

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

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

February 2022

Lee Edition - Monthly

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KIDNEY  
DISEASE &  
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ISSUES**  
ARE INTERCONNECTED

**DEPRESSION**  
CAN ADVERSELY  
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**THE LONGEVITY  
FACTOR:**  
A 102 YEAR OLD'S ADVICE  
FOR LIVING WELL

**COVID-19 AND  
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\*AHCA 2019-2020 data, retrieved 10-01-21

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By Neetu Malhotra, MD

# Stress Management

**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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# Retirement Evolved

## Strategic Philanthropy

By Adam Bruno, Author of *They Lied: The Real Cost of Your Retirement*



**A**mericans made more charitable donations in 2020 than in 2019. In fact, gifts soared to a record \$471 billion – a 5.1% increase from the prior year. This is even more remarkable given the fact that the vast number of regular charitable fundraising events, such as walks and runs, were put on hold during the pandemic.

While individual contributions typically comprise the majority of charitable donations, the biggest increase last year came from foundations, which posted a 17% increase to the tune of \$88.5 billion in contributions. That's the largest share of donations ever from foundations. By contrast, corporate contributions dropped by 6% last year, which was no surprise since those gifts typically align with pre-tax profits and the national gross domestic product – both of which declined in 2020.<sup>1</sup>

For those seeking to make donations, consider some of the following strategies.

### Windfalls

You may have received a stimulus check last year and it's been sitting in your savings account because you really didn't need that money. One good use is to donate those dollars to a charitable cause, perhaps to help out a food bank or other local organization. Note that for the 2021 tax year, single filers may donate up to \$300 in cash (\$600 for married couples filing jointly) as an above-the-line deduction. This means you don't even need to itemize to make a small but meaningful charitable contribution.

### Donor-Advised Funds

A donor-advised fund (DAF) is similar to having your own personal foundation. You basically make a gift to a tax-deductible account which is administered by a public charity that permits donors to recommend gifts to eligible charities. Contributions are deductible in the year they are made, even if the money isn't dispersed that year. A DAF also enables donors to invest the money for a larger donation to the charities of your choice sometime in the future. Donor-advised funds can even accept stock donations, which is a good way to offload a highly appreciated stock in your portfolio without having to pay capital gains.



**Donor-advised funds can even accept stock donations, which is a good way to offload a highly appreciated stock in your portfolio without having to pay capital gains.**

<sup>1</sup> US News & World Report. June 15, 2021. "Charitable Giving in the U.S. Reaches All-Time High in 2020." <https://www.usnews.com/news/business/articles/2021-06-15/charitable-giving-in-the-us-reaches-alltime-high-in-2020>. Accessed Aug. 9, 2021.

<sup>2</sup> Christine Benz and Susan Dziubinski. Morningstar. May 24, 2021. "Charitable Giving Strategies in 2021." <https://www.morningstar.com/articles/1035577/charitable-giving-strategies-in-2021>. Accessed Aug. 9, 2021.

### Qualified Charitable Distribution

Investors older than age 70½ can make qualified charitable distributions (QCD) of up to \$100,000 a year. By giving instructions to have assets transferred from your IRA custodian directly to the charity(s) of your choice, you can reduce your IRA tax obligation and the balance subject to subsequent required minimum distributions (RMD).<sup>2</sup>

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# A Heart-to-Heart about Hope's Advanced Cardiac Care

## Program Offers Support for People Living with CHF, Cardiac Disease, and Related Serious Illnesses

Hope Healthcare provides comforting care to everyone in our community living with serious illness. Since the organization has served as Southwest Florida's safety net for more than 40 years, it's likely that you, a family member, or friend has been touched by one of Hope's programs or services.

This February, American Heart Month provides an opportunity for a "heart-to-heart" about a relatively new program you might not already be familiar with – Hope's Advanced Cardiac Care Program.

This special program was created to offer support, comfort, and peace of mind to people in Hope's palliative care and hospice programs living with advanced or end-stage cardiac disease, chronic cardiac conditions such as congestive heart failure, arrhythmias, and past cardiac arrest.

Everyday living can be a challenge with a chronic heart condition. Using a holistic approach, Hope works as part of the patient's current care team, providing practical and emotional support related to illness.

Hope also helps educate their families and care partners. Participants learn how to:

- Better manage their fatigue
- Cope with low energy levels
- Control shortness of breath
- Minimize pain and discomfort
- Navigate loss of appetite
- Reduce stress and anxiety
- Address difficult emotions like sadness or depression



As with all Hope programs, the goal of this type of care is to improve the quality of life for both the patient and their loved ones.

Hope's physicians work in concert with the patient's doctors, including their cardiologist and primary care provider while adding additional care with a support team of nurses, aides, social workers, therapists, and volunteers to create a personalized treatment plan.

More than 90 percent of the people in Hope's care reside in their own homes. Care is also provided at one of four Hope Care Centers located in Fort Myers, Bonita Springs, Cape Coral, and Lehigh Acres. Others may receive help in assisted living or skilled nursing facilities. In all settings, patients receive state-of-the-art Medicare care and supplies.

Hope facilitates home treatments to minimize discomfort and maximize treatment compliance with cardiac surveillance. Families benefit from 24/7 support. This convenient, personalized approach to care may help reduce cardiac-related emergency room visits or hospitalizations.

Hope's Advanced Cardiac Care Program helps people of all ages coping with the challenges of heart disease and heart failure. With help, participants may be able to increase strength, improve movement, and conserve energy. Most importantly, families are able to spend time on what matters most.

**Hope Advanced Cardiac Care**

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**Visit [HopeHCS.org/Programs](https://www.hopehcs.org/Programs)**

# Diabetes, Kidney Disease and Vascular Issues Are Interconnected

**H**igh blood sugar and vascular disease are interrelated. In our country, nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. If you have diabetes, it's important to work closely with your primary care physician, your nephrologist and your vascular surgeon because Vascular diseases, particularly atherosclerosis, are major causes of disability and death in patients with diabetes.

If you are one of the millions of Americans living with diabetes or prediabetes, you are at a greater risk of a comorbid disorder known as diabetic kidney disease.

*The National Kidney Foundation published 7 important Diabetic Kidney Disease factors, which are described below:*

Diabetic Kidney Disease is a decrease in kidney function that occurs in some people who have diabetes. It means that your kidneys are not doing their job as well as they once did to remove waste products and excess fluid from your body. These wastes can build up in your body and cause damage to other organs.

## 1. What causes it?

The causes of diabetic kidney disease are complex and most likely related to many factors. Some experts feel that changes in the circulation of blood within the filtering units of the kidney (glomeruli) may play an important role.

## 2. Who is susceptible to diabetic kidney disease?

The following risk factors have been linked to increased risk of developing this disease: high blood pressure, poor glucose (sugar) control and diet.

## 3. I have diabetes. How do I know if my kidneys are affected?

In the early stages, there may not be any symptoms. As kidney function decreases further, toxic wastes build up, and patients often have nausea, lose their appetites, have hiccups, and gain weight due to fluid retention. If left untreated, patients can also develop heart failure and fluid in their lungs.



## 4. How long does it take for kidneys to become affected?

Almost all patients with Type I diabetes develop some evidence of functional change in the kidneys within two to five years of the diagnosis. About 30 to 40 percent progress to more serious kidney disease, usually within about 10 to 30 years.

The course of Type II (adult-onset or non-insulin-dependent) diabetes is less well defined, but it is believed to follow a similar course, except that it occurs at an older age.

**Vascular & Vein Center at Gulfcoast Surgeons** provides dialysis access and work closely with nephrologists and dialysis centers. Many diabetic patients also experience vascular issues and need a vascular surgeon to provide dialysis access, vascularization and even limb salvage.

In the event that your kidneys fail you will need dialysis therapy to clean and filter your blood unless or until you have a successful kidney transplant. One of three hemodialysis access points will be created by your vascular surgeon. A fistula is an access made by joining an artery and vein in your arm, a graft, made by using a piece of soft tube to join an artery and vein in your arm, or a catheter which is a soft tube placed in a large vein, usually in your neck.

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

Source:  
<https://vascular.org/patients/vascular-treatments/dialysis-access>  
<https://www.kidney.org/atoz/content/preventkiddisease>

## 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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# CATARACTS: YOUR TREATMENT OPTIONS

By Duane Wiggins, M.D.

Board Certified Ophthalmologist, Cataract & Refractive Surgeon with Quigley Eye Specialists

**Y**our eyes have a natural lens. The lens bends or refracts light rays that come into your eye to help you see. This lens should be clear. As we age, most of us will develop cataracts, which is when our lens becomes cloudy. Seeing through a cloudy lens is a bit like looking through a frosted or foggy window.

## What are the symptoms?

Most cataracts develop slowly and don't disturb your eyesight early on. You may not even know you have a cataract. But with time, cataracts can interfere with your vision and can negatively affect your quality of life. Symptoms may include:

- Blurry vision
- Light sensitivity
- Bright colors are faded
- Difficulty seeing at night
- Double vision

## How did I get Cataracts?

If you have been diagnosed with cataracts, you're not alone. Cataracts affect more than 24 million Americans aged 40 and older. By age 75, approximately half of all Americans have cataracts.<sup>1</sup>

The most common reason people develop cataracts is age. According to Johns Hopkins Medicine, age-related cataracts may begin to develop as early as 40 years old.

Over time, cataracts become worse and start to interfere with vision. This can affect your overall quality of life in many ways including reading, working, hobbies and sports. If left untreated, cataracts can cause total blindness.

## How do I treat my Cataracts?

If cataracts are impacting your quality of life or you're experiencing symptoms that interfere with daily tasks, your ophthalmologist may recommend treatment.

## About Quigley Eye Specialists

Dr. Wiggins is a board-certified Ophthalmologist, Cataract and Refractive Surgeon with Quigley Eye Specialists, a world-class eye care practice specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, facial plastic surgery and routine eye care. Quigley Eye Specialists has served the region for more than 30 years with locations throughout Florida including Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.



The only way to treat cataracts is to remove the cloudy lens and replace it with a clear, artificial lens, called an intraocular lens or IOL.

The procedure is about 15 to 20 minutes. It's very safe and painless with little downtime. Although you're awake, you're given a "twilight" anesthesia so you're comfortable.

## What is an IOL?

An intraocular lens or IOL is a tiny, artificial lens for the eye. It replaces the eye's natural lens that is removed during cataract surgery.

IOLs come in different focusing powers, just like prescription eyeglasses or contact lenses. For example, a basic IOL has only one focusing power, which means you will need glasses for all tasks. On the other hand, a multifocal IOL gives you focusing powers at various focal points, so you may not need glasses after your procedure.

Many patients with multifocal IOL implants enjoy reading again or playing golf without worrying about glasses or contacts. Many of them also report seeing more clearly with brighter colors.

## Which IOL is Best for Me?

Based on your lifestyle and the health of your eyes, your ophthalmologist will recommend a cataract vision package customized for you. For example, if you have cataracts with astigmatism, your ophthalmologist may recommend a Toric lens with laser cataract surgery.

## Cataracts with Astigmatism

Astigmatism is an imperfection in the curvature of your eye's cornea or lens and can impact your vision. When combined with cataracts, your vision may be even more impacted. During your evaluation, your eye specialist will let you know if you have cataracts with astigmatism. If so, your eye surgeon can correct your astigmatism during your cataract procedure to help you achieve your best possible vision.

## Laser Cataract Surgery

Technology Leaders in Eye Care, Quigley Eye Specialists offers patients the Catalys® Laser System. Compared to another leading laser, the Catalys was found to use less energy and demonstrated superior patient outcomes (Khodabakhsh & Hobauer, 2018).<sup>2</sup> Built specifically for cataract surgery, the Catalys is more gentle on the eye and opens the door to laser cataract surgery for patients with glaucoma.

If you suffer from cataracts or any other eye condition, Quigley Eye Specialists can help you see the life you love.

If you have blurry vision, double vision, floaters, eye pain, headaches, trouble seeing up close or far away, you absolutely need to be seeing an ophthalmologist on a regular basis. Eye disorders can escalate quickly, and many times, eye problems are overlooked but can be debilitating or even cause blindness. Keep in mind that many eye diseases do not have any initial symptoms.

## References:

1. National Institute of Health, 2021
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>



(239) 466-2020

[www.QuigleyEye.com](http://www.QuigleyEye.com)

Quigley Eye Specialists, founded in 1988, consists of more than 100 medical professionals, including surgeons, optometrists, retina specialists and technicians. Offices are conveniently located throughout Southwest Florida in Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.

**For more information, call (239) 466-2020 or visit [www.QuigleyEye.com](http://www.QuigleyEye.com).**

# The Longevity Factor:

## A 102 Year Old's Advice for Living Well

**D**orothy Newberry is a delightful, petite, classylady that thrives and looks forward to new things each day, and she just so happens to be 102 years old. To look at Dorothy, you would never know she is 102. She could easily pass for someone in their early 80's.

So, what is Dorothy's secret to living well beyond 100? Here is what she told the team at The Terraces at Bonita Springs where she currently lives:

Dorothy was born and raised in a little town in Iowa, there she met the love of her life, an electrical engineer. Dorothy was a well-educated lady—something not so common in the 1930s. She attended a business school and learned the intricacies of proofing for mistakes in business calculations and bookkeeping.

Her husband, F. Devere Newberry, had attended the University of Iowa and was an electrical engineer. They moved to other areas throughout their marriage, had three children (2 boys and 1 girl), and eventually, found themselves across the world in Malaysia, where F. Devere was transferred to for work. They lived in Malaysia for 4 years and met wonderful people and neighbors from Malaysia and other parts of the world, which had a great impact on Dorothy.

### Have an Interest in Continuously Learning

Dorothy explained, "At first I was apprehensive about living in a foreign land, but the people there, Indians, Malaysians, Chinese, and other cultures were not that different from us. We made special bonds, and some of them have even come here to visit me through the years. Although, throughout the world we have different cultures and customs, we're all similar in the way we live."

Her secrets to living long and well are to find something to pique your interest. She loves reading fiction and biographies, or anything about Winston

Churchill, and her son has recently awakened her interest in nonfiction as well. "Some of these books he gives me, I would have never chosen for myself, but I love them. It's very interesting to learn something new and it's important to stay up with the times." Said Dorothy.

### Physical Activity

Dorothy has always been an active person. Today at 102, she still walks 3 miles every day. If the weather is cool enough, she enjoys walking outside in nature, but when it's too hot or inclement, she walks indoors.

Recently she was walking in the facility and a few residents stopped her and asked her to join the group fitness class they were taking. Now, Dorothy also enjoys taking these classes and meeting new people on a regular basis.

### Nutrition

Dorothy also learned a lot about different foods and nutrition from her travels and living abroad. She enjoys eating healthy, nutritious foods and taking care of her body and mind.

### Terraces at Bonita Springs

The Terraces at Bonita Springs is a one-of-a-kind Life plan community in gorgeous Florida that offers luxury retirement in a boutique setting. Here, you'll find an intimate community with elegant surroundings and a worry-free lifestyle that allows you to take advantage of the comforts of home without the responsibility of home maintenance.

Our seamless access to amenities, events, programs, and health care are offered in one convenient location, under one roof – making it easy for you to focus on living vibrantly. Here, you can pursue new interests, enjoy friends, loved ones, and live life to its fullest.



The Terraces at Bonita Springs offers independent living, assisted living, memory support, skilled nursing and rehabilitation.

Schedule a community tour and private lunch or dinner today by calling **239-204-3469** or take a virtual tour right now!



# FOOT AND ANKLE INJURIES IN PICKLEBALL

**T**he origin: In 1965, Joel Pritchard, a Congressman from Washington State, returned to his home after playing golf with Bill Bell, a business associate, and found their families doing nothing. The two decided to fix that! They converted an old badminton court into the first Pickleball court. They used what they could find at hand - ping-pong paddles for racquets and a perforated plastic ball. They lowered the net to 36 inches and decided to allow the ball to bounce on the asphalt surface after a volley over the net. The next weekend, Barney McCallum joined the other two men to create the rules. The original purpose of the game was to create a game the whole family could play together.

There are differing reports on how the sport developed its Pickleball name. Some say Joel Pritchard's wife started calling the game Pickleball because, "The combination of different sports reminded me of the pickle boat in crew where oarsmen were chosen from the leftovers of other boats." Other accounts say the game was named after the Pritchard's dog, Pickles. Pickles would chase down the ball and run off with it.

The statistics: According to the Sports & Fitness Industry Association's (SFIA) 2021 Topline Participation Report, there are currently 3.46 million Pickleball players in the US.

- 61% of participants are men and 39% are women
- The average age for all players is 38.1 years old
- The average age for Core players is 47.5 and Casual players 33.6 years old

## 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).



1645 Colonial Blvd,  
Fort Myers, FL 33907  
(239) 430 - 3668 (FOOT)  
[www.NaplesPodiatrist.com](http://www.NaplesPodiatrist.com)



- 60% of Core players are 55 or older
- 79% of Casual players are 54 or younger

## Common Foot and ankle injuries in Pickleball:

**1. Ankle strain/sprain** – Pickleball involves sudden movements of the feet and ankles forward, backward, and side-to-side. These movements place stress on the ligaments surrounding the ankle joint. Moving side to side can cause the most common ankle injury in Pickleball – the inversion ankle injury. This is an injury where the foot rolls under the ankle and turns under. It produces a strain/sprain to the outside ankle ligaments. The ligaments can become stretched or torn. Repetitive ankle strain/sprains can weaken the normal stability of the outside of the ankle making you prone to repetitive ankle injury. The use of a functional ankle brace that allows full natural ankle range of motion while providing support and stability to the ankle joint is helpful to use for players experiencing ankle strain/sprain. Also, it is extremely important to warm up before every game or practice. Schedule time at least 5 to 10 minutes for warm-up. Start with some easy cardio (i.e., a fast walk, jog, or bike ride) to get your core temperature up. Then, do some light stretching. After play, be sure to cool down by taking a slow walk and doing a bit of stretching too.

**2. Achilles tendonitis** - Achilles tendinitis occurs from repetitive stress to the Achilles tendon. Pain can appear anywhere along the tendon, from the calf muscle to tendon's attachment at the back of the heel bone. Risk factors associated with Achilles tendonitis are tight calf muscles and suddenly doing activities that put extra stress on the Achilles tendon. With the physical maneuverings of pickleball, this certainly stresses the Achilles tendon. Symptoms include pain and stiffness along the Achilles tendon in the morning or

after periods of sitting or rest. The pain at the back of the heel worsens with activity and swelling can occur. Treatment of Achilles tendon strains includes rest, focused stretching of the tendon before/after activities, and eccentric loading exercises.

**3. Achilles tendon tear** - Achilles tendon rupture can be a complete or partial tear. This happens when the tendon is stretched beyond its ability. This can occur with a forceful and abrupt downward (plantarflexion) movement of the ankle. The Achilles tendon can also be torn when there is sudden forceful pivoting or sudden acceleration in running. This may occur during falling or tripping which, is quite common in "weekend warrior" pickleball players. Many patients describe a snapping sensation with a sudden pain in the back of the ankle or calf. Pain is severe in the back of the ankle and usually there is difficulty to bear weight on the affected foot/ankle. With a complete rupture of the tendon, most cannot flex their foot downward from the ankle. This type of injury will often require surgical repair. Prompt evaluation is imperative for optimal long-term outcome.

**4. Plantar fasciitis/heel bruise** – Plantar fasciitis and heel bruising will result from overuse or repetitive pounding on the hard playing surface. Pain can be in the arch area or bottom of the heel. Often, it is in both areas. Pain is sharp in nature to the bottom of the heel and often more painful after inactivity or rest. This is often treated with activity modification, rest, stretching, intrinsic foot exercises, and potentially shoe orthotics or heel cups.

**5. Blisters** – Blistering of the foot is usually associated with prolonged use of improper footwear and socks. Wear anti-friction socks. Make sure your shoes fit properly. You should NOT be using regular walking or running shoes on a pickleball court. These types of shoes only provide traction when you are moving in a straight line. Pickleball involves fast and frequent side to side movements. Wearing these types of shoes can cause the foot to "stick" and an injury will likely occur. Court shoes are made with a smoother and rounder sole. They do not have deep treads on their sole. The treads are also smaller and closer together than other types of shoes. These court shoe modifications allow you to move and glide on the court.

*Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.*

# Woman Finds Relief from Debilitating Painful Spine Fracture Thanks to Balloons and Cement

**N**ancy is one of more than 10 million Americans with osteoporosis, a disease marked by porous, brittle bones that can break more easily than healthy bones. Women over 50 have a 1-in-2 chance of breaking a bone due to osteoporosis.<sup>1</sup>

Osteoporosis is sometimes called a “silent disease” because it has no symptoms before a fracture occurs.<sup>2</sup> That’s what happened to Nancy.

“I was walking in a parking lot, and I stepped on something that tripped me up,” says Nancy, 73, “and I fell very hard.”

The fall caused Nancy severe pain.

“I couldn’t walk, I couldn’t do anything, I was basically house-bound and couch-bound, I couldn’t drive, nothing.”

Nancy says she finally broke down and told her husband to take her to the emergency room.

“I said, ‘Please, X-ray my spine!’”

The ER doctors found the source of Nancy’s unremitting pain: a compression fracture of her T9 vertebra – in other words, a broken back.

Nancy went to see an interventional radiologist who ordered an MRI to get a better look at Nancy’s spine. Because her fracture was still acute and her pain was a 10 out of 10, the radiologist recommended she undergo Balloon Kyphoplasty (BKP).

Balloon Kyphoplasty is a minimally invasive procedure for the treatment of spinal fractures due to osteoporosis, cancer, or non-cancerous tumors. The radiologist punctured Nancy’s back with a needle to insert a tiny balloon into the damaged vertebra. He then used a pump to inflate the balloon and restore the original height of the vertebra. Then he injected acrylic bone cement into the balloon to create an internal cast to repair the fracture.

The procedure takes only about an hour. It typically requires only local anesthesia, and it’s often done on an outpatient basis in a clinic or office.

Medtronic developed balloon kyphoplasty, a minimally invasive procedure that reduces and stabilizes VCF related to osteoporosis, cancer or non-cancerous tumors. Since the initial technology launched in 1998, Medtronic has developed better



balloons, an improved cement delivery system and added access tools shown to reduce hand radiation exposure for the surgeon. Over the years, studies comparing balloon kyphoplasty to non-surgical management have shown balloon kyphoplasty produced better pain relief and quality of life for patients with acute VCF compared to patients treated with non-surgical management.<sup>3-5</sup>

Although the complication rate for BKP is low, as with most surgical procedures, serious adverse events, some of which can be fatal, can occur, including heart attack, cardiac arrest (heart stops beating), stroke, and embolism (blood, fat, or cement that migrates to the lungs or heart). Other risks include infection; leakage of bone cement into the muscle and tissue surrounding the spinal cord and nerve injury that can, in rare instances, cause paralysis; leakage of bone cement into the blood vessels resulting in damage to the blood vessels, lungs, and/or heart.

Nancy said she had a dramatic improvement in her pain.

“I was able to exercise in the pool, and I was able to drive again and resume my normal activities: grocery shop, the usual. I would absolutely recommend Balloon Kyphoplasty to someone who needs it.”

Learn more at [Kyphoplasty.com](http://Kyphoplasty.com).

#### References:

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UC202204628EN VCF Patient Story - Buffalo NY\_Short version

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## Medtronic

Engineering the extraordinary

[kyphoplasty.com](http://kyphoplasty.com)

# SpaceOAR Hydrogel for Prostate Cancer Radiation Therapy—Reduces Side Effects of Bowel, Bladder and Sexual Dysfunction

**P**rostate cancer treatment can vary depending on the severity, patients health and prior medical history. Radiation therapy is now an extremely precise procedure utilizing strategic techniques; however, some high doses of radiation can still cause damage to the rectal wall, contributing to adverse side effects. An innovative procedure can be done before radiation therapy to create a protective space between the posterior prostate and the rectal wall. SpaceOAR utilizes a hydrogel that creates about a 10 to 13 millimeter space (1/2 inch), allowing ample room for treatment and avoiding side effects like bowel, bladder and sexual dysfunction.

Radiation therapy typically takes place over several months, and SpaceOAR hydrogel stays in position for several months before it is safely absorbed by the body and removed through the urine. In a clinical study, SpaceOAR Hydrogel was shown to help minimize the impact on urinary, sexual and bowel quality of life for prostate cancer patients undergoing radiation therapy.<sup>1</sup>

Creating more space, means fewer bowel, bladder, and sexual complications, which leads to a better quality of life. After radiotherapy was complete, control patients experienced a clinically significant (1X MID) decline in bowel, urinary and sexual quality of life 8 times more often than SpaceOAR Hydrogel patients.<sup>1</sup> More than 50,000 patients worldwide have been treated with SpaceOAR Hydrogel.<sup>1</sup>

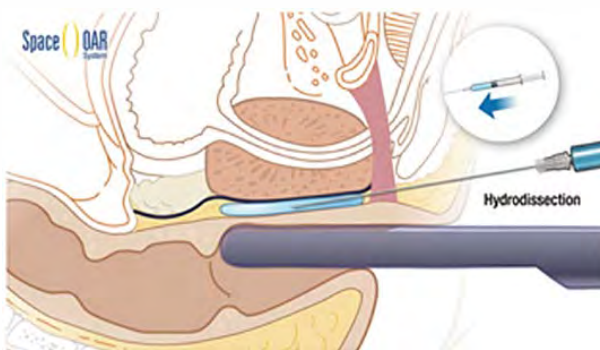
## SpaceOAR FAQ:

### Why should I have SpaceOAR Hydrogel?

By pushing the prostate farther from the rectum, the radiation dose delivered to the rectum is reduced, which may lessen damage to the rectum. With SpaceOAR Hydrogel in place, a doctor can complement the patient's radiation treatment to better target their cancer while preserving healthy tissue to help maintain quality of life.<sup>1</sup>

### Is it safe?

SpaceOAR Hydrogel was FDA-cleared in April 2015 and is intended to temporarily position the anterior rectal wall away from the prostate during radiotherapy



for prostate cancer. In creating this space, it is the intent of SpaceOAR Hydrogel to reduce the radiation dose delivered to the anterior rectum. The SpaceOAR Hydrogel is composed of biodegradable material and maintains space for the entire course of prostate radiotherapy treatment and is completely absorbed by the patient's body over time.<sup>1</sup>

### What Is The Procedure Like And How Long Will It Stay In My Body?

SpaceOAR Hydrogel is injected as a liquid through a needle inserted between the rectum and the prostate. It can be implanted via a local anesthetic that will numb the injection area or under general anesthesia that will put a patient to sleep during the procedure. SpaceOAR Hydrogel stays in place for about three months and is naturally absorbed into the body and removed through urine in about 6 months. SpaceOAR Hydrogel can be implanted during an outpatient procedure in a hospital, surgery center, outpatient clinic or doctor's office prior to the start of radiation treatment. It is typically not a lengthy procedure – usually about 30 minutes.<sup>1</sup>

### What Are The Risks?

As with any medical treatment, there are some risks involved with the use of SpaceOAR Hydrogel. Potential complications associated with SpaceOAR Hydrogel include, but are not limited to: pain associated with SpaceOAR hydrogel injection; pain or discomfort associated with SpaceOAR Hydrogel; needle penetration of the bladder, prostate, rectal wall, rectum,

or urethra; injection of SpaceOAR Hydrogel into the bladder, prostate, rectal wall, rectum, or urethra; local inflammatory reactions; infection; injection of air, fluid or SpaceOAR Hydrogel intravascularly; urinary retention; rectal mucosal damage, ulcers, necrosis; bleeding; constipation; and rectal urgency.<sup>1</sup>

## 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.

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

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Source:  
<https://www.spaceoar.com>

# WHAT'S ON YOUR SKIN?

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

By Joseph Onorato, MD, FAAD

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

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

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

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

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

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



## Adult & Pediatric Dermatology

### Services & Treatments Provided:

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

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

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

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

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

### What's on YOUR Skin?

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

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



### Founder & Owner

**Joseph Onorato, MD, FAAD**

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

 **swfl**  
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**COVID SAFE**

*We strictly follow CDC guidelines*



# NEW TECHNOLOGY TO RESOLVE SYMPTOMS FROM NEUROPATHY AND CHRONIC JOINT PAIN

## Symptoms of Peripheral Neuropathy Depend on the Peripheral Nerve Affected

### Sensory nerve damage



Unusual sensations



Pain from light touch



Burning



Tingling



Numbness



Balance problems

### Motor nerve damage



Muscle cramping



Twitching



Reflex abnormalities

### Autonomic nerve damage



Excess sweating



Getting full quickly



Heat intolerance



Impotence



Orthostatic hypotension (dizziness or fainting after standing up)

## SANEXAS

A Revolutionary Electronic Cell Signaling Treatment



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

### WHAT IT TREATS

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

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

### HOW MANY TREATMENTS

The average person will start noticing changes after 10-18 treatments. Some may notice changes earlier than later depending on the person and area receiving treatment, but it is necessary to receive a series (multiple) treatments for the SANEXAS treatment to be effective.



## NEUROPATHY CAUSES

- **Overweight**
- **Smoking**
- **Diabetes**
- **Post Chemotherapy**
- **Malnutrition**
- **Herniated Discs**



## SANEXAS TREATMENT

- Neuropathy Pain
- Chronic Joint Pain

Improve your everyday quality of life with long-lasting results from Sanexas Therapy

- FDA Cleared
- Drug-free
- Safe
- Non-invasive
- Painless
- Long-lasting Results



## REGENERATIVE MEDICINE

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

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

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

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

## WHAT IS THE TM-FLOW SYSTEM?

TM-Flow is a medical device that non-invasively tests your nerves and arteries.



## SPECIFIC TEST FOR NEUROPATHY SYMPTOMS

Population that should be tested with TM-Flow



Autonomic neuropathy and vascular dysfunction risk group in the USA

**50+**

Population over 50 years old with cardiovascular risk factors

(Hypertensive, Overweight, Smoker, Diabetic)

**70+**

Everyone older than 70

OVER 45 MILLION PEOPLE

*Both Treatments Covered by Medicare Plans and most commercial insurances*



HANCOCK HEALTHCARE GROUP

Providing multi-disciplinary treatments for various painful conditions as well as weight loss, body contouring, neuropathy and hair loss.

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MAYO CLINIC



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

# FOOTXPERTS

## Your Foot Shape Affects Your Entire Posture

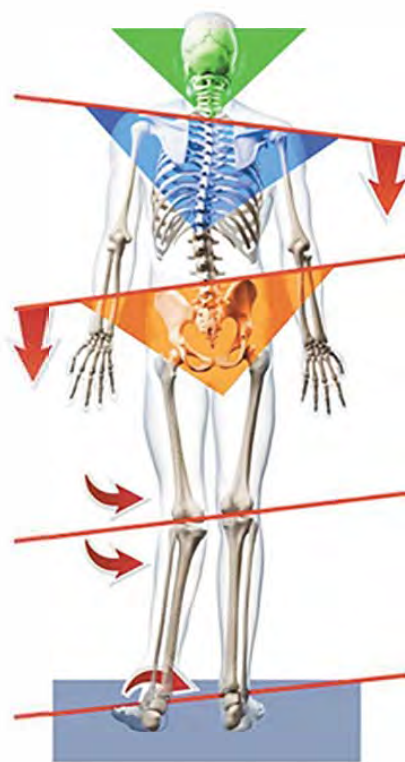
By Marek Zajac, FootXperts CEO

**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!**

**FOR ALL HEALTH PROFESSIONALS:  
WE OFFER PODIATRIC LAB  
SOLUTIONS FOR YOUR CLINIC**

# FOOTXPERTS

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# FROM NAPLES TO PORT CHARLOTTE, ADVOCATE BRINGS CANCER CARE CLOSE TO HOME

By Dr. Arie Dosoretz

**E**very cancer patient deserves the best care possible close to home. At Advocate we believe patients should not have to travel far to receive compassionate care from world-class physicians using top-of-the-line technology.

With the opening of Advocate Radiation Oncology's new office in Naples, that vision continues to approach reality for the Southwest Florida community.

Advocate now offers conveniently located offices in Naples, Bonita Springs, Fort Myers, Cape Coral and Port Charlotte, ensuring that our residents have easy access to the care they need. Across Collier, Lee and Charlotte counties, Advocate patients are treated using industry-leading Varian technology, including the Halcyon, Identify and TrueBeam radiotherapy systems widely recognized as the most precise cancer-fighting machines on the market.

Patients receiving radiation often require daily treatment delivered over several weeks. During such a challenging time, staying close to home can help significantly decrease the stress associated with their diagnosis and throughout the recovery process.

The newest cancer treatment center, located at 1775 Davis Blvd. in Naples, is convenient for patients living in Naples, Marco Island and Golden Gate. Board-certified physicians serving patients in Naples includes Dr. Graciela Garton, who completed her residency at the Mayo Graduate School of Medicine and is known for her dedication to her patients.

The new location in Naples, just east of Fifth Avenue South, is designed to make patients and their families feel comfortable. The office features an expansive lobby and reception area punctuated by a massive skylight that brightens the interior with waves of natural light. Its color scheme blends multiple shades



of blue and light brown, complemented with wood flooring, to create a cozy, warm feeling. We hope that anyone who walks into our office can immediately sense the extraordinary care team we have to guide them through their treatment journey.

We continue to make major improvement in the efficacy associated with cancer treatment. The improvement in patient outcomes, including less toxicity, has to be offered in a convenient manner so that each and every patient receives the care they deserve. In Southwest Florida, Advocate Radiation Oncology will make sure that our exceptionally dedicated care team and innovative technology is just minutes away.



#### 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).*

Spanish-fluent doctors  
and care staff



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# HEALING BACK PAIN WITH PLATELET RICH PLASMA (PRP)

By Dr. Sebastian Klisiewicz, D.O.



## What is Back Pain?

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

## Symptoms and Diagnosis

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

## Standard Back Pain Treatments

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

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

## A New Approach for Back Pain

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

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

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

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

## Healing The Back at Integrative Rehab Medicine

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

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

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



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

*Dr. Sebastian is a leading physiatrist in Estero, Fort Myers and Bonita Springs (Southwest Florida). He is the founder*

*and medical director of Integrative Rehab Medicine in Estero, FL. He combines his extensive knowledge in Regenerative Medicine, Osteopathic musculoskeletal medicine, Physical Rehabilitation and Functional & Natural medicine to create personalized and integrated treatment plans for each patient.*

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



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

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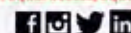
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# HEART HEALTH:

## Advanced Methods for Lowering Cholesterol and Reducing Plaque

By Dr. Doreen DeStefano, NhD, APRN, DNP

**E**ach year 370,000 deaths occur from coronary heart disease. To date, heart disease is the leading cause of death in the United States. Being proactive about heart health is always best, which requires lowering stress levels, exercise, eating healthy, limiting alcohol, and quitting smoking. Along with these methods, many individuals face surgeries or procedures to improve their heart and vascular health like pacemakers implantations, stents, grafts, and medications. However, many people seek out chelation therapy, which uses disodium EDTA (ethylene diamine tetra-acetic acid) to bind to the calcium in the plaque buildup in the arteries. Plaque buildup, also known as atherosclerosis, can lead to high cholesterol, narrowing of the arteries, limited oxygen-rich blood flow, heart attacks, and strokes.

### Chelation for Heart Health

Chelation has been around for many years, but more recent studies are providing in-depth information that makes EDTA chelation therapy at the forefront of many physician's and patient's minds.

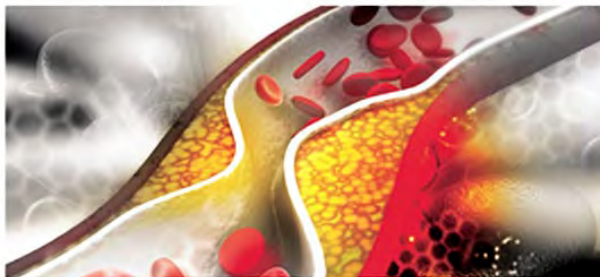
Alternative Medicine such as chelation IV therapy has been intensely criticized by mainstream medicine for many years, so much so that a significant 2002 cardiovascular trial was conducted to refute any chance that chelation treatment worked so that physicians could deter their patients from asking for the procedure.

Today, people are much more educated and open to various types of treatment for numerous diseases and disorders because they have heard from their peers or read medically-based articles and white papers about how it has helped and cured individuals that suffer from chronic and acute illnesses.

A trial called the TACT (Trial to Access Chelation Therapy) was conducted on individuals that had suffered from a heart attack(s) in the past. The trial was meant to debunk chelation therapy by proving that it does not work. However, the complete opposite conclusion took place, as many individuals showed positive outcomes years after the chelation therapy took place.

### Heavy Metals

Lead is the leading heavy metal that is known to have direct effects on the vascular system through atherosclerosis. In the United States, lead has caused a great deal of heavy metal toxification in our population, stemming from gasoline, soil, batteries, paint, plumbing pipes, and cigarette smoke, just to name a few.



This heavy metal buildup is first stored in our bones and then begins to excrete from the bones into our bloodstream, which contributes to the calcification process of the arteries. Other heavy metals contribute to heart disease and increased risks of strokes like cadmium. For years, it has been well known and studied that cadmium actually hardens the carotid artery. Cadmium was used as an anticorrosive element in steel and was also used in batteries up until a few years ago. The problem with heavy metal toxification is that once it's embedded into your tissues, it's very difficult to remove it from your body.

Chelation therapy is recognized for its ability to detoxify years of build-up of heavy metals. Chelation is used to successfully treat many different forms of heavy metal toxification including mercury, cadmium, and lead.

An amino acid, EDTA is administered into the bloodstream via an IV and its position is to bind to heavy metals and remove them from the body through the urine. DMPS and DMSA acids are also used in some instances to remove mercury. However, EDTA is the amino acid that binds to calcium in the bloodstream as well; this is why it is thought to be so successful at removing plaque from the arteries.

Along with plaque, oxidative inflammation is a primary cause of vascular disorders, and EDTA chelation therapy is thought to decrease this oxidative stress along the vessels walls.

Functional medicine is integrative medicine that focuses on a complete look at a person's lifestyle, genetics, environmental, and social factors concerning their overall health's condition.

### Chelation IV Therapy

A key component of functional medicine is IV therapy. This type of treatment option, administers high dose vitamins, minerals, amino acids and other essential nutrients to fight disease, eliminate symptoms, and alleviate associated effects.

### IV Therapy Benefits

- Asthma
- Anti-aging
- Acid Reflux
- Acne
- Arthritis
- Alzheimer's & Dementia
- Cancers
- Tumors
- Fibromyalgia
- Stroke
- Cardiovascular
- Heart disease
- Hormonal disorders
- Diabetes
- Circulatory issues
- Impaired liver function
- High Cholesterol
- Hypertension
- Chron's Disease
- Kidney disorders
- Glaucoma
- Cataracts
- Removes heavy metals and chemicals
- And much more

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

### Doreen DeStefano, NhD, APRN, DNP

Dr. 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.

*Learn more about unique and effective therapies with Doreen DeStefano.*



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# Can a High-Tech Chair Cure Incontinence

By Joseph Gauta, MD, FACOG

Do you wear urinary pads or diapers? Do you leak when you exercise or sneeze? Aging, childbirth, and menopause can all lead to incontinence. There are many treatments such as surgical procedures, pessary devices, and medications to help cure or reduce incontinence.

**T**here is a new device by BTL called Emsella that makes incontinence treatment as simple as sitting in a chair! The Emsella is a unique chair that patients can simply sit and relax in (fully clothed) and have their pelvic floor significantly strengthened during a 28 minute treatment.



The Emsella chair is being touted as the Kegel throne. Each treatment provides the equivalent of doing over 10,000 kegel exercises. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder. Results can often be noticed as quickly as the first treatment. Most women and men will undergo just six sessions in a full three-week program to restore their pelvic muscle strength. The best part is, 67% of treated patients totally eliminated or decreased the use of hygienic pads, and 95% of treated patients improved quality of life.

## Who Is The Right Candidate For BTL Emsella?

BTL EMSELLA™ is a great option for patients of any age who desire solution for urinary incontinence and improvement in their quality of life.

## How Long Is The Treatment?

## How Many Sessions Do I Need?

Your provider will tailor a treatment plan for you. A typical treatment takes 28 minutes and you will need about 6 sessions, scheduled twice a week.

## What Does The Procedure Feel Like?

## Is It Painful?

You will experience tingling and pelvic floor muscle contractions during the procedure. The treatment is painless and you may resume daily activities immediately after the treatment.

## The following patients should not seek Emsella treatment.

1. Subject is pregnant, planning to get pregnant or within 3 months postpartum;
2. Subject has a pacemaker;
3. Subject has an implant or IUD containing metal (e.g. copper 7);
4. Subject has piercing between the waist and knees and is not willing to remove it before each treatment

## How Fast Will I See Results?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks.<sup>1</sup>

This progressive treatment is helping numerous men and women find their freedom, confidence, and get their life back without having to worry about urinary incontinence. Emsella has been featured on the Doctors and in various news and media outlets.

## References:

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



## Some comments from local users:

- I don't have to worry about peeing when I sneeze anymore
- My husband definitely notices the difference
- I just feel lighter down there.

To learn more about this technology please go to our website at [www.FloridaBladderInstitute.com](http://www.FloridaBladderInstitute.com). Call 239-449-7979 to schedule your Emsella consultation today.



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# LOVE IS IN THE AIR

By Dr. Mary Nuosce

**F**ebruary is National Heart Month. The focus is taking care of your cardiovascular health, which is something we should be doing every day. The heart is more than a muscle that pumps blood through our body. Pop culture says the heart is the epicenter of a powerful feeling: love.

Ahhh....that feeling of love. Your day is brighter. Your smile is bigger. You have butterflies in your stomach. And if you're a cartoon character, your heart thumps outside of your chest and your eyes turn into red hearts. In today's world of text messages, emoji's express love with heart-shaped eyes and heart circling around its head.

While all of this is great, what is love? It's a question that has been posed for centuries, and to this day, there is no one, definitive answer. Along the way, however, psychologists have defined types of love. In 1973, psychologist John Lee published a book, *The Colors of Love*, suggesting there are three primary styles of love.

The first is Eros, a Greek word meaning passionate or erotic. Lee said that this type of love engages both emotional and physical passion. Ludos, Greek for game, is the second type, and like it suggests, is playful and fun, but not serious. The third is called Storge, which is Greek for natural affection. This would be like the love parents have for their children.

Psychologist Elaine Hatfield and colleagues stated that there are two types of love: compassionate and passionate. Compassionate love is comprised of mutual respect, affection, and trust. This type of love typically develops due to a shared respect for one another. Passionate love is all about emotions, including sexual attraction, anxiety and affection. This type of love isn't long-lasting. Ideally, passionate love leads to compassionate love.



There is a difference between being in love and loving someone. Being in love is all about those early, euphoric feelings. You may idealize the person, focusing on the positive and overlooking any negative signs. Loving a partner is your ability to see and accept the person as a whole. You can be and express yourself, and feel secure in doing so. Likewise, your partner can do the same. Loving someone means you both have developed a deep connection and sense of trust.

Those initial, intense feelings will lessen over time, but that doesn't mean the end of the relationship. Long-term love is about commitment and maintaining that bond. Remember all the things you did at the start of your relationship and keep doing those things. It can be as simple as sending a loving text message, being affectionate and having fun together.

**Take care of your heart, both physically and emotionally.**

For more information, visit [Hodges.edu](http://Hodges.edu). Classes start every month.

*Dr. Mary Nuosce, LMHC, NCC, is a core faculty member for Clinical Mental Health Counseling at Hodges University.*

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# OCD: PARTICIPANTS NEEDED

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

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

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

## There are different types of OCD

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

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

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

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

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



## What You Should Know About Clinical Trials

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

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

## How Clinical Trials Help

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

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

## CURRENT STUDIES

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

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# Diet and Exercise Tips for the Aging Population

**M**any people don't feel like they have the time, willpower, or fortitude to embark on or follow through with health and fitness initiatives. It's never too late to get started and finding motivation may be the key.

## Diet

While both are critical for overall health, what we eat is equally or, in some cases, more important than exercise. Studies have indicated that those who eat lean proteins, vegetables, fruit, legumes, nuts, and seeds have healthier lives throughout the aging process. If individuals are eating healthy foods, avoiding processed meats and packaged foods, limiting sugars and unnecessary convenient foods, they are much healthier than their peers in most cases.

Those who consume the majority of their meals by eating whole, nutritious plants and lean proteins (animal or plant-based), they are, for the most part eliminating inflammation and reducing sugar spikes and therefore warding off chronic disease.

Are we saying you can never have a piece of cake or a slice of pizza? No. However, most experts agree that it's best to keep junk food or processed foods to a minimum or enjoy them on special occasions.

Once people start eating healthy, their taste and cravings usually change, and they begin to love whole, nutritious foods.

## Exercise

Exercise is an integral part of daily life because it keeps our blood circulating, improves muscular definition, and prevents muscle atrophy. Exercise is good for our hearts, cardiovascular systems, and our brains.

Studies have shown that regular exercise prevents or reduces the severity of chronic diseases such as cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis, and premature death.

Many studies are purporting the benefits of exercise to alleviate the onset or slow the progression of cognitive decline. Many researchers agree that just 30 minutes of aerobic exercise 4 to 5 times per week is known to improve cognition and can even reduce atrophy in the brain.



**Finding a friend or two or a group class can motivate you to get out there and enjoy physical activity. Perhaps Pickleball or Tai Chi, or a round of golf will pique your interest.**

## Eliminating Stress

Untreated stress can lead to numerous chronic health conditions. It might be difficult, but carving out time to relax, take a bath, take a walk, or do deep breathing exercises can reduce anxiety significantly, and over time, you will most likely notice that these personal care methods will help you to become calmer throughout the day.

**To overcome stress, we need a well-rounded treatment protocol that incorporates medication (if necessary), stress management, nutrition, high-quality sleep, exercise, meditation, hormone balancing, and other therapies to help stabilize our body and brain.**

*Speaking to your health care provider is critical before starting any new exercise or making dietary changes.*

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When it comes to selecting the right senior living for your elderly loved one, it's easy to feel overwhelmed by the process. With tens of thousands of senior housing communities across the United States, and a

wide range of different types of housing options to choose from, it's not always easy to know where to begin. That's where we come in. At Oasis Senior Advisors®, we are committed to making senior housing simple. We offer free senior housing services for individuals and their families from coast to coast. We take the time to understand your unique goals and needs, offering compassionate, personalized support and guidance every step of the way.

## What Sets Us Apart?

At Oasis, we take a dedicated, one-on-one approach when it comes to our senior housing services. We understand that this transition can be difficult—at any stage of life—which is why we strive to provide the caring support you and your family need.

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# Depression Can Adversely Affect the Heart

**Dr. Joseph Freedman MD, MBA**

One of the most common ailments that doctors treat annually is depression. Nearly 15 million people in the United States are affected by depression. Persistent Depressive Disorder or PDD is a chronic type of depression that usually last for more than a year and can be difficult to treat successfully.

Many cardiac patients suffer with depression, and adults with depression are far more susceptible to develop cardiovascular disorders. A large and growing body of research shows that mental health is associated with risk factors for heart disease before a diagnosis of a mental health disorder and during treatment. These effects can arise both directly, through biological pathways, and indirectly, through risky health behaviors.<sup>1</sup>

People experiencing depression, anxiety, stress, and even PTSD over a long period of time may experience certain physiologic effects on the body, such as increased cardiac reactivity (e.g., increased heart rate and blood pressure), reduced blood flow to the heart, and heightened levels of cortisol. Over time, these physiologic effects can lead to calcium buildup in the arteries, metabolic disease, and heart disease.<sup>1</sup>

Evidence shows that mental health disorders—such as depression, anxiety, and PTSD—can develop after cardiac events, including heart failure, stroke, and heart attack.<sup>1</sup> These disorders can be brought on after an acute heart disease event from factors including pain, fear of death or disability, and financial problems associated with the event.<sup>1</sup>

As we age, enjoying time with family and friends and experiencing lasting memories are what we think is supposed to happen, but many times sadness and depression take place in the aging population. Why? Multiple factors can play a role in depression, such as grandchildren and children living far away, Chronic health conditions that arise, busy schedules, missing loved ones that have passed on or feelings of isolation, addictions, or perhaps the worries of retirement finances, to name a few. Many times, depression is a natural state and is short lived, but if depression is chronic, it can lead to debilitating circumstances.



There are neurotransmitters throughout the entire body that send signals to the brain, alerting us instantaneously of depression. Depression is made up of both psychological and physical symptoms. The psychological part creates insomnia, forgetfulness, lethargy, and sadness, while the physical aspect can produce arterial restrictions, a weakened immune system, and shortness of breath.

When depressive disorders are left untreated or undertreated, several areas of the brain like the hippocampus (regulates emotions) and the pre-frontal cortex (decision making, planning abilities) shrink causing long-term damage. Overall, the health and wellness of the body and mind are at risk of infection, disease and chronic depressive episodes that can lead to suicidal tendencies, and can exacerbate overall health disorders, including cardiovascular disease.

***If you have any cardiac symptoms or struggle with depression, call to make an appointment now.***

Source:

1. <https://www.cdc.gov/heartdisease/mentalhealth.htm>

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.***



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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.*



# Health Insurance – 2022 Enrollment Periods and Exceptions

## Don't wait: Medicare Advantage Open Enrollment ends March 31

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

**D**id you know that if you're unhappy with your Medicare Advantage Plan (Medicare Part C), you have options? Each year, there's a Medicare Advantage Open Enrollment Period from January 1 – March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can do one of these:

- Switch to a different Medicare Advantage Plan with or without drug coverage
- Go back to Original Medicare and, if needed, also join a Medicare Prescription Drug Plan

If you switch Medicare Advantage Plans or go back to Original Medicare with or without a Medicare drug plan, your new coverage will start the first day of the month after your new plan gets your request for coverage. Keep in mind, if you go back to Original Medicare now, you may not be able to buy a Medicare Supplement Insurance (Medigap) policy.

Your new plan will be effective the 1st of the following month.

### Special Enrollment Periods:

#### If any of the following occurs:

- You lose your current Coverage (nonpayment is excluded)
- You have a chance to get other coverage
- Your plan changes its contract with Medicare
- You become eligible for Medicare and Medicaid
- You qualify for extra help with Medicare Prescription Drugs
- You dropped a Medigap Policy for the 1st time within the last 12 months
- Special Needs Plans - New or no longer qualify
- MOVING out of the AREA or Moving to a NEW Area.



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

#### Important: 2022 Open Enrollment ENDED January 15

\* You qualify for a Special Enrollment Period if you've had certain life events, including **losing health coverage, moving, getting married, having a baby, or adopting a child.** Depending on your Special Enrollment Period type, you may have 60 days before or 60 days following the event to enroll in a plan.

**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.

**International Travel** - Most of our US plans do not have us covered when leaving the United States, including Cruises. You should always take a comprehensive Medical Travel Insurance Policy. They are a lot less than you think and can make a world of a difference.

**Pet Insurance** – Our fur babies need insurance coverage too. The younger you start the less it costs. As vet bills escalate, most of us would do anything for our 4-legged loved ones. Why not cover them as well? There are a wide range of deductibles, copays, etc. In most cases coverage starts for less than \$1.00 a day. Pre-existing medical conditions in most cases are NOT covered. So, the earlier the better.

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, i.e.: Facebook, WebEx solicitation, if you do not know them, please be careful. There are so many scams out there. Meet with or call a local agent, build a relationship and, if in the future you have a question, you can go 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 and 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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# Shoulder Injuries and Your Treatment Options

**D**riving along the beach, nearby parks or in many communities, you'll notice that people of all ages are living active lifestyles. Here in Florida, we have gorgeous weather throughout the entire year, which allows for more activities like jogging, tennis, pickleball, kayaking, pushing grandchildren on the swing, and the list goes on and on; but with all of this healthy activity, many individuals are more prone to injury and wear and tear.

One of the most common injury sites is the shoulder. The shoulder is a combination of bones, joints, ligaments, tendons, and muscles that provide an extensive range of motion in common everyday tasks, as well as in advanced athletic performance. Whether you're using a walker, picking up a heavy grocery bag, or driving the ball 200 yards, an optimal range of motion is key to healthy living. However, many times shoulder pain is due to advanced arthritis or degenerative joint disease. If you have tried pain medications, alternative methods, physical therapy and are still experiencing difficulty with range-of-motion or impingements and discomfort; it may be time to speak to your orthopedic surgeon about shoulder replacement surgery, also known as shoulder arthroplasty.

Most tears of the rotator cuff occur slowly over time as the tissue wears out, and they commonly occur in those 50 years and older. Any force strong enough to tear tendons also damages and weakens the surrounding ligaments. Shoulder pain is multifactorial, and rotator cuff results in instability, frozen shoulder, and severe discomfort. Many rotator cuff tears can be treated nonoperatively. However, painful tears and tears that interfere with shoulder function should be treated with surgical repair.

An MRI, and an evaluation of the overall shoulder stability, which is essential if the individual wants to return to their normal activities, is determined, and the best option for that specific patient is planned out, including rehab and physical therapy.

For full tears of the rotator cuff, surgery is almost always necessary, and this can be done through a standard incision or by arthroscopy. If the person can use their arm with some mobility, the tear may be partial and, in that case, arthroscopic repair may suffice.



## How is arthroscopic surgery performed?

Your surgeon begins the procedure by inserting the arthroscope through a small incision made near the treatment area. A sterile liquid is used to help open up the area, making it easier to see the joint.

Your surgeon then uses specialized miniature instruments to cut, shave, and apply stitches to the affected area. Additional incisions may be required to insert the surgical instruments. Once the joint has been treated, the incisions are bandaged, and you're off to recovery.

## Recovery

After surgery, the initial recovery time usually takes about six weeks as the tendon heals back to bone. Full recovery can take a few months up to a year. Many patients report feeling no pain, and also having an increased range-of-motion very soon after surgery. Your surgeon will also provide you with an exercise and stretching program, along with physical therapy for an allotted period of time.

Although arthroscopic surgery can be used to treat any joint in the body, it's most commonly performed on joints in the knee, shoulder, elbow, ankle, hip, and wrist. If arthritis develops in a shoulder joint, and after conservative treatment options such as physical therapy, oral medications and injections fail, shoulder replacement is a successful option.

## Shoulder Replacement Surgery

During a traditional shoulder replacement procedure, the surgeon will remove part of the top of the humerus bone, which is located in the joint of the shoulder. The Surgery consists of reshaping the shoulder joint and placing a metal stem (a few inches long) into the shaft of the humerus bone. A metal or plastic plate is then attached to the glenoid socket. These two connected devices will then take the place of the "ball and socket" in the upper shoulder area. Over time, the new joint replacement will allow the shoulder to move more freely, and it will substantially alleviate the pain that the individual was accustomed to on a daily basis. This surgery is ideal for patients with compressed rotator cuff function.

There are several types of shoulder replacement. If you need one, you may be a candidate for a resurfacing type replacement. Dr Dupay does the resurfacing Total Shoulder called the Catalyst Shoulder Replacement. It is a bone sparing procedure.

Finally, if you wear out your rotator cuff muscles and tendons, and also develop arthritis, you would be a candidate for a reverse total shoulder replacement.

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

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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.*

# Thyroid Disorders are Often Connected to Intestinal Permeability, Hormonal Imbalance and Stress

**D**id you know that 90% of women that have thyroid problems that are on medication still have symptoms? Getting to the root cause is essential, yet most practitioners, just prescribe you a pill. Our protocol is unique and scientifically founded. 90% of our patients get results with our protocols.

## WE RESTORE THYROID FUNCTION AND HEALTH BY HEALING FROM THE INSIDE OUT.

The evidence is compelling for Leaky Gut Syndrome's (intestinal permeability) capacity to dismantle the immune system and cause numerous illnesses and disorders. The natural functioning of our intestinal wall is to allow nutrients to pass through, but with Leaky gut, large openings enable dangerous substances to enter the bloodstream. This happens when the TJs, or tight junctions in the intestinal wall open and cause seepages.

Hippocrates, the Father of Medicine, declared, "All disease begins in the gut." We now understand which proteins, microbiota, and microorganisms are responsible for the mucosal and epithelial damage and leaks.

## The Cause of Thyroid Disorders and Other Conditions are Often Linked to Leaky Gut

When the gut lining is damaged, toxins, antigens, undigested food particles, and bacteria can leak through the intestinal lining and into the bloodstream. When this happens, your immune system tries to overcompensate and works in overdrive to attack the toxic substances in the blood. It can also



exacerbate the immune system and turn it against the body, causing it to attack itself because it confuses its own cells with the foreign substances; this is called molecular mimicry.

## Why Thyroid Disorders are Grossly Undiagnosed

Countless people are unknowingly suffering from thyroid conditions because many thyroid issues go undiagnosed due to the lab results giving a false negative. Why? A standard test is taken from the blood, and any abnormality in hormone levels are usually undetectable. For most patients, TSH (thyroid-stimulating hormone) levels do not rise or show prevalence in the bloodwork even when thyroid dysfunction is prevalent. Standard T3 and T4 testing are too limited, and an in-depth panel is necessary to diagnose the disorder in most cases.

## Hormonal Imbalance

While both men and women experience stress and exposure to environmental toxins, women are more vulnerable to thyroid imbalances due to hormonal changes throughout their lifetime (puberty, birth control pills, pregnancy, menopause, HRT). When the thyroid functions properly, hormonal imbalance often will reset naturally.

## Stress

Stress adversely affects the body in many ways. And while it is not a cause of thyroid issues, it does impact the thyroid directly. Stress slows metabolism, which is why stress often induces weight gain. Stress slows the thyroid function and thyroid hormones are disrupted. T3 and T4 hormone levels plummet during stress, and the conversion of T4 to T3 is often hindered, which causes too high of levels of reverse T3. Because stress exacerbates thyroid conditions, managing stress is essential.

## Treating Thyroid Disorders from the Inside Out is Critical

By getting the root cause of the thyroid disorder, our protocols of stress reduction, dietary changes, supplementation and hormonal regulation, help reduce and alleviate thyroid conditions in 90% of our patients.

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.

# Aches and Pains Holding You Back?

## Natural, Topical, Hemp-Derived CBD Can Help

**M**any people that suffer with pain from arthritis, post-workout, over training, injury or fibromyalgia rely on over-the-counter pain medications to get them through there day, but did you now that analgesics like ibuprofen can wreak havoc on your health?

Heavy or long-term use of medicines, such as ibuprofen and naproxen can cause chronic interstitial nephritis (kidney disease). NSAIDs block a chemical (prostaglandins) that dilates blood vessels and can block flow and oxygen uptake to the kidneys, leading to kidney disorders.

**If you have aches and pains or chronic discomfort, there is natural alternative—Hemp-derived CBD. Topical CBD products are safe and highly effective at reducing pain.**

### How does CBD oil help with pain?

Brain and nerve cells throughout the body have cannabinoid receptors (CB1 and CB2), so our bodies naturally react to cannabinoid derived from hemp extract. Our natural endocannabinoid system works synergistically with full-spectrum hemp extract, creating a multitude of beneficial reactions in the body. Our endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates pain and inflammation and has healing capabilities. It essentially regulates all brain, endocrine and immune function.



CBD is one of the thirteen active cannabinoids derived from hemp, which can alleviate or control many different forms of diseases and disorders with no THC. With hemp extract (CBD), the THC levels have been extracted. THC is what promotes the high, psychoactive feeling that many people associate with marijuana.

CBD can provide relief from systemic inflammation, chronic and acute pain, inflammation, muscle tension and more. CBD derived from Hemp Oil is becoming a trusted source by many individuals for its multiple benefits.

### The Quality of Hemp Products is Critical

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

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

### About Hemp Joi

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

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

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

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



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# COVID-19 AND HEARING LOSS

## WHAT YOU NEED TO KNOW

By Starkey Hearing

**D**oes COVID cause hearing loss? As the Omicron variant causes a spike in cases around the world, Starkey Chief Health Officer Archelle Georgiou, MD, provides insights to a few common questions.

### What do experts know so far about COVID-19 and hearing loss?

Dr. Georgiou — Multiple studies have shown that COVID-19 can be associated with hearing loss, dizziness, tinnitus and ear pain. These studies do not prove that COVID causes hearing loss or hearing-related symptoms, but it certainly suggests that it's possible. Between 7-15% of people with COVID complain of these hearing-related problems. The risk of developing these symptoms may be higher in people who are hospitalized.

### How surprising is it that COVID is associated with hearing loss symptoms?

*Dr. Georgiou — It's not surprising. Here's why:*

- Other viruses like measles, hepatitis and cytomegalovirus cause hearing loss. And, in fact, any infection resulting in a high fever can be associated with hearing symptoms.
- Research studies identified the SARS CoV2 virus in the middle and scientists at MIT have shown how the virus may also invade the inner ear.
- COVID affects other senses like taste and smell, so hearing could be affected as well.

### Are hearing-related symptoms temporary or permanent?

Dr. Georgiou — We don't know how long hearing-related symptoms persist and what the long-term outcomes are. That's why we need to have more research. What's important is that anyone with new hearing-related symptoms, especially if they've come on suddenly and in the context of COVID, should see their doctor, an ENT or an audiologist quickly. In some instances, there may be immediate treatments that can give you relief and may even address the symptom so it's not permanent.



### What's the risk if you wait a long time to see a doctor?

Dr. Georgiou — We don't know what the long-term risks are from COVID-related hearing symptoms. But we do know that hearing impairment makes it difficult to communicate and is a risk for social isolation, loneliness, and depression. What a lot of people don't know about long-term, untreated hearing loss is that it's also associated with dementia.

Whether you have hearing-related symptoms due to COVID, or hearing-related symptoms due to more common reasons, like noise-induced hearing loss or age-related hearing loss, it's important to get your hearing addressed early. Don't wait the typical five to seven years to see an audiologist if you have hearing loss symptoms. Our hearing health is essential. Visit [www.starkeyhearcare.com](http://www.starkeyhearcare.com) to find a clinic near you!

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# Am I a Candidate for Dental Implants?

Ricardo S. Bocanegra, D.D.S.

**G**enerally speaking, if you have lost teeth you are a candidate for dental implants. It is important that you are in good health, however, as there are some conditions and diseases that can affect whether dental implants are right for you. For example, uncontrolled diabetes, cancer, radiation to the jaws, smoking, alcoholism, or uncontrolled periodontal (gum) disease may affect whether dental implants will fuse to your bone. It is important to let your dental surgeon know all about your medical status (past and present) together with all medications you are taking, whether prescribed, alternative (herbal) or over-the-counter.

Where and how implants are placed requires a detailed assessment of your overall stomato-gnathic system ("stoma" – mouth; "gnathic" – jaws), within which the teeth function. This will necessitate compiling records that include study models of your mouth and bite, and specialized radiographs (x-rays), which may include 3D scans known as computerized tomograms (CT scans). Planning with the help of computer imaging ensures that dental implants can be placed in exactly the right position in the bone.

## How and why is bone lost when teeth are lost?

Bone needs stimulation to maintain its form and density. In the case of alveolar (sac-like) bone that surrounds and supports teeth, the necessary stimulation comes from the teeth themselves.

When a tooth is lost, the lack of stimulation causes loss of alveolar bone. There is a 25% decrease in width of bone during the first year after tooth loss and an overall decrease in height over the next few years.

The more teeth lost, the more function lost. This leads to some particularly serious aesthetic and functional problems, particularly in people who have lost all of their teeth. And it doesn't stop there. After alveolar bone is lost, the bone beneath it, basal bone — the jawbone proper — also begins to resorb (melt away).

## How can bone be preserved or re-grown to support dental implants?

Grafting bone into the extraction sockets at the time of tooth loss or removal can help preserve bone volume needed for implant placement. Surgical techniques are also available to regenerate (re-grow) bone that has been lost, to provide the necessary bone substance for anchoring implants. In fact, a primary reason to consider dental implants to replace missing teeth is the maintenance of jawbone.

Bone needs stimulation to stay healthy. Because dental implants fuse to the bone, they stabilize it and prevent further bone loss. Resorption is a normal and inevitable process in which bone is lost when it is no longer supporting or connected to teeth. Only dental implants can stop this process and preserve the bone.



## How are dental implants placed and who places them?

It takes a dental team to assess and plan dental implant placement and restoration — the fabrication of the crowns, bridgework or dentures that attach atop the implants and are visible in your mouth. The dental team consists of a dental surgical specialist — a periodontist, oral surgeon, or a general dentist with advanced training in implant surgery; a restorative dentist, who plans and places the tooth restorations; and a dental laboratory technician who fabricates them.

Placing dental implants requires a surgical procedure in which precision channels are created in the jawbone, often using a surgical guide. The implants are then fitted into the sites so that they are in intimate contact with the bone. They generally require two to six months to fuse to the bone before they can have tooth restorations attached to them to complete the process.

Doctor Ricardo Bocanegra is a Fellow of the International Academy of Oral Implantologists and has been servicing the dental needs of his patients since 1992. For a consultation you may contact him at 239-482-8806.



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# THE ROLE OF A PERSONAL PROPERTY MEMORANDUM IN FLORIDA ESTATE PLANNING

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

Everyone in the family has fond memories of listening to Grandad strum on his old guitar. So, when Grandad passed away, that old guitar was one of the most coveted items among surviving family members. Unfortunately, two of Grandad's daughters each remember him saying he wanted her to have the guitar after he passed. And they both may very well be right—over a long lifetime, it's easy to forget what you've said to whom. The thing is—it might not even be a particularly valuable instrument, but there's a lot of sentimental value attached to it. Conflicting claims lead to a squabble, feelings get hurt. And Grandad's personal representative is stuck in Solomon's shoes, trying to arbitrate a dispute without an obvious solution. The simple solution for this needless dispute leads to today's topic of using a personal property memorandum in Florida estate planning.

The kind of conundrum mentioned above is all-too-common in Florida probate or Florida trust administration. Grandad might have had a well-planned estate in general, with a well-thought-out will distributing assets fairly and efficiently among his heirs. But personal property, because it is typically less valuable than other assets, tends to get overlooked—usually becoming part of the residue of an estate and not earmarked for any single heir. That can be a problem because a disagreement over a seemingly minor item, with no clear instructions from the decedent, can erupt into a major family conflict.

In the above scenario, Grandad could have significantly reduced the risk of conflict by preparing a personal property memorandum (a/k/a "memorandum of personal property" or "personal property memo") as a supplement to his will. A personal property memo, which is essentially just a signed list identifying specific items and intended recipients, provides a means of clearly delineating who gets what. In doing so, the memos become an important safeguard against estate conflict.

When it comes to preparing a personal property memorandum in Florida estate planning, you can't just jot down a list of who you want to get your stuff and expect it to be enforced by a Florida probate court. A personal property memo needs to satisfy certain requirements set forth in the authorizing statute, Fla. Stat. §732.515. For starters, you need a valid Florida last will (or trust instrument if you're going that route) that mentions your intention to create and incorporate a separate list of tangible personal property.



To be effective, a personal property memo must be signed by the testator (i.e., the individual whose will is being supplemented). Florida's personal property memorandum statute doesn't technically require the list to be dated, but dating is a good idea, as it helps avoid confusion if the list is amended or revised later. And, critically, personal property memoranda must also identify with reasonable certainty the items to be distributed and the individuals who will receive them. You need to make sure each individual item and beneficiary can be readily identified without any further explanation.

One of the biggest advantages of using a personal property memo is that it can be amended without going through all the formalities for creation of a will or codicil. So, if you acquire new personal property or transfer existing property (or just change your mind about some things), you can alter your memo later. Or you can just write up a new one to supersede an earlier memorandum, which is one of the reasons it's important to date the document.

However, if your will and personal property memo both happen to include the same item, the Florida Probate Code says that the will takes precedence—even if the memo was created more recently.

## What Property Should be Included Within a Personal Property Memorandum

In Florida (and most other states that allow them), personal property memos can only be used to distribute “tangible personal property.” Right off the bat, that excludes real estate—because real estate is not personal property. “Tangible” means things that you can hold or touch—objects like (for example) antiques, furniture, musical instruments, firearms, and even pets.



Conversely, intangible property cannot be distributed using a personal property memo. So, things like bank or investment accounts, securities, insurance policies, and intellectual property are excluded. You can touch cash, but it doesn’t qualify as “tangible personal property.” Neither do promissory notes or other evidence of indebtedness.

Another exception built into the Florida law applies to property “used in business or trade,” which is not eligible for inclusion in a personal property memo. That rule means that certain items might be includable in one context but not in another. Tools you keep in the garage for household projects can probably be included, but those same tools might be ineligible if you use them in your blacksmithing business.

One of the most valuable personal property items that most people own—motor vehicles—also shouldn’t be listed in a personal property memorandum. That’s because vehicles have titles, and a vehicle’s title is what determines who owns it. If an item like a vehicle or boat has a certificate of title, it’s better to include it directly into the will or Florida revocable living trust instrument. When the time comes, the Florida personal representative or Florida trustee signs over the title to the beneficiary. Or, you can arrange to transfer an asset outside Florida probate through joint ownership with a right of survivorship in Florida. When an asset is jointly owned with a right of survivorship, full title automatically vests with a surviving co-owner upon the other owner’s death.

Even if there’s no title, you’re usually better off disposing of particularly valuable personal property through a will, rather than a personal property memo—even if the item qualifies as “tangible personal property.” An attested will provides more certainty and is less susceptible to ambiguity or tampering than a memo that can be informally revised. So, if your estate will include heirloom jewelry, for instance, that would fetch a hefty price if you ever decided to sell it, you might want to address it within the will itself. If you’re unsure whether an item is appropriate for a personal property memo, you should check with a skilled Florida estate planning lawyer.

## Preparing a Personal Property Memorandum in Florida

A Florida personal property memo doesn’t need to be a sophisticated legal document—that’s a will’s job. A memo should just have a title and/or brief description clearly identifying the document’s purpose, the date and testator’s signature, and a list of items and beneficiaries. Each item needs to be described with certainty so that anyone administering the estate will know exactly what is being referenced. Instead of listing simply “my desk,” you might say, “the red oak, drawered desk in the living room.”

Likewise, beneficiaries should be identified sufficiently to remove any room for confusion. Ideally, a memo includes at least the full legal names of recipients. If you just identify “John,” your personal representative might not know whether you mean John, your cousin in Nebraska; John, the guy in the office next to yours at work; or John from the Moose Lodge.

One of the principal goals with any estate planning is to avoid family conflict in your Florida estate plan. Most estate plans adequately address large assets, but it’s the small stuff that often starts the fights. In Florida, incorporating into your will a personal property memorandum that distributes tangible items with sentimental or economic value—but maybe not quite enough to warrant direct inclusion in the will itself—is a smart and efficient way to avoid future problems.

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- How well the drug works to prevent the spread of COVID-19

### Who can join?

You may be able to join this trial if you are at least 18 years old and:

- Live with someone (adult or child) who has tested positive for COVID-19 within the past 5 days (which means they have it) AND had at least one symptom of COVID-19 within the past 5 days.

Other adult members of your household may also be able to join this trial. Consider asking them if they also want to join the trial. The trial doctor or staff will tell you about other rules to qualify for this trial and the possible risks and benefits of participation.

### What happens if I take part?

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Los investigadores probarán un medicamento de prueba en personas que viven con alguien que tiene COVID-19. Quieren aprender:

- Qué tan seguro es
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### ¿Quién puede unirse?

Es posible que pueda unirse a este ensayo si tiene al menos 18 años de edad y:

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Es posible que otros miembros adultos de su hogar también puedan unirse a este ensayo. Considerar preguntándoles si ellos también quieren unirse al juicio. El médico o el personal del ensayo le informarán acerca de otras reglas para calificar para este ensayo y los posibles riesgos y beneficios de la participación.

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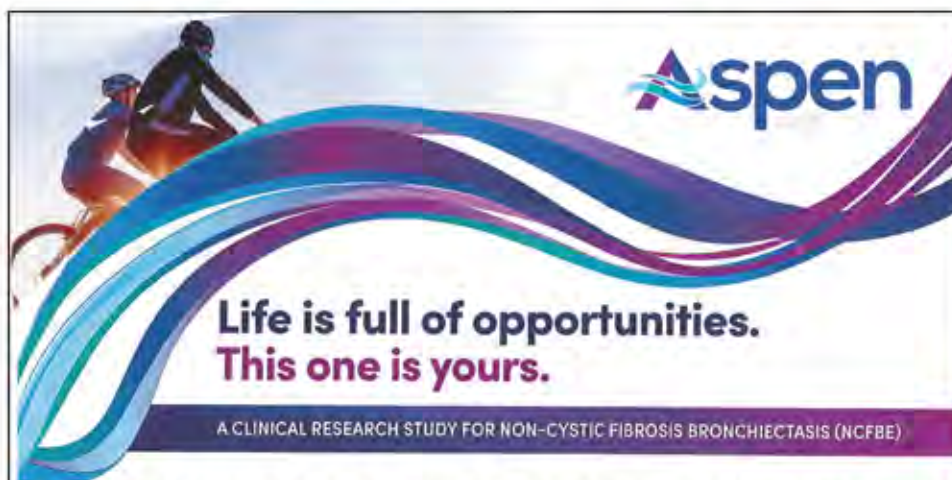
- Be at least 18 years old and recently diagnosed with NTM lung disease caused by MAC
- Be able to produce sputum (phlegm from your lungs)
- Have your sputum sample test positive for MAC within the 6 months prior to the study screening and also at the time of the study screening
- Have had a CT scan of your chest within 6 months prior to screening. If you don't have one, it will have to be done during screening.
- Have any other underlying conditions, such as COPD, managed and under control for at least 4 weeks before the study screening

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# WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love*... and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2022 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my heart. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.

In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2022.

## 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.



### 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. You think you may have symptoms of OCD or you have been diagnosed with OCD. You are not taking Fluvoxamine (Luvox).

ARHI is conducting a Clinical Research Trial for patients with OCD (Obsessive Compulsive Disorder).

For more information, and to see if you qualify, please call our research team at 239-230-2021.

**Call Today! 239-230-2021**

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Suite # 201  
Naples, Florida, 34102.  
info@arhiusa.com



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## TESTIMONY:

*I have been a patient of Dr. Larry Johnson for over ten years for different low back and various joint pains. However, last year I started to suffer with pain and tingling in both of my legs and feet that would keep me from sleeping. Dr. Johnson explained to me that I was dealing with neuropathy and he could help to resolve my pain with a new technology called Electric Signal Treatment, using the Sanexas machine. He has used this therapy on several patients with great success. After six treatments, my pain was starting to go away and was finally gone after a few more treatments. I have always relied on Dr. Johnson to help me for any problems I have encountered over the years and I have always recommended him to my family and friends. Shirley W.*



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