

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

Health & Wellness[®] MAGAZINE

June 2022

Lee Edition - Monthly

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VISION LOSS**

**CARING FOR YOUR
HEART IN THE
SUMMER HEAT**

**IS YOUR SKIN
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Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

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

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

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

The primary symptoms of PKD are as follows:

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

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

PKD Treatment

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

How Can the Progression of Kidney Disease Be Delayed?

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

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

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

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

Services Provided

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

- All forms of Dialysis – Hemodialysis and Peritoneal
- Diabetic Kidney Disorder
- Dietitian Services for Kidney Patients
- Disorders of Blood Chemistry
- Electrolyte Disorders
- Fluid Overload, Edema (swelling)
- Glomerulonephritis
- Hypertension
- Injections of Aranesp for Anemia related to Kidney Disease
- Kidney Transplant Services: Patient and Donor Evaluations, Post-Transplant Follow-up Care
- Lupus Nephritis
- Nephrotic Syndrome
- Pyelonephritis
- Polycystic Kidney Disease
- Recurring kidney stones
- Renal Failure
- Renal Insufficiency

We work collaboratively with a patient's primary care physician and specialists to slow the progression of chronic kidney disease (CKD) and prevent or manage complications such as hypertension, anemia, and bone disease. Additionally, our multidisciplinary team of professionals can assist you in arranging a wide array of supportive services and education programs for patients in all stages of CKD. For patients with end-stage renal disease (ESRD), our nephrologists can prepare them for all renal replacement therapies: in-center or home hemodialysis, peritoneal dialysis, and kidney transplant.

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A New Way to Treat Treatment-Resistant Depression

A New and Highly-Effective Therapy Designed to Help Those With Depressive Disorders, Anxiety, and PTSD

For those who struggle with Treatment-Resistant Depression (TRD), depressive disorders, PTSD, or clinical anxiety, ketamine therapy is a rapid and robust modality having antidepressant effects. Standard treatments for these mental health disorders do not always work, and not only do they take a long time for patients to feel its effects (up to 2 months), but they also do not stay in the system if the medication is not taken regularly. Ketamine, however, is unique in that it enables and promotes connectors in the brain to foster and regrow. Through repairing the connections in the brain responsible for depression, ketamine promotes regrowth and repair of these connections. It is this reaction that is responsible for the efficacy of ketamine, not the presence of the drug in the body as other traditional forms of medications work.

Those with depressive disorders, everyday tasks can be unbearable, affecting their overall quality of life. If the disorder is not managed at a core level, the individual will suffer the anguish that emotional and often physical symptoms can have. The introduction of ketamine in conjunction with behavioral therapy can help patients manage their condition.

What is Ketamine Therapy and What is it Used to Treat

Ketamine therapy is an evidence-based modality prescribed and recommended to those with Treatment-Resistant Depression (TRD), treatment and management of Post-Traumatic Stress Disorder (PTSD), anxiety, and/or underlying mental disorders. Ketamine-assisted treatment has proven to be highly effective in mitigating the side effects and symptoms of depressive disorders and comorbidities, whereas other pharmacological and first-line treatment methods have failed, or the patient has not responded well to the treatment.

WhiteSands Recovery & Wellness is now offering ketamine therapy at their outpatient offices for those who qualify and meet the criteria.

Offering a full continuum of care and customized treatment options means introducing the latest therapies to patients who struggle with underlying disorders. WhiteSands' inpatient programs provide the most comprehensive, all-inclusive treatment at every level of care. Being at the forefront of the newest and most advanced mental health and substance abuse treatment methods, WhiteSands is

proud to introduce ketamine therapy to help patients heal from depressive disorders like Treatment-Resistant Depression.

How Ketamine is Offered and Administered

WhiteSands Recovery & Wellness administers Ketamine therapy in two ways:

- IV Infusion Therapy
- Nasal spray - SPRAVATO® (esketamine)

Patients considering ketamine therapy are first seen and assessed by a board-certified Psychiatrist and Registered Nurse where they will complete a blood test and urinary analysis (UA). Patients must pass all requirements of these tests before beginning ketamine therapy. A ketamine therapy plan is arranged for each patient so they are aware of where and when their next session is.

Ketamine therapy is administered seven times over four weeks. The procedure, which takes approximately 45 minutes, is completed in a comfortable and quiet room at a WhiteSands outpatient office where patients are administered their dose in a controlled environment. Once the process is complete, they are monitored for the proceeding hour by a Registered Nurse to ensure they are not experiencing any adverse reactions or side effects. Since patients cannot drive once they have completed their therapy session, we arrange a ride home for them.

Efficacy of Ketamine Therapy in Treatment of Depressive Disorders

Or

How Effective is Ketamine Therapy?

With the introduction of Ketamine for a range of depressive disorders, clinical trials and research indicate that 70-80% of patients who undergo the therapy no longer experience the negative emotions, moods, and symptoms of the depressive disorder they once did.

Ketamine therapy is becoming widely considered a treatment option for TRD for its rapid action and lasting effects. After just a single ketamine therapy session, patients reported a significant improvement in their anxiety and depressive symptoms.

Ketamine has shown to:

- Mitigate chronic pain
- Alleviate depression
- Reduce suicidal ideation
- Dramatically lessen the symptoms of depression

With the COVID-19 pandemic taking a toll on mental health and exacerbating depressive disorders, the need for effective and safe therapy is crucial now more than ever. To maximize patient success in managing depressive disorders, it's important that patients are not provided with a 'band-aid' method, but with safe, non-dependency therapies. Ketamine therapy can provide that.

Pricing

Ketamine IV therapy can be funded on an out-of-pocket, self-pay basis and is not covered by health insurance. WhiteSands Recovery & Wellness offers in-house payment plans, as well as third-party financing options.

SPRAVATO® is covered by major insurance providers. We accept all major medical insurance providers. SPRAVATO® can also be paid out-of-pocket for those who do not have health insurance.

Get in touch with our admissions team to discuss your financial needs.

Location

Ketamine-assisted treatment is offered at several WhiteSands Treatment outpatient locations. The facility has 17 outpatient locations throughout Florida, having on-site licensed medical staff and registered nurses who facilitate and monitor all ketamine therapy sessions.



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Lyndsay Henry, PhD
VP of Clinical
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Dr. H. Layman
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If you or someone close to you is struggling with treatment resistant depression, anxiety, PTSD, mood disorders, or depressive disorders, get in touch with WhiteSands Treatment today at 239-237-5473, or visit <https://whitesandtreatment.com>

Practical Tips to Help Someone Living with Serious Illness

Find Creative, Meaningful, and Simple Ideas to Offer Caring and Compassion to Those in Need

When a friend, family member, or loved one is diagnosed with a serious illness, most of us find it hard to know how to help. In the midst of our uncertainty, we might say things like, “If you need anything, just call me” or “Is there anything I can do?”

Unfortunately, those general offers of help place the burden back onto the person coping with serious illness – someone who is very likely to be overwhelmed. In the middle of many changes and difficulties, they may not know exactly what they need. Or, they might later think of something useful, but they feel guilty asking for more help. It's better to make a specific offer. Here are some thoughtful ideas of ways that you can help someone in need.

- Don't avoid me. Be the friend, the loved one you've always been.
- Touch me. A simple squeeze of the hand tells me you still care.
- Call and ask if you can bring my favorite dish. Bring food in disposable containers so I won't worry about returning them.
- Watch my children or pets while I take a little time to be alone with my loved ones.
- Cry with me when I cry, and laugh with me when I laugh. Don't be afraid to share these emotions with me. Pain isolates. Help me reconnect with others.
- Take me out for a pleasure trip, but know my limitations.
- Call for my shopping list, and make a special delivery to my home.
- Before you visit, call to let me know, but don't be afraid to visit.
- Help me celebrate holidays and life by decorating my room or my home.
- Help my family. Invite them out. Take them places. I am sick, but they



- may be hurting too. Offer to stay with me to give my loved ones a break.
- Be creative. Bring me a book of thoughts, music, a poster for my wall, or cookies to share.
- Let's talk about it. Maybe I need to talk about my illness. Find out by asking, “Do you feel like talking about it?”
- Don't always feel we have to talk. Sitting quietly together is fine. Your presence confirms that I'm still important and alive.
- Can you take me somewhere? I may need transportation to a treatment, to the store, or to my physician.
- Help me feel good about myself by looking past my appearance.
- Please include me in decision-making. Give me a chance to make decisions with my family and for my own life.
- Talk to me about the future - tomorrow, next week, next year. Hope is so important to me.
- Bring a positive attitude. It's catching.

- What's in the news? Magazines, photos, newspapers, and verbal reports keep me from feeling the world is passing by.
- Could you help me with some cleaning? During my illness, my family and I still face dirty clothes, dirty dishes, and a dirty house.
- Water my flowers or mow my lawn.
- Just send a greeting card or letter to let me know you care.
- Tell me how you'd like to help me, and when I agree, please do so.

If you know someone who needs help during life's closing chapter, please contact Hope Hospice. Hope provides practical, emotional, and spiritual support for the entire family.

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Traveling this Summer? Read this first!

Summer travel can be stressful enough without worrying about sudden health scares. Unfortunately, that long car ride or flight can raise your risk of blood clots, ruining your vacation, or worse...

The Centers for Disease Control & Prevention (CDC) estimates that as many as 900,000 Americans are affected by blood clots each year, and upwards of 100,000 people die as a result. Deep Vein Thrombosis (DVT) - the most common type of blood clot - is a risk factor when traveling and can lead to a life-threatening complication known as a pulmonary embolism.

So, if you're among the millions who plan to travel this Summer - whether by car, flight or any other mode of transportation - it's a good time to learn about DVT, your risks, and tips for prevention.

What is Deep Vein Thrombosis (DVT)?

Blood clots occur when blood thickens and clumps together. A DVT is a blood clot that forms in a deep vein usually in the pelvis, thigh, or lower leg. Many times the blood clot can dissolve on its own; however, a serious health problem can occur when a part of the blood clot breaks off and travels to the lungs, where it can cause a pulmonary embolism (PE), a potentially fatal condition.

DVT and Traveling:

Immobility is considered the major factor behind DVT. Blood clots can form during travel because sitting still in a confined space for long periods slows blood flow in the veins of your legs. The longer you are immobile, the greater your risk of developing a blood clot.

DVT Risks:

According to the CDC, anyone traveling four hours or more is at an increased risk of blood clots. Most people who do develop a DVT during travel have additional risk factors, such as:

- Older age (increased risk after age 40)
- Obesity
- Recent injury or surgery
- Use of hormone replacement therapy
- Use of birth control containing estrogen
- Currently pregnant or postpartum
- Previous or family history of blood clots
- Certain chronic medical illnesses, like heart disease or cancer
- Varicose veins



The combination of long-distance travel with these risks may increase your chances of developing a blood clot. The more risks you have, the greater your chances.

DVT Prevention:

No matter your mode of transportation, protect yourself and reduce your risk of blood clots while traveling.

- To increase blood flow, move your legs frequently on long trips. Even while sitting, you can exercise leg muscles by tightening and releasing and flexing toes toward and away.
- For vehicle traveling, allow for rest stops every 2-3 hours, when you can better stretch your legs. Two handfuls of jumping jacks or a couple jogs around the car will help to improve the flow of blood in your legs.
- When flying or riding on a train or bus, choose an aisle seat so you're more easily able to get up and move.
- If you are at risk of blood clots, talk with your doctor before traveling to learn more about your individual risks and prevention strategies.
- Know the signs and symptoms of blood clots.

DVT Symptoms:

Symptoms of a blood clot are not always noticeable. If you do have any of these symptoms during or soon after a long trip, seek immediate medical attention.

- Swelling in leg(s)
- Leg pain or tenderness that is not attributable to something else
- Skin on extremities that's warm to the touch
- Redness of the skin on extremities

Visit <https://www.cdc.gov/ncbddd/dvt/index.html> to learn more about deep vein thrombosis and pulmonary embolism.

Bon voyage!

Vascular & Vein Center at Gulfcoast Surgeons

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

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

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

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



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SKIN CANCER ON THE FEET

By Dr. Lori DeBlasi

Skin cancer can develop anywhere on the body, including the ankles and feet. Most skin cancers are painless. Often, there is a history of recurrent cracking, bleeding, or ulceration. On the parts of the body that receive the most sun exposure, the ultraviolet radiation from the sun is the primary cause of skin cancer. Chronic, long-term sun exposure results in genetic changes in skin cells.

Skin cancers of the feet, however, are more often related to:

Viruses: Three human viruses are associated with skin cancer: human papilloma virus (HPV), Kaposi's sarcoma (KS)-associated herpesvirus and human T-cell leukemia virus type 1.

Exposure to chemicals: Chemicals linked to skin cancer formation include arsenic, industrial tar, coal, paraffin, and certain types of oil.

Chronic inflammation and irritation: Inflammation from chronic skin injury can trigger cancer-causing mutations in the skin cells.

Inherited traits: About 5-10% of melanoma cases are inherited.

Unfortunately, the skin of the feet is often overlooked during routine medical examinations, and for this reason, it is important that the feet are checked regularly for abnormalities that might indicate evolving skin cancer.

Types and Symptoms

Basal Cell Carcinoma: Basal cell carcinoma is considered to be one of the least aggressive cancers. It is frequently seen on sun-exposed skin surfaces. It does not occur often on the feet since your feet get less exposure to the sun. However, living in Southwest Florida, feet are exposed to the sun more since we are at the beach or wearing sandals/flipflops more regularly than other parts of the US. When they do occur on the feet, they resemble non-cancerous growths. They will look like pearly white bumps or patches of bumps. They can ooze or crust over like an open sore.

Squamous Cell Carcinoma: Squamous cell carcinoma is the most common form of cancer on the skin of the feet. Most early types of squamous cell carcinoma stay in the skin and do not spread. When squamous cell cancer gets more advanced, it can become more aggressive and spread throughout the

the body. On the feet, squamous cell cancer may look like a scaly bump or plaque. A skin plaque is an elevated, solid, superficial lesion that is typically more than 1 centimeter in diameter. It may look a lot like a plantar wart, a fungal infection, callus, eczema, an ulcer, or other common skin conditions of the foot. Sometimes it can crack and bleed. It is usually painless but may be itchy.

Actinic keratosis (also known as solar keratosis or senile keratosis) is a pre-cancerous lesion. These lesions can lead to in situ squamous cell carcinoma or invasive squamous cell carcinoma. Actinic keratosis appears as rough, sandpaper-like, inconspicuous spots. Often, they are recognized by touch rather than sight if they are small. They are flat or slightly raised. Their color ranges from tan, pink or flesh toned. The spots then develop into scaly plaques with a base that has a distinctive reddish color.

Malignant Melanoma: Melanoma is a form of skin cancer that begins in the melanocytes, skin cells that control the pigment in your skin. It is one of the deadliest skin cancers because of its ability to grow into the deeper layers of the skin. By growing down into the skin, it can reach the blood vessels or lymph system allowing it to spread to other body organs. People of all races and colors get melanoma on their feet. The same number of African Americans and Caucasians develop melanoma on a foot. For people of African or Asian ethnicity, the feet and hands are the most common places for melanoma to appear.

It is extremely important to recognize melanoma early to ensure patient survival. Melanomas may occur on the skin on both the top and bottoms of the feet. Occasionally, melanoma may appear beneath a toenail. Under the nail it can begin as a dark vertical line or lines underneath a nail.

Melanomas may resemble benign moles, blood blisters, ingrown nails, plantar warts, ulcers caused by poor circulation, foreign bodies, or bruises. Upon close inspection, melanoma lesions will usually demonstrate asymmetry, irregular borders, alterations in color, and/or a diameter greater than 6 mm.

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.

When to Visit a Podiatrist

Podiatrists are uniquely trained as lower extremity specialists to recognize and treat abnormal conditions on the skin of the lower legs and feet. Skin cancers affecting the feet may have a very different appearance from those arising on the rest of the body. For this reason, a podiatrist's knowledge and clinical training is of extreme importance for patients for the early detection of both benign and malignant skin tumors.

Prevention

Prevention of skin cancer on the feet and ankles is similar to any other body part. Limit sun exposure, and make sure to apply appropriate sunscreen when you are outdoors, and your feet and ankles are exposed.

You can reduce your risk for this disease by:

- Inspecting your feet, toes and between the toes every day. Call us if you notice anything unusual. Know the warning signs of moles that may be cancerous: irregular borders, multi-colored, asymmetrical and diameter of larger than the end of a pencil eraser. Any mole on your foot that is changing—getting larger, crusting over or bleeding, etc. is cause for an examination
- Applying a water-resistant, broad-spectrum sunscreen with SPF of at least 30 that protects against UVA and UVB rays when outdoors. Don't forget your feet and ankles. Reapply frequently, especially if you are sweating or swimming.
- Staying out of the sun when it is strongest, usually between 10 am and 4 pm. If you must be outside, keep feet covered or seek shade as much as possible.
- Wearing UV-absorbent sunglasses and a hat with a wide brim for more protection.
- Never use tanning beds! These increase your risk of melanoma dramatically.

.....

Lori DeBlasi, DPM

Dr. Lori DeBlasi is certified by the American Board of Foot and Ankle Surgery®. Dr. DeBlasi works at Family Foot & Leg Center at the Colonial Blvd. and Estero offices. She is accepting new patients. To make an appointment, call 239-430-3668 or visit www.NaplesPodiatrist.com.



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GLAUCOMA & VISION LOSS

By Duane Wiggins, M.D.

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

Three million Americans are suffering from glaucoma, which can rob them of their sight and nearly 1.5 million of them do not even know they have it. Glaucoma is referred to as a "silent sight stealer" because, unfortunately, there are minimal symptoms associated with the disease and the miniscule indicators can cause up to 40% of permanent vision loss before the person notices any vision changes.

The optic nerve transmits images to the brain. When this nerve becomes damaged or diseased, it loses the ability to create images, and therefore, communication to the brain is lost. A buildup of pressure in the eye is the most common cause. This pressure is known as IOP, or intraocular pressure. Disease or damage triggers this pressure in the eye and injures the optic nerve. Once IOP compromises vision, it creates irreversible blindness. Glaucoma is the second leading cause of blindness and usually affects the elderly.

The following treatment options information was published by According to the American Academy of Ophthalmology.



GLAUCOMA TREATMENT

Medication

Glaucoma is usually controlled with eyedrop medicine. Used every day, these eye drops lower eye pressure. Some do this by reducing the amount of aqueous fluid the eye makes. Others reduce pressure by helping fluid flow better through the drainage angle.

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.

Glaucoma medications can help you keep your vision, but they may also produce side effects. Some eye drops may cause:

- A stinging or itching sensation
- Red eyes or red skin around the eyes
- Changes in your pulse and heartbeat
- Changes in your energy level
- Changes in breathing (especially if you have asthma or breathing problems)
- Dry mouth
- Blurred vision
- Eyelash growth
- Changes in your eye color, the skin around your eyes or eyelid appearance

All medications can have side effects. Some drugs can cause problems when taken with other medications. It is important to give your doctor a list of every medicine you take regularly. Be sure to talk with your ophthalmologist if you think you may have side effects from glaucoma medicine.

Never change or stop taking your glaucoma medications without talking to your ophthalmologist. If you are about to run out of your medication, ask your ophthalmologist if you should have your prescription refilled.

Laser surgery

There are two main types of laser surgery to treat glaucoma. They help aqueous drain from the eye. These procedures are usually done in the ophthalmologist's office or an outpatient surgery center.

Trabeculoplasty. This surgery is for people who have open-angle glaucoma and can be used instead of or in addition to medications. The eye surgeon uses a laser to make the drainage angle work better. That way fluid flows out properly, and eye pressure is reduced.

Surgery

Some glaucoma surgery is done in an operating room. It creates a new drainage channel for the aqueous humor to leave the eye.

Trabeculectomy. This is where your eye surgeon creates a tiny flap in the sclera. He or she will also create a bubble (like a pocket) in the conjunctiva called a filtration bleb. It is usually hidden under the upper eyelid and cannot be seen. Aqueous humor will be able to drain out of the eye through the flap and into the bleb. In the bleb, the fluid is absorbed by tissue around your eye, lowering eye pressure.

Glaucoma drainage devices. Your ophthalmologist may implant a tiny drainage tube in your eye. The glaucoma drainage implant sends the fluid to a collection area (called a reservoir). Your eye surgeon creates this reservoir beneath the conjunctiva. The fluid is then absorbed into nearby blood vessels.

Cataract surgery. For some people with narrow angles, removing the eye's natural lens can lower eye pressure. With narrow angles, the iris and the cornea are too close together. This can cover (block) the eye's drainage channel. Removing the eye's lens with cataract surgery creates more space for fluid to leave the eye. This can lower eye pressure.

Individuals with glaucoma need to stay in close contact with their ophthalmologist and visits are regularly every 3 to 6 months.

Source:
<https://www.aaao.org/eye-health/diseases/what-is-glaucoma/treatment>

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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.

JUNE IS ACNE AWARENESS MONTH

Common Acne Treatment Options

Anyone who has ever walked through the skincare aisle of their local drugstore knows that there are tons of acne-fighting products on the market. So, which one is right for you? Should you opt for an acne cleanser or spot treatment, or both? Choosing the right acne treatment can be challenging, to say the least.

While acne is a common problem among teenagers, many people don't just leave acne behind the minute they toss out those graduation caps. In fact, many adults well into their 20s, 30s and beyond still deal with regular acne outbreaks. So, how do you properly treat acne? There is no singular way to treat acne and the best treatment option for you and your skin will depend on the cause. While you might not know what's to blame for your acne symptoms a dermatologist certainly can help.

Treating Acne on Your Own

If you are dealing with mild to moderate acne, look for products that contain these powerful acne-fighting ingredients:

- Salicylic acid
- Benzoyl peroxide
- Glycolic acid
- Sulfur
- Retinol

How a Dermatologist Treats Acne

If you've tried over-the-counter acne products for more than 12 weeks and aren't seeing results, or if you are experiencing severe, deep or cystic acne then it's time to turn to a skin care professional for help. The first thing your dermatologist will do is determine the cause of your acne. From there, one or more of these treatments may be recommended:

Prescription topical medications: Certain topical medications act as an anti-microbial and anti-inflammatory, which reduces redness and inflammation associated with acne while also removing acne-causing bacteria from the surface of the skin. **A simple extraction:** You should never pick at your acne or try to pop a pimple on your own, as you could end up causing further irritation or scarring; however, a dermatologist knows the safest and most effective techniques for extracting blackheads and whiteheads safely.



Birth control pills: For women who notice breakouts that correspond to their menstrual cycle, certain birth control pills may be able to reduce the amount of androgen hormones, which in turn can reduce breakouts. Talk to your dermatologist about the birth control pills that are FDA approved to treat acne.

Isotretinoin: This is an extremely intense oral retinoid that is used for treating severe, cystic acne that isn't responsive to other treatment options. Isotretinoin is better known as Accutane, and this treatment can take up to nine months to see full results. Some patients will require multiple courses of treatment. Due to the nature of this strong medication, there are some possible side effects. It is important to discuss these side effects with your dermatologist before beginning Isotretinoin.

If you are having trouble getting your acne under control it's important that you have a dermatologist that you can turn to for customized care. Take control of your acne once and for all.

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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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Charlie and Roberta Marshall

"IT'S WONDERFUL TO HAVE EVERYTHING UNDER ONE ROOF."

Charlie and Roberta Marshall moved to The Terraces at Bonita Springs in February 2021. As Charlie says, "We moved to The Terraces before anything happened. It's better to move one day early than one day late." They chose the community for a variety of reasons. "Most of my adult life was working with seniors," says Charlie. As a tax and estate planning lawyer, he's visited more than 50 communities across the country. "The Terraces has all levels of care, which was very important to us." They loved the friendliness of the people who live and work at the community.

For Charlie and Roberta, it was important to have the ability to take classes to better equip themselves with the safety skills to take care of themselves. Charlie does core and chair exercises three times a week with their trainer. They also love the service-rich lifestyle. "I love how I don't have to worry about cooking and cleaning. If a light bulb goes out, I just call maintenance to take care of it," says Charlie. But most significantly, they chose The Terraces because the community is pet-friendly. The couple has a seven-year-old yellow lab named Strauss. "Originally, the community would only allow small dogs to live here," says Charlie. "Strauss had to go through an interview process with the management—and he passed."

The couple adopted Strauss through Paws for a Cause. He was going to be a seeing eye dog but never finished training due to arthritis. A month after moving into The Terraces, Roberta had knee surgery. Following her hospital stay, she transferred to Renaissance at The Terraces, or as she calls it, the rapid recovery rehab center, with all services under one roof.



Charlie was only a short walk away from Roberta and was able to visit whenever he wished. The staff even let him bring Strauss over to Roberta's room for visits. "I don't know who was happier," says Charlie. "Roberta or Strauss!" They have advice for couples in similar situations. "Consider the reality that one day you or your spouse may need care," says Charlie. "For us, it was important to be a short walk away from visiting each other. It's wonderful to have everything under one roof."

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

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- Vitality program with personalized wellness plans
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Community Amenities

- Multiple dining venues
- State-of-the-art fitness center and wellness programs
- Indoor and outdoor pool and spa, group water fitness classes
- 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

MEDICAL MARIJUANA FOR PAIN RELIEF

Chronic pain is one of the most common health-related issues that affect adults worldwide.

Estimates suggest that 1 in 5 people experience some type of chronic pain. At over 1 billion affected individuals, it's no wonder why health agencies classify chronic pain as a severe threat to public health.

Luckily, medical marijuana is legal in many states, including Florida. Read along and discover everything you need to know about cannabis and pain relief.

A Brief History of Medical-Related Cannabis Use
Cannabis has long been used as medicine to treat chronic pain.

As early as the 1st millennium B.C.E., traditional Chinese medicine classified cannabis as a *numbing* substance. Additionally, the Chinese surgeon Hua Tuo was the first to use cannabis as an anesthetic between 140 and 208 C.E.

Going further back, the ancient Egyptians used medical marijuana to treat hemorrhoids and sore eyes. Overall, the ancient Egyptian texts that describe a medical *cannabis plant* date back to 2,000 B.C.E.

Throughout history, the ancient Greeks and Ancient Indians harnessed the medical properties of marijuana. Both cultures were recorded via preserved text to use cannabis to treat inflammation, migraines, and other forms of chronic pain.

How Medical Marijuana Reduces Chronic Pain
Before we describe how medical marijuana reduces chronic pain, let's first provide a few examples of chronic pain issues.

- Migraines
- Arthritis
- Cancer
- Multiple Sclerosis
- Back Pain

This list is not exhaustive. However, it shows many chronic issues that result in deep-seated pain.

The Endocannabinoid System

To understand how medical marijuana assists individuals with chronic pain, you must learn about the endocannabinoid system.

The ECS (endocannabinoid system) is located throughout the body, such as the spinal cord, bone marrow, brain, connective tissues, immune cells, and organs.

Additionally, the endocannabinoid system interacts with the immune response and the central nervous system.

As you consume medical marijuana, cannabinoids like THC and CBD interact directly and indirectly to reduce the severity of localized pain. In other words, the body's immune response and central nervous system are triggered to provide analgesic effects.

The Best Type of Medical Marijuana Products for Pain Relief

Medical Marijuana Extracts: There's nothing more potent than medical marijuana extracts when you need maximum pain relief.

From THC distillate to live resin, medical marijuana extracts are packed with pain-reducing cannabinoids. Luckily, you'll find a massive selection of top-rated medical marijuana concentrates at local Florida medical marijuana dispensaries.

Medical Marijuana Flower: Most medical marijuana patients are familiar with flowers (buds).

However, medical marijuana flower is less potent than concentrates. Although *less* powerful than concentrates, medical marijuana flower is potent in its own right — especially if you've never tried extracts.

Medical marijuana flower is a battle-tested method to reduce chronic pain and for those who do not want smoke the flower matter can now vaporize the flower or use pre-made cartridges.

Medical Marijuana Topicals: Unlike medical marijuana concentrate and flower — topicals are not smoked or vaped.

Instead, medical marijuana topicals come in the form of lotions or oils. The cream or oil is placed directly on the skin, and the cannabinoids move directly through the skin to reduce localized pain.

Which Type of Medical Marijuana Product is Best for Pain Relief?

Due to the wide variety of chronic pain-based issues — it's practically impossible to name one type of medical marijuana product as the winner. Instead, all medical marijuana products play a crucial role for patients with various types of pain-related issues.

For example, an individual suffering from arthritis in the wrist may benefit from medical marijuana topicals. In another case, a cancer patient may benefit from using a high-potency medical marijuana extract for maximum relief.

Get Your Medical Marijuana Card Today!

If you're ready to shove pain to the sideline — it's time to renew or apply for a medical marijuana card at Compassionate Healthcare of Florida.

From risk-free consultations to top-rated medical marijuana doctors, you'll find everything you're looking for when applying for an MMJ license with Compassionate Healthcare of Florida.

With over 100 qualifying conditions — there's no better time than now to reduce chronic pain with a natural alternative.

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Scalpel-Free Vasectomy

By Alejandro Miranda-Sousa, M.D.

Vasectomy provides permanent male birth control by severing the tubes through which sperm pass to mix with semen. These tubes are called the vas deferens. Sperm are produced in the testicles and stored in an adjacent structure called the epididymis. During sexual climax, the sperm migrate from the epididymis through the vas deferens and mix with other components of semen to form the ejaculate material.

The easiest way of eliminating the sperm but leaving everything else the same is to interrupt the vas deferens. The vas deference is easily accessible though the scrotum because it is directly under the skin. No cut is made in the scrotal skin. The technique of no-scalpel vasectomy uses a special surgical instrument to grasp the vas through the scrotal skin and hold it in place directly under the skin. Another instrument is then used to make a small perforation in the skin over the vas and spread the tissue. The vas is then pulled up and all the tissue around it is separated and cleaned to isolate the tube. This is an important step because all the nerves must be moved away from the vas before it is clipped. Once the vas is clear, clips are placed to block the vas on either side. The vas is cut with a cauterizing tool between the clips and then separated. A small segment is removed to prevent the vas from growing back together. The vas is then placed back into the scrotum and the perforation is sealed without the need for sutures. A simple dressing is placed. The actual procedure takes less than 10 minutes to perform.

Studies show that the no-scalpel method produces less pain and fewer complications than the conventional method. There is less bleeding, bruising, and risk of infection. In addition, no-scalpel vasectomy permits a faster return to sexual activity. There is no change in erection, sensation, or orgasm after vasectomy, and the amount of semen remains the same, though free of sperm.



Things to consider and special instructions post-vas include avoidance of sexual intercourse and refraining from heavy weightlifting, running, or other strenuous activities for at least a week. Most patients return to work and normal activities within 48 hours. There are some potential side effects after vasectomy procedure that include but are not limited to: bleeding, infection, pain, sperm granuloma, formation of antibodies against sperm, recanalization of the vas and chronic testicular pain. There may be some redness, swelling, or oozing from the scrotum immediately after procedure. Taking an NSAIDs may help ease some of the discomfort and reduce inflammation after the procedure.

A no-scalpel vasectomy can be an effective and safe form of long-term birth control. Failure rate can be as low as 0.1 percent. Because it is meant to be permanent, and because a vasectomy reversal isn't a guarantee, you and your partner should strongly consider the implications of the operation before having it done.

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 or call Urology Experts today at (239) 226-2727 or email info@UrologyExperts.com to schedule your consultation!

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SHOULDER PAIN & INJURIES CAN BE HEALED WITHOUT SURGERY

By Dr. Sebastian Klisiewicz, D.O.

PLATELET RICH PLASMA (PRP) OR BONE MARROW STEM CELLS MAY BE THE ANSWER

The shoulder is a complex joint with many moving parts. It has more mobility than any other joint in the body, and because of this it is vulnerable to injuries and chronic pain. Conditions such as tendonitis, rotator cuff tears and arthritis are common in the shoulder, often leading to pain, weakness and a limitation of function. Unfortunately, many people just bare the pain without seeking medical care. Often they are scared that surgery or medications are their only options. But there is another option, latest research has shown that Regenerative Medicine can heal the shoulder and stop the pain.

The “Old” Standard Treatment for Shoulder Pain

Traditional treatment for most shoulder conditions typically involves physical therapy, steroid injections or surgery. Physical therapy is a great first line treatment, but often it is inadequate by itself to treat many shoulder conditions. Steroid injections are frequently offered as the next step. Unfortunately, these only mask the pain and come with an array of unwanted side effects. Steroid injections can actually weaken the tendons and ligaments and increase the progression of tendon tears and arthritis. Surgeries such as a rotator cuff repair or a joint replacement are often offered as “the only option left”. These are serious medical procedures with long recovery times and potentially serious complications. Luckily for shoulder pain sufferers, there is a new non-surgical option that is natural, safe and effective.

The New Frontier of Non-Surgical Shoulder Care

The shoulder, like all other tissues in our body, can heal naturally without surgery. It can do so with the right stimulus and a proper healing environment. Regenerative Medicine injections with Platelet Rich Plasma (PRP) or Bone Marrow Stem Cells are that stimulus that can start the healing process. When Regenerative injections are combined with physical therapy and proper nutrition, the torn tendons, ligaments and cartilage can actually heal. This can resolve pain and restore normal function, without surgery or other toxic medications!

PRP or Stem Cells can be thought of as a gift from your own body as they stimulate the body’s natural immune system to help you heal. PRP is a solution



of concentrated platelets made by spinning your own blood in a centrifuge. The platelets are packed with growth factors that kick start the healing response. Stem cells are the “master orchestrators” of regeneration. They sense the environment and release growth molecules that stimulate tissue healing and decrease inflammation. The best and most studied stem cells for orthopedic conditions are safely obtained from the bone marrow of the pelvis. Unlike other “stem cell like” products, these are **real living cells** that come from your own body.

The choice of using PRP or Bone Marrow Stem Cells is based on the severity of the injury and other physiologic factors. These products are carefully injected into the injured area under ultrasound guidance. Once injected, they stimulate regeneration of tendons, ligaments and joint cartilage. This increases joint stability, decreases pain and improves overall function. Regenerative Medicine injections with PRP or Stem Cells don’t just mask the symptoms, they heal the shoulder and provide long term results.

An Integrated Team Approach Provides Best Results

The most effective way to treat shoulder pain and injuries is to combine Regenerative Medicine injections with specialized physical therapy and proper nutrition. The injections stimulate the healing, but specific therapeutic exercises and manual therapy support the healing process. A well-balanced diet that is rich in fruits, vegetables and high-quality proteins can also support tissue regeneration and decrease unwanted inflammation. Sometimes specific nutritional supplement may also be needed to prepare the body for the healing journey.

At Integrative Rehab Medicine, we specialize in non-surgical ways to heal the body. Our medical and therapy staff are highly trained in the most advanced Regenerative techniques to help you heal, eliminate pain and restore function. We are leading experts in the use of PRP and Bone Marrow Stem Cells in Southwest Florida. If you are tired of pain stopping you from living the life you want to live, schedule your consultation today and find out if PRP or Stem Cells can help you get your life back.

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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A DIFFERENT HEALTHCARE CAREER PATH

By Dr. Francis Ikeokwu

Not all healthcare careers lead to patient care. If you have a passion for numbers, hospitals and other medical facilities need controllers, auditors and senior accounting directors to oversee the financial side. These positions require the Certified Public Accountant (CPA) designation and a master's degree.

Why do these organizations want a CPA? It's a widely-recognized and respected professional standard that demonstrates you're knowledgeable and dedicated to the accounting profession. To earn this designation, you must graduate with a master's degree, which prepares you to take the CPA licensure exam.

Why become a CPA? There are plenty of reasons, ranging from opportunities to salary. If you're already working for an organization, then passing the CPA exam may mean a bonus for you. More importantly, it could mean advancement within the organization. Over the course of a career, CPAs will make, on average, \$1M more than a non-certified professional will. Public accounting is a steady and stable career choice. Having the CPA designation behind your name makes you an even more attractive candidate for any position you seek.

At Hodges University, we are offering the Masters in Accountancy degree program, and classes start in the fall. You can graduate in 14 months and it's offered 100 percent online. This allows you to continue working while earning your degree. Your professors, myself included, bring practical and real-world experience to every class, so that you build upon your foundational skills. We have a true passion for all that is accounting. Your classes are eight weeks each, and areas of study and application include forensic accounting, international accounting, government and non-profit accounting, tax practice and representation, advanced managerial accounting, and advanced independent auditing. You'll also get real-world experience with an internship.



There is a need, especially in Florida, for CPAs. According to the Bureau of Labor Statistics (BLS), Florida is in the top five of states in the country that needs CPAs. The average annual salary is

\$76,320, but a quick look on job sites shows that many of those organizations are offering even higher wages.

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Dr. Francis Ikeokwu is the lead faculty/professor for the accounting and finance programs at Hodges University.

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RECOGNIZING RESILIENCE DURING NATIONAL CANCER SURVIVOR MONTH

By Dr. Amy Fox

Every June, the country celebrates National Cancer Survivor Month. During this month, the first Sunday in June is National Cancer Survivor Day.

There are approximately 16.9 million cancer survivors in the United States. According to the National Cancer Institute, someone is considered a cancer survivor from the time of diagnosis through the rest of their life. Some patients prefer to count from their day of diagnosis while others begin counting after their first cancer-free post-treatment scan.

The National Cancer Survivor Day Foundation (NCSDF) states that National Cancer Survivor Day is a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families, and an outreach to the community. It is also a time to recognize the unique challenges that cancer survivors face whether they are physical, emotional, or financial.

Each cancer survivor's journey is a unique one. The month of June gives us all an opportunity to celebrate their resilience in the face of a serious and challenging diagnosis.

This national observance also serves to increase awareness about the importance of cancer screening. Almost everyone knows someone who has been personally affected by a cancer diagnosis. The month shines a light on all forms of cancer, including the types that are most commonly diagnosed in the state of Florida:

- Breast (Female)
- Prostate
- Lung and Bronchus
- Colon and Rectum
- Melanoma of the Skin
- Uterine
- Non-Hodgkin Lymphoma
- Bladder



Your Partner in the Fight Against Cancer

As Southwest Florida's local partner in the fight against cancer, Advocate Radiation Oncology understands that every patient is different. For our team of board-certified radiation oncologists, each patient is a unique individual with his/her own cancer journey. After all, a cancer diagnosis and oncology appointments can feel overwhelming. Our team knows firsthand how important it is to provide the most comfortable experience possible during each patient's journey. We are committed to every single patient we serve, offering the support and care they need to treat and conquer their cancer.

With decades of experience, our world-class experts deliver personalized treatment plans that use the latest techniques to address given individual's needs. The length of any given patient's treatment varies based on many factors, including their type and stage of cancer.

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- Stereotactic Body Radiation Therapy (SBRT)
- Surface-Guided Radiation Therapy (SGRT)
- Deep-Inspiration Breath Hold (DIBH)

As the region's premier locally owned and operated radiation oncology practice, we are honored to offer the best cancer treatment technology available. Along with a compassionate medical staff, our conveniently located practices make it easier for many patients to begin treatment quickly and complete treatment comfortably.

Honoring National Cancer Survivor Month

Please join our team in observing National Cancer Survivor's Month. Together, we can bring critical awareness to the need for cancer screenings and advocate for those battling cancer and recovering from cancer treatment.



About the Author

Dr. Amy Fox is a board-certified radiation oncologist at Advocate Radiation Oncology.

For more information, please visit AdvocateRO.com.



www.AdvocateRO.com

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WHAT IT TREATS

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- Neuromuscular reeducation and training
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- 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

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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.

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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.

Cancer Treatment & IV Nutrient Therapy

By Dr. Doreen DeStefano, NhD, APRN, DNP

Cancer affects millions of people each year in the United States. While some cancers can be treated without chemotherapy or radiation therapy, the majority of cancer does need intervention to destroy the cancer cells and stop them from proliferating any further.

Cancer Treatment

Whether cancer treatment entails surgery, chemotherapy, radiation treatments, reconstructive surgery, or alternative therapies, the bottom line is that these individuals are left feeling weak, tired and sick, and many times patients find it entirely overwhelming to function on a daily basis. After all, with chemo and radiation therapy, healthy cells are also being destroyed along with the cancerous cells, which causes severe oxidative stress.

In addition to the symptoms mentioned above, during radiation or chemotherapy, it's difficult to fight off infections. Many experts agree that nutrition, sleep, limiting stress, exercise (yes, it helps with fatigue), and supplements are important to help patients regenerate and ultimately feel better during and after their treatment.

Some of the most common side effects of cancer treatment are pain, nausea, and vomiting, brain fog, extreme fatigue, loss of appetite, hormonal disruptions, weight gain, hot flashes, anxiety, and trouble sleeping. The good news is that some IV nutrients have the ability to decrease some of the aforementioned symptoms.

IV Nutrient Therapy also helps to rehydrate, relieve nausea and improve mood and energy levels.

IV Vitamin and Nutrient Infusion Therapy

Gene and DNA expression and energy can be revved up by certain antioxidants and nutrients with IV infusions, such as Vitamin C, glutathione (master antioxidant) NAD, and ALA to name a few.

Why IV & Chelation Therapy Rather Than Oral Supplementation?

IV therapy administers high dose vitamins, minerals, amino acids, and other essential nutrients to fight disease, eliminate symptoms, and alleviate associated effects. Many individuals have digestive



malfunctions and liver complications that prevent oral medications and supplementations from getting into the bloodstream and to the appropriate cells in the body.

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

A few examples of IV treatments are Alpha Lipoic Acid, Chelation, Glutathione, High-Dose Vitamin C, Meyer's Cocktail, and Magnesium. These IV treatments help with countless issues from asthma, arthritis, diabetes, cholesterol, hormonal disorders, and so much more. Glutathione is one of the most potent antioxidants and is a master at detoxifying and healing the body.

IV Therapy Benefits

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

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5927785/>

ROOT CAUSES HOLISTIC HEALTH & MEDICINE

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



Doreen DeStefano, NhD, APRN, DNP

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

Dr. DeStefano is also a lifelong student. She holds a bachelor's degree in nursing, and another in exercise physiology. She has a Masters (ABT) in criminology, a Master's in public business administration and a Master's in nursing. She holds a doctorate in natural health, is a licensed Advanced Practice Registered Nurse and a Doctorate of Nursing. 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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Pain, Dryness & Irritation:

How Women Are Rejuvenating Their Lives

By Joseph Gauta, MD, FACOG

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

Female Sexual Dissatisfaction Has Many Causes

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

CO2RE Intima

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



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

CO2RE Intima Benefits:

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



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CO2RE Intima might be for you if:

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Joseph Gauta MD

Dr Gauta is the founder of The Florida Bladder institute located in Naples, FL. He is the first physician in SW Florida to be dual board certified in Female Pelvic Medicine & Reconstructive Surgery as well as OB/Gyn. The Florida Bladder Institute continually delivers the highest quality of care with compassion, discretion and dignity to their patients. A full array of the latest diagnostic, therapeutic, rehabilitative and surgical techniques are offered. The Florida Bladder Institute is an independent healthcare practice, not employed by a hospital or insurance companies.

9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

Alzheimer's has a devastating effect that many people take for granted. Let's discuss nine ways to prevent the disease and promote better brain health.

1. Engage in brisk walking for at least 30 minutes five times a week. This can reduce Alzheimer's disease risk by 33%. Vigorous aerobic exercise performed three times weekly for at least 20 minutes can also bring it down to 50%. Quite simply, exercise delivers more oxygen and nutrients to your brain, helps repair damage, and removes toxins.

2. Partake in activities that are interactive and mind-engaging. These include playing challenging games such as chess or bridge. Other activities include learning a new instrument or a new language; you can also partake in a new practice such as yoga. These new and diverse activities allow your brain to grow by forming more neural connections. In a sense, all these are also exercise for the brain.

3. Avoid toxins. For example, midlife smoking can double the rate of dementia. Smoking is a fairly obvious toxin, but we are also constantly barraged by other harmful substances throughout our life without knowing it. Please visit Cosmeticsdatabase.com to find out what toxins may be affecting your health. You can check any product you currently use to determine their toxicity.

4. Engage in social activities. A recent Harvard study demonstrated individuals with at least five strong social ties (people they enjoy spending time with) had a 50% reduced rate of cognitive decline compared to those who were more isolated.

5. Have a purpose and life direction. Researchers at Rush University Medical Center demonstrated that people with the highest level of purpose and direction in life had a 2.4-fold reduced risk of developing dementia. So find your passion, pick a cause that is meaningful to you, and work on it regularly!

6. Relax and rejuvenate. There are different ways to do this including prayer, meditation, exploring nature, reading a book, visiting the spa, getting a massage, doing yoga and other forms of exercise. This is important because the opposite of relaxation is stress which can actually damage your brain.

7. Protect your head to prevent brain injury. Patients with head injuries have 2 to 4 times the rate of developing Alzheimer's disease. For most



people, the highest risk of head injury is while driving, so always wear your seatbelt and avoid texting. People who text behind the wheel increase their risks for accidents by as much as 23 times compared to those who don't. One study demonstrated this was equivalent to driving after having four alcoholic drinks. Head injury is also believed to result in increased inflammation, another factor associated with Alzheimer's disease. Recovery from stroke can also increase brain inflammation, with approximately 30% of stroke survivors unfortunately developing dementia.

8. Reduce inflammation. You can achieve this with a non-inflammatory eating plan such as the Mediterranean diet which favors 7 to 10 servings of fruits and vegetables daily. This diet also includes wild fish twice weekly, plus lots of nuts, almonds, walnuts, beans, and legumes. Additionally, there is a significant social component to this diet as advocates typically interact with each other while they dine.

Researchers also demonstrated that natural substances can reduce inflammation. Neurcumin® is an all-natural supplement which contains many natural agents uniquely formulated to synergistically fight inflammation.

9. Have a positive outlook. A positive mindset offers tremendous protection against Alzheimer's disease. In "The Nun Study", researchers demonstrated nuns who had the highest usage of positive words and emotions in their journals aged better and lived longer, healthier lives. Even more remarkable, these incredible women donated their bodies to science. When their brains were examined after death, the researchers found biomarkers typically associated with Alzheimer's disease (neurofibrillary tangles and beta-amyloid plaques). However, these nuns did not have Alzheimer's disease symptoms. It's as if they derived a neuro-protective effect by maintaining a positive outlook. Further, this is an extremely strong message that we have to reduce any negativity in our lives. Negativity is literally toxic, even deadly.

You can remember all of these preventative measures by simply recalling the acronym, "PREVENT AD".

P	Purpose and life direction
R	Relax and rejuvenate
E	Exercise daily
V	Very positive outlook
E	Engage in social interactions
N	No head injuries
T	Toxin avoidance
A	Activities that stimulate your mind
D	Diet (anti-inflammatory)

It also helps to partner with a prevention-oriented physician. Specifically, find a physician that understands the importance of exercise and nutrition in the prevention of Alzheimer's disease. Notice that this is the last item on the list because everyone must be proactive when it comes to healthcare. No one is more concerned with your health than you are. Partnering with a physician is great but you must be in control of your daily activities which, compounded over time, will either hurt you or help you.

To learn more about Neurcumin® and the prevention of inflammatory diseases such as Alzheimer's disease, stroke and heart attacks, please visit Neurcumin.com. You may also call 727-289-7139 or email us at strokenerd@gmail.com for more information.

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About Nasser Razack, MD, JD

Dr. Razack currently practices as a neurointerventional surgeon in Naples, Florida. He dedicates a significant portion of his practice to educating in the diagnosis, treatment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia.

CAN CBD HELP WITH MENTAL HEALTH DISORDERS?

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

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

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

Is CBD Helpful?

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

A Study Concerning the Effects of CBD on Anxiety

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

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

CBD Explained

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

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

The Quality of Hemp Products is Critical

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

What is Delta 8?

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

Delta-8-Tetrahydrocannabinol

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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.

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Caring for your Heart in the Summer Heat

If you're a heart patient, older than 50, or overweight, you might need to take special precautions in the heat, according to Gerald Fletcher, M.D., professor of medicine at the Mayo Clinic, in Jacksonville, Florida.

Check with your healthcare professional before starting an exercise routine if you are experiencing symptoms or have a specific medical question or chronic disease. Certain heart medications like beta blockers, ace receptor blockers, ace inhibitors, calcium channel blockers and diuretics (which deplete the body of sodium) can exaggerate the body's response to heat, Fletcher said.

But Fletcher points out that it's important to keep taking your medications —and taking them when you're supposed to. Even if they're not on medications, older people also need to take precautions in the heat.

"If you're older than 50, you may not be aware that you're thirsty," Fletcher said. "If you're going to be outside, it's important to drink water even if you don't think you need it."

Tips for everyone

Think you're ready to brave the heat? Watch the clock and buddy up, Fletcher said. It's best to avoid the outdoors in the early afternoon (about noon to 3 p.m.) because the sun is usually at its strongest, putting you at higher risk for heat-related illnesses. If you can, exercise with a friend, because it's safer — and more fun — to have someone at your side.

Here are some other tips:

Get off on the right foot. You probably sweat the most in your shoes, so choose well-ventilated shoes and look for socks that repel perspiration. Foot powders and antiperspirants can also help with sweat.

Dress for the heat. Wear lightweight, light-colored clothing in breathable fabrics such as cotton, or a synthetic fabric that repels sweat. Add a hat and/or sunglasses.

Drink up. Before you get started, apply a water-resistant sunscreen with at least SPF 15, and reapply it every two hours. Stay hydrated by drinking a few cups of water before, during and after your exercise. Avoid caffeinated or alcoholic beverages.



Take regular breaks. Find some shade or a cool place, stop for a few minutes, hydrate, and start again.

Whatever you do, don't throw in the towel, Fletcher said. "Don't NOT exercise — adapt!"

Symptoms of heat exhaustion:

- Headaches
- Cool, moist skin
- Dizziness and light-headedness
- Weakness
- Nausea and vomiting
- Dark urine

If you experience these symptoms, move to a cooler place, stop exercising and cool down immediately by using cool wet cloths, compresses, and fanning. You may need to seek medical attention.

Symptoms of heat stroke:

- Fever (temperature above 104 °F)
- Irrational behavior
- Extreme confusion
- Dry, hot, and red skin
- Rapid, shallow breathing
- Rapid, weak pulse
- Seizures
- Unconsciousness

If you experience these symptoms, seek medical attention right away. Call 911 or the local emergency number right away.

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

Dr. Joseph Freedman MD, MBA



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

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

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.

IS YOUR SKIN SUMMER READY?

If hair removal for summer is high on your to-do list, Velo Med Spa has the newest technology waiting for you. Our laser hair removal technology can be safely used on most areas of the body that have unwanted hair, including bikini area, legs, arms, chest, back, shoulders, stomach, neck, chin, and sideburns.

Diolaze XL™ is the upgraded, second-generation laser hair removal system from InMode and one of the most effective laser hair removal systems in the market today to remove unwanted hair safely and gently from ALL skin types. It's also powerful enough to properly remove any hair in all areas without damaging the skin.

Diolaze XL™ covers more surface area than most all other laser hair removal treatments, making it ideal for bigger areas such as your legs or back. By using a wide cooling plate, it keeps the skin cool, making the process more comfortable than other laser hair removal treatments.

Diolaze XL™ treats the areas of the body that are most covered in hair, including the chest, back, arms, bikini area, legs, and stomach. It specifically targets these areas and destroys the hair follicles to keep them from growing back. The closest thing to a permanent solution for hair removal, Diolaze XL is effective for all skin types.



Although hair removal methods such as waxing and shaving might be cheaper, in the long run, you will see more benefits save more money with Diolaze XL laser hair removal.

THE BENEFITS INCLUDE:

- **It's quick!** Depending on which area you choose, you will only need 15-20 minutes to complete most sessions. This process eliminates your hair, causing it to grow back at a much slower pace as it destroys the hair follicles.
- **It's safe!** The new Diolaze XL™ is the "gold standard" of laser hair removal devices. Although it's one of the most powerful laser hair treatments available, it has several built-in safety mechanisms to avoid any damage to your skin and effectively rid your body of any unwanted hair.
- **No more ingrown hair!** While common in waxing, threading, and shaving, annoying ingrown hairs are avoided with this laser hair removal treatment. It can also treat existing ingrown hairs which makes it a fantastic choice for those prone to this uncomfortable condition.

• How many sessions are required?

Hair is reduced with each treatment and results are observed after four to six sessions. The number of sessions will differ depending on your hair color, hair type, body area, and skin tone.

• Why do I need multiple treatments to achieve hair removal?

As with all laser hair removal methods, DiolazeXL requires a series of treatments. Laser hair removal works best when hair follicles are in their mature stage; however, at any given time your hair is in various stages of growth.

Diolaze XL™ has no required downtime! That means you can drop in for a treatment session and then head back to work or running errands immediately after. In rare cases, it's possible to experience slight redness of the treated area. This will usually resolve itself in about 24-48 hours.

VELO Med Spa is a full-service medspa located in Jensen Beach and in Bonita Springs. Whether seeking consultation for hair loss or to enhance your beauty, VELO Med Spa provides the ideal environment. Visit us today and see why VELO is the top location for aesthetic services. Velo Med Spa Jensen Beach - (888) 490-6111 and Bonita Springs - (239) 241-8559.

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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

6805 Porto Fino Cir., Fort Myers, FL 33912

239-482-8806

www.portofinodental.org

When is the Right Time for Memory Care?

When your loved one with Alzheimer's or dementia has reached the point of needing more care than you can provide in the home, how will you know what is the right fit for them? Memory Care Communities abound in South West Florida. How will you ever find the right one? That is where Ultimate Resource Health Network comes in. Our team of experienced placement advisors do not charge families for our placement services. We know every facility in the greater SWFL area, and we know the right questions to ask to help you along the way. Let us help you compare options, get pricing, and save time while finding the best facility for your needs.

Should My Loved One Be in Memory Care?

It's important to keep in mind that memory care units are typically for people with mid- to late-stage dementia, says Ruth Drew, director of information and support services at the Alzheimer's Association. Therefore, some people who may need memory care are already living in a nursing home or assisted living facility. Such facilities sometimes have memory care units, which are run by staff members trained in working with people who need additional care with day-to-day living.

"Alzheimer's is a progressive disease and as care needs intensify it may not be possible for family members to provide around-the-clock care as needed," Drew says. If you're wondering whether a loved one should be in a memory care environment, it may be helpful to consider a series of questions regarding the well-being of a person with dementia, says Sandra Connell Jones, an adjunct instructor at Middle Tennessee State University in Murfreesboro, Tennessee. Jones, who's

also an adjunct at Motlow State Community College in Smyrna, Tennessee, is a member of the Positive Aging Consortium at MTSU, where she teaches in the psychology department and the aging studies program.

Here are some questions to consider:

- Is it safe for the person to continue living in his or her current environment?
- Is the person's behavior likely to cause harm to others?
- What does the person want, need, and say about the situation?
- What do medical professionals and other family members suggest?
- Are there resources and support systems which can help the person to continue to "age in place," or is a move necessary to provide care and protection?
- It's useful to ask, "If I were the person, what would I want done for me?" Jones says.

If you're worried that a loved one may need memory care, get a primary care doctor, a geriatric psychiatrist, or a neurologist to diagnose that person, Drew says. The Alzheimer's Association lists an array of care options on its website.

Different Memory Care Options

If a medical professional recommends memory care, here are some options, according to Nora O'Brien, executive director of Willow Gardens Memory Care, on United Hebrew's campus in New Rochelle:

1. Assisted living. Many individuals diagnosed with mild or moderate stages of Alzheimer's disease or dementia can live to the fullest with some help, such as the kind provided in an assisted living environment. "Assisted living provides supportive care based on individual needs; that means we develop a customized care plan to provide an array of services including medication management, assistance with personal care and daily living, nutritious meal service and an enriching activity program," O'Brien says.

2. Dedicated memory care community. A dedicated memory care community is a specialized form of assisted living that provides comprehensive care in a secure environment, O'Brien says. "That means that residents are free to move about, often in indoor and outdoor spaces, without the fear of getting lost," she says. Physical spaces are often designed with visual cues and artwork to help with navigation and ease anxiety. Meal preparation, medication management, assistance with daily life and personal care and enriching activities are all part of a memory care community that meets residents' health care needs and keeps them engaged in the world around them.

3. Skilled nursing. A secure memory care unit in a skilled nursing facility is the best memory care option for those with greater health care needs, O'Brien says. The same daily care that is provided in assisted living and dedicated memory care is applied, with a greater emphasis on meeting the medical needs of those with chronic or complex illnesses.

Need more information, 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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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

What is Osteoarthritis (OA) of the Knee?

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

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

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

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



Knee Replacement Surgery is Permanent

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

Physicians Rehabilitation's Knee Therapy Program Includes:

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



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Viscosupplementation

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

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

PUT SOME SPRING IN YOUR HEARING!



Google the season “spring” and you’ll see images of blooming flowers, butterflies and birds, or find quotes about gardens, happiness and new beginnings.

At Starkey, we hear a lot from our hearing aid wearers that spring signals a time of planning and renewal. It’s the season many of you visit your hearing professional to get earwax buildup removed or bring your hearing aids in for a “spring cleaning”.

It’s also the time of year people who have been on the fence about treating their hearing loss finally decide to do something about it.

Across the country people are opening windows for the first time in a long time, planning summer vacations, planting gardens, biking, hiking, and going back outside.

After months of being cooped up, who can blame people for not wanting to miss a thing?

So, while we encourage everyone to be proactive about their hearing health year-round, spring tends to be the perfect time for procrastinators to add “get my hearing checked” to their to-do list. We back that thinking 100 percent! Here’s why:

• **Take in spring’s sounds** — The birds are here. Cool breezes are blowing through wind chimes.



Parks, paths and playgrounds are filling with people and laughter. If these wonderful sounds aren’t as clear or meaningful as they once were, a hearing test and consultation with an experienced hearing professional is in order. Let them help you hear and enjoy your favorite sounds again.

• **Take advantage of new technology** — If your current hearing aids are a few years old, chances are you’re not benefitting from today’s best features, styles or technology. Spring is when many manufacturers introduce updates and new features to their hearing aids, making it a smart time to upgrade to a new pair or — if you’ve been hesitant to try hearing aids out — test drive the latest technology for yourself. Improved sound quality, rechargeable hearing aids, and 2-Way Audio are just a few of the many recent enhancements that make the latest styles of hearing aids worth looking (or should we say “listening”) into.

• **Prepare for summer** — Before you know it, summer will be here and you’ll be in the thick of vacations, family picnics, outdoor concerts, weekend sporting activities and more. Prepare now and be ready to enjoy every minute of summer’s fun by getting all your hearing concerns taken care of before it’s too late!

Whether it’s cleaning your ears, tuning up your current hearing aids, upgrading to a new set, or just starting the process of treating your hearing loss, we can help ensure this spring lives up to your memories, hopes and expectations. Simply visit www.starkeyhearingcare.com, type in your zip code and you’ll get a list of hearing healthcare professionals in your area who are ready to help!

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Medicare Things to Know...

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

CMS (Centers for Medicare & Medicaid Services)

CMS regulates marketing and plan presentations, including when companies are allowed to market, and how they market. **Unsolicited direct contact that was not requested or initiated by the consumer is prohibited.** This includes in-person (e.g., door-to-door marketing), telephonic (e.g., outbound telemarketing), electronic (e.g., email, voicemail messages, text messages) solicitation. DO NOT give anyone that contacts you without your permission your personal information.

There are companies that are using unethical marketing practices; do not let yourself be taken advantage of. Medicare and Social Security will never call you unless you reached out to them for a return call. There are companies calling individuals pretending to be Medicare, claiming to be there to help. Again, **Medicare will not call you to enroll you in a plan!** Some companies that may have your prescription Part D drug plan have been calling customers saying they are entitled to some free benefits. They try to switch you to an Advantage Plan Part C because they are more profitable. If that occurs you will not have Original Medicare anymore and, since it is illegal to have an Advantage Plan and a Medicare Supplement (Medigap) at the same time, you will lose your Medicare Supplement plan. You might never be able to get a supplement plan again. You must medically qualify for a supplement plan; if when you re-apply you are older and have developed illnesses that come with age, you could be ineligible.

Florida is an entry age state for Medicare Supplements; this means that all premium increases will be based off the age you were when you joined the plan. There are lower cost Medicare Supplements that work well if you are healthy and do not need a lot of care. The price of the lower cost supplement plan plus the out-of-pocket maximum you could pay if you got really sick is still less than the out-of-pocket maximum cost of most Advantage Plans. Insurance agents and insurance companies like to sell Advantage Plans because they make more money. I'm not saying they are bad, but you need to understand the true differences and what could happen in the future.



Did you miss Medicare/Health Insurance Open Enrollment?

THERE ARE: Special Enrollment Periods

- 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 requiring a Special Needs Plan
- 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.

Individual/Family Medical Insurance – 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 particularly good plans with comprehensive coverage. You can buy them any time during the year. Do not go without coverage!

Travel Insurance – Most of our USA Health plans do not include coverage when leaving the United States, including Cruises. We recommend always getting a comprehensive Medical Travel Insurance Policy. They are less than you think and can make a world of a difference. There are Trip cancellation insurance policies that cover you for delays, cancellation, lost baggage; they can be costly but may also be well worth it; but check that the medical coverage is enough.

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 and copays. 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 or call a local agent, build a relationship and if in the future you have a question you can back and see them.

Also remember when moving you may have a special enrollment period to apply or change your health insurance coverage. Also check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local Insurance Broker, Attorney and CPA. Ask a professional; most of the time your first consultation is at no charge.

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

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

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

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

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

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



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

Why Thyroid Disorders are Grossly Undiagnosed

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

Hormonal Imbalance

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

Stress

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

Treating Thyroid Disorders from the Inside Out is Critical

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

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WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

Estate planning services include living wills, drafting of wills, trusts, and powers of attorney. Estate planning customizes the documents to match the needs of the clients, and to prepare provisions for their children, dependents and intended beneficiaries, and to also reduce the impact of estate taxes.

Many people are intimidated or afraid of hidden fees and high costs associated with estate planning, but Attorney Patrick L. Smith does things differently. Many attorneys bill their clients by the hour to handle their planning—Attorney Smith offers a complimentary consultation and has instituted a flat-fee system for his services. For example, a basic Will is a flat charge of \$75.00 and a Non-Tax Trust Package is \$695.00. This allows clients to know their costs from the start of planning and to determine their estate planning needs without surprises. Although Attorney Smith primarily practices in estate planning and asset protection, he regularly works to connect his clients with a network of attorneys to provide them with complete, affordable legal advice.

If you are putting off estate planning, here are few reasons you might want to take action now as opposed to later:



Health and Mental Capacity

In Florida, the state no longer recognizes Springing POAs (Power of Attorney). *Springing POAs* were able to “spring” into effect and make decisions after a loved one was incapacitated. These are no longer accepted. Instead, the State now requires a permanent POA that goes into effect at the moment of signing the document. If you or a loved one are being proactive about your estate planning or medical decisions, it’s critical to speak to an attorney to help guide you through the process and make the appropriate choices that are specific to your situation.

It’s essential to implement a power of attorney (POA) while someone is capable and competent of signing paperwork and evaluating needs.

If your loved one is unable to make sound judgments and decisions, it can be costly to navigate

the court systems to try and retroactively gain control of assets and to make important financial and health-related decisions.

Unfortunately, neurodegenerative disorders are escalating in our country. It’s not uncommon that individuals need 24-hour care and nursing to help with daily tasks due to conditions such as Alzheimer’s and Parkinson’s disease, or other debilitating disorders like COVID, cancers, coma, and those on life-support, to name a few. When there is no power of attorney in place to make decisions, such as hiring a caregiver, transitioning into a memory care facility, or implementing a hospice plan, these important decisions can turn into a challenging legal process.

Estate Planning Should be Under Your Control

Making decisions now is proactive. It should not be thought of as premature; it should rather be thought of as a wise decision for your family and those left behind that you wish to care for or donate to.

You DO NOT have to disclose all details of your assets to your family, but it is very important that they know where to find the information when they need it. Preparing and organizing your estate planning is critical.

Law Offices of Patrick L. Smith, PLLC

For your **free consultation** or to have Attorney Smith speak at your event or group, you may reach him at his Fruitland Park office by calling **877-754-6764** or visit: **www.attorneypatricksmith.com**.





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When You Are At Your Wits End

By Pastor Timothy Neptune

Have 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:

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



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