthotics on a continual basis increases club head velocity. Club head velocity is associated with weight transfer to the outside of the lead forefoot in amateur golfers. Wearing footwear or orthoses that shift the weight forward and to the outside edge could help increase club head speed. An orthotic that is made to elevate the heel and provide arch support will facilitate this weight shift.

**4. Ankle bracing.** If your ankles are weak causing some excess motion on your back leg during the swing, using an athletic ankle stabilizing brace when you play may be beneficial.

**Remember.... with all recreational sports/hobbies, the key is having fun!**



# FOOTXPERTS

## Your Foot Shape Affects Your Entire Posture

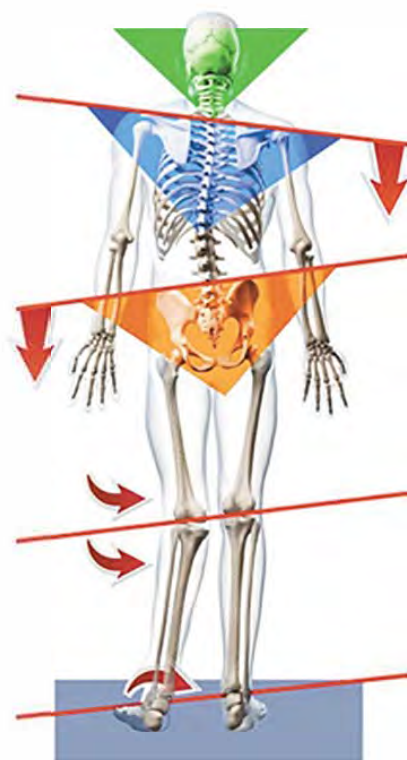
By Marek Zajac, FootXperts CEO

**T**he majority of people may not have pain in their feet, but further up the anatomical chain. Many studies, including those in the Orthopedic Physical Assessment, state that 80 percent of people have foot dysfunctions which don't necessarily cause foot pain, but are responsible for their back pain, sciatica, sacral joint pain, hip joint pain, posture problems, knee pain, osteoarthritis, pelvic imbalance and other painful conditions.

The reason and explanation for that is simple: Your body works as a chain of muscles and bones and your foot shape has an immediate effect on our entire posture. Differences in shape between the right and left foot (which can be discovered with a 3D foot scan) cause a shift in your pelvis. Hip and lower back pain are typical symptoms. Furthermore, the foot shape directly affects your leg axis. Flat feet and pronating ankle, or high arches and supinating ankle cause a rotation of your legs with negative effects on knees and hips. Untreated, this conditions can lead to permanent damages and chronic pain in muscles, ligaments and joints.

And there is even more about your feet and their importance for a healthy and happy life. As the foundation of your body your feet are sending impulses to your brain. Based on those impulses you have a postural awareness, you can stand, walk, run, jump and maintain balance. The information your feet provide to your brain can become weaker when we get older (balance issues occur) or certain conditions can disturb this system, such as Neuropathy, Parkinson's and different types of physical and cognitive disabilities.

**Often underestimated, custom foot orthotics can help with structural problems and balance issues. They can help you with foot pain, knee pain, hip and back pain, prevent injuries, support your entire posture, help with balance and muscular problems.**



### YOUR FOOT SHAPE AND YOUR LEG AXIS AFFECT YOUR POSTURE.

**FOOT PAIN, KNEE PAIN, HIP PAIN AND BACK PAIN ARE TYPICAL SYMPTOMS.**

In over 20 years of work in the field of biomechanics and orthopedics we could help countless clients with pain relief and more quality of life. We've equipped people of all ages, walker, runner and top athletes. We work with podiatrists, orthopedic clinics, physical therapists and chiropractors. There are no limitations in age or grade of mobility.

In two current cases we helped toe walking kids (4 and 5 years old) to change their gait and to walk normally. Yes, we're even able to change the muscular tension in your calf muscles in order to bring the heel back to the ground, which avoided unnecessary surgery.

We use state-of-the-art 3D scanning systems, we check your posture and we analyze your gait as well. We take measurements of your shoes to ensure a perfect fit and we can even design custom foot orthotics for your sandals. There are huge difference in quality and knowledge in the market. Make sure the foot orthotics you decide on are really designed and produce to address your individual needs and differences on the left and right side. Don't buy overpriced, hard and rigid mass produced plastic insoles. When you receive them right away then it's an over-the-counter product and not custom made for 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 custom foot orthotics for patients and clinics.

#### 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 and produce every pair (even the left and the right side) 100% individually.

#### 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? VISIT US!**

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# A Guide to the Senior Living Spectrum

**Sandy Moffett, Certified Senior Advisor**

**W**ith aging comes a variety of issues that can impact independence. Senior independent living housing offers an ideal combination of assistance and independence to meet the needs of older adults.

## Independent Living

Senior independent living is the beginning of the spectrum in which a resident is able to live independently with no supervision or assistance. Seniors who choose independent living communities benefit from community amenities such as housekeeping, laundry, meals, entertainment, planned activities and transportation.

Seniors here are able to accomplish all activities of daily living without supervision or assistance. Residents have safe, self-directed mobility and can respond independently in an emergency. These communities provide the convenience of meals and housekeeping options.

Social engagement is very important. Opportunities and activities as well as entertainment are offered and encouraged. Lifestyle is self-directed, including decisions regarding personal finances and healthcare. Independent seniors show little to no memory impairment, ability to use an emergency call system and may come and go as they please.

## Assisted Living

Assisted Living provides some supervision and assistance required to maximize independence. Residents benefit from community amenities and staff on-site 24/7. Residents require assistance with one or more activities of daily living. They may need cues or hands-on assistance. They may require assistance with medication and incontinence. If mobility is an issue, they can receive assistance getting around or making transfers and help responding in an emergency.

Dining and housekeeping services will be provided. Residents in assisted living enjoy self-directed lifestyles with assistance when needed. They are able to make decisions regarding personal finances or healthcare; they have a healthcare proxy in place if needed. In assisted living, residents have mild or no memory impairment, with possibly some confusion and disorientation. They may come and go as they please, though some may require assistance to do so, and they are capable of using an emergency call system.



## Memory Care

Memory Care communities provide care services for those folks who are no longer able to live alone and supervision is required. Supportive services are provided with staff on-site 24/7. Residents here may require verbal cues, direction, and physical assistance for activities of daily living including dressing, medications, and incontinence. They may require environmental cues for safe navigation and require assistance responding to an emergency.

Dining and housekeeping services are required for quality of life. A specialized dining program accommodates unique needs of the memory care resident. Memory care services require personalized approach to social interaction. Residents may face challenges connecting and understanding social cues. Decision-making requires direction. Family members are responsible for financial and healthcare decisions through Power of Attorney and/or health care proxy. Communities are locked for resident safety.

## Next Steps

When you're ready to move forward with a move to a senior community, whether Independent Living, Assisted Living, or Memory Care, it is a good idea to contact a Certified Senior Advisor to help you navigate the complexities of Senior Housing. There are many really wonderful and beautiful communities

at all levels. An Oasis Senior Advisor can work with you to help you know what your financial resources can be and how to qualify for the community you want. We have a personalized service including being with you for your tour of communities of interest.

Understanding the spectrum of senior living options and working with a Certified Senior Advisor is essential to finding the best fit for your lifestyle. Oasis Senior Advisors is here to help. We are a free service with a strong network of trusted partners. Contact Oasis Senior Advisors at (239)218-7739 or (352) 422-5952 to set up your initial consultation and explore your options.



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# A CURE FOR NEUROPATHY?

## Regenerative Medicine Can Heal Sick Nerves

Dr. Sebastian Klisiewicz, D.O.

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

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

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

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

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



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

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

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

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

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

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

#### Board Certified in Physical Medicine and Rehabilitation

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

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



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# Mistletoe: It's not just for kissing under

**R**oot Causes is proud to announce that we are now offering Mistletoe injections and IV's to address various conditions Like Lyme and Epstein Barr, cancer treatment side effects, and several other conditions.

There is a lot of research on the effectiveness of mistletoe and various conditions and illnesses. We are working with Believe Big and we are excited to offer this therapy that is very well established in Europe and in integrative medicine in the US, and it is now becoming mainstream.

*The following information is provided by The American Cancer Society:*

## What is mistletoe?

Mistletoe is a semiparasitic plant that grows on trees, such as apple, oak, maple, elm, pine, and birch. It has been used for hundreds of years to treat medical conditions such as epilepsy, hypertension, headaches, menopausal symptoms, infertility, arthritis, and rheumatism.

Mistletoe is one of the most widely studied complementary and alternative medicine therapies for cancer. In Europe, mistletoe extracts are among the most prescribed therapies for cancer patients.

## Immunity Issues

With issues like Epstein Barr, Rheumatoid arthritis, and other autoimmune disorders, mistletoe helps to calm the immune system.

## Immunity Details

Adaptive and innate immunity are essential to how your body protects you against foreign invaders. Your adaptive immunity is within your tissues and has memory as to how if fought off infections and illnesses from the past. Your innate immunity is how well your body fights off a new infection by utilizing antimicrobial and host defense peptides. T Cells are lymphocyte immune cells or white blood cells that originate from our bone marrow and help fight off pathogens. These T Cells work directly with B cells to create y-shaped antibodies (immunoglobulin) that connect to the pathogen and destroy it. The problem is that many people have a weakened immune system that is not able to fight



off these pathogens. The other issues is that many of us are in a hyper-state of inflammation and our own antibodies start attacking our healthy organs and tissue. This is the basis of autoimmune dysfunction.1

Cytokines are a diverse group of small proteins that are secreted by cells for the purpose of intercellular signaling and communication. Specific cytokines have autocrine, paracrine, and/or endocrine activity and, through receptor binding, can elicit a variety of responses, depending upon the cytokine and the target cell. Among the many functions of cytokines are the control of cell proliferation and differentiation and the regulation of angiogenesis and immune and inflammatory responses. 2

## How are mistletoe extracts given?

At Root Causes Holistic Health & Medicine, mistletoe extracts are usually given by intravenous or IV Injection.

*If you are interested in mistletoe injections or other IV nutrients, please call us today at (239) 347-9234.*

## References:

1. Mobilizing peptides in immunity. Nat Chem Biol 9. 747 (2013). <https://doi.org/10.1038/nchembio.1409>
2. Alirezaci M, Kemball, C. Short-term fasting induces profound neuronal autophagy. Autophagy. 2010 Aug 16; 6(6): 702-710. Published online 2010 Aug 14. doi: 10.4161/auto.6.6.12376 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3106288/>

## Root Causes Holistic Health & Medicine

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



## Doreen DeStefano, NhD, APRN, DNP

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

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

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



12734 Kenwood Lane, Ft Myers, FL 33907

239-425-2900 | [www.rtcausesmd.com](http://www.rtcausesmd.com)



# A Quick Procedure Checks Liver Function In 5 Minutes Flat

**T**he liver is known for its natural detoxification ability to rid the body of chemicals, toxins, and substances. It breaks down fats and produces energy, and its primary function is to filter and clean the blood from the digestive tract, which is then allocated throughout the body. Bile is also secreted from the liver and redistributed to the intestines. Many issues can affect the liver, such as diabetes, high cholesterol, poor dietary habits, excessive alcohol consumption, and toxic overload. Taking high amounts of ibuprofen or acetaminophen and avoiding any thoughts on how these things affect our bodies also can contribute to liver dysfunction.

According to the CDC (Center for Disease Control), nearly 3.9 million Americans have been diagnosed with some form of liver disease, but strikingly, the number of individuals living with undiagnosed liver disorders is exceptionally high. All too often, liver issues go unnoticed until the late stages of the disease have set in.

## Liver Diseases and Disorders:

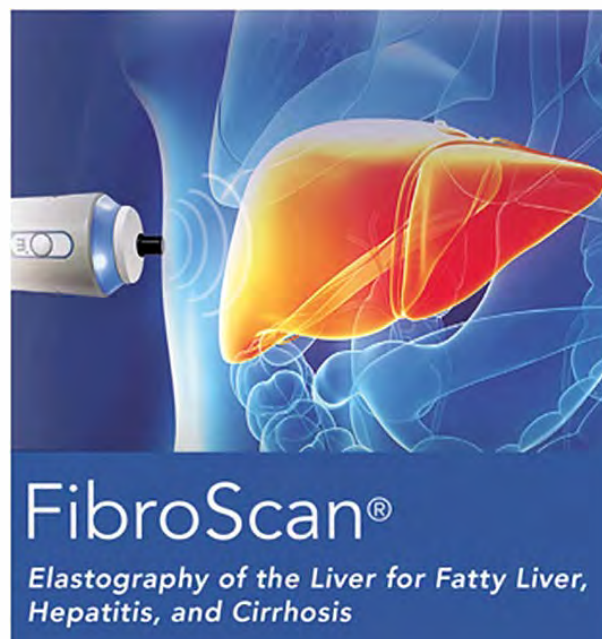
- Viral Hepatitis
- Mononucleosis (Epstein Barr)
- Fatty Liver disease (Non-Alcoholic)
- Cirrhosis
- Heavy Alcohol Use
- Excessive Iron Intake
- Excessive Acetaminophen (OTC pain relievers)
- Cancer

The liver is protected behind the lower right ribs and takes in nutrients and waste from the intestines to filter and detoxify the blood. Simultaneously, it also receives blood and oxygen from the heart through the hepatic artery. The liver controls many functions, but most importantly, it filters cholesterol levels and processes glycogen.

Although many people are unaware of liver issues, some late-stage symptoms include fatigue, muscle weakness, nausea and vomiting, and jaundice of the skin and eyes. In addition to routine blood work to check liver enzyme levels, there is a much more accurate way to diagnose liver function issues.

## Fibroscan

The Fibroscan works much like an ultrasound through vibrations. It's a non-invasive procedure that is quick, easy and precise. By placing a scanner



on your abdomen, the practitioner will record the results of the scan within 5 minutes. That's all it takes to see if your liver is healthy.

## How it works

FibroScan®, also known as transient elastography, is superior to ultrasound for the detection of liver scarring and therefore may be used to determine if cirrhosis or advanced fibrosis is present at the initial assessment and whether it has developed during follow up because of disease progression.

The FibroScan® device works by measuring shear wave velocity. In this technique, a 50-MHz wave is passed into the liver from a small transducer on the end of an ultrasound probe. The probe also has a transducer on the end that can measure the velocity of the shear wave (in meters per second) as this wave passes through the liver. The shear wave velocity can then be converted into liver stiffness, which is expressed in

## Test Preparation

The only preliminary preparation required is that patients fast for 2–3 hours prior to the procedure due to the potential increase in liver stiffness from post-prandial blood flow.

## Is the exam covered by insurance?

FibroScan® is covered by most insurance providers for approved indications. The exam is also available at a low cost self pay rate of \$69.

What are the advantages of FibroScan® testing compared to liver biopsy?

- Non-Invasive
- No- Hospitalization
- No Risk for Bleeding
- Wide Discrepancies between Pathologists
- Larger Sample Size

*Liver biopsies sample a very small piece of the liver, which can lead to incorrect staging, either over-staging or understaging of fibrosis. Sampling error may occur in up to 25-30% of liver biopsies. The actual area measured by FibroScan® has a volume that 100 times bigger than the average liver biopsy sample.*

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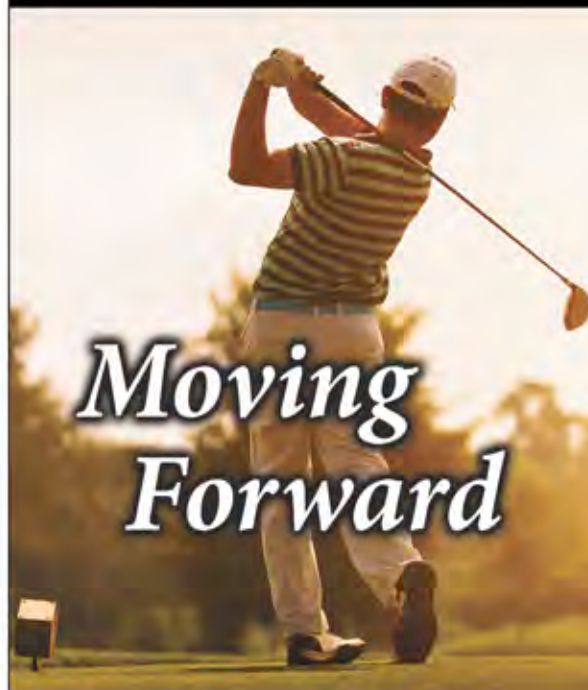
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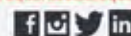
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# Natural Stress Relief

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Another crazy year has almost come to a close, thank goodness. Just like last year, 2021 was another stressful one for the record books. Between the Delta variant, inflationary pressures, and global inventory shortages, it seems that normalcy continues to be out of everyone's reach.

Although we can't control most of what is happening in the world around us, we can take time to focus on our mental health and wellness. It's time to shut off our televisions, computers and phones, and get back to healthy habits and moments of self-care.

### Controlling Stress

There are various things we can easily do to help control stress such as breathing techniques, meditation, exercise, reading, or journaling. You can even see a therapist online in the privacy of your home through telehealth services.



### Self-Care

Taking time to enjoy mini moments of self-care can do wonders for your health and mental clarity. Soaking in a warm tub, enjoying an aromatic steamy shower, or performing a home pedicure, can help you re-center and refocus your thoughts and divert your attention away from the negative.



### Modify Your Surroundings

Perhaps it's been a while since you went on a vacation, so you may be feeling cooped up with wanderlust. Until you can get out and explore again, try a few small tricks around your home to help relax your mind and make things look or feel different. For example, aromatherapy is a simple, convenient, and non-invasive way to change your mood. Natural oils derived from plants such as lavender, lemongrass, and patchouli have been used for thousands of years to help reduce stress and tension. You may also try rearranging your room or adding houseplants.

### Massage

Some may consider massage an indulgence; However, there are many health benefits to this age-old practice. Massage is an important part of integrative medicine and benefits can include stress reduction, reduced muscle soreness, improved circulation, immune function improvement and increased feelings of relaxation.



**DEANNA WALLIN**  
Naples Soap Company  
Founder & CEO

### Self-Care

If the idea of self-care is foreign to you, here are a few pointers.

First, forget the guilt. Self-care is not indulgent – it's imperative. It gives people the chance to rest and recharge so that they can be more productive and present.

Second, know that self-care is different for everyone. Whether it's a walk on the beach, a tough workout, or a 20-minute face mask, self-care can be experienced in many ways.

Third, self-care is something you need to schedule. Block out "me time" on your calendar. If you wait until a spare moment rolls around, it will never happen.

Fourth, put away the Facebook feed, turn off the television, and remove the distractions. Remember, self-care is about focusing on you and nothing else.

If there was ever a time to refocus your energy towards self-care, this is it! "Me time" will nourish your body and mind and the health benefits can be profound.

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# MAKING A DIFFERENCE AS A NURSE

**W**hile we're all glad to have the year 2020 behind us, the challenges it brought continue. One of many bright lights is the role nurses play in the wellbeing of the patients in their care. The demand for nurses, especially those with a bachelor's degree, continues to grow.

At Hodges University, we offer a Bachelor's of Science in Nursing (BSN) program, with its evening and weekend classes, is convenient for our students. It's accredited by the Accreditation Commission for Education in Nursing (ACEN), which means our program is of the highest standard of quality. The program is intense, but what you learn in the classroom and in our new, modern nursing labs will help you prepare for the licensing exam, along with the skills needed to make an immediate, positive impact where you work.

There are three key advantages to our BSN program.

The first is the small class sizes. You receive personal attention from professors who have nursing experience, so they share their first-hand, practical experience. They are there to help you succeed.

The second is the format of the program. Most BSN degree programs take five semesters to complete. Ours is structured so that you can graduate in four semesters. Our graduates are using their new knowledge and skills in the workforce quicker, and our community is the ultimate benefactor.

The third is the environment where our students learn and practice their skills. Our modern nursing labs include a practical skills lab, and a sophisticated simulation suite with "patients" that experience symptoms ranging from coughing, seizures and heart attacks to giving birth to babies, and the many complications that can arise from that. Our "patients" are mannequins controlled by computers, so the instructor, from another room, can have the "patient" talk back to the nurses, experience onset symptoms, and more.



This simulation suite is designed to look and function like a hospital emergency room. Each room is equipped with video and audio recording capabilities so that each time we run a patient simulation, it's recorded. Once the scenarios are completed, the professor and students go to our debriefing room to watch the video. This is a great learning tool because it helps our students see what they did right, and to improve on things that could have been done better.

Our students also play various roles in scenarios. They may be the nurse or a family member. This gives them the added perspective of how others in their patient's lives may be feeling. As a result, our students gain a higher sense of empathy for not only their patient, but their loved ones as well.

The next cohorts begin in September 2021 and again in January 2022.



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## THE DEMAND FOR NURSES

- 50% of nurses have a BSN degree
- Demand for nurses in Florida projected to grow 21%
- Demand for nurses nationwide project to grow 12%

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# Pain, Dryness & Irritation: How Women Are Rejuvenating Their Lives

By Joseph Gault, MD, FACOG

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

## Female Sexual Dissatisfaction Has Many Causes

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

## CO2RE Intima

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



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

## CO2RE Intima Benefits:

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

## CO2RE Intima might be for you if:

- You want to relieve the signs of childbearing and aging in the vaginal area.
- You desire enhancement in sexual functioning and a better sexual experience.
- You seek vaginal cosmetic improvement and you want to feel more confident about your feminine health.

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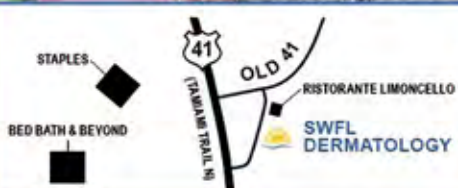


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# OCD: PARTICIPANTS NEEDED

ARHI | Clinical Trial | Biohaven Pharmaceuticals

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

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

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

## There are different types of OCD

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

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

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

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

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



## What You Should Know About Clinical Trials

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

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

## How Clinical Trials Help

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

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

## CURRENT STUDIES

**Are you interested in participating in a clinical trial? ARHI is currently accepting participants for multiple studies.**

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



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# Stop Allowing Neuropathy Pain to Interfere with Your Life:

A NEW INNOVATIVE METHOD AVAILABLE IN FORT MYERS



**M**ost 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!**

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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

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

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

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

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

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



## Knee Replacement Surgery is Permanent

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

## Physicians Rehabilitation's Knee Therapy Program Includes:

- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more



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## Viscosupplementation

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

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

## PRP (Platelet-Rich Plasma)

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

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

## Physicians Rehabilitation

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



# HEAR BETTER – AGE BETTER

**W**e all want to stay healthy and happy as we age, don't we? And we all know many of the obvious ways to do it — like exercising, eating right, not smoking and getting enough sleep.

But did you know our hearing plays a role in healthy aging, too? We thought we'd share four ways hearing better can help us age better.

## 1. Hearing better helps keep us social and active

When we hear clearly and with minimal effort, it's easier to be engaged, maintain connections, feel a part of conversations, and stay socially active.

On the other hand, people who struggle hearing often decide it's easier to avoid social situations. They might turn down invitations, limit interactions, and become more withdrawn and isolated.

### Did you know?

Research proves that people who enjoy social relationships are more likely to live longer than those who are isolated and lonely.

## 2. Hearing better helps keep us alert and independent

Our sense of hearing plays a huge role in how confident and independent we are, and how safe we feel when we're out and about.

When we hear clearly, our spatial awareness opens up and we're able to distinguish and react to audible cues that warn us of safety issues. When we hear without effort, we can feel less reliant on others to "translate" or clarify what we heard, resulting in a greater sense of freedom and independence.



People who can't hear like they once could are more likely to miss warning cues, feel less confident in surroundings outside their home, and are more at risk of accidents, injuries or mishearing important information.

### Did you know?

Individuals with good hearing are two times less likely to experience accidental injuries and three times less likely to have a history of falling than those with hearing loss.

## 3. Hearing better can help keep us mentally sharp

Numerous studies have linked hearing loss to dementia, a mental health challenge the World Health Organization predicts will triple by 2050.

Experts attribute the connection to the fact that hearing loss leads to social isolation (a known risk factor for dementia), that it accelerates brain shrinkage, and that it forces the brain to "steal" energy needed for memory and thinking.

### Did you know?

An international commission on dementia prevention has confirmed that treating hearing loss in midlife is the single biggest risk factor you can modify to help prevent dementia.

## 4. Hearing better brings us joy

Maybe more than anything, hearing our best helps keep us positive and vibrant. Whether it's listening to the laughter of friends, the sound of a symphony, a child's first words, ocean waves lapping, or a bird singing outside the window, hearing keeps us engaged, active, and connected to the world around us.

### Did you know?

According to a Yale study, optimism and a positive outlook adds 7.5 years to our life, while other research has shown it may reduce the risk of depression, heart disease and other chronic illnesses.

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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## Robert Slack, LLC Partners with Home Base Southwest Florida to Help Change the life of a Navy Veteran and Her Kids

**R**obert Slack LLC, a real estate brokerage in Florida, in collaboration with Support Home Base Southwest Florida, a private sector clinic who helps Veterans to take control of their physical well-being, have combined efforts to change the life of a Navy Veteran, Teresa Ruiz, a single mom raising three children, two of which have special needs. Teresa's story moved the real estate affiliated agents in Naples who know the value of having a place to call home. Robert Slack LLC has helped thousands of families own a home in Florida in just seven years since the brokerage was established. "Home is where we build memories and our lives with family and friends. Everyone deserves a place that is a loving safe environment to live and raise their kids. We know that Home Base Southwest Florida, who offers mental health services for veterans and military families, helps to make that happen", said Mark Taylor, Robert Slack Team Leader in Naples. "When we learned about this organization from our REALTOR® Bret Borshell, the vote was unanimous among our agents that we needed to pitch in wherever we could".

In 2006, Teresa joined the Navy right out of high school and after training departed for Iraq. While in the Haditha Triad defending the Haditha Dam under the program Lioness, Teresa focused on searching for civilian females to ensure they were not smuggling weapons or men dressed as women attempting the same. Her service ended after being medically discharged in 2009. She returned home to begin her married life with her then husband and their child. That marriage ended in divorce and her ex-husband passed earlier this summer. "His passing devastated our son," said Teresa. Six years after her divorce she remarried and had two more children. When her youngest two were three and four years old, she noticed some strange behaviors, she had them evaluated. Both were diagnosed with autism. This was very stressful for her and her husband and the lack of support from family ultimately led to a second divorce. "Regardless of the lack of support, I'm happy and blessed to say that this past July I was finally able to purchase my kids their forever home," said Teresa.

Teresa is now a single mom. When the agents of Robert Slack LLC asked Teresa what they could do for her home, she immediately focused on the needs of her children. "She asked if we could create a safe play-ground environment in her large yard complete with a therapeutic safe swing, splash pad with a water fountain type play area, an inground trampoline, covered pergola area she could watch the kids from and another autistic specific designed play areas. You could see that her whole focus was on the wellbeing of her children, not the beautification of her home.



For that reason, we knew the need was justified and we want to bring her dreams to reality," said Taylor. Robert Slack Naples Team is coordinating everything needed to transform Teresa's backyard into a safe play area. There are companies sponsoring Teresa's cause, such as Elegant Landscape Lighting who's donating time and materials to install outdoor landscape and playground lighting at no charge. Friga Tyme is also donating time and materials to construct a pergola. There is a GoFundMe account where other organizations, companies, and individuals can donate if they feel in their hearts helping Teresa and her children.

To donate visit <https://www.gofundme.com/f/operation-childs-play>.



Home Base Southwest Florida (SWFL), a Red Sox Foundation and Massachusetts General Hospital Program, is dedicated to healing the invisible wounds for Veterans, Service Members and their Families through world-class clinical care, wellness, education and research.

As a National Center of Excellence sector clinic in the nation devoted headquartered in Boston's Charlestown Navy Yard, Home Base operates the largest private clinic to healing invisible wounds such as post-traumatic stress disorder, traumatic brain injury, anxiety, depression, co-occurring substance use disorder, military sexual trauma and family relationship challenges. To date, Home Base and Home Base SWFL has served more than 24,000 Veterans and Family members with care and support, provided over 79,000 on-line and in-person training sessions to clinicians, educators, first responders and community members nationally, and remains at the forefront of discovering new treatments -- ensuring a brighter future for the 21st century warrior and military family.



Robert Slack, LLC specializes in assisting families to purchase or sell a property in the sunshine state of Florida. Robert Slack is a Real Estate brokerage founded in 2014 in Ocala, FL by Mr. Robert Slack when he was 67 years old. After going through difficult times, he decided to open his own Brokerage. A few years later, he partnered with Dan Walters, the COO of Robert Slack LLC, and now the company is celebrating its 7th anniversary. The brokerage has become a highly respected company and is the #1 real estate team in FL and the U.S. with over 700 agents. The brokerage is expecting to close Sales of \$2.2 B in 2021. Robert Slack has helped over 20,000 families become homeowners. The company has been successful by having a Family Culture environment. The leaders of the company strongly promote values, teamwork, mentoring, training, and caring for each other. After their sudden growth and success, they opened a private non-profit organization called Slack Serves to partner with other organizations and serve the communities in Florida with volunteer work to help those in need. They are on the mission of "Changing Lives, one home at a time".

Robert Slack LLC and Home Base Southwest Florida will be assisting Teresa Ruiz so that her home is prepared for the great work of raising and developing two children with autism.



Anyone interested in helping out Teresa or other Veterans in the SWFL area please reach out to Home Base SWFL or to donate, please visit [www.HomeBase.org/SWFL](http://www.HomeBase.org/SWFL)



# CAN CBD HELP WITH MENTAL HEALTH DISORDERS?

**S**tress, anxiety, PTSD, OCD and other mental health disorders are made up of both psychological and physical symptoms. The complex anatomy and process of our brains help us to better understand the production of fear, anxiety, worry, and the decision to take flight or to fight.

When anxiety and PTSD disorders are left untreated or undertreated, several areas of the brain like the hippocampus (regulates emotions) and the prefrontal cortex (decision making, planning abilities) shrink causing long-term damage.

The stark reality is that the "standard of care" treatment for anxiety and PTSD often falls short. When these therapies disappoint, patients need alternatives for their brain and bodily health, cognition and long-term ability to function and experience calm.

## Is CBD Helpful?

Can CBD Help reduce anxiety and the symptoms that coincide? Many individuals are incorporating CBD into their health and wellness lifestyle to help them feel a sense of calm.

## A Study Concerning the Effects of CBD on Anxiety

Recently, a peer-reviewed study was conducted on the effects of CBD on anxiety. The results were as follows: Overall, existing preclinical evidence strongly supports the potential of CBD as a treatment for anxiety disorders. CBD exhibits a broad range of actions, relevant to multiple symptom domains, including anxiolytic, panicolytic, and anticomulsive

actions, as well as a decrease in autonomic arousal, a decrease in conditioned fear expression, enhancement of fear extinction, reconsolidation blockade, and prevention of the long-term anxiogenic effects of stress. Activation of 5-HT1ARs appears to mediate anxiolytic and panicolytic effects, in addition to reducing conditioned fear expression, although CB1R activation may play a limited role. By contrast, CB1R activation appears to mediate CBD's anticomulsive effects, enhancement of fear extinction, reconsolidation blockade, and capacity to prevent the long-term anxiogenic consequences of stress, with involvement of hippocampal neurogenesis.<sup>1</sup>

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

## About Hemp Joi

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

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

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

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# The Holiday Season is Stressful: What This Means for Your Heart Health

**Dr. Joseph Freedman MD, MBA**

**T**he Holiday season is upon us, and with all of the festivities, we should consider that this time of year can actually put a great deal of stress on our hearts. Heart disease is still the leading cause of death in both men and women, and during the holidays, it's essential to better understand and implement heart health and risk prevention.

## Did you Know that Heart Attack Risks Increase Around this Season?

The risk of heart attack increases substantially during and after the holidays. The term "post-holiday heart attack" is a condition that is well-known by medical professionals. We are busier than ever during and after the holiday season. With parties, gift shopping, community events, and family gatherings, our stress levels are quite often through the roof. Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, and the fact that most of us overindulge during this time of year. For example, we're overeating, eating the wrong foods, like excessively salty and fatty fare, or we're drinking too much alcohol.

When we overeat, it can raise our cholesterol levels, and when we drink too much alcohol, it can cause ventricular fibrillation. Ventricular fibrillation causes rapid, electrical stimulations in your heart, and you may experience a dangerously high heart rate. Taking the time to make wise decisions can be the straw that allows for a happy holiday or an unfortunate one.

## Keeping Your Heart Healthy Through the Holidays

- Avoid excessive alcohol consumption
- Cut down on stress levels
- Eat a healthy diet
- Exercise multiple times per week
- Get physical examinations and regular checkups recommendations
- Get professional help for cutting out narcotics and other drugs
- Practice relaxation methods
- Stop smoking
- Learn to say no/too many activities can lead to undue anxiety



## Diet

Eating a healthy diet is strongly recommended for many health benefits, but in terms of keeping our hearts ticking along, a diet low in saturated fat, high in vegetables and fruits, legumes, healthy oils like olive oil and avocado is critical. Also, consuming less unhealthy carbohydrates and more low-fat proteins like fish and poultry are crucial. If you have high blood pressure, minimizing salt is also highly significant. Instead of salt, try substituting with lemon or spices and herbs.

## Stay Active

Carve out time to exercise. It's recommended that we get 2.5 hours of moderate exercise weekly or 1.5 hours of active cardiovascular training per week. It's okay to do a combination of the two, by walking one day for 20 minutes and sprinting the next for 30. No matter what you decide, you should always consult your physician before embarking on any workout plan. Along with cardiovascular uptake, exercise helps to increase the oxygen in our blood, and this is relevant to our overall heart health.

## Stop the Cycle of Harmful Habits

If you smoke, stop now. Smoking causes an array of adverse health effects, including increasing plaque buildup in our arteries, raising bad cholesterol, decreasing good cholesterol, and damages the vessel walls, to name a few. If you smoke, your chances of a heart attack are incredibly high; smoking causes 6 million deaths per year. Talk to your physician about a specific smoking cessation plan for you. This holds true for any drug addictions that you may have. Do not wait; get help today and enjoy this holiday season with friends and family in a healthy state.

At Cardiac Care Group, they take your symptoms seriously and are prepared to see you and to discuss your conditions. They specialize in providing a wide range of services that focus on the prevention, prompt diagnosis and state-of-the-art treatment of cardiovascular disease.

## Joseph Freedman, M.D., Cardiac Care Group

Dr. Freedman brings many years of experience as a cutting edge cardiologist specializing in the prevention, diagnosis, and treatment of all cardiac disease. He trained at the prestigious Cleveland Clinic, continually ranked #1 in Cardiovascular Care, where he focused on cardiac imaging. He achieved five board certifications in Internal Medicine, Cardiology, Comprehensive Adult ECHO, Nuclear Cardiology and Cardiac CT. During his tenure as the lead noninvasive cardiologist at Florida Medical Center in Ft. Lauderdale, he helped lead the hospital to achieve Level 5 chest pain certification, the highest designation of cardiac excellence.

He has spoken on national health care radio programs and has appeared on local news, highlighting the latest in cardiovascular care. Dr. Freedman prides himself on being an advocate for the patient. Every patient is unique, and he works carefully with leading local and national experts to make sure patients receive the best specialty procedural care possible for that particular case. Dr. Freedman has done research in cardiac MRI studies of the heart, in nuclear scanning, and has participated in the research trials of several leading cholesterol-lowering drugs. Dr. Freedman also has extensive experience in pulmonary hypertension and ran a large clinic in Broward County for these specific and often undiagnosed patients. *Dr. Freedman speaks Spanish.*

Contact Cardiac Care Group at (239) 574-8463



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



# Three Steps to Better Health for Aging Bones and Joints

**A**s we grow older, we begin to lose bone tissue and muscle mass. Accompanying these changes is an increase in the delicacy of our bones and a decrease in overall muscle strength. As this occurs, we can become at risk of developing bone conditions such as osteoporosis, which causes bones to become weak or brittle. In addition, when the muscles surrounding the joints weaken, greater strain is placed on the joints, which can cause the protective cartilage that cushions the bones to break down, causing joint inflammation and increasing the risk of osteoarthritis.

In order to maintain overall health and independence as we age, it is essential to care for the health of our bones and joints by taking steps to remain active, and keeping our bodies both healthy and happy throughout the various stages of aging. Although the fragility of bones and joints increases as we age, many of the changes in muscles, joint and bones are due to lack of use, rather than simply getting older and how our life styles have changed. Years ago, you would walk to the store, to church or to visit with friends. Today, the convenience of driving has taken away simple everyday exercise. Preventative steps can be taken reduce the risk of injury or development of arthritis. Below are three steps to help maintain optimal bone and joint health.

- **Exercise regularly.** Thirty minutes of daily physical activity can not only help you feel better, it can also help in the prevention of some medical conditions. Exercise is very important to keep the joints flexible, the muscles around the joints strong, and the bone and cartilage tissue healthy. A balanced



fitness program should incorporate aerobic, strengthening and range-of-motion exercises. Be careful with stressful resistive exercises. Heavy pressure into joint surfaces can cause injury especially in the aging joint. Try to think of exercise as a daily ritual like bathing, brushing your teeth, or just combing your hair.

- **Get your recommended value of Calcium and Vitamin D.** Calcium is essential to maintain strong bones and teeth, and must be absorbed from your dietary intake. Sources of calcium include green leafy vegetables, milk and other dairy products, salmon, almonds, tofu and any food products fortified with calcium. Vitamin D is important for bone health because it aids the body's absorption of calcium.

- **Know your body.** If you have had fractures in the past, you are at a greater risk of having them reoccur. Reduce your risk of falls and fractures by having your physician check your eyesight, prescription medications and balance to assess your risk of falls, and ask for tips that will help you prevent falls that can lead to broken bones and aching joints.

In addition, always be cautious when adding activities and new exercises into your fitness routine. New fad exercises might be fine for younger people. Don't forget, your body parts have some mileage on them. Whether you are new to the fitness scene, or are in good physical shape, do not try to take on too many activities at once. Be sure to consult an orthopedic surgeon who can advise you for an appropriate form of exercise for your age group.

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

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

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

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

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



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

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

## Dental X-rays and Safety Concerns

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

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

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

\*source: American Dental Association



Ricardo S. Bocanegra, D.D.S.

## Porto Fino Dental

6805 Porto Fino Cir., Fort Myers, FL 33912

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[www.portofinodental.org](http://www.portofinodental.org)





## Health Insurance – Medicare 2021 Annual Enrollment Period Ends December 07, 2021, Individual/Family Open Enrollment is in effect now through January 15, 2022.

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

**M**edicare 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, 2022. 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.

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.

### Dates and deadlines for 2022 health insurance – Health Insurance Marketplace.

You can enroll in or change 2022 Marketplace health insurance right now. The 2022 Open Enrollment Period runs from Monday, November 1, 2021 through Saturday, January 15, 2022.

- **November 1, 2021:** Open Enrollment started — first day to enroll, re-enroll, or change a 2022 insurance plan through the Health Insurance Marketplace®.
- **December 15, 2021:** Last day to enroll in or change plans for 2022 coverage that starts January 1, 2022.
- **January 1, 2022:** 2022 coverage starts, if you've enrolled by December 15, 2021 and paid your first premium.
- **January 15, 2022:** Last day to enroll in or change plans for 2022 coverage. After this date, you can enroll or change plans only if you qualify for a Special Enrollment Period.
- **February 1, 2022:** 2022 coverage starts if you enrolled by January 15, 2022 and you've paid your first premium.

**Individual/Family –** There are other options available if you do not have pre-existing conditions. These plans can be a lot less expensive especially if you do not qualify for government subsidy. There are national carriers that offer very good plans with comprehensive coverage.

### Important:

**2022 Open Enrollment ends January 15**  
If you don't act by January 15, 2022, you can't get 2022 coverage unless you qualify for a Special Enrollment Period.

Enroll by December 15, 2021 for coverage that starts January 1, 2022.

You can preview 2022 plans and prices now and complete your enrollment starting November 1.

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.

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

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# ESTATE PLANNING FOR HEALTHY RELATIONSHIPS

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

**P**rotecting and promoting healthy relationships is near and dear to everything that we do when helping people with estate planning matters. A couple of caveats for this article are as follows. First, estate planning is all about identifying key relationships with family and friends, both past, present and future, in so many ways. Second, estate planning is a forum to improve relationships by placing focus on what is important in life, fostering communication, and prioritizing those key people in our lives. These two factors are the basis of the following Florida estate planning tips for protecting relationships between your friends and loved ones.

On the flip side, another unfortunate factor, is that poor planning paves the way for huge relational conflicts.

American writer and humorist Ambrose Bierce observed, "Death is not the end. There remains the litigation over the estate."

Bierce's remark alludes to an unfortunate but all-too-common scenario. Whether caused by an ambiguous or absent will, squabbles over inheritances, or misunderstandings about a decedent's final wishes, estate litigation in Florida and elsewhere is a difficult, costly, and emotionally painful process. And the risk is often greater for high-net-worth individuals because, frankly, there is more to fight over. Family dynamics such as sibling rivalry as it can impact Florida estate planning can also play a role and should be considered.

Fortunately, though, while death may be inevitable, estate litigation can be avoided—or at least made much less likely (with all due respect to Ambrose Bierce). In fact, avoiding ambiguity and the litigation it sometimes causes is one of the fundamental goals of estate planning. If you protect the relationships between your loved ones by making things easier down the road for your surviving family members (and anyone else involved with your estate), there are a few key points to keep in mind while you're still in a position to do something about them.

## Considering Our Relationship with Money and Wealth

Our relationship with money is a lot like our love relationships and this is especially true in the estate planning world. Having dealt with so many different people and families, it always strikes me how one person can be so different from the next with regard to money. For some, the topic of money and finances appears to be a relaxed and enjoyable one and for others it seems to be a stressful battle against scarcity. Of course, there are varying degrees of these two extremes all along the spectrum. What seems clear to me at this point is that money is a charged topic which engenders a vast array of emotions in the same way that our other relationships do.

The fact is, the Florida estate planning process is a kind of "ground zero" where relationships, love and money meet head on and sometimes collide. Of course, estate planning is an act of love to plan for your loved ones and this process is specifically about what happens to your money and valuable assets when you no longer need them. This is the essence of love and it is why I have the highest respect for folks who prioritize estate planning.

Often folks are aware of relationship issues with the people in their lives but are unaware of how the relationship with money affects themselves and others. Our relationships also affect our health because healthy relationships promote good energy and a relaxed stress level and unhealthy relationships can have the opposite impact.

For me, a healthy relationship with money, like all relationships, starts with awareness. We all had a certain amount of conditioning in our formative years and this has influenced our thoughts and beliefs today. Awareness is important because without it, we operate on a sort of auto-pilot concerning our finances and our other relationships.

## Ideas for becoming more aware of our relationships?

1. Talking to trusted coaches and therapists or reading their books
2. Journaling
3. Meditation
4. Asking trusted friends and colleagues for honest feedback
5. Getting okay with discovering the truth

## The Importance of a Clear Unambiguous Plan

The first and foremost of the following important Florida estate planning tips for protecting relationships, is to prepare a comprehensive map for your loved ones to follow after you're gone. You don't want them to have to improvise at the last minute, and you don't want to leave your family in a position where they have to make guesses about what you might have wanted.

To establish a top-notch Florida estate plan plan, you first need to brainstorm about overall strategy. What exactly are you trying to accomplish, and what are your priorities? Do you want to use a will or rely on a Florida revocable living trust and other non-probate transfers in Florida such as using Florida TOD and POD accounts to avoid probate. Or, will you adopt a hybrid approach that allows some assets to transfer through probate administration in Florida and others to stay out of probate?

Is your principle goal efficiency, simplicity, or cost-effectiveness? Should you keep most of your wealth in its current form or shift it to other assets before transfer to the next generation?

Once you identify your goals and decide on a general approach, you need the right estate-planning documents in Florida if you have a Florida homestead or are a Florida resident, where you are a resident to make it happen.

It's easy enough to find a Florida last will template online these days—and virtual Florida estate planning with a Florida attorney assuredly can work for simpler estates. But if your situation or estate is complex or out of the ordinary, a cookie-cutter form might not cut it. A customized last will or trust in Florida takes more time and expense to prepare, but the front-end investment is more than worth it to have a high-quality document that eliminates future doubt and protects family harmony.

Of course, more often than not, a comprehensive estate plan includes more than just a will. Advance healthcare directives in Florida—like the living wills, healthcare-surrogate designations, and Florida powers of attorney ("POA")—all provide guidance to your family members if you ever reach a point where you can't speak or act on your own behalf. Living wills in Florida declare what kind of medical treatment you want—or do not want—if you become incapacitated. A designation of healthcare surrogate empowers another person to make healthcare decisions for you if you're ever not able to. And a general POA grants another person authority to act on your behalf in financial matters.

Having clear advance directives prepared ahead of time saves your loved ones the time, money, and stress involved in seeking judicial appointments, if they ultimately prove necessary. And, if a quick decision is needed in a future emergency, someone you trust will be empowered to make it.

## Arrange Assets Effectively

A well-thought-out plan is necessary for a smooth, efficient estate, but it's not sufficient in and of itself. A critical part of Florida estate planning for protecting relationships, is taking action to start putting your well prepared plan into action. For estate assets, that means arranging and, if necessary, re-titling real estate in Florida for eventual distribution.



Living trusts provide the most obvious example. You can hire a razor-sharp lawyer to design a trust perfectly crafted for your estate, but if you don't actually fund your Florida trust (that is, formally transfer assets to the trust), it won't do you any good. That's because a Florida successor trustee doesn't have authority to manage or distribute assets that do not legally belong to the trust. So, if your trust will hold real estate, you need to record a deed transferring the property to the trust. If titled personal property or financial accounts in Florida will be distributed through the trust, they must be re-titled in the trust's name. For property without a title, you can memorialize the transfer through a certificate of assignment or similar document.

Another important standout among the Florida estate planning tips for protecting relationships, is making sure that if your estate plan involves other non-probate transfers, as mentioned above, assets are correctly arranged to allow for the transfer. If you want a bank account to transfer to a loved one through a POD designation, you need to actually direct the bank to put the POD designation on the account. And the same idea applies to jointly owned assets slated to automatically transfer through a right of survivorship.

Personal property tends to get overlooked in estate planning because it often doesn't have as much financial value as real estate, financial accounts, or securities. But it does frequently have a lot of sentimental value, and that, too, can lead to relationship friction. Wills usually don't set forth line items for anything but the most valuable personal property, leaving executors to decide who gets what—and sometimes leaving heirs to fight about it. You'd be surprised at just how often the kids bicker over who gets Grandma's engagement ring or the piano she played at church (or maybe you wouldn't).

Under Florida law, a testator can preempt this problem by incorporating a "personal property memorandum" within a Florida will. A personal property memorandum lists individual items and identifies which heir will receive each. The advantage is that you can continuously update the memo as personal property is obtained or transferred, without having to repeat all the formalities needed to amend a will. A thorough personal property memorandum is a simple but effective tool to prevent infighting among surviving family members.



### Skillfully Appointing Florida Estate Planning Roles

A critical part of estate planning in Florida (or wherever you are) is about designating the most trustworthy individuals in your life to handle your financial and medical affairs in the event you can no longer do so. What many people don't realize is that designating these key roles involves a high level of trust and respect for the relationship and this can be communicated during one's lifetime.

When it comes to Florida estate planning tips for protecting relationships, key estate planning roles that relate to the key documents in Florida are the Florida durable power of attorney, the healthcare surrogate in Florida, the Florida personal representative and the Florida successor trustee.

Naturally, people feel honored when entrusted and respected and this process should be shared during the planning process. This alone can bring a new closeness and sense of value to these relationships.

In addition, planning ahead for trust and estate successors in Florida (or wherever you are) by communicating in advance about these key roles is an important part of preparing successors.

### Select the Right Fiduciaries

The most obvious of the Florida estate planning tips for protecting relationships may be selecting the right people for the right roles. Relying on estate successors in Florida is an unavoidable component of estate planning for obvious reasons. If you use a Florida last will, you'll need a dependable executor a/k/a Personal Representative in Florida who's up to the task. If you create a trust—even if you're the trustee initially—you'll need a competent successor trustee waiting in the on-deck circle. If you use a designation of healthcare surrogate or a durable power of attorney, it's absolutely vital to pick someone who is capable of performing those duties, who makes good decisions under pressure, and who you can trust to act in your best interests and honor your wishes.

The alternative to choosing fiduciaries is to let a court choose them for you. Judges generally try to appoint a family member or close friend—someone the judge thinks is close enough to have a reasonably good understanding of the situation. But a judge doesn't know your family like you do. He or she won't know which family members keep their heads in tough situations and which struggle under stress. Or who's scrupulously honest and who's a little less particular.

Failing to name fiduciaries can be a recipe for family conflict. An early quarrel over who serves as an estate's personal representative can set the tone for a contentious administration process. When you clearly establish exactly who will serve in which roles and who will have final decision-making authority in matters relating to the estate, you help nip in the bud the arguments that too frequently result in long-term family disharmony and wasteful, hard-feelings-inducing litigation.

### Educating Fiduciaries and Family Members

Discussing your intentions openly concerning "who gets what" assets is among the most helpful Florida estate planning tips for protecting relationships.

As a bit of a refresher course, a definition of your assets in Florida, or elsewhere, is anything you own that has value.

Everyone who takes the steps to do estate planning, usually has ideas about where certain assets should be distributed upon their death and this can be for any number of reason ranging from closeness to the person to the needs of the beneficiary. When a person is able to communicate with their loved ones in advance as to why they are considering certain distributions, a new understanding and closeness can emerge.

The take away here is that there are MANY ways in which estate planning can foster a greater closeness and bonding in relationships and above a only a couple highlights. The key is to be proactive and perhaps brave in approaching discussions that may be uncomfortable because there is a huge opportunity in this process.

Speaking with fiduciaries and family members is one of the simplest things you can do to make an estate plan run smoothly. But it can also be one of the most uncomfortable. The idea is to have frank conversations with the people who will be involved in your estate—letting them know how your estate plan will work, what you are trying to accomplish, what is expected of each individual, and your wishes for after you're gone.

It can be tempting to think that, once you have everything on paper, discussing your estate plan further is unnecessary. However, legal documents are not always as clear and unambiguous to surviving family members as they are to the lawyers who draft them. Trustees, executors, and beneficiaries may have questions about the intent behind certain provisions. They may need more detail or elaboration to be certain they honor your wishes.

If possible, it's a good idea to set up a family meeting and go over your estate plan with everyone in the same room. With everyone together, you can discuss what you want to happen in different scenarios and open the floor to questions. This approach reduces the risk of one family member doubting instructions provided to another verbally. When it comes to something as important as last wishes, for example, a dispute over loved ones' recollections can quickly blow up into a conflict that hurts the family for years. And that's precisely what we're trying to avoid.

To close with a bit of encouragement, we all know that a journey of 1000 miles begins with a single step. Planning ahead seems obvious, but it can be trickier and much more daunting than it sounds and this can lead to procrastination with obvious consequences. If, like most people, you don't spend a lot of time thinking about wills, trusts, and estates, you might not anticipate potential issues in your situation—and you might not be familiar with the ins and outs of your state's relevant laws.

Consulting with an experienced professional can be a huge help in creating the kind of estate planning discussed above. An experienced estate planning attorney in Florida or wherever you reside can do more than simply draft documents, but create directions that unambiguously implement your objectives, while also providing valuable strategic advice about ways to proactively address potential trouble areas in order to protect the relationships that matter most to you.







# MULTIPLE HEALTHCARE SERVICES IN ONE OFFICE?

By Tess Lambert, APRN, CMO

*"Time is Money."*

*"Convenience has value."*

*"Teamwork makes everything work better."*

We tend to believe that these statements are true, yet we seldom think about our medical providers using these assumptions. Imagine the convenience of having your primary healthcare provider, your counselor, your massage therapist, and your psychiatric care provider in the same office working as a team.

Hope & Harmony Holistic Health is based on the philosophy that offering multiple services in one office not only provides benefits to you as a patient, but results in better care due to our work as a team.

When Arthur (not his real name) first came to see us, he met with Tess, our psychiatric provider. While she was able to diagnose him and help him get started with a medication to help, she also recognized that he would benefit from psychotherapy, so she recommended that he see Kelli, our counselor. Tess and Kelli agreed that they should sit down with him together and discuss his diagnosis and treatment plan.

Arthur was grateful to have them both together to answer questions and clarify the work he needed to do to live a healthier, happier life.

This is the approach Hope & Harmony Holistic Health takes with every patient. When Dr. Melissa, our general medicine provider, has a patient see her for muscle pain, she'll refer her for a massage with Angie, who uses Dr. Melissa's notes to provide the perfect therapeutic massage.

As we look for new and innovative ways to provide holistic medical services to the Charlotte County area, this team approach is always foremost in our mind. Because every person deserves to be the healthiest version of themselves, our purpose at Hope & Harmony Holistic Health is to help our patients discover what that means for them as individuals, and to make a plan for how to achieve their health goals.



**We are committed to working with each person to reduce dependence on medications by living the healthiest life possible as defined by each individual.**

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

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

Our mission is to provide a holistic approach to overall health in order to reduce medication use and help each person become the healthiest version of themselves. Using a team approach and offering multiple services under one roof helps us accomplish this mission.

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# It's A Wonderful Life

By Pastor Timothy Neptune

**E**very year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine **what you are going to love**. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... **how am I going to live?** To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is...**who are you going to help?** If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.



When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



*Tim Neptune is the lead pastor of Venture Church Naples, located on the campus of Florida South Western State College in Naples, FL.*

*For church times and other information, visit [www.venturenaples.com](http://www.venturenaples.com) or call (239) 775-5323.*



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