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Health & Wellness[®] MAGAZINE

March 2022

Lee Edition - Monthly

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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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As always, patient safety and well-being is our top priority. Therefore, we continue to do our part by following CDC guidelines.



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Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

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

Polycystic kidney disease is the fourth leading cause of kidney failure and 600,000 people in the United States have the disorder. Polycystic kidney disease (PKD) affects the kidneys with cysts that grow and are filled with fluid. These cysts can damage the kidneys, and essentially take over the kidney's ability to work properly, especially if there are numerous cysts growing at one time. These cysts can severely reduce kidney function.

Poly cystic kidney disease can also affect other organs in the body including the spleen, ovaries, liver, pancreas, bowels, brain, and heart. Most people don't develop PKD until middle age, and the symptoms can range from mild to severe.

The primary symptoms of PKD are as follows:

- High blood pressure
- Back or side pain
- Swollen abdomen
- Blood in the urine
- Frequent bladder and/or kidney infections
- Fluttering or pounding chest
- Chest pain
- Headaches

50 to 60 percent of individuals with PKD will develop kidney failure.

PKD Treatment

Individuals with PKD will need dialysis and possibly a kidney transplant. There are also medications that can help treat the disorder and certain diets that will help to prevent the growth of the cysts, which can stop the progression of the disease. PKD can be genetic, so it's best to speak to your physician about your children's health or any planned pregnancies.

How Can the Progression of Kidney Disease Be Delayed?

1. Keeping blood pressure under 130/80 or if you have diabetes or protein in the urine, under 125/75.
2. Taking certain types of medications called ACE-Inhibitors or angiotensin receptor blockers.

3. If you are diabetic, keeping blood sugars tightly controlled (HbA1c less than 7.0).
4. Avoiding medications that harm your kidneys such as non-steroidal anti-inflammatory drugs. (NSAIDs). Examples are Motrin, ibuprofen, Aleve, Advil, Naprosyn. A Cox-2 inhibitor called Celebrex is also harmful.
5. Avoiding, if possible, IV contrast dye used for CT scans and heart catheterizations and gadolinium used in MRIs.
6. Controlling your cholesterol.
7. Quit smoking.
8. If overweight, losing weight.
9. Treating anemia if present.
10. Avoiding Fleet phospho-soda (oral) and Fleet enemas for patients in Stage 4 and 5 chronic kidney disease.

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

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

Services Provided

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

- All forms of Dialysis – Hemodialysis and Peritoneal
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- Disorders of Blood Chemistry
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- Injections of Aranesp for Anemia related to Kidney Disease
- Kidney Transplant Services: Patient and Donor Evaluations, Post-Transplant Follow-up Care
- Lupus Nephritis
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- Pyelonephritis
- Polycystic Kidney Disease
- Recurring kidney stones
- Renal Failure
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We work collaboratively with a patient's primary care physician and specialists to slow the progression of chronic kidney disease (CKD) and prevent or manage complications such as hypertension, anemia, and bone disease. Additionally, our multidisciplinary team of professionals can assist you in arranging a wide array of supportive services and education programs for patients in all stages of CKD. For patients with end-stage renal disease (ESRD), our nephrologists can prepare them for all renal replacement therapies: in-center or home hemodialysis, peritoneal dialysis, and kidney transplant.

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Music Therapy: A Creative Outlet for Hope and Comfort

Expressive Therapy Helps People of All Ages Coping with the Challenges of Aging, Illness or Grief

We asked Hope Healthcare's talented Music Therapists to tell us about their unique specialty and share their heartwarming stories. Read more for a fascinating glimpse into this wonderful therapeutic intervention.

What's the best part of being a Music Therapist at Hope Healthcare?

"For me, it's being able to provide joy, comfort, and humanity to those in their final stages of life with music. Music is such an important part of the human experience, and it's all around us. Even on the days I feel like I'm not making an impact, patients and families prove me wrong every time by their responses and their thankfulness."

"The people I work with don't always see what we do as "therapy" or "work." In fact, they will often experience a greater benefit because they see our time together as something enjoyable to do. They stay engaged the entire time."

What do you wish people knew about Music Therapy?

"We're not the 'entertainment.' Music Therapy is a clinical and evidence-based profession that requires an extensive amount of training and board certification. Our work can be seen as entertaining to our patients, families, and the public, but we're doing much more than that. Like taking the wrong medication, the wrong type of music at the wrong time can cause restlessness, the resurfacing of repressed trauma, anger, anxiety, or sadness. We do so much more than 'playing music.'"

"For the person receiving therapy, it's not about performance or ability. I'm not a music teacher. I explain that I use music to reach non-musical goals. People start to understand that the music is just the vessel – not the end goal of our interaction."



What are some of your favorite memories of Music Therapy?

"A caregiver hadn't slept well the previous night. She was restless, agitated, and speaking nonsensically. As soon as I began to provide soft, soothing music, she fell – and stayed – asleep in less than three minutes. That was my shortest session ever."

"I played hymns for a patient to help recreate the experience of going to church. He would always tell me how he felt at peace and how much he loved my visits. It warmed my heart."

"One time, a son and daughter were visiting, but their mom was unresponsive. I started to sing some of her favorite songs, and she came alive to interact with her family for a brief moment."

"A woman who was over 100 years old will always sing with me, no matter how tired she was. She could recite almost every hymn with no problems. It was incredible how much she remembered."

Music Therapy at Hope Healthcare

Music Therapy is a part of the comforting, compassionate care provided in many of Hope's innovative programs, including Hope Hospice, Hope Healing Hearts, Hope Kids Care, and others. People of all ages and of all ability levels can benefit from these therapeutic interventions. No prior training, musical abilities, or talents are necessary to participate.

As a local, not-for-profit serving Southwest Florida for more than 40 years, Hope Healthcare helps families with the challenges of aging, illness, and grief.

To support Hope's mission of providing exceptional care and support to those in need, please consider making a gift at MoreHope.org.

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Nutrition for Optimal Vascular Health



When it comes to diet and nutrition, there are countless gurus and influencers claiming they have the best advice, but the truth is, depending on your overall health, some diets are just downright dangerous. If you have any heart or vascular conditions, you need to caution this type of advice and speak to your vascular surgeon about what's best for you.

For example, many people are jumping on the keto-genic bandwagon, and while it's beneficial for some individuals, it can wreak havoc on the endothelial and arterial walls if done improperly. Saturated fats, processed meats, and dairy might sound delicious, but they can be detrimental to vascular health and cause excessive plaque to form in the arteries throughout the body. If you want to limit simple carbs like bread, pasta, chips, and cookies, that's a fantastic idea and can help you maintain a healthy weight and reduce the risk of chronic disease.

There is no one magic diet, but avoiding added sugars, white flour, packaged foods, and snacks is a great way to feel better, increase energy and reduce the risk of diabetes, heart disease, and vascular disease.

When it comes to a healthy diet, it's not just what we avoid that's important, but it's also critical to eat a healthy diet the majority of the time. Increasing your intake of fresh or frozen vegetables and fruits is a great way to increase fiber, phytonutrients, and numerous vitamins into your diet. This

will feed your cells and can even help to reduce some of the damage that may have taken place over the years. It's also wise to include lean proteins. These can be plant-based or animal products, or a combination of both. Things like finfish, shellfish, nuts, seeds, and legumes are an excellent choice to feed and nourish your body.

It's also important not to go FAT-FREE. Yes, you may think all vascular surgeons favor fat-free diets, but those old ways of thinking are outdated. It's important to avoid most saturated fats, but eating healthy fats is vital for the body to function properly. Foods like olives, avocados, walnuts, and extra virgin olive oil are full of essential nutrients and fatty acids that we need to thrive optimally.

There have been several recent studies on the effects of the Mediterranean Diet and Heart disease. Although the results vary somewhat, in the end, after following patients for several years, those on a Mediterranean style diet have a significantly less incidence of heart disease and vascular disease. With an emphasis on vegetables, fruit, whole grains, legumes, nuts and healthy fats like olive oil and avocado, the Mediterranean diet is helpful in reducing "bad" cholesterol (low-density lipoprotein, or LDL) and triglycerides, which can build up plaque in the blood vessels and increase the risk of vascular disease. The Mediterranean and similar diets also show that it has the most impact on those with high blood pressure, high lipid counts (cholesterol, triglycerides), diabetes, and obesity.

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

Vascular & Vein Center at Gulfcoast Surgeons

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

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

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

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



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DARK SPOTS ON YOUR SKIN?

An Advanced Treatment Can Provide Clear, Glowing Skin

By Joseph Onorato, MD, FAAD

Have you noticed that your skin is starting to look dull, blotchy, or discolored? Hyperpigmentation, melasma, discoloration, or "age spots" are common skin concerns for many individuals. Sun damage and age spots can be caused by many different factors, including sun exposure and aging.

Sure, there are many over-the-counter products touting their skin blurring or lightening effect, but the truth is, if you want actual results, they're not going to cut it! To see a noticeable difference in your skin's appearance, you'll need to see a medical professional.

Seeing a skincare specialist doesn't mean you need surgery; it just means that your skin needs to have medical-grade treatment to have optimal cellular turnover and the regenerative required effects to improve texture, color, brightness, and the reduction in wrinkles.

SWFL Dermatology Plastic Surgery & Laser Center offers the most advanced techniques, procedures, and products. One significant advancement in the reduction of skin discoloration is an innovative laser called MedLite® C6.

MedLite® C6 uses a groundbreaking Q-switched Nd:YAG laser with a unique pulse dispersion to penetrate the discoloration while leaving the surrounding tissue safe and unaffected. With Cynosure's innovative laser treatments, you can be rid of unwanted spots and back to flawless, beautiful skin.

How it works

MedLite® C6 penetrates the skin in nanoseconds using high-speed energy waves. This helps to keep the skin cool and not overheated like traditional photo light lasers. This inventive laser technology targets sun damage and brown spots through electro-optic energy, which causes dark areas to gradually disappear through your body's natural healing process, revealing clearer, more beautiful-looking skin.

What can be treated with MedLite® C6?

MedLite® C6's laser light treatment is suitable for treating age spots, sun damage, and freckles on the face, neck, chest, arms, hands, legs, and feet.

How many treatments do I need?

Typically, only a few treatments are needed; however, depending on the condition, several treatments may be required to achieve desired results.

Immediately following the treatment, some people could experience a mild, sunburn-like sensation, possibly accompanied by some minor swelling. This usually lasts 2 to 24 hours. Work with your provider to discuss other possible side effects and the necessary post-treatment care.

Benefits of MedLite® C6

- Reduces and alleviates dark spots (even tattoos)
- Reduces acne, scarring and wrinkles
- Zero to minimal downtime
- Minimal discomfort
- Resume normal activities immediately
- Remarkable long-lasting results
- Glowing, clear skin

MedLite® C6 is trusted by practitioners worldwide for its safety and consistent results.

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- Virtual Office Visits
- Cosmetic Dermatology
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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.

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

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

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

What's on YOUR Skin?

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

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



Founder & Owner

Joseph Onorato, MD, FAAD

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

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How a 98-Year-Old Stays Looking Young, Living Healthy and Flourishing

What keeps people young at heart and healthy as the age? There are a lot of speculations and hypothesis, but one incredible lady named Lola Jean Copeland has a unique way of staying vivacious and healthy. To look at her, you might think she was in her early 70's, but she just turned 98!

Lola Jean Copeland has always had a love for dance, and that passion, she says, is keeping her feeling youthful. Lola who's a resident at The Terraces at Bonita Springs, celebrated her recent 98th birthday by taking dance classes at the Enchanted Ballroom in Bonita Springs, Florida. Some of her neighbors from the retirement community joined her for the event.

"You got to move it or lose it," Lola told the WINK-TV reporter. "I don't know if it's the dancing or the egg I eat every morning—or maybe it's the beer I enjoy every night," she says with a chuckle.

Studies show dance classes, like the one Copeland attended, help to keep seniors fit and able to enjoy the independent living lifestyle they desire. Dancing regularly will help maintain strength, strong bones, heart health, cognitive function, posture and improve balance.

Along with this dance class, Copeland also enjoys participating in The Terraces at Bonita Springs Vitality Program, which promotes wellness education and programming. After moving into The Terraces, Copeland has been able to make many friends and enjoy the active lifestyle she's always desired.

Lola certainly has a love for life, and dance, and anyone who speaks with her will know that she is just as lovely on the inside as she is on the outside.

Fully Embracing Vitality and Wellness

Vitality, health and wellness are imperative to enjoying a beautiful retirement. Our Vitality Program places a thoughtful emphasis on overall wellness and independence throughout the continuum of care.



Vitality Program Highlights Include:

- Daily check-in and personal help button
- Vitality assessment and wellness plan
- Incident, hospital, and rehabilitation center follow-up
- Emergency information updates
- Assistance with community resources
- Fitness center and group exercise classes
- Wellness education and programs

Residents enjoy all these complimentary Vitality Program offerings at The Terraces, where opportunities to help you live well and stay vital are endless.

Staying active is critical for aging well. Doing something you are passionate about, maintaining a nutritious diet and getting proper sleep are essential for overall health and will help individuals experience a life well lived.

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.

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

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- Billiard's room/game room
- Beauty salon/barbershop
- Guest suites

DIABETES: EATING HEALTHY AND PHYSICAL ACTIVITY

Nutrition and physical activity are important parts of a healthy lifestyle when you have diabetes. Along with other benefits, following a healthy meal plan and being active can help you keep your blood glucose level in your target range. To manage your blood glucose, you need to balance what you eat and drink with physical activity and diabetes medication, if you take any. What you choose to eat, how much you eat, and when you eat are all important in keeping your blood glucose level in the range that your health care team recommends.

Becoming more active and making changes in what you eat and drink can seem challenging at first. You may find it easier to start with small changes and get help from your family, friends, and health care team. Eating well and being physically active most days of the week can help you: keep your blood glucose level, blood pressure, and cholesterol in your target ranges; lose weight or stay at a healthy weight; prevent or delay problems associated with diabetes; feel good and have more energy.

FOOD

The key to eating with diabetes is to eat a variety of healthy foods from all food groups, in the amounts your meal plan outlines.

• VEGETABLES

- nonstarchy: includes broccoli, carrots, greens, peppers, and tomatoes
- starchy: includes potatoes, corn, and green peas

• FRUITS—includes oranges, melon, berries, apples, bananas, and grapes

- grains—(at least half of your grains for the day should be whole grains) includes wheat, rice, oats, cornmeal, barley, and quinoa such as bread, pasta, cereal, and tortillas

• PROTEIN - lean meat, chicken or turkey without the skin, fish, eggs, nuts and peanuts, dried beans and certain peas, such as chickpeas and split peas, meat substitutes, such as tofu

• DAIRY—nonfat or low fat - milk or lactose-free milk if you have lactose intolerance, yogurt, cheese

Eat foods with heart-healthy fats, which mainly come from these foods: oils that are liquid at room temperature, such as canola and olive oil, nuts and seeds, heart-healthy fish such as salmon, tuna, and mackerel, avocado. Use oils when cooking food instead of butter, cream, shortening, lard, or stick margarine.



LIMIT - fried foods and other foods high in saturated fat and trans fat, foods high in salt/sodium, sweets, beverages with added sugars. Drink water instead of sweetened beverages. Consider using a sugar substitute in your coffee or tea. If you drink alcohol, drink moderately—no more than one drink a day if you're a woman or two drinks a day if you're a man. If you use insulin or diabetes medicines that increase the amount of insulin your body makes, alcohol can make your blood glucose level drop too low. This is especially true if you haven't eaten in a while. It's best to eat some food when you drink alcohol.

WHEN SHOULD I EAT?

Some people with diabetes need to eat at about the same time each day. Others can be more flexible with the timing of their meals. Depending on your diabetes medicines or type of insulin, you may need to eat the same amount of carbohydrates at the same time each day. If you take "mealtime" insulin, your eating schedule can be more flexible.

WEIGHT-LOSS PLANNING

If you are overweight or have obesity, work with your health care team to create a weight-loss plan. To lose weight, you need to eat fewer calories and replace less healthy foods with foods lower in calories, fat, and sugar. If you have diabetes, are overweight or obese, and are planning to have a baby, you should try to lose any excess weight before you become pregnant. Learn more about planning for pregnancy if you have diabetes.

PHYSICAL ACTIVITY

Physical activity lowers blood glucose levels, lowers blood pressure, improves blood flow, burns extra calories, improves your mood, can prevent falls and improve memory in older adults, and may help you sleep better.

Even small amounts of physical activity can help. Experts suggest that you aim for at least 30 minutes of moderate or vigorous physical activity 5 days of the week. Be patient. It may take a few weeks of physical activity before you see changes in your health.

Be sure to drink water before, during, and after exercise to stay well hydrated. The following are some other tips for safe physical activity when you have diabetes.

PREVENT LOW BLOOD GLUCOSE

Because physical activity lowers your blood glucose, you should protect yourself against low blood glucose levels, also called hypoglycemia. You are most likely to have hypoglycemia if you take insulin or certain other diabetes medicines, such as a sulfonylurea. Hypoglycemia also can occur after a long intense workout or if you have skipped a meal before being active. Hypoglycemia can happen during or up to 24 hours after physical activity.

Planning is key to preventing hypoglycemia. For instance, if you take insulin, your health care provider might suggest you take less insulin or eat a small snack with carbohydrates before, during, or after physical activity, especially intense activity. You may need to check your blood glucose level before, during, and right after you are physically active.

STAY SAFE WHEN BLOOD GLUCOSE IS HIGH

If you have type 1 diabetes, avoid vigorous physical activity when you have ketones in your blood or urine. Ketones are chemicals your body might make when your blood glucose level is too high, a condition called hyperglycemia, and your insulin level is too low. If you are physically active when you have ketones in your blood or urine, your blood glucose level may go even higher. Ask your health care team what level of ketones are dangerous for you and how to test for them. Ketones are uncommon in people with type 2 diabetes.

Sahiba Singh DPM, AACFAS

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



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www.NaplesPodiatrist.com

TAKE CARE OF YOUR FEET

People with diabetes may have problems with their feet because of poor blood flow and nerve damage that can result from high blood glucose levels. To help prevent foot problems, you should wear comfortable, supportive shoes and take care of your feet before, during, and after physical activity.

PHYSICAL ACTIVITY

Doing different types of physical activity each week will give you the most health benefits. Mixing it up also helps reduce boredom and lower your chance of getting hurt. Try these options for physical activity. If you have been inactive or you are trying a new activity, start slowly, with 5 to 10 minutes a day. Then add a little more time each week. Increase daily activity by spending less time in front of a TV or other screen. Try these simple ways to add physical activities in your life each day:

- Walk around while you talk on the phone or during TV commercials.
- Do chores, such as work in the garden, rake leaves, clean the house, or wash the car.

- Park at the far end of the shopping center parking lot and walk to the store.
- Take the stairs instead of the elevator.
- Make your family outings active, such as a family bike ride or a walk in a park.

Aerobic exercise is activity that makes your heart beat faster and makes you breathe harder. You should aim for doing aerobic exercise for 30 minutes a day most days of the week. You do not have to do all the activity at one time. You can split up these minutes into a few times throughout the day.

To get the most out of your activity, exercise at a moderate to vigorous level. Try walking briskly or hiking, climbing stairs, swimming or a water-aerobics class, dancing, riding a bicycle or a stationary bicycle, taking an exercise class, playing basketball, tennis, or other sports.

Strength training is a light or moderate physical activity that builds muscle and helps keep your bones healthy. Strength training is important for both men and women. When you have more muscle

and less body fat, you'll burn more calories. Burning more calories can help you lose and keep off extra weight.

You can do strength training with hand weights, elastic bands, or weight machines. Try to do strength training two to three times a week. Start with a light weight. Slowly increase the size of your weights as your muscles become stronger.

Stretching exercises are light or moderate physical activity. When you stretch, you increase your flexibility, lower your stress, and help prevent sore muscles. You can choose from many types of stretching exercises. Yoga is a type of stretching that focuses on your breathing and helps you relax. Even if you have problems moving or balancing, certain types of yoga can help.

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.

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TAKING CARE OF YOUR EYES IN THE WORKPLACE

By Scott Prickett, O.D.

Each day, roughly 2,000 workers will sustain job-related eye injuries that require medical attention. These injuries vary from simple eye strain from staring at a computer for too long, to trauma that may lead to permanent damage, vision loss and even blindness.

Workplace Eye Wellness Month in March highlights actions you can take to protect your eyes and avoid injury.

QUICK FACTS

- Each year, nearly 25,000 Americans visit the emergency room due to a workplace eye injury.
- 90% of eye injuries could have been avoided by wearing eye protection.
- Approximately 40 percent of eye injuries in the workplace happen in three industries: construction, manufacturing and mining.
- Flying or falling objects, tools, chemicals and particles and sparks are just some of eye injuries that could happen on the job.
- Workplace eye injuries cause \$300 million in treatment, worker's comp and loss of productivity each year.

EYE PROTECTION

There are many hazards that can be found in the workplace - falling objects, flying debris, chemicals, intense light, and heat. Wearing eye protection is the first step in safeguarding yourself from these hazards. It is essential to make sure the eye protection is appropriate for the type of hazards you are protecting against. Eyewear must be American National Standards Institute ANSI-approved and OSHA compliant. You must use special-purpose safety glasses, goggles, face shield or helmet if you are near hazardous radiation welding, chemicals, lasers or fiber optics.

About Quigley Eye Specialists

Dr. Prickett is a Board-Certified Optometrist 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. Dr. Prickett specializes in full-scope optometry including preoperative and post-operative surgical care, primary care, ocular disease treatment and management. Quigley Eye Specialists has served the region for more than 30 years with locations throughout Florida including Sarasota, Venice, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.



DIGITAL EYE STRAIN

Working from home is the new norm, and while an office environment may seem safe, digital eye strain is a real workplace problem. Staring at your computer screen, phone, tablet or e-reader for an extended amount of time means you blink less often, which is necessary to keep the surface of the eye moisturized. Your eyes work harder resulting in eye strain, headaches, blurriness, burning, itching and dry eyes as just some of the symptoms you could experience. But computer and phone screens aren't the only culprits. Reading, writing or other near work over an extended amount of time can create the same effects. While the American Ophthalmological Institute has determined these will not cause permanent eye damage, they are still uncomfortable and can inhibit your ability to work. The good news is there are ways to create a home work space that helps avoid these problems. The American Academy of Ophthalmology has these suggestions:

- Sit an arm's length - about 18 to 25 inches - away from your computer screen.
- Follow the 20-20-20 rule. Every 20 minutes, look 20 feet away for 20 seconds. Set a timer on your phone or watch as a reminder. If you are in the middle of a video call, you can achieve this by shutting your eyes for 20 seconds.

- Remember to blink. On average, a person blinks about 15 times per minute. That is cut in half when staring at a computer or phone screen.
- If your computer screen is brighter than your surroundings, your eyes will be working harder to see. Adjusting the room lighting and the contrast on your computer to a comfortable level helps alleviate this problem.
- Your computer screen should be positioned so that your eyes are directed slightly downward instead of straight ahead or up.
- When your eyes start to feel dry, use artificial tears to refresh them.
- Consider a humidifier which adds moisture to the air while minimizing dry eye.
- Progressive lens computer glasses are specifically designed for focusing on computer screens.
- Glass screens on phones offer exceptional picture quality but can also produce a strong glare, aggravating your eyes. To help you can adjust the low light filter setting or use a matte finish to help reduce the glare and help with eye strain.
- The American Academy of Ophthalmology does not recommend blue light-blocking glasses as there is no scientific evidence that blue light coming from a computer screen causes digital eye strain or damage to the eyes.

Taking care to protect your eyes at work is essential to maintaining eye health. If problems persist even after you have followed these suggestions, visit Quigley Eye Specialists for further help in diagnosing your eye condition.

* Information from the American Academy of Ophthalmology®



(239) 466-2020

www.QuigleyEye.com

For more information, call (239) 466-2020 or visit www.QuigleyEye.com.

PAY ATTENTION TO POTENTIAL SYMPTOMS OF COLORECTAL CANCER

By Dr. Arie Dosoretz

March is National Colorectal Cancer Awareness Month. This initiative began in 2000 and has become a rallying point for thousands of colorectal cancer patients, survivors, caregivers and advocates across the country.

Awareness around this illness is important due to the impact this cancer has as one of the most common malignancies in our country. The numbers are quite staggering. Colorectal cancer affects 1 in 23 men and 1 in 25 women during their lifetimes. It is the second-leading cause of cancer death in the U.S. and third-most diagnosed type of cancer in America. In 2022, the American Cancer Society estimates that doctors will diagnose 106,180 new cases of colon cancer and 44,950 new cases of rectal cancer, for a total of 151,130 colorectal cases this year.

The American Cancer Society and Colorectal Cancer Alliance point out that the demographics of colon and rectal cancer are changing. Colorectal cancer rates are increasing 2% annually for people under age 50 and 1% annually for those ages 50 to 64. This has led the United States Preventative Services Task Force to recommend those with average risk factors start screening for colorectal cancer at age 45.

Colorectal cancer can be traced to the formation of polyps, or small growths, inside the colon or rectum. Identifying and removing polyps is a key to stopping cancer from advancing and spreading.

Symptoms

Whereas other cancers can be more easily detected by a given individual, colorectal cancer can be difficult to be aware of and makes screening more important. A common symptom includes changes in bowel habits such as diarrhea, constipation, or a change in stool consistency. These symptoms of course can also be caused by common conditions such as food poisoning, food allergies, infections, and medications. Additionally, colorectal cancer can present with blood in the stool, abdominal pain, and weight loss. Individuals who notice any altered gastrointestinal symptoms should go see a doctor for further evaluation.

Screening

Medicare and private insurance typically cover the cost of preventative care, including colorectal cancer screening. There are various mechanisms to screen for this cancer including:

- **Stool test:** These lab exams can detect the presence of blood or altered DNA.
- **Flexible sigmoidoscopy:** A short, thin, flexible, lighted tube is inserted into the rectum.
- **Colonoscopy:** A longer tube is inserted inside the rectum and entire colon.
- **Computed tomography colonography:** X-ray imaging and computer reconstruction can produce images of the entire colon.

Physicians will recommend the most appropriate type of screening based on a patient's symptoms, initial exam, and medical history.

Treatment

Colorectal cancer has become an increasingly more treatable form of cancer. Increasing numbers of patients have become curable with improvements in cancer treatment and technology.

The most appropriate combination of treatment is based on a patient's stage and the specific location of a cancerous lesion. Typically, surgery, chemotherapy, and radiation are combined for the majority of rectal cancers. Surgery and chemotherapy are more commonly used for colon cancer treatment.

Radiation therapy precisely targets powerful x-rays into a tumor and the draining lymph nodes. This treatment damages the genetic material inside cancer cells and prevents from growing and spreading. Critically, radiation technology has increasingly allowed physicians to spare normal structures leading to improved short-term symptoms and long-term quality of life.

Side effects of radiation vary based on an individual patient and the specific details around their cancer. The most common side effects of radiation therapy when treating rectal cancer include mild fatigue, altered bowel habits, and increased urinary frequency.

We are proud to provide expert care at Advocate Radiation Oncology. Our board-certified radiation oncologists have trained at our country's most notable institutions and are exceptionally dedicated to patient care. We offer convenient locations across Southwest Florida and treat patients using the industry's newest high-tech cancer-fighting machines, including Varian's Halcyon, Identify and TrueBeam systems. These machines are accurate and powerful. They allow our treatment to eradicate cancer cells while minimizing damage to healthy surrounding tissue.

Colorectal cancer begins with awareness and education so that screening can lead to the earliest diagnosis possible. We should all work together to continue to make impactful strides around this common illness. We are proud to stand alongside our colorectal cancer patients and their loved ones.



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.

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Improve Your Balance

By Marek Zajac, FootXperts Founder and CEO

The ability to sense the surfaces underneath our feet is called proprioception. Countless electrical impulses move along the nerves to your brain providing the feedback we depend on in order to stand, walk, run, jump, maintain balance and freely move our body and limbs in every external environment. Having this awareness is important for day-to-day living and vital for a healthy mobility. If you've ever noticed the difference between grass, sand or cement on the bottom of your feet you've experienced proprioception.

This never-ending loop of informational exchange between the receptors in our feet and our central nervous system, delivers the information based on which our brain is able to control the muscular tension in lower extremities. Age-related changes, injuries or medical conditions can affect the nerves, cause long-term or permanent proprioception impairment and lead to balance issues. Common medical conditions that cause a proprioceptive deficit and imbalance are:

- Neuropathy
- Diabetes
- Arthritis
- Stroke
- Parkinson's disease
- Cognitive disabilities
- Herniated disc
- Multiple sclerosis (MS)
- Autism spectrum disorder (ASD)
- Huntington's disease
- Joint injuries and replacements, such as hip replacement or knee replacement

Custom foot orthotics, designed individually, from a specialist with additional knowledge in proprioception can help with postural awareness and balance issues. Special modules on the surface of the orthotic give additional impulses and increase the amount and quality of information our feet provide and our brain can process. This type of foot orthotics work on a neurological level and can help with imbalance and muscular issues in lower extremities.

"Foot Stores" chains do not offer these solutions. You can only receive true Expert Foot Orthotics from a professional with appropriate equipment and training.



NEURO-ORTHOTICS
CAN HELP YOU WITH
IMBALANCE

Every module on the surface of this orthotics needs to be designed and placed individually to address the unique needs and foot shape of every patient.

Our body works as a chain of muscles, tendons, joints and electrical impulses that provide the right information to make that network work like a clockwork. Custom Foot Orthotics can be so much more than just arch supports. The right impulses in the right place, sent from your feet to your brain, can e.g. change the muscular tension in calf muscles and help toe walking patients to walk normally.

In over 20 years of work in the field of biomechanics and orthopedics we could help countless clients with more balance and stability, with pain relief and more quality of life.

We've equipped people of all ages from 4y to 90y, 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.

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 design custom foot orthotics for your sandals. There are huge differences 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 cover the differences of your left and right foot.



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)

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ANXIETY & DEPRESSION: HOW MEDICAL MARIJUANA CAN HELP

There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Anxiety is made up of both psychological and physical symptoms. The psychological part creates the nervousness, fear, and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea and shortness of breath.

When anxiety 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.

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

The typical care is behavioral therapy, counseling, and anti-anxiety medications. The problem is therapy is often just not enough due to the brain's complexities, and anti-anxiety meds are addictive and very often fail to keep working for many patients.

Medical Marijuana

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

Medical marijuana is made up of THC, CBD, and terpenes. The CBD is known to bind to receptors and is thought to regenerate cells and brain function, while THC helps to relax and alleviate the

physical symptoms of apprehension. Terpenes are beneficial due to their nutrients and healing properties. The ratios of THC and CBD can be manipulated for the patient's benefit.

Only Certified Doctors Can "Input A Recommendation" For Medical Marijuana

Only physicians who become qualified by taking specific CME's are authorized to recommend medical marijuana to patients who suffer from conditions they determine to be debilitating and chronic. By law a patient must be evaluated in person by a certified provider to get additional orders placed every 210 days.

Florida's Qualifying Conditions for Medical Marijuana Are:

- ALS
- Cancer
- Crohn's Disease
- Chronic non-malignant pain
- Epilepsy
- Glaucoma
- HIV/AIDS
- Multiple Sclerosis
- Parkinson's disease
- PTSD
- Seizures
- Terminal Illness
- Other comparable debilitating conditions

Standing by our mission of providing compassionate healthcare to all those in need and expanding access to certified Florida medical marijuana doctors, Compassionate Healthcare of Florida is dedicated to being with our patients throughout their journey into medical cannabis usage. CHF sets itself apart from other medical marijuana providers



in Southwest, Florida by offering patients Risk-Free consultations with board-certified physicians who have specialized experience in the benefits and efficacy of medical cannabis usage. At CHF we do not believe in charging more for additional methods of use or forcing frequent patient follow-ups beyond the state-mandated rules. Patients should not face surprises when pursuing relief through medical marijuana in Florida.

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100's of conditions can be compared or enumerated to Florida's qualifying conditions
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LEARN HOW AGING AFFECTS NUTRIENT ABSORPTION

By Dr. Doreen DeStefano, NhD, APRN, DNP

Many things can disrupt our ability to absorb nutrients from food and supplements, such as an overgrowth of gut bacteria, IBS, or microbiome imbalance. However, as we age, the stomach acids make it very difficult to absorb nutrients, even more so than when we were younger.

If you've ever noticed that when you're fighting a virus such as a cold, and you're taking extra vitamin C and herbal supplements for viral infections, they may not work as well as they did when you were younger, or perhaps it takes you a week or two to feel yourself again, when it would normally only take a few days, this can be due to absorption issues in the gut.

Now, more than ever, we realize how important it is to stay healthy and have a thriving immune system.

Nearly 80% of our immune system is stored within the gut. When the gut lining is damaged, toxins, antigens, undigested food particles, and bacteria can leak through the intestinal lining and 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 foreign substances; this is called molecular mimicry. This type of immune response is known to cause and intensify illness and autoimmune disorders.

IV nutrients can help with numerous conditions, including boosting the immune system.

Instead of attempting to go through the stomach and digestion process, which can significantly break down the effectiveness of nutrients, IV therapy administers essential nutritional supplements directly into the bloodstream.

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

A few examples of IV treatments are Alpha Lipoic Acid, Chelation, Glutathione, High-Dose Vitamin C, Meyer's Cocktail, and Magnesium. These IV treatments help with countless issues from asthma,



arthritis, diabetes, cholesterol, hormonal disorders, and so much more. Glutathione is one of the most potent antioxidants and is a master at detoxifying and healing the body.

IV therapy can target each patient's specific needs; however, seeing a reputable, experienced practitioner is critical.

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

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

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

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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36 REASONS TO SMILE WITH A DENTAL HYGIENE CAREER

By Dr. Susan Anderson

In addition to the 32 teeth the average adult has in their mouth, there are four additional reasons to smile. If you are passionate about dental care and want a career as a dental hygienist, we are now accepting applications to start in August for our Bachelor of Science in Dental Hygiene program at Hodges University.

According to the Bureau of Labor Statistics (BLS), the average annual salary for a dental hygienist is \$67,870. Additionally, the BLS noted the demand and need for dental hygienists is expected to grow 11 percent through the year 2030. Plus, Florida is one of the top states that needs dental hygienists according to the BLS.

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Dr. Susan Anderson is the Dental Hygiene Program Director at Hodges University.



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HEALING KNEE PAIN WITH REGENERATIVE MEDICINE

The Alternative to Surgery and Medications

By Dr. Sebastian Klisiewicz, D.O.

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

The "Old" Standard Treatment for Knee Pain

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

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

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

The New Frontier of Non-Surgical Knee Care

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

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

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

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

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

An Integrated Team Approach Provides Best Results

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

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



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

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

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

DR. SEBASTIAN KLISIEWICZ, D.O.

Board Certified in Physical Medicine and Rehabilitation

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

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



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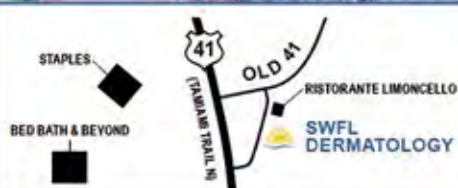
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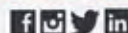
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PRIMARY CARE SPORTS MEDICINE: NON-OPERATIVE ORTHOPEDIC CARE

By Dr. Reginald Pinder II | Sports Medicine | Millennium Physician Group

Do you have pain, stiffness, or issues with your joints? Perhaps you have shoulder or knee pain that affects your daily activities or athletic performance. Conditions that impact your ability to pick up your grandchild, drive the ball 150 yards, or cycle 30 miles on a sunny Saturday afternoon affect millions of people—you are not alone. It is estimated that approximately 127 million individuals in the United States are suffering from musculoskeletal (MSK) conditions.

Sports medicine physicians are uniquely equipped to handle the diagnosis and non-operative treatment of musculoskeletal system disorders. These disorders include painful muscles, tendons, bones, joints, ligaments, and nerves. In addition, they are trained in the treatment of medical problems adversely affecting athletic performance. This includes concussion management, exercise prescriptions, and return to play consultation after illness for example.

Under the care of sports medicine, not only is the condition at hand treated utilizing various non-operative means, but also by incorporating prevention into the rehabilitation process to decrease the chance of future injury. My specialty helps people of all ages and activity levels. From pediatric through geriatric, sedentary to professional athlete, sports medicine aims to alleviate pain, improve functional status, and promote health and well-being.

What is OMT?

Osteopathic manipulative treatment is a conglomerate of manual treatment techniques which aim to restore balance between the various body systems by enacting change through the musculoskeletal system. Osteopathic physicians undergo extensive training regarding these various treatment modalities and how each can be employed in certain situations. During an OMT visit, your physician will diagnose your area of concern, as well as other areas of the body which may have also been affected. The diagnosed abnormal findings are called “somatic dysfunctions” and are evidenced by tissue texture change, asymmetry, altered range of motion, and/or



tenderness. Depending upon how your pain began, how long it has been present, and your other medical conditions, your physician will determine how to best restore balance between these dysfunctions.

Ultrasound Guided Procedures

Primary care sports medicine physicians complete additional training beyond residency termed fellowship. During fellowship they are trained in the use of ultrasound for both diagnostic evaluation of injured structures, as well as for interventional injections. Two commonly injected substances are corticosteroids and viscosupplementation.

Corticosteroid Injections

Corticosteroid injections help to alleviate pain in the specific area injected. Pain relief is achieved by the corticosteroids' powerful ability to decrease inflammation and swelling.

Viscosupplementation Injections

Viscosupplementation is an injectable substance used in arthritis that mimics the natural synovial fluid found in the joint. Synovial fluid has a high concentration of hyaluronic acid (HA) and is used to help lubricant the joint, regrow cartilage, and provide cushioning.

Regenerative Medicine

Regenerative medicine includes injections which accelerate the body's natural ability to heal damaged tissue, thereby regaining function. The two primary forms of regenerative medicine are prolotherapy (prolo) and platelet-rich plasma (PRP) injections. By using ultrasound guidance, I am able to precisely place the injection into the damaged structure to ensure accurate delivery.

Prolotherapy

Prolotherapy is a series of injections that purposely irritates the injured area. It may sound counterintuitive; however, prolotherapy helps the body lay down new connective tissue in response to the irritation which then decreases pain. It works by injecting a mixture of lidocaine (a numbing agent) and dextrose (sterile sugar water). The duration and quantity of injections depends upon the particular area being treated, but typically anywhere from 2 to 6 injections are required.

Platelet-Rich Plasma

Platelet-rich plasma is created using the patient's own blood. A small amount of blood is drawn and placed into a centrifuge, which separates the various components found in everyone's blood. At the end of the spinning process, the “liquid gold” layer known as platelet-rich plasma is harvested. Unlike prolo, PRP is able to regenerate more specific types of tissue where it is injected. When treating a muscle tear, PRP injected into the tear will create more muscle fibers, restoring strength. If injected into a joint space, it will lead to cartilage growth and increased synovial fluid, the body's natural joint cushion. As with the previously mentioned injections, PRP is also delivered under ultrasound guidance. Not only does it lead to a more accurate delivery, but also allows me to inject surrounding structures which also may be damaged. This leads to a stronger functional unit and increases efficacy. After your PRP injection, you will then enter a brief rehabilitation protocol to ensure maximal benefit from the procedure. PRP provides an alternative to surgery by promoting safe and natural healing in an accelerated format.

Physical Therapy

I work directly with physical therapists to create individualized plans based on my patient's specific needs. If patients have limited functional mobility or other musculoskeletal impairments, physical therapy can help minimize pain, retrain muscles, and get them back to the best state of recovery as possible.

When a patient visits me, my goal is to get to the root cause of their injury with diagnostic imaging and an in-depth physical examination, which allows me to decide on their specific treatment plan. For example, if a patient has back pain and we discover it's the sciatic nerve, instead of jumping into a surgical intervention, we use conservative treatment options to alleviate their pain and restore function to the area. This saves the patient time expenses, alleviates long recovery, and gives them the ability to recover and heal naturally.

Summary

With each patient, my goal is to address the root cause of the injury or pain. This will be done with a thorough physical exam, and complemented by advanced imaging when necessary. Together, we will create a cost-effective treatment plan based on your needs and level of activity. Instead of jumping into a surgical intervention, I will use conservative treatment options to alleviate pain and restore function.

Reginald Pinder II, D.O.

SPORTS MEDICINE

- **EDUCATION:** Doctor of Osteopathic Medicine, Edward Via College of Osteopathic Medicine, Blacksburg, Virginia
- **RESIDENCY:** Family medicine, Riverside Family Medicine Residency, Newport News, Virginia
- **FELLOWSHIP:** Sports medicine, Virginia Tech, Blacksburg, Virginia
- **SPECIALTY:** Sports medicine
- **FOCUS:** Non-operative orthopedics, sports-related concussions, ultrasound-guided injections
- **HOBBIES:** Sports, photography, fishing, and travel



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What is OCD?

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

OBSESSIONS

Repetitive and unwanted images, thoughts or urges.

COMPULSIONS

Behavior that you repeatedly perform to reduce distress.

DISTRESS

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

TEMPORARY RELIEF

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

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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.
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Do You Have A Weakened or Tight Pelvic Floor?

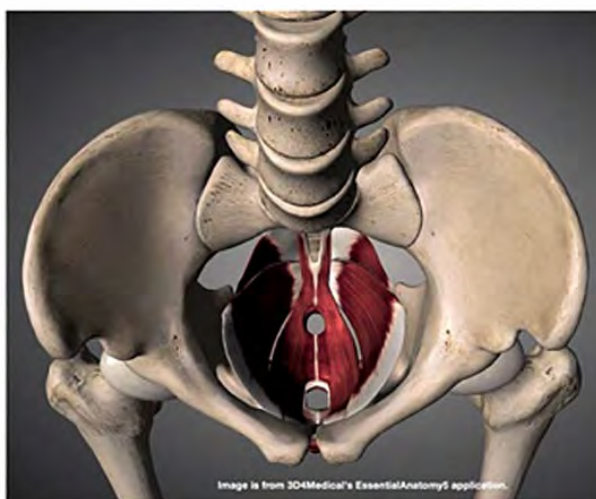
What You Should Know

By Alejandro Miranda-Sousa, M.D. and Griselda Tarsia, RN, BSN, CMSRN

The muscles of the pelvic floor are a group of muscles that support the pelvic organs. These muscles support the bladder, rectum, prostate in men, and vagina and uterus in women. As we age, our muscles tend to weaken or get too tight. Conditions that involve this chronic pelvic pain in both men and women are often caused by muscle tightness. When these muscles don't behave appropriately, they can enter into a spasm or a cramp and this could mimic other conditions. Because of this, the organs supported by these muscles do not work properly and can cause urinary and/or fecal incontinence and sexual dysfunction in men and women along with many other symptoms.

This condition is frequently underdiagnosed and can greatly affect your quality of life. Many people suffering from pelvic floor dysfunction do not want to leave their home due to their symptoms and can have frequent unnecessary visits to the emergency room. Many of our patients even suffer in their personal relationships due to their symptoms. There are many reasons why these muscles do not work correctly including a fall, trauma, surgery or stress. Stress can cause you to unknowingly clench your pelvic floor muscles, which can lead to knots or trigger points in the muscle and cause pain or discomfort.

Fortunately, we have a minimally invasive treatment available to treat the muscles thereby improving your quality of life. You can expect to see a 70-80% or more improvement in symptoms.



If you suffer from any of the following symptoms, pelvic floor therapy might be the right treatment for you:

- **Stress Incontinence-** leaking urine with coughing, sneezing, heavy lifting, or laughing
- **Urge Incontinence-** leaking urine when you get a strong desire to urinate
- **Urinary Frequency-** getting the desire to urinate many times during the day
- **Nocturia-** getting a strong desire to urinate many times at night
- **Frequent urinary tract infections**
- **Fecal Incontinence-** leaking of stool
- **Constipation/Diarrhea**
- **Incomplete bladder emptying**
- **Vaginal Pain**
- **Penile Pain**
- **Pain with intercourse**

Alejandro Miranda-Sousa, MD



Dr. Miranda-Sousa is a board certified urologist. He is an author and co-author of multiple research and clinical peer-reviewed medical articles. He received Best Abstract from the American Urological Association in 2007 and is Fellowship Trained in Urodynamics and Neurourology.

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

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The screenshot shows the homepage of the Health & Wellness Magazine website. At the top, there's a navigation bar with links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main header features the magazine's title and a search bar. Below this, there's a large featured article titled "Skincancer" with a photo of a woman wearing a sun hat. To the right of the main article, there's a sidebar with "In This Issue" and a list of topics like "Living with Diabetes?", "Why Wellness Works", and "Is it My MEMORY... or is it MY HEARING?". Below the main article, there's a section for "Read Our Flip Book Version" showing three magazine covers. At the bottom, there's a "Featured Article" titled "The Other Side of Parkinson's Disease" with a photo of a man and a woman. On the right side of the page, there's a newsletter sign-up form with fields for Name and Email, and a "Subscribe" button.

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What is Overactive Bladder?

Overactive bladder is an umbrella term that includes the frequent and urgent need to empty your bladder. One of the most common symptoms of overactive bladder is a sudden urge to urinate, resulting in unintentional urine loss which is referred to as incontinence.

Overactive bladder can affect 1 in 3 people in the United States over the age of 40.^{1,2} Though this bladder control issue may occur more often as people get older, it is not a normal part of aging.

You may be suffering from overactive bladder if:

- **Urgency** - You experience a sudden or compelling need to urinate with inability to hold urine or control it
- **Urgency Incontinence** - You experience an urgent need to urinate and have urinary leakage accidents or trouble holding urine before making it to the restroom
- **Frequency** - You go to the restroom to urinate so often that it disrupts your life—typically 8 or more times a day
- **Nocturia** - You wake up more than 1 time per night because you need to urinate

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

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

What is Axonics Therapy?

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

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

What are the benefits of Axonics Therapy?

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

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References:

1. Coyne KS, et al. The prevalence of lower urinary tract symptoms (LUTS) in the USA, the UK and Sweden: results from the Epidemiology of LUTS (EpiLUTS) study. *BJU International*. 2009;104: 352-360. US Census Reporter <https://censusreporter.org/profiles/01000US-united-states/>
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You've Heard It Before, Mammograms Save Lives, But What Do You Really Need to Know About Your Imaging Choices?

By Krystal Smith, D.O.

Q: WHEN SHOULD I BEGIN HAVING SCREENING MAMMOGRAMS?

A: The American College of Radiology recommends women begin having annual screening mammograms at age 40. Some women, who are at a higher risk of developing breast cancer due to such things as a family history of breast cancer, may need to begin sooner than age 40.

Q: HOW SHOULD I PREPARE FOR MY YEARLY SCREENING MAMMOGRAM?

A: On the day of your screening mammogram do not use deodorant, powder or lotions. These substances can mimic the appearance of cancer and require the study to be repeated. You should wear a 2-piece outfit so you will only need to remove your top. Our technician will give you a robe to wear. If you have tender breasts, it may be helpful to schedule one week after your menstrual period.

Q: IS MY YEARLY SCREENING MAMMOGRAM COVERED BY INSURANCE, MEDICARE?

A: Most insurance companies, including Medicare, will pay for a yearly screening mammogram for women over 40 years of age as part of the insured individual's wellness program.

Q: HOW LONG DOES IT TAKE TO PERFORM MY YEARLY SCREENING MAMMOGRAM?

A: From check-in to check-out, the process takes approximately 30 minutes.

Q: DO I NEED AN ORDER FROM MY DOCTOR OR NURSE PRACTITIONER TO SCHEDULE MY YEARLY SCREENING MAMMOGRAM?

A: You do not need an order to schedule your yearly screening mammogram. In the state of Florida, women age 40 or older can schedule their annual screening mammogram without an order.

Q: IS A MAMMOGRAM UNCOMFORTABLE?

A: The Breast Center of Naples is proud to offer the SmartCurve system by Hologic. The SmartCurve system provides a curved compression surface that offers a more comfortable patient experience without compromising image quality, exam time, dose or workflow. Clinically proven to deliver a



more comfortable mammogram, the SmartCurve system improves comfort in 93% of patients who reported moderate to severe discomfort with standard compression. Additionally, 95% of patients surveyed would recommend facilities that use a SmartCurve system.

Q: WHAT PATIENTS ARE OFFERED SCREENING ULTRASOUND?

A: Women who are categorized on their mammogram as Category C (Heterogeneously Dense Breast Tissue) or Category D (Extremely Dense Breast Tissue) will be offered screening breast ultrasound in addition to their screening mammogram. This is not a substitute for a screening mammogram, but a supplement to help in the detection of breast cancer.

Q: WHAT IS THE DIFFERENCE BETWEEN A SCREENING AND A DIAGNOSTIC EXAM?

A: A screening mammogram (and screening ultrasound if applicable) is performed when there are no breast symptoms/problems. Diagnostic exams are performed if a woman is recalled for additional imaging for an abnormality on her screening mammogram or if she has breast symptoms/problems. Diagnostic examinations are also performed if a man presents with a breast symptom/problem.

Q: AT WHAT AGE DO I STOP HAVING SCREENING MAMMOGRAMS?

A: Yearly screening mammograms may continue as long as you are healthy. There is no specific age at which to stop having screening mammograms.

WE ARE THE BREAST CENTER OF NAPLES

Here at Breast Center of Naples, breast imaging is all we do! Dr. Smith and her specialized staff have dedicated their lives to caring for women and the early detection of breast cancer. In contrast to other imaging centers, your care will solely be provided by fellowship trained breast radiologists and a team of specialized technologists and sonographers. Not only do we offer this specialized care, we do this in a unique setting unlike any in Collier County. Our luxurious, spa-like, atmosphere awaits you where you are treated like family as soon as you enter the office. When you first arrive, you will experience our beautiful reception area and welcoming staff. Once it is time for your imaging, you will be taken to our calming secondary waiting area with ample dressing rooms and a plush robe for your exam.

We have only state of the art equipment which includes Hologic 3D Mammography, GE ultrasound, and Hologic bone density. We offer the area's only true screening ultrasound program for patients with dense breast tissue. Please call us today at (239) 238-1210 to schedule your annual screening mammogram. We are located in the Kraft Center at 3555 Kraft Road, Suite 350.

CONTACT THE BREAST CENTER OF NAPLES TODAY.

239-238-1210

BREASTCENTEROFNAPLES.COM

3555 Kraft Rd., Suite 350, Naples, FL 34105



KRYSTAL SMITH, D.O.

Krystal Smith, D.O. is a board certified Diagnostic Radiologist with specialty fellowship training in Breast Imaging. She is the founder of the Breast Center of Naples and has dedicated her career to women's health, patient-centered care, and the early detection of breast cancer.



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.

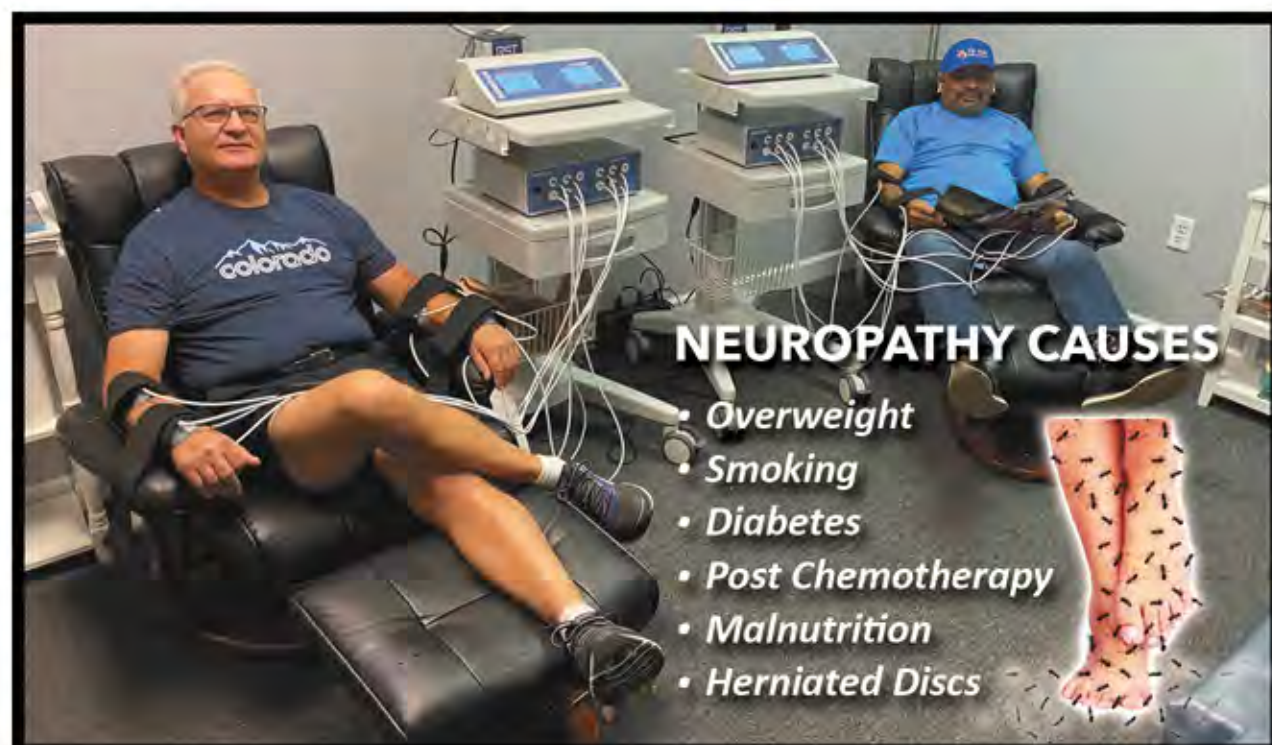
WHAT IT TREATS

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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(239) 574-5559

hancockhealthcaregroup.com

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.

OCD: PARTICIPANTS NEEDED

ARHI | Clinical Trial | Biohaven Pharmaceuticals

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

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

O- Obsession
C-Compulsions
D-Distress

There are different types of OCD

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

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

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

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

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



What You Should Know About Clinical Trials

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

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

How Clinical Trials Help

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

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

CURRENT STUDIES

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

To find out more, please contact them today at, 239-230-2021, or email them at info@arhiusa.com.



ARHI
ADVANCED RESEARCH FOR HEALTH IMPROVEMENT

Advanced Research for Health Improvement, LLC

1172 Goodlette Frank Road North, Suite# 201
Naples, FL 34102

239-230-2021
Hablamos español

ARHI

ADVANCED RESEARCH FOR HEALTH IMPROVEMENT

Do you live with **SOMEONE WHO HAS COVID-19?**

You may be able to join a clinical trial testing a possible treatment to prevent illness after exposure to COVID-19.

What is the purpose of this trial?

Researchers will test a trial drug in people who live with someone who has COVID-19. They want to learn:

- How safe it is
- 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?

If you qualify, you will get the trial treatment (trial drug or placebo) and trial-related tests at no cost. The total time you will take part in the trial is up to 35 days. You will have up to 7 visits at the site or virtually.

¿Vive con **ALGUIEN QUE TIENE COVID-19?**

Es posible que pueda participar en un ensayo clínico en el que se prueba un posible tratamiento para prevenir la enfermedad después de la exposición a COVID-19.

¿Cuál es el propósito de este juicio?

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

- Qué tan seguro es
- Qué tan bien funciona el medicamento para prevenir la propagación de COVID-19

¿Quién puede unirse?

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

- Vivir con alguien (adulto o niño) que haya dado positivo por COVID-19 dentro de los últimos 5 días (lo que significa que lo tienen) Y tuvieron al menos un síntoma de COVID-19 en los últimos 5 días.

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.

¿Qué pasa si participo?

Si califica, recibirá el tratamiento del ensayo (medicamento del ensayo o placebo) y relacionado con el ensayo pruebas sin costo alguno. El tiempo total que participará en la prueba es de hasta 35 días. tener hasta 7 visitas en el sitio o virtualmente.

Para obtener más información, póngase en contacto con

Advanced Research for Health Improvement, LLC
214 1st Street South, Immokalee, Florida 34142

info@arhiusa.com



WWW.ARHIUSA.COM



@ARHIUSA



239-657-5800

Scan the code to learn more and see if you qualify:



MOVE-AHEAD



Does your MAC lung infection take your breath away and make you feel exhausted?

The ARISE & ENCORE studies are investigating the effects of a study treatment on symptom improvement in people with a new diagnosis of MAC lung infection.

Talk to your doctor to see if you qualify today.

The ARISE & ENCORE Studies are currently recruiting adults who have been recently diagnosed with Nontuberculous Mycobacterial (NTM) lung infection caused by Mycobacterium avium complex (MAC) ("NTM lung disease caused by MAC").

ARE YOU ELIGIBLE FOR THESE STUDIES?

You must meet these (and other) eligibility criteria:

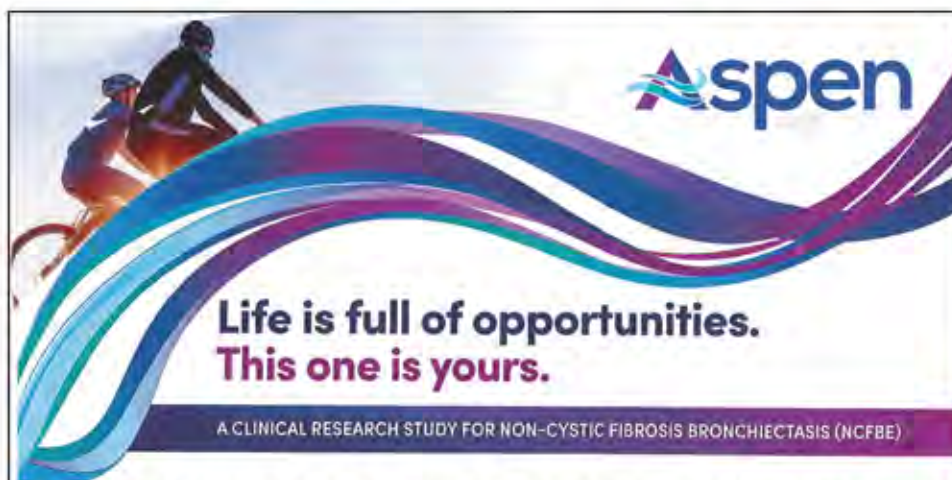
- Be at least 18 years old and recently diagnosed with NTM lung disease caused by MAC
- Be able to produce sputum (phlegm from your lungs)
- Have your sputum sample test positive for MAC within the 6 months prior to the study screening and also at the time of the study screening
- Have had a CT scan 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

These studies are being conducted by Insmed Incorporated and have been reviewed by the Institutional Review Board/Ethics Committee and/or Competent Authority in this country.

For more information about the ARISE & ENCORE Studies please call **239-230-2021** or visit NTMStudy.com

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**Life is full of opportunities.
This one is yours.**

A CLINICAL RESEARCH STUDY FOR NON-CYSTIC FIBROSIS BRONCHIECTASIS (NCFBE)

The ASPEN Study is currently recruiting adult patients with Non-Cystic Fibrosis Bronchiectasis (NCFBE).

ARE YOU ELIGIBLE FOR THE STUDY?

Patients must meet, at least, these (and other) eligibility criteria:

- Be 18 to 85 years old, and have a diagnosis of Non-Cystic Fibrosis Bronchiectasis (NCFBE)
- Be a non-smoker
- Have had at least 2 pulmonary exacerbations (flare-ups) that required antibiotics in the last 12 months
- Be currently coughing up mucus (sputum)
- Have a history of coughing up mucus (sputum) for at least 3 months in the past year

This study is being conducted by Insmed Incorporated and has been approved by the Institutional Review Board/Ethics Committee and/or Competent Authority in this country.

For more information about the ASPEN Study please call **239-230-2021** or visit NCFBEASPEN.com
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THE EYES OFTEN SHOW AGE FIRST:

Treating Dark Circles, Wrinkles and Fine Lines

One of the most aging areas that many of us face as we age is our eyes. Some of the main issues are fine lines and wrinkles, but dark circles are often one of the primary aesthetic conditions that ages the face and the person. Individuals can have dark circles from early in their lives and throughout their adulthood.

In some cases, dark circles are a result of allergies or exposure to molds or other irritating toxins or chemicals. Dark circles can also be caused by genetics, alcohol, tobacco use, over exposure to sunlight, hyperpigmentation, which is a darkening of the skin due to sun damage, hormonal imbalance, and other issues.

It's challenging to treat dark circles with just topical creams and serums often offering broken promises, but there are ways that your eyes can regain that youthful, firm texture and decrease the prominent darkness under the eye.

Whether you want to tighten the eye area, reduce fine lines or alleviate dark circles, Velo Med Spa has numerous options. Below are just a few:

PRP-Platelet Rich Plasma

Platelet Rich Plasma therapy is a treatment that involves withdrawing a patient's own blood, processing via a centrifuge so only enriched cells (platelet-rich plasma) remain and reinjecting it into the area of concern. The healing and regenerative properties of PRP are well-studied and well known, it is used in almost all phases of medical specialties from sports injuries to plastic surgery.

Platelet Rich Plasma contains essential proteins (growth factors) that stimulate natural healing. Due to the natural variation in the quality of platelet-rich plasma, results will vary between individuals. Some patients may require multiple sessions to obtain desired outcomes. Usually, we advise at least 4-6 treatments to start noticing the full effect. Treatment can be spaced out between 4-6 weeks with visibility in results up to 3.5 months.

Morpheus 8

Morpheus 8 is a subdermal adipose remodeling device (SARD) designed to remodel tissue and stimulate collagen production. Morpheus 8 can help treat dark circles and puffy, fat pads or "bags" under the eyes. Morpheus 8 provides tightening and toning of the skin around the eyes (upper, lower, corners) and stimulates collagen production, which reduces darkness by improving the skin's texture.

Additionally, it improves the appearance of the face and neck to more defined facial characteristics and a younger, brighter appearance. During treatment, radiofrequency energy is delivered to remodel skin, fat, and tissue, as well as address signs of aging, irregularities, and pigmentation. The most in-demand zones include the eye area, forehead, cheeks, mouth (smile lines), jowls, and neck. InMode's facial contouring solutions provide visible, natural results to the face and neck.

IPL-Intense Pulse Light

Lumecca is a breakthrough intense pulsed light (IPL) that delivers up to 3X more energy in the 500-600 nm range to improve efficacy for vascular and pigmented lesions. It is optimized for clinicians to treat a variety of lesions, skin discoloration, skin texture issues and more, with fewer sessions. IPL can improve the color and texture of the skin.

Fibroblast Skin Tightening

Plasma fibroblast therapy is an aesthetic procedure healthcare providers offer as an alternative to lasers, injections, or surgical therapies to tighten and improve the appearance of skin. A relatively new innovation in the beauty industry in North America, Fibroblast Skin Tightening has been used in Europe for several years.

Plasma fibroblast therapy targets fibroblasts. These are collagen- and protein-producing cells in the dermis, the layer of skin just below your outermost skin layer. Fibroblasts play an important role in helping skin wounds heal as well as maintaining skin firmness and tightness. Plasma fibroblast therapy uses a pen-like device that discharges a high-frequency electric current to small areas of the skin. The plasma tip doesn't directly touch the skin, but instead releases a targeted current just above the skin. The hot current creates small holes, or micro-injuries, in the skin's layer. The effects

of Fibroblast Skin Tightening do not revert. The results of the fibroblast tightening treatment are as permanent as surgery. This soft surgery offers phenomenal results at an affordable price. VELO Med Spa is a National Pioneer in the industry and the only Fibroblast Practitioner servicing South Florida. Our client portfolio showcases amazing results!

What to Expect

While the procedure may vary slightly based on where you're having the treatment, the basic steps typically include:

Cleansing the skin and applying a topical anesthetic (numbing) cream. You may need to wait about 30 minutes for the numbing cream to take effect. Treating the designated skin area with the plasma pen. The pen will create small arcs of micro-currents that make small scab-like dots on the skin. A professional will remove the numbing cream and apply a cooling gel to minimize the tingling and burning sensation whenever possible.

Recovery

Once the procedure is completed, you can expect the small dots to scab over and fall off after about 1 week. Over the next couple of weeks, as your skin heals, it should appear tighter and firmer. In addition, the procedure isn't without side effects. Examples of side effects include redness, swelling, mild hypopigmentation (light spots), mild hyperpigmentation (dark spots) & skin peeling, and crusting.

Velo Med Spa

Velo Med Spa provides elite skincare enveloped in comforting, relaxing surroundings. Velo Med Spa offers advanced facials, lash extensions, and numerous face and body aesthetic procedures.

To find out more, please visit velomedspa.com or call us today at (239) 241-8559!



BONITA SPRINGS

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www.velomedspa.com

Invisalign vs Braces: What's the Difference?

By Dr. Ricardo S. Bocanegra, DDS

Both Invisalign braces and the older traditional brace are intended to improve the alignment of your teeth to produce a straighter smile and smile and better oral health. While traditional braces have been used by orthodontists and dentists for decades, Invisalign is a newer concept intended to meet the needs of modern people. Invisalign has pros and cons like any other treatment but these are for the patient to decide upon.

Though there are some similarities between the Invisalign and braces, there are probably more differences.

Here are a few:

- **Clear vs Visible:** While Invisalign aligners are made from see-through BPA-free plastic, which renders them virtually invisible to other people, traditional braces are made from metal wires and elastic bands. This makes them more visible which can cause anxiety for some patients.

- **Convenience:** Invisalign braces can be removed from the mouth whenever necessary though guidelines suggest patients should wear their trays for 20 - 22 hours per day. In contrast, traditional braces cannot be removed as they are stuck to teeth by wires.

- **Treatment Length:** The Invisalign process is substantially shorter than the usual treatment period for traditional braces. Because of how Invisalign works, patients only have to wear the trays for 6 to 18 months whereas traditional braces have an average time of 2 years.



- **Cost:** The baseline cost for Invisalign braces tends to be higher than traditional metal braces, though the upper costs are not significantly different. Ceramic braces are usually more expensive. Speak to one of our dentists for an exact guide to Invisalign cost.

Who is Invisalign Suitable For?

Invisalign is suitable for almost anyone wanting to improve their smile or arrange their teeth in a more orderly fashion.

- **Teens:** The Invisalign can help correct most misalignments in teenagers' teeth. Invisalign braces are ideal for teens because they use clear aligners to achieve a glowing smile and improved dental health. This is particularly useful as teenage years are so often fraught with self-consciousness. With shorter treatment times and easier use, Invisalign is an ideal treatment for teenagers who want that winning smile.

- **Adults:** More and more adults are choosing corrective dental work and taking control over their own health. Invisalign is ideal for adults who want flexibility with their alignment procedure and want to achieve that improved smile without using a highly-visible metal brace.

Patients needing corrective work on their back teeth may not be suitable for Invisalign. To get a professional opinion on the suitability of yourself or a family member for the Invisalign treatment, simply contact our dental office in Fort Myers, FL at 239-482-8806.



Ricardo S. Bocanegra, D.D.S.

Porto Fino Dental

6805 Porto Fino Cir., Fort Myers, FL 33912

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HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

Regenerative Medicine

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



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

Viscosupplementation

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



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413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
5668 Strand Ct., Naples, FL 34110
3417 Tamiami Trail, Unit A., Port Charlotte, FL 33952
855-276-5989 | www.PhysiciansRehab.com

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

Chronic Pain: How CBD Can Help

When you're dealing with chronic pain, it's difficult to focus on anything other than your discomfort. The agonizing and sometimes debilitating pain can cause us to lose out on the important things, like spending time with our families, being productive at work, and even the simplest daily activities can require monumental strength to muster through them. In the U.S. over 100 million people reportedly suffer from some form of chronic pain. Living with pain on a daily basis can become intolerable and for this reason, many people suffer with addiction.

Pain Management Addiction

The most common treatment for chronic pain is to mask it with narcotic prescription pain medications. Narcotics like Opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes.

The CDC reports that nearly half of all opioid-related deaths are due to the narcotic being prescribed for pain related circumstances such as lower back pain, nerve and joint disorders, arthritis, and spinal injury. And opioid related deaths are an epidemic.

The bigger issue that many pain doctors won't tell you is that after long-term use, narcotics fail to work. This is known as treatment resistance. So, where do you go from there? Narcotic use for pain is a bottomless pit of delusion and dependence.

CBD for Chronic Pain

CBD Oil can significantly help countless individuals with chronic pain. Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react

to CBD. The structure of cannabidiols interacts directly with our cells. Our natural endocannabinoid system works synergistically with CBD creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like pain-reception, mood, sleeping, immunity, pleasure, memory and much more.

Hemp Joi has numerous types of CBD to choose from including popular flavored CBD tinctures.

1000 mg Broad Spectrum Tincture Flavor Me CBD

This tincture provides 33 mg of CBD and several other cannabinoids per milliliter. Purchase it by itself or select a flavor packet to enhance your experience. This tincture has no THC.

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.

What is Delta 8?

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

Delta-8-Tetrahydrocannabinol

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

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 industry, that kept getting requests from clients to use CBD oils because of their natural healing properties.

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

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Spring and Summer: Healthy Advice for Your Heart

Dr. Joseph Freedman MD, MBA

The season of BBQs, picnics and fun-filled events is upon us, and with all of the festivities, we should be well reminded that this time of year can literally put a great deal of stress on our hearts. Since heart disease is still the leading cause of death in both men and women, understanding how to implement heart healthy nutrition and reduce cardiac event risk and disorders is critical.

Heart Health Tips

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

Stress Management

Stress levels are quite often through the roof with our busy lives and packed schedules. Emotional stress is a huge factor in blood pressure spikes. Along with anxiety, we overindulge during this time of year. For example, we're overeating, eating the wrong foods, like excessively salty and fatty fare, or we're drinking too much alcohol.

Nutrition

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



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

The Importance of Exercise

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

Stop Smoking

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

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

Joseph Freedman, M.D., Cardiac Care Group

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

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



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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.

HEARING AND YOUR HEART, SITTING IN A TREE

Plenty has been written and said about the heart's connection to love. We'll leave that topic to the relationship experts.

Instead, we want to discuss the heart's connection to hearing and hearing loss — a subject much more in our comfort zone.

And studies show there is a connection. Turns out hearing health and cardiovascular health both impact the other. Let's probe a bit deeper.

The heart's effect on hearing

Key to good hearing is having a healthy auditory system. And key to a healthy auditory system is sufficient blood flow to critical parts, particularly the cochlea.

When circulation to the cochlea is impeded for whatever reason — whether from cardiovascular disease or hypertension, for instance — it can be deprived of vital elements needed to maintain its health and function, like oxygen and glucose. When our auditory system is consistently deprived of these vital elements, it makes sense that hearing loss could be a result.

A study published in the American Journal of Audiology proves it. Looking at various research conducted over 60 years, experts from Wichita State University noted the "impaired cardiovascular health" negatively influenced hearing health



and concluded there may be "a positive relationship between cardiovascular fitness/health and the function of the...central auditory systems in adults."

Hearing's effect on the heart

Another study, published in the medical journal, The Laryngoscope, found significant association "between low-frequency hearing loss and cardiovascular disease and risk factors." What's interesting about his study is the possibility that low-frequency hearing loss can "predict the presence or potential development of cardiovascular disease."

The study's authors suggest adults diagnosed with low-frequency hearing loss should be referred to appropriate medical professionals to assess potential heart-related risks.

What you need to know

Regardless of which affects which, it's important to know that hearing health and heart health are intertwined.

More importantly, if you're concerned about either, take this month to get them checked. Visit your medical provider for issues related to your heart, and contact a hearing professional for a hearing screening and consultation. Visit www.starkeyhearcare.com to find a hearing professional near you!

Not sure where to find one? We can help. Simply type your zip code in here and you'll generate a list of local hearing healthcare professionals who you can reach out to and schedule a consultation.

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INFLAMMATION: A COMMON PATHWAY FOR DEADLY DISEASE

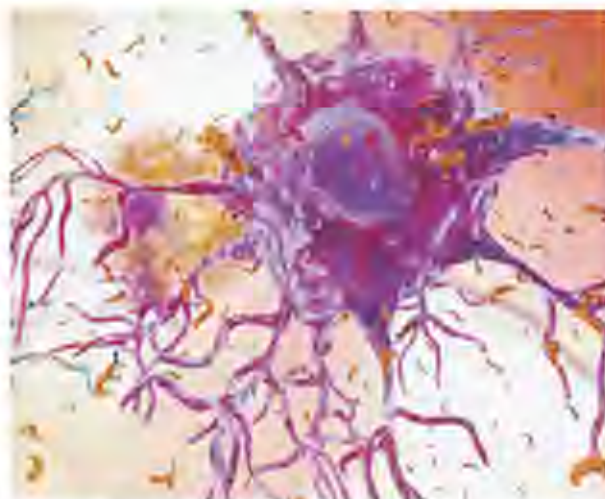
By Nasser Razack, MD, JD

We've all heard of inflammation but what exactly is it? Inflammation is the response of our immune system to injury or infection. When it's short-lived and targeted for specific purposes such as recovering from a cold, it's a wonderful thing. However, long-term chronic inflammation can be deadly. That's because long-term, chronic inflammation results in horrible diseases such as cancer, heart attack, stroke, Alzheimer's disease, etc. Worst of all, chronic inflammation is not painful. Thus, the victims of chronic inflammation develop these deadly disease processes silently without any signs or symptoms.

For example, heart disease which includes stroke is associated with multiple risk factors, some of which include high blood pressure, high cholesterol levels, smoking, and being overweight. We previously thought these risk factors led to the narrowing of blood vessels that supply oxygen to the heart and brain and that progressive constriction of these vessels resulted in heart attacks and stroke. However, more than half of all heart attacks occur in people with normal cholesterol levels. In addition to that, autopsy specimens from deceased heart attack victims demonstrate their vessels were not narrow enough to result in death. We now know that inflammation causes even minor plaques in vessels to erupt like miniature volcanoes, leading to the complete blockage of these blood vessels.

The problem is that inflammation in one part of the body results in inflammation everywhere. For example, inflammation that causes the narrowing of blood vessels doesn't just occur in one organ such as the heart but rather throughout the entire body. When inflammation of blood vessels occurs in the heart, we call this a heart attack. When it occurs in the brain, we call this a stroke and when it occurs in the legs, we call this peripheral vascular disease. When it occurs in very small arteries of the brain, it can result in vascular dementia.

Whether it's a heart attack, stroke, peripheral vascular disease or vascular dementia, it's really the same disease process, namely inflammation. In addition to affecting blood vessels, inflammation also wreaks havoc on the brain. Dementia such as Alzheimer's disease is also caused by brain inflammation. But in this case, inflammation not only affects the blood vessels of the brain but also the spaces between brain cells and the brain cells



themselves. In fact, the parts of the brain more affected by Alzheimer's disease have higher levels of inflammation. This is important because inflammation results in brain cell death. Brain cell death causes brain volume loss which eventually leads to loss of brain function.

Periodontitis, an inflammatory disease of the teeth and gums, is another example of how we can better understand inflammation. This inflammatory disease of the mouth also increases the risk of other inflammatory diseases such as heart attacks, stroke and Alzheimer's disease. Twin studies demonstrate younger patients with severe periodontitis resulted in a fivefold increased risk of developing Alzheimer's disease. How can inflammation of the mouth be related to heart attack, stroke and Alzheimer's disease? Well, inflammation exerts its effects on the body through cells called inflammatory cells. Once these cells are activated, they act like little tiny soldiers programmed to destroy anything that crosses their path. These inflammatory cells are localized in the mouth in periodontitis. However, activated inflammatory cells can travel throughout the entire body via the blood vessels. They can reach the brain and cause stroke or Alzheimer's disease. They can also travel to the heart and cause a heart attack.

I'm sure all of this sounds quite depressing. But the good news is that if we fight inflammation in one part of the body, we fight inflammation everywhere! That's because inflammation is the same central disease process no matter where it's occurring. And the even better news is that we now have real hope in fighting inflammation.

There are incredible health-healing substances in nature called polyphenols. No doubt you've likely heard of some of these marvelous nutrients which are both strong anti-inflammatory agents and antioxidants. Among them is curcumin, which has a unique property that blocks the central regulator of inflammatory reactions within humans called nuclear transcription factor kappa beta. I know that's a mouthful but all you need to know is that it pretty much blocks inflammation in its tracks. Curcumin has also been demonstrated to reduce the formation of beta-amyloid plaque in the brain which is associated with Alzheimer's disease. In addition to curcumin, many other polyphenols have been proven to reduce the incidence of both stroke and heart disease. These polyphenols can also delay the onset of Alzheimer's disease and thus reduce its incidence.

Dr. Nasser Razack, MD, JD, is a Neurointerventional Surgeon who specializes in the endovascular treatment of stroke. He sees the devastating effects of stroke on a daily basis. That's precisely why he formulated Neurcumin® to reduce the effects of inflammation and prevent inflammatory related diseases like stroke, heart attacks and Alzheimer's disease. Neurcumin® is an all-natural nutrient which in addition to curcumin, contains many other polyphenols and other natural agents uniquely formulated to fight inflammation.

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To learn more about Neurcumin® and the prevention of inflammatory diseases such as Alzheimer's disease, stroke and heart attacks, please visit **Neurcumin.com**.

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About Nasser Razack, MD, JD

Dr. Razack currently practices in Naples, Florida. He dedicates a significant portion of his practice to educating in the diagnosis, treatment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia. In addition to his medical practice, he currently serves as President of Raztec Health, LLC.

Tee Off to Wellness by Keeping Your Swing Strong in Spring

While golf has often been considered a low-impact physical activity without great risk for injury, damage to the ankle, knee, hip and wrist can often be caused by this sport. While injuries are common, they are also avoidable if you play it safe. Take the proper measures to keep your swing strong this spring by incorporating exercise techniques that help build your muscles and reduce the likelihood of injury.

Golfer's elbow, known as medical epicondylitis, is among the leading injuries for golfers. This is the inflammation of the tendons that attach your forearm muscles to the end of the arm bone in the elbow area. A tight grip on the golf club and frequent repetitive motions over time can cause the forearm muscles and tendons to become damaged from overuse, resulting in pain and tenderness in the elbow.



You can combat the development of golfer's elbow by incorporating a few precautionary steps into your routine. First and foremost, it is essential to stretch before you begin your day on the golf course, focusing on shoulders, back and legs. Stretching before tee time will help your body to best promote a fluid and full range of motion for your golf swing. Once you have warmed up and stretched, hit the driving range to practice your drive.

One of the most successful ways to avoid developing golfer's elbow is to strengthen the muscles in your forearm and slow your golf swing so that your arm will absorb less shock upon hitting the golf ball. For the best results, try the following exercises from the American Academy of Orthopaedic Surgeons:

• **Squeeze a tennis ball.** Squeezing an old tennis ball for 5 minutes at a time is simple, but do not overdo it. Progressive strengthening avoids recurrent injury.

• **Wrist curls.** Use a lightweight dumbbell. Lower the weight to the end of your fingers, and then curl the weight back into your palm, followed by curling up your wrist to lift the weight an inch or two higher. Perform 10 repetitions with one arm, and then repeat with the other arm.

• **Reverse wrist curls.** Use a lightweight dumbbell. Place your hands in front of you, palm side down. Using your wrist, lift the weight up and down. Hold the arm that you are exercising above your elbow with your other hand in order to limit the motion to your forearm. Perform 10 repetitions with one arm, and then repeat with the other arm.

Incorporate these exercises into your regular routine to ensure that your body is prepared to tee off this spring. Another form of stretching, not mentioned in medical textbooks for the treatment of elbow inflammation is simple swimming. Swimming makes you stretch out the tendon on both sides of your elbows.

Many common sports injuries offer warning signs, such as swelling, reduced range of motion, numbness and tingling, muscle tenderness and joint pain. When caught early, simple treatments such as resting, applying hot or cold compresses and taking over-the-counter pain relievers are often enough to improve the symptoms. If pain persists, more intensive therapies, such as anti-inflammatory medications or injections or physical therapy, may be required to address the issue. Other more serious problems require arthroscopic diagnosis and surgical options may be considered.

If you are experiencing pain caused by a golf or other sports-related injury, make an appointment to speak with orthopedic a specialist. Dr. Edward R. Dupay, Jr. and his staff are ready to answer all of your questions.



Edward R. Dupay, Jr, DO
Board Certified

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

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

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Did You Know Cancer Treatment Can Cause Peripheral Neuropathy?

By Dr. Drew Montez Clark

Patients who undergo chemotherapy for cancer treatment are not only battling their condition and side effects of the treatment, which can create anxiety, depression, fatigue, nausea, and other adverse symptoms, it very often produces a painful condition called chemotherapy-induced peripheral neuropathy (CIPN)

Many people only associate neuropathy with diabetes, but that percentage makes up about 30% of the population affected. Other causes of the disorder are viral conditions, immune disorders, trauma, celiac, radiation therapy, chemotherapy, vascular disease, and alcohol use disorder, to name a few. Neuropathy can become debilitating.

With CIPN, the nerves are damaged directly by the chemotherapy mediations.

Symptoms of Neuropathy

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

According to the American Cancer Society, Certain chemo drugs are more likely to cause CIPN. Some of the more common ones include:

- Platinum drugs like cisplatin, carboplatin, and oxaliplatin
- Taxanes, including paclitaxel (Taxol®), docetaxel (Taxotere®), and cabazitaxel (Jevtana®)
- Plant alkaloids, such as vinblastine, vincristine, vinorelbine, and etoposide (VP-16)



- Immunomodulating drugs (IMiDs), like thalidomide (Thalomid®), lenalidomide (Revlimid®), and pomalidomide (Pomalyst®)
- Proteasome inhibitors, such as bortezomib (Velcade®), carfilzomib (Kyprolis®), and ixazomib (Ninlaro)

The most common treatment for nerve damage is to mask it with prescription medications. Unfortunately, these medications are addictive and only act as a band aid. Treating CIPN is often multifactorial and requires several distinct therapeutic measures.

Innovative Treatment for Neuropathy

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

How It Works

Our process provides relief with THREE critical steps.

#1. IMPROVE BLOOD FLOW

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

#2. STIMULATE NERVE FIBERS

It's crucial that once we get more blood to the nerves, to re-educate the nerve back to normal function. Using a device that's used in large hospital

chains across the country for neuropathy, we are able to repair the damaged nerves, and start to make them healthy once again.

#3. DECREASE PAIN

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

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

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

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

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

Source:
<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/peripheral-neuropathy/what-is-peripheral-neuropathy.html>



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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

Did 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.

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WHAT ARE ADVANCE DIRECTIVES IN FLORIDA?

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

A solid Florida estate plan addresses more than just finances. While organizing assets efficiently and providing for the smooth transfer of wealth is vital, you also need to make important decisions about non-financial matters. One area of non-financial matters typically involves decision making that is "medical in nature" AND medical matters in this country are regulated heavily by HIPAA. Thus, today's topic is a critical one that asks whether your Florida estate plan is HIPAA compliant and we will address this question and the essentials to look it in detail.

Non-financial medical questions typically consider questions such as: What kind of memorial services do you want? How should your final remains be disposed? And, of course, what kind of end-of-life medical treatment do you want to receive? That last question is typically addressed through documents known as "advance directives" also known as "healthcare directives", "medical directives" or any combination of these terms such as "advance healthcare directives".

In Florida, advance directives usually come in the form of a Florida living will and designation of healthcare surrogate, both of which are created as part of a comprehensive estate plan. A living will identifies the forms of medical treatment you want to receive (or do not want to receive) in the event you become incapable of communicating your preferences. And a designation of healthcare surrogate (sometimes called a "medical power of attorney") authorizes someone else to make healthcare decisions on your behalf if you can no longer decide for yourself.

Advance directives are intended to make things easier on your family members in what is almost certainly a stressful time and to ensure that your healthcare preferences are honored. To successfully accomplish those goals, the documents need to be clearly written and they need to comply with statutory requirements. And, especially with a medical power of attorney, you need to make sure your designated surrogate has access to all of the information he or she needs to make informed decisions. That means accounting for HIPAA, a federal law governing disclosure of healthcare information.

What is HIPAA

HIPAA (Health Insurance Portability and Accountability Act) was enacted in 1996 to promote medical privacy and allow for portability of health insurance. HIPAA advances privacy interests by restricting access to personally identifiable healthcare information relating to a patient's physical or mental health condition, medical treatment, or payment for medical treatment. Under HIPAA regulations, healthcare providers can only release protected information to third parties to the minimum extent necessary for treatment and payment processing. Otherwise, disclosure is limited to the patient him or herself, or to someone the patient has expressly authorized to receive the information.

A HIPAA authorization (or release) must meet all regulatory requirements to be effective. The document must be in writing, signed and dated by the patient, and state an expiration date. Moreover, it must specifically identify the protected information authorized for release and the person to whom disclosure is permitted. HIPAA has serious penalties, so healthcare providers are reluctant to disclose any information based on a release that does not clearly satisfy the regulatory requirements. And, for the most part, providers will refuse to release any records or information to any third party (including the patient's spouse) absent a compliant release or court order.

While medical privacy is generally a good thing, HIPAA raises some potential complications in estate planning. Sometimes, an estate plan in Florida relies on a third party—such as a trustee or a healthcare surrogate—having access to medical records or information about a patient's condition. So, a HIPAA-compliant release is quite often integral to the proper functioning of an estate plan in Florida.

How Can HIPAA Affect Estate Planning in Florida

Estate plans frequently include provisions for healthcare and financial decisions in the event of incapacity. That is, if you are no longer capable of making decisions for yourself, your estate plan has documents automatically appointing an individual chosen by you to act on your behalf. However, if HIPAA prevents that person from obtaining information about your health status, including the simple fact that you have become incapacitated, the incapacity provisions in your estate plan will be at least temporarily thwarted.

This situation most commonly arises with healthcare surrogate designations and living trusts in Florida and elsewhere. In the former case, the surrogate is empowered to make healthcare decisions if you become incapacitated. But, at the same time, if you're incapacitated, you won't be able to execute a HIPAA release. As a result, your doctor can't even inform the would-be surrogate that you're no longer competent, and, even if there is no doubt about capacity, the surrogate won't be able to access the medical records necessary to make informed decisions.

Along the same lines, a Florida estate plan might include a Florida durable power of attorney ("POA") or similar document empowering an agent to make certain identified financial decisions and transactions for the principal (i.e., the person executing the POA). This could include simple but important tasks like paying bills. Absent a HIPAA release, the agent won't be able to review healthcare billing and insurance information necessary to ensure medical bills are correctly processed.

Similar problems can arise with living trusts. A popular estate-planning approach (in Florida) is to transfer assets into a Florida living trust that names the grantor as trustee and beneficiary. Then, upon the grantor-trustee's incapacity or death, a successor trustee named in the trust instrument takes over administration and distribution of assets. But if the grantor becomes incapacitated and the healthcare provider doesn't receive a HIPAA release, the provider won't be able to inform the successor trustee of the incapacity. Before taking over, the successor trustee needs to establish the initial trustee's incapacity, but that requires access to medical records. As a result, the successor lacks authority to administer the Florida trust, and trust assets are effectively in limbo.

In these scenarios, the successor trustee, agent, or a relative of the grantor may need to petition a court for a formal ruling on incapacity or for a court order permitting healthcare providers to release medical information to the family or designated agent. The resulting delay can be a big problem if the situation calls for swift decisions, and the need for judicial intervention adds expense and additional legwork in what is already a stressful, difficult state of affairs.

Addressing HIPAA within an Estate Plan

The solution to these potential HIPAA-related pitfalls is to include a HIPAA release within your estate plan—whether through an authorization built into any relevant instruments or through a separate, stand-alone document.



If drafted correctly, a healthcare surrogate designation in Florida can qualify the named agent as a "Florida personal representative" under the HIPAA regulations. A "personal representative" essentially stands in the shoes of the patient, able to access any records the patient could receive and approve disclosures to other parties. If this approach is used, it's imperative that the designation comply with both Florida's Health Care Advance Directives statute (Fla. Stat. §765.202) and the relevant HIPAA regs.

For financial transactions, Florida law assumes that a POA is revoked upon the principal's incapacity unless the document expressly states otherwise. And Florida law also does not recognize "springing POAs," which purport to become effective upon incapacity. Thus, if you want an agent to handle your

financial affairs in the event of your incapacity, you'll need a durable POA set up to survive incapacity and, if the delegated powers include issues related to healthcare (including billing), a HIPAA-compliant release.

A HIPAA release accompanying a durable POA can limit disclosure to medical records related to billing and insurance, or it can be written more broadly, depending upon the agent's duties. Notably, Florida law requires agents to act consistently with a principal's estate plan to the extent it is known to the agent.

As with surrogate designations and powers of attorney, a Florida living trust can be drafted to include a HIPAA authorization, or it can rely on a separate document. Either way, the authorization needs to enable the successor trustee (or anyone else charged with determining incapacity in the trust's succession clause) to access records sufficient to demonstrate incapacity.

Under Florida law, a HIPAA authorization cannot be effective for more than 24 months. So, practically speaking, it is often preferable to create one HIPAA-compliant release covering all disclosures necessary to accomplish an estate plan's objectives. If your estate plan includes multiple instruments relying on HIPAA authorizations, periodically updating a single HIPAA release is simpler than separately updating all the other documents.

HIPAA is one of many laws and regulations that can potentially affect a Florida estate plan. An experienced Florida estate planning attorney familiar with relevant state and federal rules can assist in developing an estate plan that accomplishes your objectives and satisfies all the relevant legal requirements.



Steven J. Gibbs is a trust and estate planning attorney who provides complete Estate Planning, Trust Planning, Business Planning, Asset Protection, Elder and Medicaid Planning, Real Estate, Probate and Trust Administration legal services in Florida and California. Steve's main offices are located in Fort Myers, Florida, and San Juan Capistrano, California. Estate planning legal services are provided statewide in these locations.

The Gibbs Law Office was founded by Steven Gibbs in January 2009 upon the commitment to provide client-centered legal services.

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Chronic Pain Intensifies Blood Glucose Levels

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

Chronic pain affects millions of Americans daily. Most people are aware of the psychological effects of chronic pain and the dangerous conditions it can cause; however, many people are unaware that chronic pain raises insulin and glucose levels significantly.

Studies have shown that when pain is administered, glucose levels rise, and it's not uncommon for people with diabetes to have chronic pain and vice versa.

Both acute and chronic pain decreases insulin sensitivity. It affects nonoxidative glucose metabolism. Finding pain relief can lower glucose metabolism, but it's important to note that if you have diabetes, strict control and maintenance of your blood sugar levels are critical.

The Truth About Treating Diabetes

If you listen to television ads or even well-meaning healthcare providers, you might be like the millions of people that believe diabetes is a disorder that is entirely manageable with medication and a sugar-free diet. While that might be true for a select few, the truth is that most individuals with diabetes are getting worse; their disease is progressing, leading to other states of chronic illness such as cardiovascular disease, dementia, cancer, and stroke.

Diabetes is a worldwide epidemic, but in the United States, the statistics are quite alarming. More than 30 million people in the U.S. have diabetes; while it's expected that a large number are undiagnosed, and many are what is determined as pre-diabetic, the diagnosis can be scary, and many people feel there is no way out and that they are destined to live with the disease forever.

Diabetic medications work blood sugar levels, but they stop working, and the dose will continuously need to be increased. The worst part is that these drugs are not making you better and are not curing diabetes—There are simply masking your problem. It's like putting a bandage on a firehose to stop the flow of water. While these drugs may



be essential in the beginning diagnoses for severe cases where A1C or fasting glucose levels are extremely high, these drugs are not a long-term answer. The root cause of your disorder is usually found in lifestyle choices such as diet or being sedentary.

When it comes to diet, the typical diabetic recommendations that we are all familiar with, like cutting out sugar, are important, but specific methods should be implemented, and each individual will need a custom-tailored tweak to the right way of eating. After all, we are all different. If you have an unknown allergy or trouble processing something like eggs, then eating eggs will only exacerbate your issues. Nutrition is a powerful mechanism to heal the body of many disease states, and it is undoubtedly the case with diabetes.

Denise Pancyrz understands your diabetic challenges, frustrations, and life-threatening health risks. She was once in your shoes but discovered a breakthrough and reversed her disorder. She now coaches others to help them get their lives back.

DENISE A. PANCYRZ'S STORY

National Diabetes & Holistic Lifestyle Coach - Speaker - Author

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

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

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

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

If you are tired of living with diabetes and are worried about your future and your health, contact Denise for personalized coaching and accountability to live your best life in optimal health.



Denise A. Pancyrz
Diabetes & Holistic Lifestyle Coach
Speaker • Author

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

Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

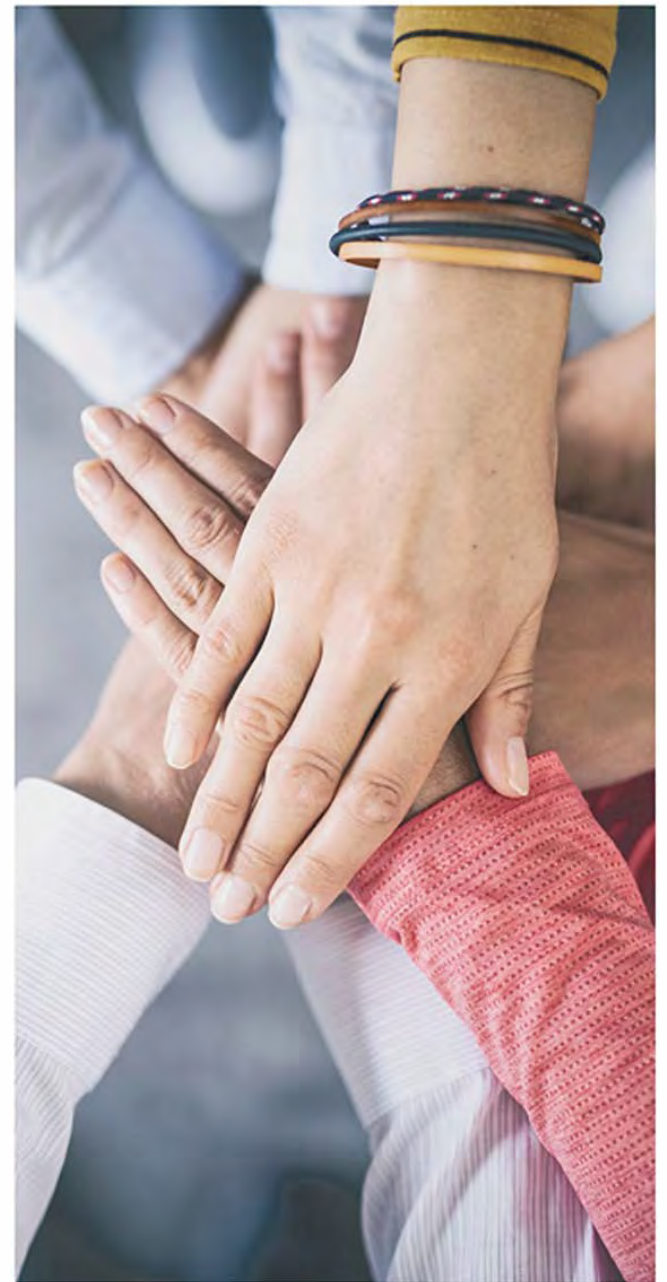
Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.


If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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