


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

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

April 2022

Lee Edition - Monthly

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 **FREE**

HOW **STRESS** IMPACTS  
ARTERIAL HEALTH

UNDERSTANDING  
HEAD AND NECK  
**CANCERS**

GET READY FOR  
NATIONAL **HEALTH**  
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IN APRIL

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*Symposium*

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



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By Neetu Malhotra, MD

# Stress Management

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

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

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



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

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

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

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

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

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# UNDERSTANDING HEAD AND NECK CANCERS

By Dr. Alan Brown

**W**hen patients receive a cancer diagnosis, they typically ask how it developed. Pinpointing a cause can be difficult.

Risk factors for head and neck cancer can often be attributed to use of tobacco products and alcohol, viral infections, genetics or exposure to occupational hazards like sawdust, asbestos or radiation, among other factors.

April is Head and Neck Cancer Awareness Month, and the board-certified radiation oncologists at Advocate Radiation Oncology join their colleagues nationwide in raising awareness about the risks, symptoms and treatment options for head and neck cancer, which accounts for nearly 4% of all cancers in the U.S.

Advocate's world-class physicians are experienced in treating the gamut of head and neck cancers, as well as breast, prostate, lung, brain, rectal, liver, bone, cervical and other types of cancers.

## Brain Cancer vs. Head and Neck Cancer

Brain tumors can grow quickly, have a multitude of severe symptoms and disrupt the way your body functions, so it's understandable that a brain cancer diagnosis is worrisome. However, brain cancer is different than head and neck cancer, a broad term describing a group of cancers affecting the throat and sinuses. According to the American Cancer Society, there are five primary types of head and neck cancers:

- **Laryngeal and Hypopharyngeal Cancer:** voice box and lower throat
- **Oral Cavity and Oropharyngeal Cancer:** mouth and middle throat
- **Nasopharyngeal Cancer:** upper throat behind nose
- **Nasal Cavity and Paranasal Sinus Cancer:** nose and openings behind nose
- **Salivary Gland Cancer:** glands that make saliva



The variety of head and neck cancers also means symptoms can vary. Common signs and symptoms include lumps, hoarseness, sores, pain swallowing, nasal congestion or difficulty breathing, numbness, ear pain, ear infections, loosening of teeth, weight loss and loss of hearing, taste or smell.

Survival rates vary by cancer type and stage, but can be high if detected and treated early.

## Treatment Options

Radiation therapy is a popular treatment option that uses targeted doses of radiation to kill cancer cells by damaging the genetic material inside them. This treatment prevents cancer cells from growing and spreading.

Radiation oncologists work collaboratively with otolaryngologists, medical oncologists, surgeons and other medical professionals to develop a personalized treatment plan based on an individual's medical history, the cancer's present state and other factors.

Radiation therapy can be used as the sole treatment option or in combination with chemotherapy treatments and surgery.

Because head and neck cancers affect our critical senses – hearing, taste, smell and sight – there is no room for error during treatments. Advocate has invested in the most innovative, precise cancer-fighting equipment on the market today, including Varian's Halcyon, TrueBeam and Identify machines that measure precision within a millimeter. Such precise treatments minimize damage to surrounding tissue, and thus lessen potential side effects of radiation while reducing treatment times.

We know our bodies best. If you suspect something is wrong or have a concern, the first step is immediately contacting your primary care physician. From there, Advocate will partner with you and your physician to develop a comprehensive plan to defeat cancer.



## About the Author

*Dr. Alan Brown is a board-certified radiation oncologist at Advocate Radiation Oncology. For more information, please visit AdvocateRO.com.*

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# Diabetic Retinopathy: You May Not Know You Have It

By Duane Wiggins, M.D.  
Board Certified Ophthalmologist, Cataract & Refractive Surgeon with Quigley Eye Specialists

**A**ll of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetics, the high blood sugar is highly involved in damaging the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.

*According to the American Academy of Ophthalmology:*

## Diabetic Retinopathy

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms such as:<sup>1</sup>

- Seeing an increasing number of floaters
- Blurry vision
- Vision that changes sometimes from blurry to clear
- Seeing blank or dark areas in your field of vision
- Having poor night vision
- Noticing colors appear faded or washed out
- Losing vision

*Diabetic retinopathy symptoms usually affect both eyes*

Treatment Options:

## Medical control

Controlling your blood sugar and blood pressure can stop vision loss. Carefully follow the diet your nutritionist has recommended. Take the medicine



your diabetes doctor prescribed for you. Sometimes, good sugar control can even bring some of your vision back. Controlling your blood pressure keeps your eye's blood vessels healthy.<sup>1</sup>

## Medicine

One type of medication is called anti-VEGF medication. These include Avastin, Eylea, and Lucentis. Anti-VEGF medication helps to reduce swelling of the macula, slowing vision loss and perhaps improving vision. This drug is given by injections (shots) in the eye. Steroid medicine is another option to reduce macular swelling. This is also given as injections in the eye. Your doctor will recommend how many medication injections you will need over time.<sup>1</sup>

## Laser surgery

Laser surgery might be used to help seal off leaking blood vessels. This can reduce swelling of the retina. Laser surgery can also help shrink blood vessels and prevent them from growing again. Sometimes more than one treatment is needed.<sup>1</sup>

## 4 Ways to Prevent Vision Loss from Diabetic Retinopathy

1. If you have diabetes, talk with your primary care doctor about controlling your blood sugar. High blood sugar damages retinal blood vessels.
2. Do you have high blood pressure or kidney problems? Ask your doctor about ways to manage and treat these problems.
3. See your ophthalmologist regularly for dilated eye exams. Diabetic retinopathy may be found before you even notice any vision problems.
4. If you notice vision changes in one or both eyes, call your ophthalmologist right away.

Get treatment for diabetic retinopathy as soon as possible. This is the best way to prevent vision loss.

Source:

1. N Gregori, M.D., *Diabetic Retinopathy: Causes, Symptoms, Treatment*, September 14, 2021, <https://www.aaa.org/eye-health/diseases/what-is-diabetic-retinopathy>



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

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

## About Quigley Eye Specialists

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



# How Stress Impacts Arterial Health

**W**hether you're dealing with a tight work deadline or unexpected car trouble, you may be feeling a little stressed. Though stress is a normal part of life, the amount of stress you have and how you react to it may have long-lasting effects on your health.

For some, stress triggers headaches or stomach pain. In others, stress may impact arterial health by increasing blood pressure or behaviors like over-eating that affect blood cholesterol levels.

## Stress and arterial health

When experiencing stress, your body's autonomic system causes a physiological change in your body that makes you more alert, focused, and energized. That stress response is your body's way of protecting you.

With the demands of modern life, many people experience stress on a regular basis. Your chronic stress causes a prolonged activation of your stress response. Over time, your chronic stress response disrupts your body's equilibrium and strains your physical and emotional health.

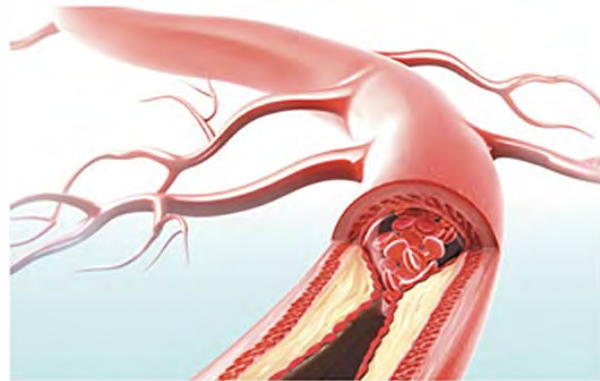
One of the physical symptoms of chronic stress is high blood pressure. Over time, high blood pressure affects arterial health by damaging the walls of your blood vessels, which increases your risk of having a stroke or heart attack.

To manage the emotional toll of your chronic stress, you may turn to food, alcohol, or smoking. These lifestyle habits may affect blood cholesterol levels and increase your risk of arterial disease such as *Carotid Artery Disease* or *Peripheral Artery Disease (PAD)*.

## How you cope with stress

The ways you cope with stress can have a big impact on your blood pressure and arterial health. Many factors influence how you respond to stress, including your genetics, learned behaviors, and life experiences.

As previously mentioned, many people cope with stress by engaging in negative behaviors, like over-eating or smoking. Because these behaviors increase your risk of developing hypertension and cardiovascular disease, it's important to learn how to cope with stress in ways that promote health.



Physical activity is one of the best ways to improve stress and arterial health. Regular exercise boosts your mood and lowers your blood pressure and cholesterol levels. It also strengthens your heart, which may improve poor circulation.

Meditation and healthy sleep habits may also help you cope with stress so it doesn't affect your arterial health.

## Improving arterial health

Stress is an unavoidable part of life. Taking steps to reduce and manage your stress may prevent or improve any health problems related to your stress, including arterial disease.

Arterial diseases include conditions that affect your arteries, which are the blood vessels that carry oxygen-rich blood to all the organs, tissues, and cells in your body. Carotid artery disease and peripheral artery disease are the most common types of arterial diseases.

## Carotid Artery Disease

Your carotid arteries are the main arteries that deliver oxygen-rich blood to your brain. Carotid artery disease occurs from narrowing or blockage in these arteries that limits the delivery of blood to the brain.

## Peripheral Artery Disease

Your peripheral arteries supply oxygen-rich blood throughout your body. Like carotid artery disease, PAD occurs when these blood vessels become narrowed or blocked.

High blood pressure, smoking, and high cholesterol increase your risk of carotid artery disease and PAD. Improving your stress levels and coping mechanisms may lower your risk of developing an arterial disease.

Stress is normal and, in some situations, positive. However, chronic stress taxes your body and affects arterial health. If you have concerns about vascular health, we can help.

If you or a loved one are experiencing stress or have arterial symptoms, 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.

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# APRIL IS ROSACEA AWARENESS MONTH

By Joseph Onorato, MD, FAAD

## What is rosacea?

Rosacea is a common skin condition that occurs on the face. It causes redness and small bumps that are similar to acne.

## Symptoms of rosacea?

The first sign of rosacea often is redness. It may appear like a blush or sunburn across your nose, cheeks, forehead, or chin. Other symptoms include red or pus-filled bumps and small blood vessels. For some people, the skin of their nose may become red, thick, and swollen. This is caused by excess tissue and called rhinophyma. Rosacea also can affect your eyes, making them red or watery. It may irritate and inflame your eyelids and the white part of your eye. This is called conjunctivitis.

## Who Gets Rosacea?

Rosacea is common. According to the U.S. government, more than 14 million people are living with rosacea. Most people who get rosacea are:

- Between 30 and 50 years of age
- Fair-skinned, and often have blonde hair and blue eyes
- From Celtic or Scandinavian ancestry
- Likely to have someone in their family tree with rosacea or severe acne
- Likely to have had lots of acne — or acne cysts and/or nodules

Women are a bit more likely than men to get rosacea. Women, however, are not as likely as men to get severe rosacea. People of all colors and ages can get rosacea.

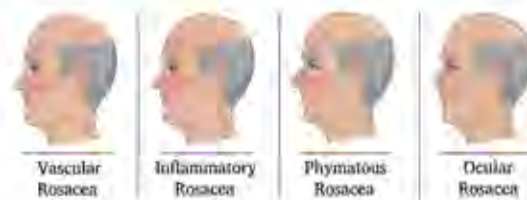
## What Causes It?

Doctors don't know exactly what causes rosacea. A few things that may play a role are:

**Your genes.** Rosacea often runs in families.

**Blood vessel trouble.** The redness on your skin might be due to problems with blood vessels in your face. Sun damage could cause them to get wider, making them more visible.

**Mites.** They're tiny insects. A type called *Demodex folliculorum* normally lives on your skin and usually isn't harmful. Some people, though, have a heightened sensitivity to the mites, or more of these bugs than usual. Too many mites could irritate your skin.



**Bacteria.** A type called *H. pylori* normally lives in your gut. Some studies suggest this germ can raise the amount of a digestive hormone called gastrin, which might cause your skin to look flushed.

## Can rosacea be prevented or avoided?

Since the cause of rosacea is unknown, you cannot prevent it. However, there are things you can do to avoid flare-ups. These include changes to your lifestyle and environment. Triggers vary by person and may take time to identify. Common triggers include:

- Direct or indirect heat, such as the sun or hot baths
- Weather, such as hot or freezing temperatures and strong winds
- Harsh skin care products
- Exercise or sweating
- Stress or anxiety
- Alcohol
- Certain foods
- Menopause
- Other skin or health conditions

## Rosacea treatment

Medicine is the most common form of treatment for rosacea. The type of medicine your doctor recommends will depend on your symptoms. Medicines may include special antibiotics in the form of pills, gel, or cream. These work well at improving pimples and bumps. Skin redness is harder to treat.

It may take 2 months or more for treatment to work. As your symptoms improve, the amount of medicine you take may be cut down or stopped. It is hard to know how long you will need treatment for rosacea. Each person's skin is different, and your doctor may want to adjust your treatment.

For severe cases of rosacea, surgery may be an option. It is most often done to treat rhinophyma. Enlarged blood vessels on your face can sometimes be removed with a fine electric needle or laser surgery.

## Living with rosacea

Rosacea cannot be cured, but treatment can help relieve symptoms and improve skin appearance. Remember to always wear sunscreen. Avoid known triggers to prevent flare-ups. If left untreated, rosacea

can get worse over time. This can have emotional and social effects. Some people lose self-esteem and don't like to be seen in public because of the way they look. It is important to work with your doctor to treat symptoms and improve your quality of life.

## Questions to ask your doctor

- How do I know if I have rosacea?
- What treatment is best for me and how does it work?
- How long does treatment last?
- Is it possible that my rosacea will go away on its own?
- How do I keep my symptoms from flaring up?
- What skin care routine is best for me?
- Will I always have rosacea?

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## 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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# The Terraces Is So Dog-Gone Good... All Under One "Roof! "

It's no secret that having a pet adds so much to a person's life. In fact, most households in the United States have at least one pet. Beyond the love and attachment we have for our furry friends, studies have shown that the bond between people and their pets can be tremendously beneficial to our health, too.

This is especially true for seniors. For older adults, having a pet (*especially a dog!*) helps them get out of the house, go for walks and exercise, and have the opportunity to meet new people. Pet ownership reduces stress, anxiety, blood pressure and depression. Plus, they're wonderful companions that bring joy to our lives.



The Terraces at Bonita Springs understands how much value pets bring to their owners, so it welcomes residents to bring their pets. But more than simply welcoming pets, The Terraces is designed inside and out to create a pet-friendly home for our four-legged residents. Our dog park is a perfect place for pets to mix, mingle and exercise. Our walking paths are perfect for long strolls. The Terraces even hosts programs that welcome pets to accompany their owners to special events, from "yappy hour" to walking clubs.

## Terraces at Bonita Springs

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

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

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

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

**The Terraces**  
at Bonita Springs  
A SantaFe Senior Living Community



## Resident Services

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- Weekly housekeeping and flat linen services
- Concierge services
- Personal one-car garage
- Complimentary valet parking
- Wellness programs for mind, body and spirit
- Vitality program with personalized wellness plans
- Utilities (except phone and internet)
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- Property taxes included
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- Transportation services
- In-home emergency alert systems

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- Certified fitness instructors
- Therapeutic massage
- Performing Arts Center
- Gated community
- Beautiful landscaping with lighted walkways
- Tennis and bocce courts
- Putting green
- Outdoor BBQ area
- Library and resource center
- Business center with computers
- Creative arts studio and crafts room
- Billiard's room/game room
- Beauty salon/barbershop
- Guest suites



# Get Ready for National Health Care Decisions Day in April

Hope Healthcare Offering Free, Easy-to-Use *Five Wishes* Booklet for Creating Advance Directives

When a loved one becomes seriously ill or critically injured, unable to communicate, will you know their preferences for medical care and treatment?

Although much of life is about planning – grocery lists, household budgets, weekend activities, many studies have found that most American adults have devoted no time at all to prepare for what should be among our highest priorities: future healthcare needs.

In honor of National Healthcare Decisions Day on April 16, Hope Healthcare has launched a community-wide campaign to encourage this decision-making process before the need arises. During the entire month of April, Hope will be working to inspire, educate, and empower everyone in Southwest Florida about the importance of making written plans for your future needs.

As part of this effort, Hope is offering a useful advance directives document, *Five Wishes*, at no charge. *Five Wishes* helps you address the decisions that must be made when a serious illness or incident occurs. The easy-to-read booklet explains possible medical and legal choices that may need to be made. It also assists you with exploring your personal, spiritual, and emotional preferences for care.

*Five Wishes* helps document this information for your family and your physicians. You will cover topics including:

- Who you want to make medical decisions for you if you are unable to make them
- The kind of medical treatment you want or don't want
- How comfortable you want to be
- How you want people to treat you
- What you want your loved ones to know



Discussing these wishes with your loved ones and your healthcare team will help to ensure that the choices are understood and followed.

Your completed *Five Wishes* booklet should be made available to your family, caregivers, and healthcare surrogates.

"We encourage all adults – including those in good health as well as those coping with illness – to make these important decisions now," said Hope President and CEO Samira K. Beckwith.

Completion of *Five Wishes* can bring peace of mind when your family needs it most. In the event you are unable to speak for yourself, your voice will still be heard. This is an important gift to your loved ones.

*Five Wishes* meets legal requirements in Florida and 43 other states and is used widely in all 50. Further legal terms and conditions are also outlined in the text of the booklet.

If you complete your paperwork and later change your mind, you may update your wishes whenever you like. It's a good idea to read your advance directives once a year. Remember, always alert others to any changes and destroy out-of-date copies.

To request a complimentary copy of *Five Wishes*, you can call Hope Healthcare at (239) 482-4673. Hope will mail copies to addresses within Southwest Florida. For an electronic version, you can visit [fivewishes.org/redeem](https://fivewishes.org/redeem) and enter promo code APRIL. There, you can either print out the entire *Five Wishes* document to complete by hand – or, you can enter your information on-screen and then print your completed document to sign and date.

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# IN OFFICE HYSTEROSCOPY

By Joseph Gauta, MD, FACOG

## What is a hysteroscopy?

Hysteroscopy is a procedure that can be used to both diagnose and treat causes of abnormal bleeding. The procedure allows your doctor to look inside your uterus with a tool called a hysteroscope. This is a thin, lighted tube that is inserted into the vagina to examine the cervix and inside of the uterus. Hysteroscopy can be a part of the diagnosis process or an operative procedure.

## What is diagnostic hysteroscopy?

Dr. Gauta normally performs a diagnostic hysteroscopy in the office. The patient receives analgesia so they will be comfortable during the test. It is used to diagnose conditions such as abnormal uterine bleeding, adhesions, fibroids, polyps or to locate displaced intrauterine devices IUDs.

One of the newest technologies he uses in the office and in conjunction with the hysteroscope is RESECTR™. RESECTR allows Dr. Gauta to gently remove and eliminate intrauterine fibroids without the need to remove or even cut the uterus and without harming your uterine lining. This is especially important if you want to have children in the future. The procedure is performed under local analgesia and most patients experience only mild to moderate cramping. Patients go home the same day and on average, a 3 cm fibroid (about the size of a grape) can be removed in approximately 10 minutes.

## What is operative hysteroscopy?

Operative hysteroscopy is used to correct an abnormal condition that has been detected during a diagnostic hysteroscopy. If an abnormal condition was detected during the diagnostic hysteroscopy, an operative hysteroscopy can often be performed. Many conditions can be treated in the office using advanced technologies such as RESECTR which eliminates the need for a second visit and is a cost savings to the patient.

The time it takes to perform a hysteroscopy can range from less than five minutes to more than an hour depending on your specific condition. If an operative hysteroscopy is required Dr. Gauta will determine if it should be done in the office or surgery center. The choice is yours however where you would like your procedure done.



## When is operative hysteroscopy used?

Your doctor may perform a hysteroscopy to correct the following uterine conditions:

- **Polyps and fibroids:** Hysteroscopy is used to remove these non-cancerous growths found in the uterus.
- **Adhesions:** Also known as Asherman's Syndrome, uterine adhesions are bands of scar tissue that can form in the uterus and may lead to changes in menstrual flow as well as infertility. Hysteroscopy can help your doctor locate and remove the adhesions.
- **Septums:** Hysteroscopy can help determine whether you have a uterine septum, a malformation (defect) of the uterus that is present from birth.
- **Abnormal bleeding:** Hysteroscopy can help identify the cause of heavy or lengthy menstrual flow, as well as bleeding between periods or after menopause. Endometrial ablation is one procedure in which the hysteroscope, along with other instruments, is used to destroy the uterine lining in order to treat some causes of heavy bleeding.

## When should hysteroscopy be performed?

Your doctor may recommend scheduling the hysteroscopy for the first week after your menstrual period. This timing will provide the doctor with the best view of the inside of your uterus. Hysteroscopy is also performed to determine the cause of unexplained bleeding or spotting in postmenopausal women.

## How is hysteroscopy performed?

Prior to the procedure, your doctor may prescribe a sedative to help you relax. You will then be given analgesia appropriate for where you are having the procedure done. The procedure itself takes place in the following order:

- The doctor will dilate (widen) your cervix to allow the hysteroscope to be inserted.
- The hysteroscope is inserted through your vagina and cervix into the uterus.
- Carbon dioxide gas or a liquid solution is then inserted into the uterus, through the hysteroscope, to expand it and to clear away any blood or mucus.
- Next, a light shone through the hysteroscope allows your doctor to see your uterus and the openings of the fallopian tubes into the uterine cavity.
- Finally, if surgery needs to be performed, small instruments are inserted into the uterus through the hysteroscope.

## What can I expect after a hysteroscopy?

Most patients require nothing more than tylenol or ibuprofen to help with mild cramping.



JOSEPH GAUTA, MD



NICOLE HOUSER, PA-C



MACKENZIE HUDSON, PA-C



AMBER THOMPSON, PA-C



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# SAND, SUN, AND SEA CREATURES

## PROTECT YOUR FEET AT THE BEACH!!!

By Dr. Lori DeBlasi

In Southwest Florida, the beach is a frequent destination for locals and tourist. The sand, water and all that goes along with them are very enjoyable. But they can be harmful too. Here are some things to keep in mind during your next trip to enjoy the sandy beaches, gulf waters and sunshine.

### Burns on the BOTTOM of Your Feet

Walking barefoot on the hot sand or asphalt can cause a burn to the bottoms of your feet. The sand gets hot enough to cause a first- or second-degree burn. Sand temperatures can reach over 100 degrees Fahrenheit when the outside temperature is only 75 degrees. Both first- and second-degree burns will occur when the skin is exposed to a temperature greater than 111 degrees Fahrenheit. Even a noticeably brief time of exposure to these temperatures can cause a burn to form.

**First-degree:** These are superficial burns that present with tenderness and redness. They involve the top layer of skin, the epidermis. First degree burns usually heal quickly and do not produce scarring.

**Second-degree:** These are partial thickness burns and can be superficial or deep. They can cause severe pain. Often, there will be blisters associated with the redness of the skin. This type of burn may result in scarring.

### Burns on the TOP of Your Feet

Do not forget to apply sunscreen to your feet! Many people forget to protect the skin on top of the feet and/or forget to reapply it regularly after going into water. For optimal results, apply sunscreen 30 minutes PRIOR to going into the sun. And remember to reapply regularly. The skin on your feet is susceptible to certain cancers, although rare, including melanoma. Another common skin condition from sun exposure are actinic keratoses or stucco lesions. These can convert to squamous cell skin cancer also. The American Dermatology Association recommends an SPF of 30 or higher. SPF 30 blocks about 97 percent of UVB rays.



### Puncture wounds and cuts

Going barefoot can leave you at risk to step on something at the beach. It is not always obvious what you are stepping hidden in the sand or water below. Shells, rocks, broken glass, and other coastal debris can lead to puncture wounds and cuts. If this occurs, you should immediately rinse it out with soapy water ensuring all sand and bacteria has been flushed out of the wound. Apply a topical antibiotic cream and cover it with a band aide. If it is a large and deep wound, have it evaluated by a podiatrist as soon as possible to ensure that no ligaments, tendons, or nerves of the foot have been damaged. You may require an oral antibiotic. To states the obvious, watch where you are walking. Also, consider wearing aqua shoes in the water if there is rough terrain.

### Jellyfish

Approximately 200,000 stings from jellyfish are reported each year in Florida. Jellyfish can wash up onto the sand. You can also come in contact them in the water. Their tentacles reach further and beyond their visible central bodies whether on the sand or in the water. You can be quite a distance away and still get stung by their tentacles. You may accidentally step on a tentacle while taking a closer to one that washed up on the shore. The tentacles can wrap around the foot and create a sting anywhere it touches. Do not touch them!

If a jellyfish has stung you, carefully remove the tentacles without touching them with your fingers. Use a towel, or other article of clothing, and gently unwrap the tentacle away from your skin. Rinse the area with vinegar or seawater. Vinegar neutralizes the stinging cells left behind on the skin. DO NOT use freshwater or urine! These may make the pain worse by stimulating the stinging cells further.

Also, a mixture of saltwater and baking soda will also help stop the burning feeling. Ice, hydrocortisone cream or a lidocaine spray/ointment may help any lingering pain. The discomfort and redness from a sting usually fade quickly. Occasionally, a painful rash may persist for weeks. Continue to apply hydrocortisone cream until it resolves. Seek medical advice if no improvement or worsening occurs.

### Sea urchins

Sea urchins are not aggressive creatures and do not really attack humans. Sea urchin stings usually occur because of an accidental encounter between a human and the sea urchin. If the sea urchin feels threatened, it will defend itself. Some urchin's spines contain venom and others do not. The venom will cause a burning sensation. Regardless of the presence of venom, the spines can be

.....

### Lori DeBlasi, DPM

Dr. Lori DeBlasi is a board-certified podiatrist at Family Foot & Leg Center at the Colonial Blvd. office. She is accepting new patients.

To make an appointment, call 239-430-3668 or visit [www.NaplesPodiatrist.com](http://www.NaplesPodiatrist.com).



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painful and must be removed. In some cases, if the spines are shallow, you can remove them yourself or with the assistance of family/friends. First, soak in hot water to alleviate the pain and soften the needles. Pick out as many of the pieces as you can with a tweezer. Sea urchin spines often break off under the skin. Soak in vinegar which will soften the spines. The urchin spines will either dissolve under the skin or lift to the surface. Continue to soak the affected area until the spines are gone. Rinse with soap and water.

If there are any spines that you cannot remove or are too painful to remove, you should make an appointment with a doctor, who can remove the spines.

#### **Stingrays**

Stingrays often live in shallow water along our coasts. If you startle or step on a stingray, it will try to defend itself. The sting ray's tail is jagged and will inject venom. Approximately 1,500 people are injured by stingrays in U.S. waters every year. A stingray injury is very painful. One or two people

die per year when a barb pierces the chest cavity, as was the case with Australian zookeeper, Steve Irwin.

Watch for the Purple Flags on the Beach. This means dangerous marine life, like jellyfish and stingrays, have been spotted in the area. Also, pay attention when signs are posted at the beach saying to shuffle when walking in the water. Shuffling of your feet creates gentle vibrations that alert stingrays to your presence.

#### **Diabetic disclaimer:**

Diabetics are "At Risk" and need to be especially careful when going to the beach. A small foot injury can easily become a much larger problem. Anyone with Diabetes must protect their feet. NEVER go barefoot. Strap or thong sandals can rub and cause a blister or abrasion. Diabetics can develop decreased feeling in their feet, diabetic neuropathy, and they cannot feel the sand is hot or that they are stepping onto something harmful until it is too late. A closed water shoe is likely to be protective in and out of the water. However, all diabetics

must check their feet regularly at the beach and when they get home to ensure there have not been any problems that may have developed. Always, seek out medical treatment if there are any problems, big or small.

#### **It is not all bad!!**

There ARE benefits to walking on the beach. You can get a better overall workout for your feet and leg muscles because the resistance the sand gives requires you to use the full range of motion in walking or running. With your muscles working more, you will burn more calories. You can burn up to 50% more calories walking on the sand than walking on a firm surface. The sand can also function as a natural exfoliant for the soles of your feet. Last, but certainly not least, this setting can be relaxing and may reduce stress. Take in the sounds of the waves crashing on the shore and enjoy!

*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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# The Top 5 Stress Diseases and 5 Natural Ways to Combat Stress

By Dr. Doreen DeStefano, NhD, APRN, DNP

**S**ome individuals have a difficult time finding ways to manage stress. The intriguing anatomy and process of our brains help us better understand the production of fear, anxiety, worry, and the decision to take flight or fight. 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 nervousness, fear, and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea, and shortness of breath.

**Stress and anxiety play a role in numerous disorders and diseases. The top five are as follows:**

**#1 Heart Disease:** Stress can affect and intensify conditions and behaviors that increase heart disease risk, including high blood pressure and cholesterol levels, smoking, physical inactivity, and overeating.

**#2 Digestive Disorders:** Stress can cause the tight junction in the gut to weaken and separate. This is known as leaky gut, and once this happens, digestive conditions will worsen, and bacteria can enter the bloodstream, leading to a plethora of disorders.

**#3 Cognitive Decline:** Chronic stress can cause cognitive decline and disrupt the brain's communication signals.

**#4 Depression:** When depressive disorders are left untreated or undertreated, several areas of the brain like the hippocampus, which regulates emotions, and the prefrontal cortex, which controls decision planning abilities, shrink, causing long-term damage.

**#5 Autoimmune Diseases:** As in the case of leaky gut, many autoimmune diseases are caused by the body's molecular mimicry process, which confuses certain proteins that leak into the bloodstream with bodily organs. One example of this is the protein in gluten is often detected by the body and confused with the thyroid gland, which causes the body to attack its own organs and tissues.

## Reducing Stress and Anxiety

There are many ways to reduce stress, like anti-anxiety drugs, but those are often addictive and have other adverse side effects. Countless people see great results with exercise, yoga, meditation, massage, nutrition, and supplements.



## Exercise

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also improves nutrient and oxygen-rich blood flow, and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

## Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional well-being, can help fight addictions, generates health, improves immune function, staves off memory disorders, and increases neuronal plasticity.

## Nutrition

It might seem far-reaching to some, but what we put into our bodies can exacerbate stress and anxiety. It's critical to eliminate sugar as it compromises the white blood cells. Making the majority of the diet plant-based with fresh fruits and vegetables is essential, and individuals should stay well hydrated. A food rule of thumb is to drink at least half your body weight in ounces per day. Foods to avoid simple carbohydrates, excessive caffeine, and alcohol, too much animal protein, dairy, processed or prepackaged food, as these all cause inflammation and metabolic syndrome, which is often the root cause of chronic disease, and they are also known to increase stress.

## Supplements

Many natural supplements can help to relieve stress by working to calm the central nervous system, and some also work directly in the brain. Some of these include adaptogens like Ashwagandha, Gaba, Rhodiola, Holy Basil, and Lemon Balm, to name a few.

In order to overcome stress and pain, we need a well-rounded treatment protocol that incorporates medication (if necessary), stress management, nutrition, exercise, meditation, hormone balancing, and other therapies that can help to stabilize our systems. Root Causes Holistic Health and Medicine offers numerous options to help you customize a plan and also to evaluate your symptoms and target your personal needs. Many supplements can be administered via IV Infusion for better absorption.

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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# IMPROVE YOUR PERFORMANCE, THERE IS A SIMPLE AND SAFE WAY

By Alejandro Miranda-Sousa, M.D.

Sometimes it is difficult for men to talk about **Erectile Dysfunction (ED)**. Impotence, as it is commonly known, affects not only men but also their partners, as a problem affecting the romantic life and the emotional health of the couple. It's essential for the couple to understand that ED is very common, most studies suggest that at least 50% of men in the U.S. experience some form of sexual dysfunction at some point in their lives, thus being one of the most common male sexual problems. Ignoring the problem is not a solution; it would likely get worse with time.

## *What is Erectile Dysfunction and what causes it?*

Erectile dysfunction is defined as the inability to obtain and/or maintain a penile erection, enough for satisfactory sexual performance. Good blood supply is essential for an adequate erection. Achieving an erection involves many things, from brain signals and hormones, to nerves, muscles and **good blood vessels**. The presence of ED, is usually an early sign of vascular problems that needs to be evaluated. Cholesterol "plaque" and "calcified" arteries affect blood flow to the penis ultimately causing ED. This has to be improved to successfully correct ED.

What is the good news? Erectile dysfunction could be cured in many men. **Neowaves** Low-Intensity Shockwave therapy (LiSWT) is a non-invasive, painless, very safe, proven treatment with excellent results directed to increase the blood supply to the penis. More blood flow, better erections! This treatment is designed to correct the damaged blood vessels of the penis and not to provide temporary "patch", like most of the current available interventions, like oral medications ("blue" pill) or painful penile injections.

*How does it work?* Neowaves (LiSWT) are audible energy soundwaves used to treat ED. The treatment session consists on applying these soundwaves directly to the penis destroying plaque buildup in the blood vessels and stimulating the creation of new good quality blood vessels, improving blood flow in the penis and obtaining a



GREAT erection. It is a simple and painless procedure that takes less than 30 minutes and is performed at the office. No downtime, no side effects. We follow scientifically proven European Guidelines and the results are long lasting.



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Individual results may vary. | © All rights reserved

## Alejandro Miranda-Sousa, MD

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

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

*For more information, please visit our website*

*[www.UrologyExperts.com](http://www.UrologyExperts.com) or call Urology Experts today at (239) 226-2727 or email [info@UrologyExperts.com](mailto:info@UrologyExperts.com) to schedule your consultation!*



# REJUVENATE YOUR FACE WITH A VAMPIRE FACELIFT

Your blood has the power to make your skin healthier, younger and more beautiful

By Dr. Sebastian Klisiewicz, D.O.

**T**he skin of our face and neck goes through a natural aging process. This can create fine lines and wrinkles, facial drooping and changes of texture and color. Unfortunately, this process occurs in everyone. Luckily, there is a natural way to reverse the damage and bring back the health and vitality of your skin. This can be achieved with the power of your own blood.

Your blood supports, nourishes and heals the body. The red blood cells carry the vital oxygen to all your cells, but the plasma carries the platelets and other proteins that stimulate healing and regeneration. Platelets are packed with powerful growth factors that activate the immune system to heal. In ancient Greek and Roman times, blood was considered a youth elixir that would increase health and vitality.

Your blood can be processed in a centrifuge to create platelet rich plasma (aka PRP). This is a solution of concentrated platelets that is commonly used in Regenerative Medicine to heal injured tendons and treat arthritic joints. PRP can also be used to rejuvenate the skin and create a healthier and younger looking face. This process has been branded as the **Vampire Facelift** and **Vampire Facial**, it has been made popular by celebrities.

The **Vampire Facelift** involves injections of natural dermal fillers (Hyaluronic Acid) and platelet rich plasma (PRP) to sculpt, lift and rejuvenate the face and lips. Hyaluronic acid is a naturally occurring compound found in our connective tissues that provides hydration and volume to the skin and subcutaneous tissue. **Vampire Facial** is a series of superficial micro-injections of PRP and other nutritive agents into the surface of the skin. This improves the skin texture and color without any significant downtime.

At Integrative Rehab Medicine, we combine our PRP facial rejuvenation procedures with cold laser therapy, medical grade skin products and dietary



recommendations. This integrative approach can provide the best results. Cold laser therapy uses light energy at specific wavelengths that activates the PRP to release more growth factors. This further stimulate tissue regeneration and speeds up the healing process. Our medical grade skincare products are based on the latest scientific advances in skin therapy. These products enhance the rejuvenation process and maintain skin health and vitality. A diet rich in nutrients, antioxidants and clean water is also important to the beatifying process

If you are interested in learning more about the healing power of Platelet Rich Plasma (PRP) and the integrative approach to a beautiful face, please schedule a consultation today.

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- Eliminates unwanted dark circles and skin pigmentation
- Sculpts the face for a younger and more beautiful shape

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



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

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



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# STRESS AWARENESS MONTH

**S**tress is inevitable, and stress is unavoidable. Stress is universal, and stress occurs daily for all living things. Stress is so profound that the **entire month of April** has been declared the **Stress Awareness Month** by The Health Resource Network (HRN). The HRN is a non-profit health education organization with a national, cooperative effort that strives "to inform people about the dangers of stress, successful coping strategies, and harmful misconceptions about stress prevalent in our society" (HRN).

The HRN was founded by board-certified internal medicine physician and corporate medical director Dr. Mort Orman in 1992, making **April 2022** the 30th anniversary of this group's mission. By increasing public awareness about the significant effects of stress, the HRN hopes to unite experts with those struggling with stress's negative connotations and consequences.

Like most things in life, stress can be perceived as either detrimental or beneficial towards one's health and well-being. While people face a variety of stressors all the time, everyone manages and copes with their stress differently. The subsequent outcomes of these stressors on an individual's health and well-being are primarily determined by how one handles and addresses these inevitable encounters of daily living. Fortunately, in this day and age of technology, the internet is bursting with helpful tips, tools, and aids that concentrate on helping people deal with everyday stressors in ways that redirect stress to one's advantage.

Experts agree that the ideal method in overcoming stress begins with developing a solid understanding of stress and forming an awareness of stress and its influence on **psychological, social, and physiological** health and well-being. To best do so, many specialists recommend visualizing stress on a spectrum divided by two extremes; 0-100, for example. On the one end, you have **eustress**. **Eustress** is a type of stress that positively influences health and well-being. Eustress generally causes a sense of challenge that increases motivation and personal performance and can enhance one's desire to act or make meaningful change. Yet, on the other side, you have **distress**, the type of stress you are more likely to be familiar with.

**Distress** causes negative influences on a person's health and well-being and generally creates anxiety, tension, strain, and increases personal pressure. These emotional states tend to decrease motivation, decrease performance, and often manifest into debilitating mental and physical problems if left uncontrolled.

Now that you have a better grasp of stress, it is time to discuss safe ways of controlling it. In the spirit of Stress Awareness Month, we would be remiss not to discuss **medical marijuana** and how it has exploded in popularity over recent years. The State of Florida legalized medical marijuana thanks to its wide range of medicinal purposes and properties, particularly those related to anxiety and stress management. These facts are made evident by the sheer number of medical marijuana patients who have been qualified, approved, and treated by **certified medical cannabis doctors** and medical marijuana treatment centers (dispensaries) under Florida's Office of Medical Marijuana Use Registry (OMMU).

With proper oversight, the therapeutic usage of cannabis has been proven and validated to successfully manage and treat conditions directly associated with distress. Current research literature demonstrates that conditions such as insomnia, anorexia, depression, PTSD, IBS, and even substance abuse disorders like nicotine addiction, alcoholism, and benzodiazepine dependence, can now be treated or avoided altogether using medicinal marijuana. With the growing number of health care professionals who focus **solely on** medical marijuana treatment options for debilitating conditions linked to stress, medical marijuana experts can be found at **cannabis doctor's** offices such as **Compassionate Healthcare of Florida**.

Whether seasonal or permanent, Florida residents can now set up an appointment and get the care they need as early as today! Compassionate Healthcare of Florida (CHF) is a family-owned company established in 2019 in Naples, FL, and has recently opened its **second location** in **Cape Coral, FL**. They are now open and eager to connect Lee County residents in finding effective relief from the multitude of adverse conditions and unhealthy states unmanaged stress frequently creates.

If you believe you are one of the many millions of Americans suffering from unrelenting and unbearable stress-related anxiety, consider reaching out to the healthcare professionals at Compassionate Healthcare of Florida and hear how they may facilitate **same-day medical marijuana cards** on-site!

Additionally, in light of Stress Awareness Month, **throughout April**, Compassionate Healthcare of Florida will be offering all new patients, patient transfers, and patient renewals a limited-time **15% discount**. Just mention "Stress Awareness Month" or "Health and Wellness Magazine" and make this the perfect time to join the hundreds of others who have already experienced relief at CHF!

For more information on Stress Awareness Month or becoming a medical marijuana use patient, please visit [www.flmmjhealth.com](http://www.flmmjhealth.com) or dial **(833)-NEED-MMJ (833) 633-3665**.



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# 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)

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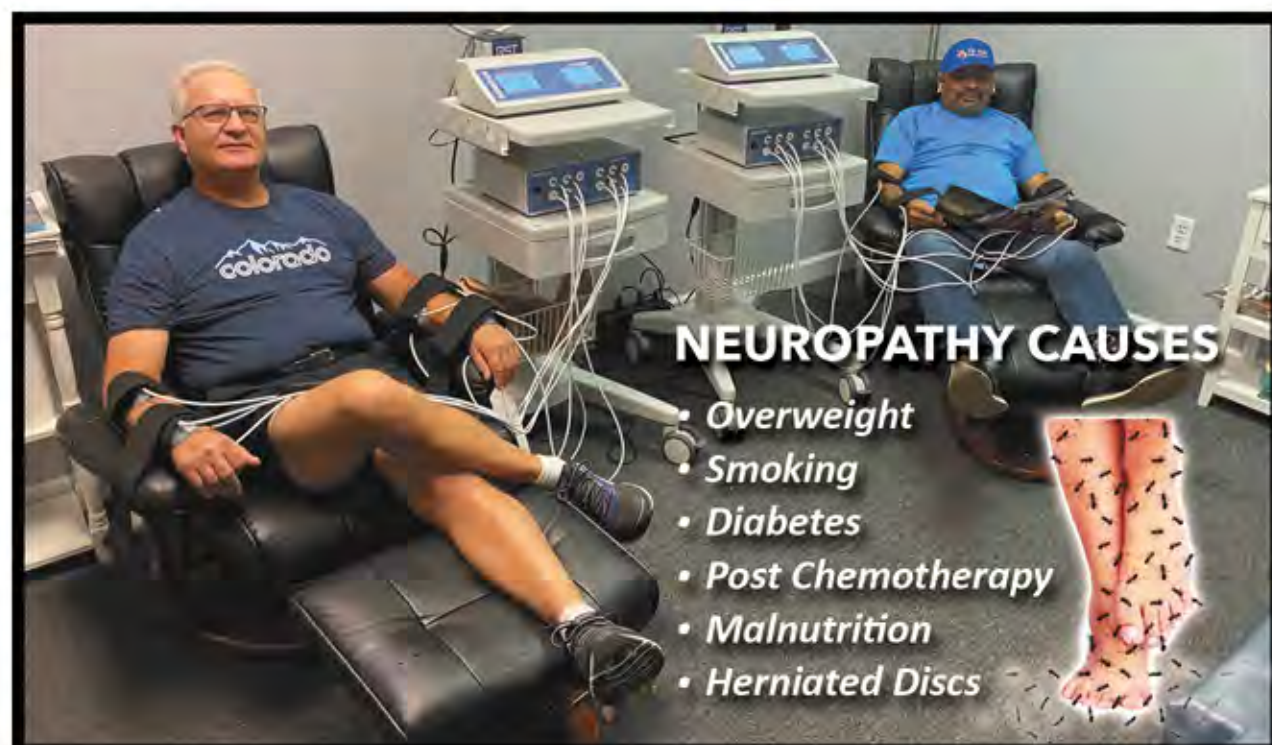
### WHAT IT TREATS

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

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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



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*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.*





# APRIL: PARKINSON'S DISEASE AWARENESS MONTH

## 2022 PARKINSON'S DISEASE SPRING SYMPOSIUM

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

Dear Friends:

Welcome to a new year of progress and innovation in the field of Parkinson's Disease (PD). Advances in PD research are not limited to the availability of new and better drugs, but also to a better understanding of the disease process. This understanding leads us to better targeted treatments for the disease and its complications, as well as new diagnostic tools to facilitate diagnosis when it is not clear. PD is presently "the fastest growing brain disorder, even faster than Alzheimer's" (Dorsey, R. et al. "A Prescription for Action. Ending PD"). The number of Americans with PD has increased by 35% in the last 10 years alone.

As the oldest medical organization in SW FL committed to promoting education and empowerment of PD patients and their family members, *Parkinson's Disease Treatment Center of SWFL, in association with the Charlotte County Medical Society, is proud to present the 2022 PD Symposium.* This year we are taking a multi-specialty clinic approach, one in which you will enjoy presentations from different specialists all involved in the evaluation and treatment of patients like you. Knowledge is the best remedy for fear, and we will make sure to educate you in areas that could negatively impact your quality of life if they are not properly addressed.

I will have the pleasure of opening the program with a presentation to help you personally judge whether your case of PD is optimally treated or controlled. Knowing that there are no two identical patients with PD, you need to understand what the medications do and what is available today to optimize your treatment. We will review clinical vignettes to illustrate the challenges you face and their available solutions.

Following a visit to the neurologist, you will attend a presentation by Dr. Manuel Hernandez. He is a Board-Certified Dermatologist and Fellowship Trained Mohs Surgeon who will review skin cancer, particularly melanoma, which is seen seven times more often in PD patients compared with non-PD individuals. He will teach you how to recognize these spots on your skin and how to reduce the risk of developing this potentially fatal form of cancer. Melanoma is one of the likeliest forms of cancer to spread to the brain, only lung and breast have higher percentages of spread.



The third presentation is about sleep disorders in PD. Ever since James Parkinson described this condition in 1817 and named it "Shaking Palsy", sleep disturbances have been reported as part of PD. These problems often impair your quality of life in ways never considered before. Until 20 years ago, we were not fully aware that the non-motor symptoms of PD, including sleep disturbances, are often more disabling than the motor-symptoms. Dr. Ernesto Eusebio, a sleep medicine specialist practicing in Lee County, will educate you about sleep hygiene and sleep apnea in the context of PD. Here we hope to help you improve your sleep patterns, allowing you to feel stronger and more energetic during the day. It is important to mention that untreated sleep apnea will increase the chances of developing dementia in PD and non-PD patients alike.

After a coffee break, we will bring you to a dental office. Yes, a visit to the dentist! You have all heard about the gut-brain axis and the research suggesting that PD starts in the intestines. Well, your mouth is a very important part of your digestive system, and you need to take very good care of it, especially if you have PD. Dr. Jose Gil will discuss dental habits that can prevent significant and needless complications over time. He will also present important information regarding new data supporting the association between dental health and dementia. Dr. Gil practices dentistry in the Lehigh Valley, PA.

Our last presentation is by Dr. Philip Tipton, Movement Disorder Neurologist and faculty member of the Mayo Clinic in Jacksonville. Dr. Tipton will review the latest surgical options (Deep Brain Stimulation) as part of treatment for PD. Learn why and when you should consider surgical intervention. Dr. Tipton will explain why it does not make any sense to wait until all other options have been exhausted before considering DBS.

*We will conclude the afternoon with a session of open Q & A.*

**We hope you will all join us. Please register now! As in previous years, seating is limited and we anticipate a full house.**

### AGENDA

11:30 am - 12:30 pm  
On Site Registration and Lunch

12:30 pm - 12:45 pm  
Welcome and Opening Remarks  
- Ramon A. Gil, M.D.

12:45 pm - 1:30 pm  
Is Your Parkinson's Disease Optimally Treated?  
- Ramon A. Gil, M.D.

1:30 pm - 2:15 pm  
Skin Cancer and Parkinson's Disease  
- Manuel Hernandez, M.D.

2:15 pm - 3:00 pm  
Parkinson's Disease, Sleep Hygiene  
and Sleep Apnea  
- Ernesto Eusebio, M.D.

3:00 pm - 3:30 pm - Break

3:30 pm - 4:15 pm  
Dental Care in Parkinson's Disease  
- Jose Gil, D.M.D.

4:15 pm - 5:00 pm  
Deep Brain Stimulation: who, when and why?  
- Philip Tipton, M.D.

5:00 pm - 5:30 pm  
Questions & Answers  
- Faculty

5:30 pm Adjourn



**For more info or to register  
contact Jennifer at Dr. Gil's Office:  
Phone (941) 743-4987  
Fax (941) 743-4486  
office@parkinsonsfl.com**





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Treatment Center  
OF SOUTHWEST FLORIDA

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office@parkinsonsfl.com

### Program Director:

- **Ramon A. Gil, M.D.**  
Diplomate, American Academy of  
Psychiatry and Neurology  
Diplomate, American Board of Internal Medicine  
Medical Director,  
Parkinson's Disease Treatment Center of SW FL

### Guest Speakers:

- **Manuel Hernandez, M.D.**  
Private Practice,  
Manuel H. Hernandez, MD, PA  
Port Charlotte, FL  
Board Certified Dermatologist  
Fellowship Trained Mohs Surgeon

- **Philip Tipton, M.D.**  
Assistant Professor of Neurology,  
Mayo Clinic Clinician Investigator Fellow,  
Mayo Clinic, Jacksonville, Florida
- **Ernesto Eusebio, M.D.**  
Sleep Medicine Specialist,  
Lee Health/Lee Physician Group,  
Fort Myers, FL
- **Jose Gil, D.M.D.**  
Private Practice at  
Hamilton Dental Designs  
Allentown, PA  
Fellow, International Congress  
of Oral Implantology

*Meet Our  
Faculty*



Ramon A. Gil, M.D.



Manuel Hernandez, M.D.



Ernesto Eusebio, M.D.



Jose Gil, D.M.D.



Philip Tipton, M.D.

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

## 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



## See If You Qualify

You are between the ages of 18 and 65.  
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# FALLING BACK ON PHYSICAL THERAPY

By Dr. Cynthia Vaccarino, PT, DPT

**M**any people tend to believe physical therapy is only needed when recovering from an injury. Makes sense, right? However, that's not always the case. As we get older, physical therapy can play just as much of a role in preventing injuries as it does in helping us successfully through our recovery. That's why it's important as we age to be proactive about high-risk injuries such as those that result from falling.

Falls are a worldwide public health concern, especially for seniors. According to the World Health Organization (WHO), 37.3 million falls that are severe enough to require medical attention occur each year. Additionally, the WHO noted that falls are also the second leading cause of unintentional injury deaths worldwide. Strategies to prevent these falls from occurring should include additional education, training, and safer environments according to the WHO.

So, what proactive measures can you take to prevent these potentially life-threatening falls? This is when physical therapy can come into play. The physical therapist will evaluate and assess the patient for risk of falls, and physical therapist assistants will assign fall prevention strategies and interventions to seniors based on select tests and measures that are designed to gauge one's strength, agility, and balance. For example, physical therapist assistants conduct tests such as the Functional Reach Test and the Timed Up & Go Test (TUG) as ways of better understanding a patient's fall risk and recovery potential. Physical therapist assistants can then assign and assist in exercises with senior patients to properly counteract these risks.

The Shirley Ryan Ability Lab details the Functional Reach Test as an exercise that is administered while a patient is standing next to, but not touching a wall. The patient is then instructed to, with the arm that is closer the wall, "reach as far as you can forward without taking a step." Three trials are done, and the final score of the test comes out to the average score of the second two trials. The TUG Test begins with a patient sitting in a chair with their back against the chair's backrest and arms on



the chair's arm rests. From that position, the patient is then timed while standing up, walking three meters, turning around, and returning to their original resting position in the chair. Test results from these quick and easy evaluations help provide a reliable foundation for physical therapist assistants to measure a patient's fall risk and conduct the necessary preventative training.

As a patient, or to perhaps avoid becoming one, taking care of your body through the proper preventative measures before an injury happens is just as important as the recovery process after an injury has already occurred. That's why we often see professionals in fields that require a lot physically constantly training in attempts to get ahead of potential injuries. But you don't have to be a professional athlete, bodybuilder, or manual laborer to take the important steps necessary to take care of your body. That's why when working with a patient, injured or not, it's vital for physical therapist assistants to understand the full scope of their patients' strengths and limitations to assign

the correct interventions to prevent any injuries in the future. Workouts and testing exercises such as these are a significant part of a physical therapist assistant's training and responsibilities in the field.

Working with a physical therapist assistant today can prevent tomorrow's injury.

*For more information on Hodges University's Physical Therapist Assistant Program, Visit [Hodges.edu](https://www.hodges.edu).*

*Dr. Cynthia Vaccarino, PT, DPT, is the Director of the Physical Therapist Assistant Program at Hodges University.*



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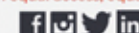
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# OCD: PARTICIPANTS NEEDED

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

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

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

## There are different types of OCD

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

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

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

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

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



## What You Should Know About Clinical Trials

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

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

## How Clinical Trials Help

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

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

## CURRENT STUDIES

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

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

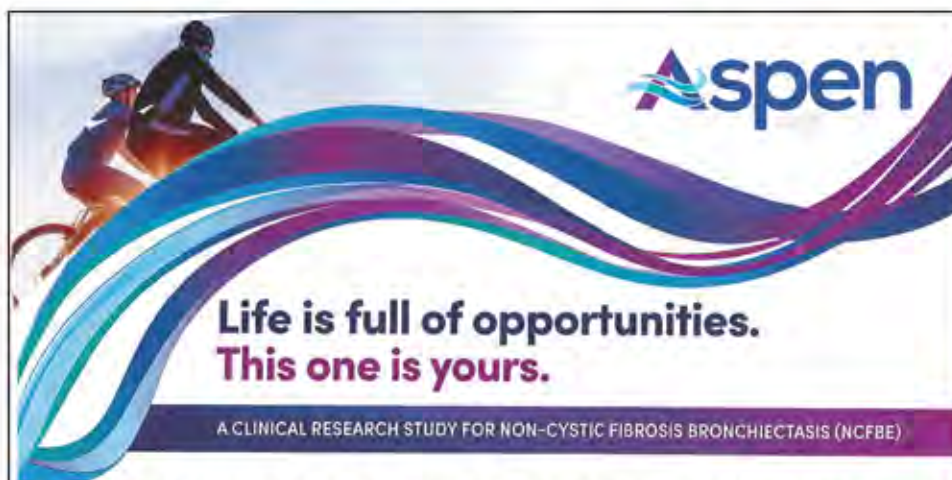
- Be at least 18 years old and recently diagnosed with NTM lung disease caused by MAC
- Be able to produce sputum (phlegm from your lungs)
- Have your sputum sample test positive for MAC within the 6 months prior to the study screening and also at the time of the study screening
- Have had a CT scan 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](http://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](http://NCFBEASPEN.com)  
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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

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

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

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

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

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



## Knee Replacement Surgery is Permanent

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

## Physicians Rehabilitation's Knee Therapy Program Includes:

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



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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](http://www.PhysiciansRehab.com)

## Viscosupplementation

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

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

## PRP (Platelet-Rich Plasma)

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

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

## Physicians Rehabilitation

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





# Did You Know Cancer Treatment Can Cause Peripheral Neuropathy?

By Dr. Drew Montez Clark

**P**atients 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 medications.

## 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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# TOP FIVE ESTATE PLANNING ADVANTAGES OF RELOCATING TO FLORIDA

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

**W**hile it'll be years before we fully grasp all the consequences of COVID-19, an apparent pattern of occasionally high-profile relocations—Texas and Florida being the two most prominent destinations—has already stirred a lot of discussion. Although the total number of moves nationwide has actually decreased (according to Bloomberg), COVID has almost certainly had a big impact on who is moving and where they're headed. If you're considering the Sunshine State, you may be wondering what the advantages are and today's topic will provide an overview of the various estate planning advantages of relocating to Florida. Note, we are using "estate planning advantages" to refer to the top legal, tax and asset protection advantages related to becoming a Florida resident. So, let's dive in!



Elon Musk famously took a break from building rocket ships and left California for Texas. The Lonestar State also welcomed in comedian and enormously popular podcaster Joe Rogan. And *Business Insider* reports that more than a few Wall Street money men have left New York behind for the Florida sunshine.

There's even talk of moving the New York Stock Exchange itself to Florida, which would have seemed preposterous in the pre-COVID world.

Realistically, there are a host of different reasons influencing movers. Employers' increased use of videoconferencing apps like Zoom and Skype has made working from home much more practicable. Nearly 70% of employees were working from home at one point. And when you aren't tied down geographically by your employer, moving becomes a much less daunting prospect.

Unfortunately, the 22 million and counting job losses attributed to COVID and the resulting shutdowns have also incited more than a few relocations, as newly unemployed workers move in search of new employment. States that implemented more limited shutdowns—like Florida and Texas—often present more promising employment prospects than states with more comprehensive closures.

Without going into the underlying politics, COVID has also highlighted the sometimes-marked differences in legal climates from one state to another—another factor influencing the choice of destination. Florida in particular offers an attractive legal climate for businesses and individuals looking to preserve wealth. If you're considering a move, here are the top five estate planning advantages of relocating to Florida in our humble opinion.

## No State Income or Estate Taxes

Most people recognize that a certain level of taxation is necessary, but pretty much no one actually enjoys paying taxes. If you're a fan of low taxes, Florida has a lot to offer.

Only seven states have zero state-level income tax. Florida is one of them. That and the warm weather have made Florida a popular destination for retirees for quite some time. And, as COVID transplants know, current wage earners also benefit. After all, the same salary looks bigger without state income tax withholding. Needless to say, the IRS still wants its money. And Florida has other taxes (like sales and hospitality taxes). But avoiding state income tax has been a motivating factor for more than a few new Florida residents.

If you're at the point where you're thinking more about planning your estate than earning wages, Florida also lacks any estate or inheritance taxes. Although qualifying Florida estates still have to pay at the federal level, you can preserve more wealth in Florida than in states that impose a "death tax," such as New York or New Jersey.

Only a minority of states charge state-level estate taxes, but Florida still stands out because estate taxes are expressly prohibited by the state constitution. That means a constitutional amendment (and not just new legislation) would be needed to add an estate tax in the future.

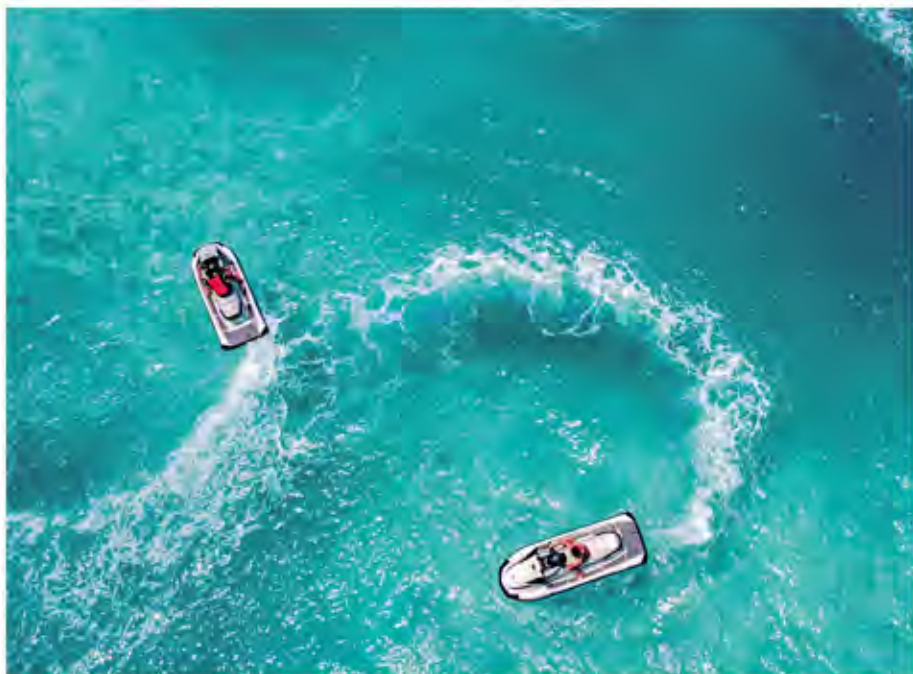
## The Florida Homestead Act

In a nutshell, the Florida Homestead Act, which is also built into the state's constitution, prohibits creditors from attaching real estate that qualifies as a "homestead" under the law. Creditors aren't able to force a sale of a homestead to satisfy a judgment or to place an involuntary lien on the property. Florida homesteads are even protected from liquidation in bankruptcy.

Most states have homestead exemptions, but Florida's is special because it's uncapped, with no limit on the value of a protected property. By comparison, California and New York limit homestead protection to \$300,000 and \$85,400 (in both cases, depending on the county in which the real estate is located). Even more, Florida law doesn't stop homestead owners from transferring wealth into a homestead (through improvements or mortgage payments, for instance), to maximize wealth protection.

Florida's homestead laws also benefit homestead properties in real estate tax calculations. Up to \$50,000 of a residential home's value is exempt from assessment, so a home valued at \$300,000 is taxed as if its value is \$250,000. A fairly recent amendment further limits property taxes on homesteads by capping annual assessed-value increases to three percent or the CPI rate of inflation, whichever is lower. As a result, homeowners don't get hit with big property tax





increases if property values go up dramatically. The *de facto* exemption resulting from the limit on annual increases is also “portable” and can be transferred from one Florida homestead to another.

### Strong Laws Protecting Assets from Creditors

While the uncapped homestead exemption gets the most publicity, strong Florida asset protection laws offers strong protections for shielding other assets against creditor claims. Under Florida’s exemption statutes, wages earned by a head of household are exempt from attachment. Life insurance protections in Florida provides that cash value stored in a permanent life insurance policy are also protected against an insured person’s creditors. Retirees frequently benefit from Florida’s exemption for wealth held in annuities, which is likewise protected from creditor attachment.

There are also favorable rules for Florida dynasty trusts, which makes it a good jurisdiction if your goal is to preserve wealth in Florida through multiple generations.

### Special Protections for Assets Owned by Married Couples

Under Florida law, any assets co-owned by a married couple under certain conditions are assumed to be owned as tenants by the entireties. The tenancy by the entirety laws in Florida for spousal ownership offers some nice wealth management features. First, there is a “right of survivorship,” which means that, when one owner dies, the other automatically receives full title to the asset, without any need for Florida probate.

Additionally, if an asset is held as tenants by the entirety, creditors of only one spouse cannot attach it. If both spouses owe the debt, attachment may still be possible—unless the asset is protected by one of the exemptions described above.

Many states offer the tenancy by the entirety model for real estate, but Florida allows it for just about any type of asset that can be jointly owned—land, personal property, financial accounts, and even intellectual property can be co-owned as tenants by the entireties. And any asset held in a Florida tenancy by the entireties enjoys the same protections against creditor claims.

### Pro-Business Climate

Along with the attractive framework for financial planning and asset protection, Florida also provides a business-friendly legal climate that can be enticing for entrepreneurs considering relocation. In general, Florida is among the nation’s most pro-business jurisdictions, with (for example) “right to work” and at-will employment laws. And, of course, the absence of any state-level income tax can increase an existing business’s profitability and make it easier to attract talented employees. The Florida legislature also recently revamped the state’s Florida Limited Liability Company Act Revised in 2015, which increases flexibility and reduces potential transaction costs and paperwork—particularly for new small businesses which form Florida LLCs.

According to the Miami Herald, three of the top five relocation destinations during the COVID era are in Florida (Tampa, Orlando, and the Miami area, if you’re wondering). The warm weather and friendly people undoubtedly have something to do with it, but we think Florida’s financial and business laws play a part, too. If you’re considering a move and want to know how Florida law might affect your personal finances or business, you should consult with a Florida-licensed estate planning attorney familiar with the state’s financial and commercial laws.

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# Digital Dental X-ray Exams Lower Radiation Exposure

By Dr. Ricardo S. Bocanegra, DDS

Computers are a part of daily life. They also play an important role in our dental office. We use computers to track your appointments, treatment details and insurance records. We also use them to capture, store and transmit your dental x-ray images.

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

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

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

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

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



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

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

## Dental X-rays and Safety Concerns

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

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

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

\*source: American Dental Association



Ricardo S. Bocanegra, D.D.S.

## Porto Fino Dental

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



# AGE SPOTS AND SUN DAMAGE MANAGEMENT

**W**e all love Florida and everything it has to offer. While SWFL delivers on average 271 sunny days per year, our skin can reflect that sun damage on our skin. One common complaint from our clients is hyperpigmentation or age spots on the face, hands and even chest area.

Intense pulsed light technology has become a common tool to treat a variety of vascular and pigmented lesions. At Velo Med Spa, we utilize one of the most power IPL machines on the market, Lumecca. It uses a higher peak power to deliver a stronger results, leading to fewer treatments. What the heck is intense pulsed light? Bascially, it's a broadband light that targets a certain color or pigmented lesion in the skin which can minimize the appearance of age spots, sun spots, small vascular lesions and even rosacea.

The popularity of IPL technology has increased over the recent years because of the minimal downtime, simplicity, low cost and effectiveness towards the targeted treatment. It even has benefits of overall skin rejuvenation which people love! Just after one treatment, clients will notice significant improvement in the complexion and clarity of their skin.



## What can IPL treat?

- Age spots
- Small vascular lesions around the nose and face
- Rosacea
- Freckle reduction
- Sun damage spots

## What is the procedure and what is the downtime?

The procedure is quick and typically takes 20-30 minutes, depending on the area treated. This could literally be done on a lunch break. There is no down time and most people continue their daily routine without disruption after IPL! The treated area is first cleansed well, then after a thin layer of gel applied, the treatment is delivered. The discomfort is very minimal and typically does not require topical/local anesthesia. Immediately after the treatment, clients may experience slight redness, or feeling like they have a mild sunburn which is normal and usually subsides within hours. Most clients can achieve desired results in 1-2 session spaced about 4 weeks apart, but some may require more treatments. Typically, results can be seen in a few days up to 14 days.

If you love Florida, chances are you may benefit from IPL treatment to acheive that even complexion, minimize the appearance of pigmented or small vascular lesions. We love this treatment and hope this sheds light on IPL and what it can do for you.

For more information, visit [www.velomedspa.com](http://www.velomedspa.com) or contact [swfl@velomedspa.com](mailto:swfl@velomedspa.com) to inquire about IPL or any of our anti-age treatments!



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# How to Improve Your Cardiovascular Health with Diet & Exercise

Dr. Joseph Freedman MD, MBA

**T**he health of the bodies and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of conditions and disorders are being overweight, poor dietary habits, having high blood sugar levels, chemical and toxin overload, and living a sedentary lifestyle.

## The Inflammatory Effects of Sugar & Sodium

High blood sugar, dementia, autoimmune disorders and cardiovascular disease have more in common than most people are aware. In our country nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time.

Disease states and disorders and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

When we ingest excessive salt, inflammation takes effect in our entire bodies and water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.

Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium in excess causes other bodily harm like arrhythmias and muscle weakness.

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy.



Eating whole foods is imperative to keeping your sodium levels in check and also to make you healthier, by lowering cholesterol and upping the amount of antioxidants and nutrients you get from your meals.

## Heart-Healthy Dietary Choices

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt in the center aisles. There are exceptions of course, like frozen no salt added vegetables and fruit and dried spices to take the place of your saltshaker. For the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood and eggs and some dairy.

The Mediterranean or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. All three of these diets emphasize eating plenty of vegetables, fruit, healthy fats, whole grains and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs and saturated fats. Eating this way is thought to prevent cognitive decline by proving the heart, brain and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

When you shop, check the labels on your food and if you are buying processed, convenient foods, invest in healthier low-sodium versions. If you're eating at a restaurant, ask for sauces or condiments on the side and use sparingly. Also, order steamed vegetables, lean meat and in general make wise choices.

## Exercise

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, improves nutrient and oxygen rich blood flow and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise.

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO<sub>2</sub>) is three times greater in water than on land. Working large muscle groups leads to this uptake of oxygen, but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

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

Don't Ignore Your Symptoms! If you or someone you know needs to have a cardiology consultation, are concerned about your risk factors, or are experiencing symptoms of chest discomfort, shortness of breath or other related issues, please contact them at (239) 574-8463

## Cardiac Care Group

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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.*



# Using CBD for Stress Relief

**C**BD, or cannabidiol, products have become increasingly popular throughout the last couple of years. Many CBD users claim that CBD may therapeutic effects and can help with a wide variety of ailments, like using CBD for stress relief.

However, are the claims accurate, and can CBD products help a person suffering from stress-related health conditions like increased anxiety disorders, mood disorders, psychiatric disorders, or any other serious medical condition?

Let's explore these claims and find out what taking CBD for stress relief is all about.

## CBD FOR STRESSFUL LIVES

Many Americans suffer from mental health issues such as panic attacks, social anxiety disorder, depression, and stress. These conditions and their symptoms can derail what was once a normal and healthy lifestyle.

Some research suggests that taking CBD oils and other CBD products can be a much-needed benefit for boosting a person's mental state of well-being.

CBD oil can be a great way to relieve stress, calm an anxiety disorder, and let a person cope with even chronic stress symptoms. The hardest part of using CBD is finding the best variety to use. With so many CBD companies flooding the market, it can be challenging to understand what all the terms mean.

Sadly, not all brands are created equally. Some may claim to have stress-relieving properties but fall short. At the same time, others may be missing the terms "full-spectrum," "broad-spectrum," "carrier oil," "hemp oil," and more.

## WHAT THE RESEARCH SAYS

According to the authors of one 2015 study, CBD interacts with the cannabinoid type 1 receptor (CB1R), the serotonin 5-HT receptor, and other receptors in the brain that regulate fear and anxiety-induced behaviors.

The authors of the study also found preclinical and clinical evidence that established CBD as an effective treatment for numerous types of anxiety disorders, including:

- generalized anxiety disorder (GAD)
- post-traumatic stress disorder (PTSD)
- panic disorder (PD)
- obsessive-compulsive disorder (OCD)
- social anxiety disorder (SAD)

In a more recent 2020 study, researchers evaluated CBD's effects in 397 adults living in New Zealand. The study participants received medical CBD prescriptions for a variety of ailments, including non-cancer pain, cancer-related symptoms, neurological symptoms, and mental health symptoms.

All groups reported improvements in their overall quality of life after 3 weeks of CBD treatment. The individuals who received CBD treatment for anxiety or depression reportedly experienced improvements in their ability to perform daily functions and reduce pain and anxiety or depression symptoms.

70% of study participants reported some level of satisfaction with CBD treatment, ranging from good to excellent. Only 9.9% of participants experienced adverse side effects, such as sedation and vivid dreams. An even smaller portion of the study population (0.8%) reported worsening symptoms.

## RISKS AND SIDE EFFECTS

The authors of a 2019 study confirmed that people could tolerate CBD well even at doses as high as 1,500 mg/day. The data on the long-term safety of CBD are limited. Some side effects associated with CBD include:

- drowsiness
- decreased appetite
- diarrhea
- changes in weight

The Food and Drug Administration (FDA) do not regulate CBD for treating anxiety or other mental health conditions. People should use their best judgment when purchasing CBD products. Only buy products from reputable manufactures and distributors.

## About Hemp Joi

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

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

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

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# Your Foot Shape Affects Your Entire Posture

By Marek Zajac, FootXperts Founder and CEO

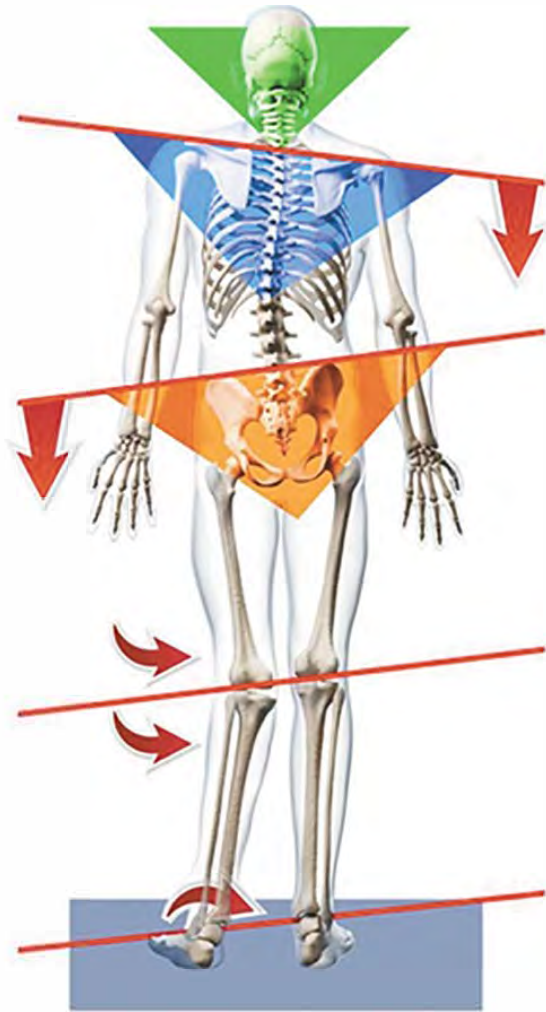
**T**he majority of people may not have pain in their feet, but further up the anatomical chain. Many studies, including those in the Orthopedic Physical Assessment, state that 80 percent of people have foot dysfunctions which don't necessarily cause foot pain, but are responsible for their back pain,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

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

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

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

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



**YOUR FOOT SHAPE AND YOUR LEG AXIS AFFECT YOUR POSTURE**

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

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



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**Marek Zajac, Founder and CEO**

20 years of experience in the field of biomechanics and orthopedics combined with state of the art German engineering. Our vision is it to provide the best possible custom foot orthotics for patients and clinics.

#### Who we are and how we work:

Our clients (from top athletes to people of all ages and kids) all suffer from different painful symptoms or will develop them over time because of misaligned feet and legs, joint problems, bad posture and balance issues.

We help them through a special type of Custom Made Foot Orthotics that goes beyond the typical arch supports. We design and produce every pair (even the left and the right side) 100% individually.

#### Our solutions help with

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

**ARE YOU EXPERIENCING ANY OF THE ABOVE MENTIONED CONDITIONS? VISIT US!**

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# Ultimate Resource Healthcare Navigators

**P**arkinson's Disease not only robs the body of mobility, but it also robs the mind of memory. Many Parkinson's patients can live on their own in the early stages with the support of a family member. However, there will come a time when you feel your loved one needs more care than what can be provided at home. No one wants to out their loved one in a "facility", but there are different levels of scaffolded support that can help the PD patient and care giver have a better quality of life. In-Home Care, Independent Living, Assisted Living and Memory Care are each a layer of support that may be in the future for your PD patient. Ask yourself the following questions and discuss them with the PD patients support system. No one should face Parkinson's alone and no one should care for a Parkinson's patient alone.

**Some considerations that may lead you to need assistance or consider a higher level of care than a spouse or family member can provide are...**

Is the PD patient safe in their current home? Are falls becoming frequent? Are there steps inside or outside the home that are getting more difficult to navigate? Removing extra furniture and rugs are easy. Changing to a hospital bed or lift recliner are small changes. Adding handrails to bathrooms and porches can be hired done. But after those items are complete, and the mobility declines beyond those helps, it may be time to look at a change of environment to protect the safety of the PD patient.



Is the health of the PD patient or the caregiver at risk? Is the family caregiver sacrificing their own health while taking care of the PD loved one? Is the PD patient AND the caregiver getting to their appointments? Even superheroes need help. Hiring some in home help even one day a week so the care giver can take care of themselves is important from the beginning stages of Parkinson's.

Are the physical needs of the PD patient more than the family member can provide? Picking someone up from a fall, helping them toilet, getting them in and out of bed, showering and dressing are very physically demanding for the caregiver. Spouses want to take care of each other as they age, but is that physically safe for both?

If the family caregiver is the spouse, are they becoming stressed, irritable, or impatient with providing full time care for a Parkinson's affected loved one? Caring for an ailing spouse full time is not only physically demanding, but it can also take a toll on your mental health as well. Caring for an ailing spouse is as lonely and frightening for the care

giver as it is for the PD patient. If the spouse has reached the point where they are not able to leave the PD patient at home alone for even short amounts of time, it is time to investigate the next level of care.

If the family care provider is the child of the PD patient, are they neglecting work responsibilities, their own children and spouse, themselves, or their own mental health to provide more and more care? A "middle care-giver", a person who is caring for both their parents and their children, is one of the hardest stages of life. Asking for help with caring for a PD patient is no different than asking for help with childcare for a young person. There is no shame in taking a break from being a parent, there is also no shame in taking a break from your parent. Being the middle care giver is double duty. Give yourself double grace.

Would the structure and social interaction of a care facility, even during the day care, benefit the PD patient? Degenerative diseases are so mentally isolating. PD patients are often embarrassed at their tremors, loss of independence and loss of mobility or bodily functions. Social interaction is an important drug.

When it's time to increase the level of care needed for the Parkinson's patient or their primary caregiver, reach out to Ultimate Resource Health Care Navigators at **239-994-8116** to see what options are available in your area.



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# Health Insurance – 2022 Enrollment Periods and Exceptions

## Did You Miss Medicare/Health Insurance Open Enrollment?

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

### THERE ARE: **Special Enrollment Periods**

- If you turn 65 or are new to Medicare
- MOVING out of the AREA/ MOVING to a New Area.
- You qualify for extra help with Medicare Prescription Drugs
- You dropped a Medigap Policy for the 1st time within the 1st 12 months
- Special Needs Plans - New or no longer need
- Losing Coverage

*\*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.*

### Things to know!

**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.

**Payment of Office Visits** – If you DO NOT have a copay, you should not pay for the office visit in the office if it is avoidable. You always want to pay the insurance company's negotiated rate. So, pay your provider once you login or get your statement from your insurance company that states what you owe. If you overpaid call the provider's accounting department and request a refund; **it's not too late.**



**Payment for Medications** - Does your insurance cover medications? If so, you should always check to see if a coupon on, for example, Goodrx, has a better price. The pharmacy is obligated to give you the best price.

**Rehabilitation** - If you are being discharged from the hospital and you need rehabilitation, if you would be better off in a rehab facility you should ask about it. You have a choice as to where you can go. So, if you like one place, ask to see if it is in your plan's network. If you are on Original Medicare, you are required to be admitted to the hospital for 3 consecutive days before Medicare will pay for rehab. You can request a Home Health company as well. **Very important: if you don't feel you should be discharged out of the hospital speak-up!** Under Original Medicare if you call Medicare and tell them you don't agree with the discharge the hospital cannot discharge you until Medicare completes it's review of your case, which normally takes 24-48 hrs. These are just some of the tips I review with our clients.

**International Travel** - Most of our USA plans do not cover us when leaving the United States; that includes 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, Facebook, WebEx solicitation, if you do not know them, please be careful. There are so many scams out there. Go see 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, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local Insurance Broker, Attorney and CPA. Ask a professional, most of the time your first consultation is at no charge.

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

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# Safety First: Caution is Key to Preventing Sports Injuries

**S**pring is here, and with this time of year come many of the popular sports activities that we know and love. The great advantage of living in Florida is the endless opportunities to get outside and remain active, but with this opportunity comes the responsibility to ensure that we are taking care of our bodies and taking necessary precautions to avoid injuries.

Unfortunately, even if you are regularly active, you are not completely immune to injuries caused by athletic activity. Seemingly minor injuries, such as a small twist of your ankle while taking a stroll or a pulled muscle at the gym, have the potential to put you out of commission for days or weeks.

Understanding pain is the key to successful participation in sports. Start up pain is many times a natural response and that is why we "warm up". Pain that occurs after activity has started and persist means you must stop your activity and identify your injury.

## Tips for injury prevention

Fortunately, many sports injuries can be prevented. The key to reducing the risk of injury or re-injury is to listen to your body and know your limits. Exercise these 10 tips to help you stay in the game:

1. Stretch daily to maintain flexibility - a slow gentle stretch breathing out as you stretch.
2. Choose the right equipment and protective gear when appropriate
3. Gently warm up your muscles and then cool down after activity

4. Drink plenty of water before and throughout any physical activity
5. Take time to rest and recover after strenuous activity
6. Learn proper techniques for the sport
7. Maintain a regular fitness regimen to avoid straining sedentary muscles
8. Do not play when injured to avoid further damage
9. Let your body heal; do not overexert yourself when recovering from an injury
10. Maintain a proper diet so that your body is receiving the nutrients it needs

## Treating common sports injuries

Many sports injuries, while painful, can be treated with what is referred to as RICE, which stands for rest, ice, compression and elevation. To avoid further damage to an injured muscle, tendon or ligament, stop participating in the activity to and rest the affected area. At home, apply an ice pack, or wrap crushed ice in a towel, and place on the injured area several times a day for 20-minute increments. Compression means wrapping a sore elbow, ankle, knee or wrist with an ACE bandage. Finally, it is important to elevate the injured area to diminish swelling. Following these steps can reduce inflammation and limit blood flow to the area, which can provide short-term relief from pain.

## Should you call the doctor?

The American Academy of Orthopedic Surgeons recommends consulting a physician for all but very mild injuries. The American Orthopaedic Society for Sports

Medicine suggests that letting an injury go untreated can worsen the injury or lead to more serious complications, so if symptoms persist after a sports-related injury, it is important to contact your doctor to assess the extent of damage. "No pain, no gain" is not good medical advice.

Early diagnosis, treatment and rehabilitation can allow you to regain full motion and strength. Severe sprains or strains may require a brace, casting or even surgery. Even mild injuries may benefit from modified activity, immobilization and physical therapy.

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.*

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

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# HEARING LOSS, HOSPITALS AND ADMISSION RATES

**T**here are a ton of good reasons to fix your hearing loss. From improving your risks of falls and cognitive decline to helping you live and enjoy your best life.

Here's one more — because people who struggle hearing are more likely to be readmitted to the hospital after discharge.

It's true. According to a study by researchers at New York University, discharged patients 65 and older who were hard of hearing had a 32% higher readmission rate than peers without hearing impairment.

If you've ever been to a hospital, you can understand why this is true. Hospitals are loud, busy places, and ensuring you clearly hear and understand discharge instructions — like medications to take, warning signs to look out for, etc. — is important to proper healing. If you don't catch the details or miss the doctor's directive, it could negatively impact recovery.

As if that weren't enough, a University of Michigan study found that hearing loss treatment has been shown to result in fewer hospital and ER visits by older adults — meaning treating hearing loss may help keep you out of the hospital in at least two different ways.



Want more reasons to treat hearing loss? Then talk to a local hearing healthcare professional. They'll be happy to walk you through all the benefits of hearing better. To find a hearing professional near you, visit [www.starkeyhearcare.com](http://www.starkeyhearcare.com) and type in your zip code. You'll see a list of local providers you can call and help you on the path toward better hearing.

Discharged hospital patients who reported trouble communicating with their doctors were **32% more likely to be readmitted** the following month.



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# When You Are At Your Wits End

**H**ave you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

*<sup>23</sup>Others went out on the sea in ships; they were merchants on the mighty waters. <sup>24</sup>They saw the works of the LORD, his wonderful deeds in the deep. <sup>25</sup>For he spoke and stirred up a tempest that lifted high the waves. <sup>26</sup>They mounted up to the heavens and went down to the depths; in their peril their courage melted away. <sup>27</sup>They reeled and staggered like drunken men; they were at their wits' end. <sup>28</sup>Then they cried out to the LORD in their trouble, and he brought them out of their distress. <sup>29</sup>He stilled the storm to a whisper; the waves of the sea were hushed. <sup>30</sup>They were glad when it grew calm, and he guided them to their desired haven. <sup>31</sup>Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31*

**Can you relate to this group of sailors?** Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



*Tim Neptune is the lead pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit [www.venturenaples.com](http://www.venturenaples.com).*



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