

SOUTHWEST FLORIDA'S

Health & Wellness[®] MAGAZINE

May 2022

Lee Edition - Monthly

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**PROACTIVE SKIN
CANCER AWARENESS
SAVES LIVES**

**STROKE PREVENTION
THRU LIFESTYLE
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**ALTERNATIVE
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**NAVIGATING THE
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See Page 22



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*AHCA 2019-2020 data, retrieved 10-19-21

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KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

The kidneys are a major part of our detoxifying system. These two small bean-shaped organs clean the blood and filter waste products and toxins from the body through the urine. Kidney cancer is one of the ten most prevalent cancers. The lifetime risk for developing kidney cancer is about 1 in 46 in men and 1 in 82 in women.¹

The symptoms of kidney cancer often go unnoticed or don't begin to show until the tumor(s) has grown. However, some of the key indicators are as follows:

- Blood in the urine
- Fatigue
- Loss of appetite
- Weight loss
- Fever or infection
- Swollen abdomen
- Lump on the side of the abdomen (with or without pain)
- Anemia
- Swollen legs and ankles
- Chronic inflammation
- High blood pressure
- Shortness of breath

If you have symptoms or your physician finds a lump during a physical examination, they will order diagnostic testing such as a renal arteriogram, MRI, CT Scan, blood and urine analysis, and a needle biopsy may be necessary.

There are some increased risk factors, which make some individuals more susceptible to renal cancer. The risks factors included:

- Being over the age of 40
- Being male
- Being black
- Smoking
- Obese
- Overuse of NSAIDs and other prescription medications
- Family History
- Chemical Exposures
- Kidney disease

Most kidney cancer appears first in the tubules of the kidneys. When the malignant cells form a tumor(s) the growth rate is typically slow, so the

likelihood of an early diagnosis is increased, and the treatment can usually be performed before the tumor has metastasized into any other organs.

Treatment

Depending on the stage and size of the tumor(s), your physician will develop a specific treatment plan tailored to your needs.

Typically, performing a nephrectomy treats kidney cancer. There are three main types of this surgical option. The first is a Partial nephrectomy, which removes the tumor and some of the surrounding tissue. The second is a Simple nephrectomy, which removes the entire kidney, and the third treatment method is a Radical nephrectomy, which removes the kidney, adrenal glands, lymph nodes, and any questionable surrounding tissue margins. These procedures can usually be done laparoscopically. Some patients may also require radiation or chemotherapy treatments.

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.

Source:

1. https://www.nfcr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAyc2BBhAaEiwA44-wW9qTM7gXbIKsBU1dxNN-rM7OKwmg3J43bZni6h175MIIQCzwNsKORoCE5QQAvD_BwE

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.

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- 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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PROACTIVE SKIN CANCER AWARENESS SAVES LIVES

By Dr. Graciela Garton

According to the American Cancer Society, 1 in 5 Americans will develop skin cancer by the age of 70. With more than 5 million cases diagnosed annually, skin cancer is the most common type of cancer in the U.S.

Even more sobering is the widespread misconception that breast, prostate, lung, brain and bone cancers are the deadliest cancer diagnoses. Instead, that distinction belongs to melanoma, an aggressive form of skin cancer that accounts for most skin cancer deaths. In 2022, the American Cancer Society estimates 197,700 new cases of melanoma will be diagnosed across the country.

May is designated as National Skin Cancer and Melanoma Awareness Month. As the summer sun heats up, this serves as a timely opportunity to educate men and women of all ages about the dangers of skin cancer.

Risk Factors

About 90% of skin cancers, including 85% of melanoma cases, are primarily caused by exposure to ultraviolet (UV) radiation from the sun. Studies also show men are at a greater risk of developing and dying from melanoma than women. Researchers believe that is because a higher percentage of men work outdoors than women. Additionally, women's skin care products, such as moisturizers, often contain SPF and provide low-level daily protection.

Skin cancer is also prevalent among individuals with fair complexions. Other risk factors include:

- Longterm, unprotected exposure to natural sunlight
- Exposure to artificial sunlight, such as tanning beds
- Unusual or rapidly growing moles
- Dry, pre-cancerous patches of skin
- Family health history
- Previous diagnosis of skin cancer
- Weakened immune system or related conditions



Types of Skin Cancer

No two skin cancers look alike, but all share a common symptom: a new or changing freckle, growth, lesion, bump, mole or rough, dry patch of skin.

Although there are multiple types of skin cancer, most are curable when caught early.

- **Basal cell carcinoma:** This type of cancer starts in the basal cells, which is where the skin produces new cells while older skin cells die. It presents as a transparent bump in areas that are exposed to the sun, such as the arms, legs, neck and head.
- **Squamous cell carcinoma:** Developing on areas of the body where sun exposure occurs, this type of skin cancer can appear as firm, red nodules or flat lesions with a crust-like surface.



- **Melanoma:** This forms within skin cells that manufacture a pigment called melanin, forming large, brownish spots like freckles. This can occur anywhere on the human body in the form of moles or lesions that change in size, shape, color and texture. Melanoma can also form in the mucous membranes surrounding the lips, nose and eyes.

Screening

Proactive screening can detect skin cancer and precancerous patches that may one day develop into a diagnosis. Use the **ABCDE** Rule to check for moles. Contact your doctor right away if you notice any of these signs:

- **Asymmetric** – The mole is not symmetrical.
- **Border** – The edges of the mole are jagged, rough or blurry.
- **Color** – Changes occur to the mole, such as spreading or multiple colors, darkening or loss of color.
- **Diameter** – The mole grows to more than one-fourth of an inch in diameter.
- **Evolving** – The mole changes in shape, size or color.

Other signs of cancer include a scaly or crusted growth on the skin, or a sore that just won't heal.

Treatment at Advocate Radiation Oncology

Advocate Radiation Oncology's board-certified radiation oncologists specialize in the treatment of all types of skin cancers, in addition to breast, prostate, lung, liver and bone, brain, rectal, and head and neck cancer. Treatment varies greatly and depends on each patient's individual needs. Options include freezing, medicated creams, laser therapy, radiation, chemotherapy, biotherapies and more.

If you are concerned about skin cancer, contact Advocate Radiation Oncology. Our experienced team is happy to work with you to develop a comprehensive plan to defeat cancer.



About the Author

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

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New Grief Support Groups Help People Coping with Loss

Hope Healthcare Offering Three Special Opportunities at No Cost to Registered Participants

Hope Healthcare is offering three new support groups for people who have experienced the loss of a loved one. Attendees will have an opportunity to express their emotions, connect with others, and find hope in their journey through grief. All groups are open to the community at no cost, thanks to generous community support. Advance registration is required for each group.

Hope Healthcare's **Walk & Talk Grief Support Group** allows participants to enjoy the healing benefits of nature and meet new people while discovering insights into bereavement. The group will walk at a casual pace for about 1.5 miles through the HealthPark campus on the second and fourth Tuesday of each month from 8:30 to 9:30 a.m., weather permitting.

Participants should wear comfortable comfortable clothes, a hat, and walking shoes. Sunscreen is recommended as well as a bottle of water to stay hydrated. Facilities are available if needed.

To register in advance for the Walk & Talk Grief Support Group, contact Mary.Grimmer@HopeHCS.org or call 239-489-9184.

Hope is also introducing a new **Loss of a Sibling Support Group** to help connect adults who have lost a beloved brother or sister. The pain of losing an adult sibling often goes unrecognized. Concerned family members and friends may focus their sympathy on parents, spouses, or children. This grief can be painful and isolating.

A special bond between siblings is based on a shared history, and it's a relationship that most people expect to continue for a lifetime. These meetings will honor lost siblings and offer the chance to find new meaning during the



grief journey.

Participants in the Loss of a Sibling Support Group will meet virtually via Zoom on the second and fourth Wednesday of each month from 6 to 7:30 p.m. Contact David.Pezzullo@HopeHCS.org or call 239-284-9926.

A **Grief Movement Support Group** will allow people to explore ways of physically releasing grief through movement. A professional counselor will guide the group in using a combination of motion, breath, and sound to transform grief. Participants will nourish their mind, body, and spirit. Gentle stretches – ideal for people of all ages and mobility levels – will be done in a seated position from a chair.

Hope Healthcare's Grief Movement Support Group will meet virtually via Zoom on the second and fourth Friday of each month from 10:30 to 11:30 a.m. Contact Mindy.Hall@HopeHCS.org or call 239-656-3241.

With more than 40 years of experience as a local, not-for-profit organization, Hope Healthcare is able to help people of all ages coping with grief and loss. Professional counselors lead groups including Bereaved Mothers, Men's Grief Toolkit, Young Widows and Widowers, Healing Survivors of Suicide, Loss after COVID-19 and other special topics. Hope also offers urgent crisis support for local schools and businesses as well as an LGBT+ group, counseling in Spanish and age-appropriate help for children and teens. Visit [HopeHCS.org/Counseling](https://www.hopehcs.org/Counseling) for more information.

Donations help provide compassionate counseling to everyone in need. Give online at [MoreHope.org/HealingHearts](https://www.morehope.org/HealingHearts).

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Stroke Prevention Thru Lifestyle and Medication

Many strokes could be prevented through healthy lifestyle changes and working with your health care team to control health conditions that raise your risk for stroke. You can help prevent stroke by making healthy lifestyle choices. Choosing healthy meal and snack options can help you prevent stroke. Be sure to eat plenty of fresh fruits and vegetables. Eating foods low in saturated fats, trans fat, and cholesterol and high in fiber can help prevent high cholesterol. Limiting salt (sodium) in your diet can also lower your blood pressure. High cholesterol and high blood pressure increase your chances of having a stroke.

Being overweight increases your risk for stroke. To determine whether your weight is in a healthy range, doctors often calculate your body mass index (BMI). If you know your weight and height, you can calculate your BMI online. Doctors sometimes also use waist and hip measurements to measure excess body fat.

Physical activity can help you stay at a healthy weight and lower your cholesterol and blood pressure levels. For adults, the surgeon general recommends 2 hours and 30 minutes of moderate-intensity aerobic physical activity, such as a brisk walk, each week. Children and teens should get 1 hour of physical activity every day.

Cigarette smoking and vaping greatly increases your chances of having a stroke. If you don't smoke, don't start. If you do smoke, quitting will lower your risk for stroke. Your doctor can suggest ways to help you quit. Avoid drinking too much alcohol, which can raise your blood pressure. Men should have no more than two drinks per day, and women should have no more than one per day. Talk with your doctor about steps you can take to lower your risk for stroke.

If you have heart disease, high cholesterol, high blood pressure, or diabetes, you can take steps to lower your risk for stroke. Your doctor should test your cholesterol levels at least once every 5 years. Talk with your health care team about this simple blood test. If you have high cholesterol, medicine and lifestyle changes can help lower your risk for stroke. High blood pressure usually has no symptoms, so be sure to have it checked on a regular basis. Talk to your health care team about how often you should check your levels. You can check your blood pressure at home, at a doctor's office, or at a pharmacy. If you have high blood pressure, your doctor might prescribe medicine, suggest some changes in your lifestyle, or recommend that you choose foods with lower sodium (salt).



If your doctor thinks you have symptoms of diabetes, he or she may recommend that you get tested. If you have diabetes, check your blood sugar levels regularly. Talk with your health care team about treatment options. Your doctor may recommend certain lifestyle changes, such as getting more physical activity or choosing healthier foods. These actions will help keep your blood sugar under good control and help lower your risk for stroke.

If you have certain heart conditions, such as coronary artery disease or atrial fibrillation (irregular heartbeat), your health care team may recommend medical treatment or surgery. Taking care of heart problems can help prevent stroke. If you take medicine to treat heart disease, high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without first talking to your doctor or pharmacist.

You and your health care team can work together to prevent or treat the medical conditions that lead to stroke. Discuss your treatment plan regularly and bring a list of questions to your appointments. If you've already had a stroke or TIA, your health care team will work with you to prevent further strokes. Your treatment plan will include medicine or surgery and lifestyle changes to lower your risk for another stroke. Be sure to take your medicine as directed and follow your doctor's instructions.

Transcarotid artery revascularization (TCAR) is a ground-breaking, minimally invasive surgical procedure used to treat plaque in the carotid artery. TCAR is performed to prevent a stroke caused by carotid atherosclerosis, a gradual buildup of plaque in arterial walls, specifically in the carotid arteries. The carotid artery is the direct supplier of blood to the brain. Therefore, if built up plaque in the artery breaks off, it can travel to the brain and cause a stroke. The TCAR procedure involves relining the plaque and covering so that it can remodel. This method takes the techniques used in traditional carotid endarterectomy (open surgery) to the next level with the addition of a device that draws blood

away from the brain to filter it, limiting the chances that any plaque will enter the blood stream during surgery. This results in a less-invasive, safer method that reduces the risk of stroke during the procedure. In order to minimize risk, we rely on medical optimization and top-of-the-line imaging technique to determine which are your best options. Contact us at Vascular and Vein Center at Gulfcoast Surgeons to learn more.

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 Escobiano, 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.

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MAY IS SKIN CANCER AWARENESS MONTH

Remember the most effective way to prevent the development of skin cancer is through an early examination by your Dermatologist.

Did you know that skin cancer is the most common form of cancer in both men and women in the U.S.?

With an estimated 5 million new skin cancer cases diagnosed annually it far exceeds the total combined number of diagnoses of breast, prostate, lung and colon cancer. In fact, 1 in 5 Americans will be diagnosed with skin cancer by the age of 70. On average, one American dies every hour from skin cancer.

However, when caught early, skin cancer is highly treatable. Even melanoma, which is the most fatal form of skin cancer, has a cure rate of almost 100% when treated early.

7 Things You Need To Know About Skin Cancer

1. Sun Exposure increases the risk of skin cancer

Many people consider continuous sun exposure to be harmless because they believe the worst thing that can happen to them is sunburn, which heals after a couple of days. However, what most people don't realize is that ultraviolet radiation (UV rays) from the sun adversely alters their skin cells and greatly increases the risk of cancer in the long run. The American Academy of Dermatology (AAD) recommends wearing protective clothing in the sun and using a sunscreen with a Sun Protection Factor (SPF) of 30 or higher.

2. Using sunscreen is not enough

Although applying sunscreen to your skin minimizes the negative effects of the sun, habitually using it doesn't guarantee you won't develop skin cancer. In fact, the sun is only one of the factors associated with developing skin cancer. In addition to UV rays, toxins, cigarettes and a poor diet could also contribute to the development of skin cancer.

5. An infection can cause skin cancer

Other possible causes of skin cancer are chronic injuries and swelling that occur from severe burns and infections. If the skin that protects the inner part of the body has a serious condition, the risk of developing malignant cells increases significantly.

6. Perform a skin self-exam for early detection

A skin self-exam can help you find skin cancer early when it is most treatable. Examine your body (front and back) in front of a mirror, looking at your elbows, forearms and the back of your upper arms. Closely check your feet, the spaces between your toes and your soles. Lastly, with a hand mirror scan your back, the back of your neck and your buttocks.

7. The "ABCDE" rule to identify skin cancer

The sudden appearance of brown spots on the skin and abnormalities in moles are the most obvious sign of possible skin cancer. However, there's a method that can help you discern whether the moles or spots that appear on your skin are a cause for cancer.

KNOW YOUR ABCDE's



A

is for **ASYMMETRY**
If you draw a line down the middle of the mole, you will find that each half of a melanoma doesn't match in size.



B

is for **BORDER**
The edges of early Melanoma are quite likely to be irregular, crusty or notched.



C

is for **COLOR**
Healthy moles are uniform in color. A variety of colors, especially black, white and/or blue is worrying.



D

is for **DIAMETER**
Melanomas are usually larger in diameter than 6 millimeters, although they may be smaller.



E

is for **EVOLVING**
When a mole begins to change in size, shape, color, or features or develops symptoms like itching, tenderness or bleeding, this points to danger.



What's on YOUR Skin?

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Joseph Onorato, MD, FAAD

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

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The Terraces at Bonita Springs Goes to the Fighting Irish

For the past 18 years, Angelo and Patricia Dabiero have brought a little piece of the University of Notre Dame to Florida. The couple, who met on the campus in Indiana some 62 years ago, has been hosting a 1962 class reunion for nearly two decades. This year, they welcomed close to 50 Fighting Irish alumni to their home at The Terraces at Bonita Springs.

Many of the attendees were All-American football players like Angelo. Another well-known name includes the oldest living Heisman Trophy winner, Johnny Lujack.

The couple says they're happy to host the group, and it was delightful to see everyone again after being apart for the last two years due to the pandemic. During the event, they had dinner at the community and enjoyed a day of golfing with one another.



The Dabieros will celebrate their 61st wedding anniversary in August. Angelo stays busy by playing golf three days a week, and Patricia, who's been a fitness instructor for more than 40 years, continues her passion by teaching fitness classes at The Terraces at Bonita Springs every Saturday.

In their home, they keep pictures and memorabilia from their time and experiences at the University of Notre Dame, as well as memories of their class reunions.

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

The Terraces
at Bonita Springs
A SantaFe Senior Living Community



Resident Services

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- 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

33 JOINTS IN THE FOOT, HELLO ARTHRITIS!

Arthritis is the presence of inflammation and swelling of the cartilage in the lining of the joints usually in the presence of increased fluid accumulation in the joints. The prevalence of arthritis increases with age, however, people of all ages can be affected. It is often associated with more than 100 identifiable disorders.

When we hear the term arthritis, most individuals think of joint pain within the hands, spine, hips and knees. We do not often realize arthritis can also affect our feet. Think about it: Did you know there are 33 joints in the average adult foot? Did you ever ponder the fact that your feet are carrying the entire weight of your body? When we think of it like that, arthritis is almost inevitable to present itself in our feet.

Arthritis can be hereditary, but there are numerous other causes. Often times, it is a result of an injury. Injuries of the foot and ankle often go ignored and predisposes us to resultant arthritis. It can also be a result of a bacterial or viral infection, systemic inflammatory diseases, autoimmune diseases, and drug related (prescription or otherwise).

There are numerous types of arthritis, including osteoarthritis, rheumatoid arthritis, gouty arthritis, psoriatic arthritis, and traumatic arthritis.

Osteoarthritis is most seen through normal wear-and-tear and increases in prevalence with age. Aging brings on a breakdown of a cartilage and pain gets progressively more severe. It presents as a dull throbbing pain most commonly at nighttime. Individuals who are overweight are also prone to it as the additional weight contributes to deterioration of cartilage and the development of bone spurs.

Rheumatoid arthritis may be considered the most serious form of arthritis. Rheumatoid arthritis is considered symmetrical meaning it may be found in the same joints in both feet or ankles. Symptoms usually include morning stiffness, fatigue and even weight loss. Rheumatoid is a systemic inflammatory disorder which also affects other parts of the body, not just our bones. Women are also 3-4 times more likely than men to suffer with rheumatoid arthritis. The onset of rheumatoid arthritis is more acute in comparison to osteoarthritis. There are times when the symptoms disappear, and environmental factors or physical activity may create a flare.



Gout is a condition caused by buildup of uric acid within the joints. This can create gouty arthritis which is often found in the foot as it is one of the cold is causing her bodies and the uric acid may crystallize within the joint. Gout attacks are extremely painful and debilitating. Men are more likely to be afflicted than women and may also be associated with "the rich man's diet".

Psoriatic arthritis is often found in conjunction with psoriasis, the skin disorder. One in 20 people with psoriasis will develop associated arthritis. Psoriatic arthritis is often found in the toes and seen alongside skin and nail changes.

Traumatic arthritis is a result of forced inappropriate motion of the joint or ligament or fractures and sprains. A bad sprain can still cause damage to the cartilage even if no fracture occurs.

Arthritis in the foot can present as swelling, tenderness, redness, warmth, decrease in motion of the involved joint, and morning stiffness. You may experience a dull ache as well as an occasional sharp pain to the joint.

In treating arthritis, we want to control inflammation and preserve joint function. By minimizing the motion of the involved joint, we may see control of the symptoms. In the feet, this can be done by wearing appropriate shoe gear or custom made orthotics. Physical therapy and medication

do not only assist in appropriate mobility of the joints, but can improve health of associated ligaments and tendons which support those joints. If the arthritis is not adequately controlled conservatively, there are surgical procedures to address the involved joint.

Seek evaluation and treatment by a podiatrist sooner rather than later when noticing these symptoms in your feet. Treatment can become increasingly difficult as the arthritis worsens.

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.

Sahiba Singh DPM, AACFAS

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



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www.NaplesPodiatrist.com

Overactive Bladder

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

The bladder's function is to collect urine from the kidneys and expels it when it is full. It acts much like a reservoir for urine. Overactive bladder is characterized by a group of four symptoms: urgency, urinary frequency, nocturia, and urge incontinence. When the bladder is overactive, urgency to empty the bladder may feel overwhelming and more frequent. Most of the time, a person cannot control the strong desire to urinate and the number of times they feel like they must empty their bladder during the day increases. The desire can be so intense, there's not much time to get to the bathroom and urine may leak out uncontrollably. The condition is usually the result of miscommunication between the brain and the bladder. The person's bladder squeezes frequently or without warning and the brain signals to the bladder that it is time to squeeze and empty, but the bladder isn't full. As a result, the bladder starts to contract. This causes a strong urge to urinate.

Some risk factors for overactive bladder include obesity, caffeine, and constipation. Poorly controlled diabetes, poor functional mobility, and chronic pelvic pain may worsen the symptoms. This condition is more common in women, especially when associated with loss of bladder control but it can also occur in men.

The cause of overactive bladder (OAB) is unclear, and multiple causes are associated with this condition. It is often associated with overactivity of the detrusor muscle. It is also possible that the increased contractile nature originates from within the urothelium (the lining of the bladder wall) and lamina propria (also part of the lining) and abnormal contractions in this tissue. Overactive bladder can be categorized into two different variants: "wet" (i.e., an urgent need to urinate with involuntary leakage) or "dry" (i.e., an urgent need to urinate but no involuntary leakage). Wet OAB is more common than dry.

The diagnosis of OAB can be made clinically with a full history from the patient, a bladder voiding diary and urodynamics. Cystoscopy can also aid in the diagnosis to rule out abnormalities of the bladder. Additionally, a urine culture may be done to rule out infection which can sometime mimic or increase symptoms of OAB.



Treatment for OAB can start with lifestyle modifications such as fluid restriction, avoidance of caffeine and other bladder irritants, and pelvic floor muscle exercise and physical therapy. Biofeedback is used to reduce the frequency of accidents resulting from poor bladder control. This method is aimed at improving the person's control over the time, place and frequency of urination.

Several anticholinergic medications are frequently used to treat overactive bladder. β_3 adrenergic receptor agonists (e.g., mirabegron), may be used, as well. Within the appropriate setting, both anticholinergic drugs and β_3 adrenergic receptor agonists may be used in combination to improve symptoms of OAB. PTNS (peripheral tibial nerve stimulation), Interstim (sacral nerve stimulation) and Botox (Botulinum toxin A) are also treatment options done when lifestyle modification and oral medication have failed.

Living with OAB can be difficult. For this condition, you're likely to start by seeing your primary doctor. After your initial appointment, you may be referred to a Urologist. Some things to keep in mind prior to seeing and during your urological evaluation is: keeping a bladder diary for a few days, recording when, how much and what kind of fluids you consume. Tell your doctor how long you've had your symptoms and how they affect your day-to-day activities. Note any other symptoms you're experiencing, particularly those related to your bowel function. Let your doctor

know if you have diabetes, have a neurological disease, or have had pelvic surgery or radiation treatments. Make a list of all the medications, vitamins or supplements you take. With appropriate diagnosis and treatment, OAB is a common condition that can be mitigated by various options. Every patient's clinical course may be different. Overactive bladder is a common condition but luckily, there are several ways to improve the symptoms for better quality of life.

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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NEW TECHNOLOGY TO RESOLVE SYMPTOMS FROM NEUROPATHY AND CHRONIC JOINT PAIN

Symptoms of Peripheral Neuropathy Depend on the Peripheral Nerve Affected

Sensory nerve damage



Unusual sensations



Pain from light touch



Burning



Tingling



Numbness



Balance problems

Motor nerve damage



Muscle cramping



Twitching



Reflex abnormalities

Autonomic nerve damage



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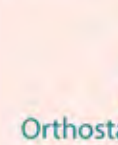
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Heat intolerance



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Orthostatic hypotension (dizziness or fainting after standing up)

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

WHAT IT TREATS

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

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

HOW MANY TREATMENTS

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



NEUROPATHY CAUSES

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



SANEXAS TREATMENT

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- Chronic Joint Pain

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- Long-lasting Results



REGENERATIVE MEDICINE

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

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

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

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

WHAT IS THE TM-FLOW SYSTEM?

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



SPECIFIC TEST FOR NEUROPATHY SYMPTOMS

Population that should be tested with TM-Flow



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(Hypertensive, Overweight, Smoker, Diabetic)

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MAYO CLINIC



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



Inventive IV Laser Therapy Offers Numerous Possibilities to Enhance Your Health & Wellness

By Dr. Doreen DeStefano, NhD, APRN, DNP

Root Causes Holistic Health and medicine introduces Intravenous Laser Therapy to Southwest Florida. We are proud to be on the forefront of this cutting edge technology! Weber intravenous laser therapy offers advanced evidence based non-drug therapy for chronic diseases that strengthens the immune system and optimizes metabolism. It is an evidence based therapy that is simple, comfortable and has no negative side effects.

We are using the intravenous laser therapy for acupuncture, and topical treatments. The cannular is carefully placed intravenously and the procedure is pain-free. The laser utilizes direct laser blood irradiation with red, yellow, green, blue and UV laser therapy.

How does it work?

Red light

Red light helps with tissue regeneration and energy production.

- ATP increase
- Improvement of immunological activity
- Increase in cell activity and microcirculation
- Increase in the amount of oxygen in the blood
- Stimulation of the metabolism
- Calms the nerves and the heart rhythm
- Muscle relaxation
- Fat Loss and Cholesterol Lowering

Green light

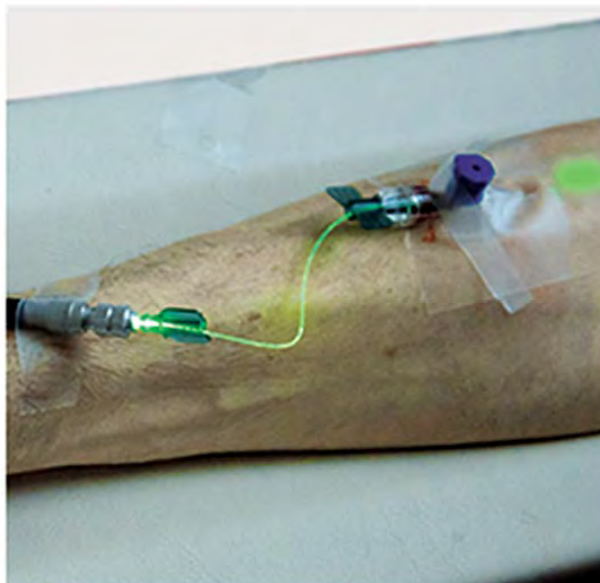
Green light is anti-inflammatory and helps with pain.

- Stimulation of fibroblast growth with an improved effect on glucose metabolism
- Decrease in the viscosity of the blood
- Improved blood circulation and oxygen supply
- Activation of repair processes

Blue light

The blue laser is used in particular in inflammatory processes, as it is known today that it has a very strong anti-bacterial and anti-inflammatory effect intravenously.

- Decrease in cholesterol, triglycerides, and blood glucose and bilirubin
- Increase in immunological activity
- Increase in NO production (NO = Nitric Oxide), which in turn leads to improved microcirculation



- The increasing NO production activates telomerase and thus inhibits the breakdown of telomeres, which are responsible for our life expectancy, so that the therapy also has a strong anti-aging effect.
- Wound healing
- Improvement of the oxygen utilization in the tissue

Yellow light

Mood-enhancing effect by stimulating serotonin and vitamin D metabolism

- Helpful for panic attacks and anxiety disorders
- Detoxifying effect

UV light

UV light irradiation strengthens the immune system and thus the whole organism through the following therapeutic effects:

- Improves tissue absorption of oxygen
- Prevents viruses, bacteria and fungi from replicating
- Improves blood circulation and prevents platelet aggregation
- Improves blood circulation by widening blood vessels
- Enhances the body's ability to detoxify and break down toxins
- Improves the utilization of oxygen in the tissue
- Activates cortisone-like molecules (sterols) in vitamin D.
- Restores the normal size and mobility of fatty elements

ROOT CAUSES HOLISTIC HEALTH & MEDICINE

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

Doreen DeStefano, NhD, APRN, DNP

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

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

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

Learn more about unique and effective therapies with Doreen DeStefano.



12734 Kenwood Lane, Ft Myers, FL 33907
239-425-2900 | www.rtcausesmd.com



The Best Non-Surgical Treatment for Arthritis YOUR OWN STEM CELLS!

Dr. Sebastian Klisiewicz, D.O.

What is Arthritis?

Osteoarthritis is a degenerative condition of the joints affecting millions of people worldwide. Those suffering from arthritis can experience joint pain, swelling and or stiffness. The most commonly affected joints are the knees, hips, and shoulders, but other areas such as the spine, feet and hands can also be affected.

With osteoarthritis, the joint cartilage is broken down which can result in inflammation, pain and stiffness to that area. Reasons for this breakdown can include loose ligaments, weak muscles, as well as overuse or trauma.

Typical Treatments for Osteoarthritis

Unfortunately, many of the standard treatments for arthritis come with significant risks and side effects. Anti-inflammatory medications such as ibuprofen and Advil can help decrease pain and inflammation, but can cause serious complications such as kidney failure, stomach ulcers and increased risk of heart attack.

Steroid injections into arthritic are also commonly used. If repeated, steroid injections can speed up the process of joint degeneration and cartilage breakdown, accelerating the need for a joint replacement.

Joint replacement is generally the last line treatment for severe arthritis that is not adequately managed with the above therapeutic options. This is an invasive procedure that, even when done correctly, has significant risks including infection, blood clots, nerve injury, and malfunction of the prosthesis.

Stem Cells, a New Treatment Option

Luckily for arthritis sufferers, stem cell procedures offer a natural and effective treatment for osteoarthritis.

Stem cells are the "master orchestrators" of healing and regeneration. Through the release of signaling molecules and growth factors, stem cells regulate the local immune response, decrease inflammation, and stimulate tissue healing. Stem cells can also replace injured cells, recharge old and tired cells and stimulate the production of necessary proteins. Through these mechanisms, stem cells can significantly improve the health and function of an arthritic joint.



Multiple scientific studies on knee arthritis have shown that bone marrow stem cell injections can significantly reduce pain, decrease inflammation and most importantly improve function. Best of all, in many patients, these effects were shown to last for many years.

Bone marrow stem cells are real living cells that are derived from the self, unlike many other "fake" stem cell products on the market. In 2019, Dr. Lisa Fortier from Cornell University published a study testing multiple amniotic fluid products that are sold as "stem cells". Her findings showed that there were no living cells in any of these products nor did they contain any significant amounts of growth factors.

The only place to get living stem cells that are programmed to heal your tissues is from your own body, such as the bone marrow of the pelvis.

Maximizing Your Stem Cells Results

At Integrative Rehab Medicine we offer a comprehensive treatment program to maximize your results.

We educate our patients on specific nutritional support for optimal healing. A well-balanced diet rich in fruits, vegetables and high-quality proteins as well as specific nutritional supplement are used to prepare the body for healing.

We complement our stem cell injections with a personalized physical therapy program which can include manual therapy, muscle strengthening, balance training, and or bracing protocols. We also

incorporate state of the art energy modalities such as low-level laser and pulsed electromagnetic field therapy to improve the healing process.

The whole joint and surrounding structures need to be treated. Joint strength and stability can also be maximized through prolotherapy injections to the surrounding ligaments prior to and after the stem cell procedure.

At Integrative Rehab Medicine, we specialize in treating arthritis with bone marrow stem cells. Dr. Sebastian and our team of highly trained professionals are pioneers in non-surgical Regenerative Medicine treatments for arthritis and other musculoskeletal conditions. Our Integrative Advantage™ is the most comprehensive arthritis treatment in Southwest Florida. Arthritis patients now have a safe and effective options to eliminate symptoms, improve function and regain quality of life.

DR. SEBASTIAN KLISIEWICZ, D.O.

Board Certified in Physical Medicine
and Rehabilitation

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

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



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AA DEGREE IS A CAREER STARTER

By Dr. Diana Schultz

Are you dreaming of a healthcare profession? Consider starting with associate level courses.

Most career paths, such as nursing, dental hygiene or physical therapy, require that you complete pre-requisite courses at the associate degree level before applying to the professional programs. At Hodges University, you can take healthcare programs' pre-requisite courses as part of an Associate in Arts in Health Sciences. Those prerequisite courses build the knowledge you'll need when you continue your education and training through core courses and hands-on experience within healthcare professional programs. Our Associate in Arts in Health Sciences offer the prerequisite courses required for degrees in nursing, physical therapist assistant and dental hygiene, degrees that we also do offer at Hodges University.

In addition to doing class work, online and on-campus, our students have the advantage of learning in our modern anatomy and physiology, chemistry, and microbiology labs, labs that are located in our Health sciences building, the same building that houses our nursing, physical therapist assistant and dental hygiene programs. Our students learn about the structure and function of the human body in Anatomy and Physiology classes. They also apply what they learn by performing experiments to understand the concepts they're taught in class, like extracting DNA from fungi, testing their own DNA, and making bacteria glow. Some of the lab instruments and equipment our students use include scalpels and forceps, extraction columns, centrifuges, electrophoresis instruments, and PCR machines.

By learning the concepts and applying them in lab settings, our students can take that knowledge with them when they choose their career path. At Hodges University, those career paths include nursing, physical therapist assistant, dental hygiene and health sciences, programs that are also housed in the Health Sciences building. Our students cross paths from day one.

All of these paths offered here, at Hodges University, in Florida lead to careers that are in demand.



The need for nurses, especially those with a bachelor's degree, is in high demand. Florida is ranked in the top three states for employment, and the average annual salary for Registered Nurses (RNs) with a Bachelor of Science in Nursing (BSN) is \$69,510.*

The average annual salary for a Physical Therapist Assistant (PTA) with an associate degree in Florida is \$64,940.* Florida is ranked second in the country for highest job openings for PTAs.*

Like nursing and PTA, the demand for dental hygienists in Florida is expected to grow by 11 percent through the year 2030, and Florida is one of the top states that needs dental hygienists. The average annual salary for a dental hygienist is \$67,870.*

*Bureau of Labor Statistics: bls.gov

**CareerOneStop.org

With a bachelor's degree in health sciences (BS-HS), one of the paths is to become a health education specialist. Demand is expected to grow 12 percent through the year 2030 with an average annual salary of \$56,500**. Alternative opportunities for a BS-HS is application to masters and doctoral graduate programs in medicine, dentistry, physical therapy, optometry, pharmacy, among others.

A healthcare career continues to be a promising one that is also greatly needed in Florida. There are many paths to build a healthcare career: take the AA path and build yours at Hodges University!



Stay Near. Go Far.

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ALTERNATIVE TREATMENTS FOR ARTHRITIS

When one thinks of arthritis, one usually thinks of joint pain and debilitation. While pain is a well-known and ubiquitous symptom of arthritis that accelerates the rate of debilitation, there is new research leading to new hope for those suffering from this disease. Before we speak more about this new research, let's first discuss arthritis and clarify the disease and its progression.

Arthritis can be broadly defined as "inflammation of one or more joints." According to the Arthritis Foundation, there are between 100 to 200 different kinds of arthritic conditions that can be split into various groups and categories based on the pathophysiology causing the issue. The Centers for Disease Control and Prevention (CDC) breaks arthritis into five types: Osteoarthritis, Rheumatoid Arthritis, Gout, Fibromyalgia, and Childhood Arthritis. Osteoarthritis and rheumatoid arthritis are the two most common of these five types.

Osteoarthritis (OA) – The number one most common form of arthritis is caused by joint degeneration due to chronic "wear and tear." OA most frequently occurs in the hands, hips, and knees and results in pain, stiffness, and swelling.

Rheumatoid arthritis (RA) – The pathogenesis of rheumatoid arthritis differs from osteoarthritis. It is caused by an autoimmune and inflammatory disorder that attacks healthy cells in joint tissue. Common joints include the hands, wrists, and knees, but RA can also affect other organs like the lungs, heart, and eyes. With RA, the lining of the joints is damaged by inflammation that commonly leads to chronic pain, instability, and deformity.

NEW RESEARCH FINDINGS

Those suffering from OA or RA are finding new hope with cannabis and cannabinoid-related products and therapies. In a 2021 article published in Arthritis Care and Research, there has been a significant increase in cannabis use among adults with arthritic ailments from 6.3% in 2014 to 18.4% in 2019, respectively. However, 74% of users in 2014 reported cannabis was effective for the relief of arthritis symptoms compared to only 62% of users in 2019.

Unfortunately, there is no cure for arthritis; however, it can be managed and treated. While management aims to improve quality of life by reducing pain and

delaying or even preventing disability, treatment options can range from medications and physical therapy to surgery.

Thanks to the boom in states that have passed legislation legalizing medical marijuana, patients looking to avoid the highly addictive and dangerous pharmaceuticals that have devastated the country can. The opioid pandemic that began raging through the country, needlessly taking hundreds of thousands of innocent lives, hit Florida particularly hard. This hardship led to advocating and pushing toward opioid-sparing pain treatment options. Because of this overwhelming desire, Florida patients can now find **new, safe, and legal** treatment options for those suffering from chronic nonmalignant pain caused by conditions such as arthritis.

STATE STATISTICS

According to the CDC's Behavioral Risk Factor Surveillance System (BRFSS), in 2020, Florida had a 24% prevalence of arthritis in adults aged 18 and older. Additionally, of people aged 65 years and older, 49.6% reported doctor-diagnosed arthritis. Florida's higher concentration of senior adults places Florida higher on the arthritic ladder than most states. This cohort has led to an increased number of medical marijuana patients looking for relief from symptoms related to arthritic conditions.

NATIONAL STATISTICS

In a 2017 statement by the Centers for Disease Control and Prevention (CDC), "about one in four US adults (23.7%), or about 58.5 million people aged 18 and older have doctor-diagnosed arthritis". Furthermore, out of those 58.5 million adults, roughly 23.7 million (43.5%) "have limitations in their usual activities due to their arthritis" (CDC, 2017). Because arthritis prevalence increases with age, "arthritis is projected to increase as the population grows and ages and will affect nearly 78 million Americans aged 18 years and older by 2040".

Contrary to the CDC's estimates, in 2019, the Arthritis Foundation claimed that there might be 300,000 children and an additional 32.5 million American adults with "reported symptoms consistent with a diagnosis of arthritis." This insight led them to make an adjusted statement indicating "there are potentially **more than 91 million adults** in the US living with arthritis" (The Arthritis Foundation, 2019).

MAY IS ARTHRITIS AWARENESS MONTH

Because arthritis is one of the most widespread health conditions in the US, the CDC, the Arthritis Foundation, and other partners observe the month of May as Arthritis Awareness Month. In light of Arthritis Awareness Month, throughout May, the healthcare professionals at Compassionate Healthcare of Florida will be offering all new patients, patient transfers, patient renewals, and anti-inflammatory CBD products, a limited-time 20% discount. Just mention **"Arthritis Awareness Month" or "Health and Wellness Magazine"** and **find out how they may facilitate same-day medical marijuana cards on-site!**

For more information on arthritis and medical marijuana, please visit www.flmmjhealth.com or dial (239)-310-6412.



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By Duane Wiggins, M.D.

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

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

What are the symptoms?

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

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

How did I get Cataracts?

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

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

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

How do I treat my Cataracts?

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

About Quigley Eye Specialists

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



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

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

What is an IOL?

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

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

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

Which IOL is Best for Me?

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

Cataracts with Astigmatism

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

Laser Cataract Surgery

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

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

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

References:

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



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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.

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OCD Clinical Trial

DO YOU SUFFER FROM OCD?

We're studying an investigational drug to potentially help treat the symptoms of OCD.



Adults with OCD who are not satisfied with their current medication may be eligible to participate in a study with an investigational medication that would be added to their current medication.



What is OCD?

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

OBSSESSIONS
Repetitive and unwanted images, thoughts or urges.

COMPULSIONS
Behavior that you repeatedly perform to reduce distress.

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

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



Why Participate?

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

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

See If You Qualify

You are between the ages of 18 and 65.
You think you may have symptoms of OCD or you have been diagnosed with OCD.
You are not taking Fluvoxamine (Luvox)

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

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

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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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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>



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OCD: PARTICIPANTS NEEDED

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

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

O- Obsession
C-Compulsions
D-Distress

There are different types of OCD

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

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

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

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

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



What You Should Know About Clinical Trials

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

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

How Clinical Trials Help

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

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

CURRENT STUDIES

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

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



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Five Questions to Ask Your Pediatrician at Your Child's Next Wellness Visit

By Stephanie Haridopolos, M.D., Florida Healthy Kids Corporation Chair and Board-Certified Family Medicine Practitioner

As a parent, ensuring your child's health and wellness is a top priority and, as a mother of three myself, I understand the stress that can go along with that. Scheduling and keeping routine appointments with a trusted health care provider – like your child's pediatrician – is one way to make sure your child stays on track and is healthy and happy.

Getting your child the best care at an affordable price is a priority from infancy to adolescence. Fortunately, Florida KidCare provides low-cost, high-quality health care coverage options to make sure children throughout the state have access to the necessary health services they need to grow strong and healthy, both physically and mentally.

Beyond the regular childhood concerns like catching a common cold or falling off a bike, children's mental health also must be examined and treated. Early research has shown the effects of the COVID-19 pandemic have impacted children and many are experiencing heightened levels of anxiety and depression that must not be ignored.

Talking to your child about mental health provides an opportunity to share important information and guidance. Having an open dialogue helps decrease the stigma that often surrounds this sensitive topic. Children who are more comfortable talking about mental health concerns are able to better recognize the signs and symptoms in themselves and others, and are more likely to seek earlier treatment and extend more compassion to their peers.

In addition to talking to your child about mental health, kids need a regular routine and consistency in their lives to ensure they have a healthy mind. Yet, the typical forms of socialization, like in-person school, still may not be available to everyone. Wellness visits are the perfect opportunity to speak with your child's pediatrician about their mental health and any concerns you may have that could be affecting their overall well-being. These appointments also give your child the opportunity to check in with a trusted professional and provide additional stability and consistency.



Most parents consider the many questions to ask a pediatrician during a wellness visit about their child's physical health, yet few consider addressing mental health concerns. Here are **five essential questions** to ask your pediatrician at your child's next wellness visit:

1. How do I know if my child is experiencing an anxiety and/or depression disorder?

Anxiety and depression disorders refers to multiple mental illnesses with specific symptoms. A child suffering from anxiety or depression may experience chronic symptoms that interfere with daily life — feeling distressed and avoiding certain situations. If you notice your child has had a change in behavior, appetite, loss of concentration or interest in activities, they may be facing an anxiety or depression disorder.

2. What do the behavioral changes my child has been going through mean?

During a wellness visit, take time to list your child's symptoms — such as mood swings, social skills impairment, restlessness or problematic behaviors like tantrums — so they can be discussed with a pediatrician. Notifying your child's pediatrician of changes in behavior may help diagnose anxiety disorders sooner. Having an open line of communication with your child's pediatrician is the first step to learning more about their mental health.

3. Is there treatment available for my child?

Finding help from a doctor who makes your child feel comfortable is an important component in receiving effective treatment. It is vital to find a permanent medical home for your child so they

receive consistent, trusted care. In addition to prescription medications, effective forms of therapy may aid in helping your child cope with anxiety or depression disorder. Ask your pediatrician if they have training and experience in treating anxiety disorders or if they can refer you to another health care professional.

4. How will this diagnosis affect my child in school or other social settings?

If untreated, anxiety and depression disorders often lead to poor performance in school and underdeveloped social skills. If your child is struggling, acknowledge their disorder with school administrators so accommodations can be made and teachers can monitor your child to keep you informed.

5. How can I help my child at home?

If your child has been diagnosed with an anxiety or depression disorder, it can be worrisome for you as a parent. Rather than tread lightly around your child and avoid their mental health disorder, work toward helping them manage it. Implementing structure is a great way to support your child, through such things as a bedtime routine.

When addressing your child's health, it is just as important to seek mental health treatment as it is to treat physical health problems. It is critical to find a pediatrician who makes you and your child feel comfortable, especially when there's a need for mental health guidance. Florida KidCare offers affordable health care coverage for children with a network of high-quality providers across the state where your child can establish a consistent medical home for necessary care.

To learn more about Florida KidCare's benefits and service and the importance of caring for children's mental health, visit floridakidcare.org.

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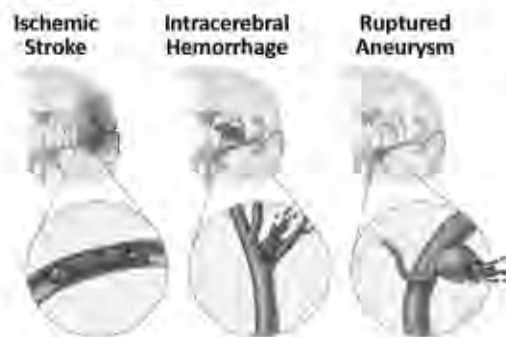
By Nasser Razack, MD, JD

May is stroke awareness month. There are many actions we can take to impact the future of stroke but none greater than its prevention. Our emphasis must switch from the treatment of the disease to its prevention by promoting better health and well-being.

Inflammation is our immune system's response to attacks on the body by foreign substances. It is a response that enables the body to defend itself by creating a hostile environment to kill unwanted intruders. Inflammation is great when our body is under attack; however, inflammation can also be triggered to attack normal healthy tissue. In this scenario, inflammation still produces a hostile environment within the body, but damages healthy tissue instead of destroying unwanted invaders.

A stroke occurs when blood flow to the brain is interrupted, causing a deprivation of oxygen and nutrients to that section of the body. There are two types of strokes: (1) ischemic stroke caused by blocked arteries that supply oxygen to the brain and, (2) hemorrhagic stroke which results from a leaking or ruptured brain blood vessel (Figure 1).

Figure 1. Types of Stroke



Ischemic stroke accounts for the vast majority (80%) of all stroke cases and can result in the following signs and symptoms: speech difficulties, confusion, vision problems, balance issues, headaches and paralysis or numbness of the face, arm, or leg (Figure 2).

Figure 2. BEFAST to stop stroke in its tracks!

If you think someone is having a stroke, BEFAST and do these simple tests:



Figure 3. Brain Nut

Increasing evidence demonstrates that inflammation plays an important role in the development of cardiovascular and cerebrovascular disease (stroke). A significant cause of inflammation is our diet. Specifically, diets high in red and processed meat, refined grains and sugar-sweetened beverages are all associated with increased inflammation which can heighten the subsequent risk of stroke compared to diets comprised of anti-inflammatory foods. Certain diets such as the Mediterranean diet—abundant in olive oil, nuts, whole grains, fruits, vegetables and seafood with reduced consumption of red and processed meat—can lower inflammation in the body (as measured by inflammatory biomarkers) and thus reduce the risk of stroke. Conversely, diets consisting of refined sugars and grains, fried foods, soda, red and processed meat which promote inflammation (as marked by increased inflammatory biomarkers), had a higher risk of stroke.

Research demonstrates that regular nut consumption is associated with lower cholesterol levels and a reduced risk for heart disease (including stroke). One study specifically examined whether a diet containing walnuts could lessen inflammation. This study examined 634 participants and determined that the regular consumption of walnuts (30 to 60 g per day or around 2 to 4 walnuts) showed reduced levels of inflammation in six of the 10 inflammatory biomarkers that were measured. Monserrat Cofan, PhD, lead author of this study, stated, "The anti-inflammatory effect of long-term consumption walnuts demonstrated in this study provides novel mechanistic insight for the benefit of walnuts consumption on heart disease risk beyond that of cholesterol-lowering." Other studies also demonstrate that regular walnut consumption can boost brain function and

slow down cognitive decline. Walnuts are rich in omega-3 fatty acids and polyphenols, both of which reduce inflammation and fight oxidative stress which are the main causes of cognitive decline (Figure 3).

Another study published in the Journal of Nutritional Metabolism demonstrated that a single serving of Brazil nuts containing one, four or eight Brazil nuts resulted in an almost immediate improvement in bad (LDL) cholesterol levels. Elevated cholesterol is a known risk factor for stroke and other forms of cardiovascular disease. However, researchers followed up on the participants' cholesterol levels five days and then 30 days later. Note that during this period, the participants only had the initial single serving of one, four or eight Brazil nuts. Amazingly, they maintained lower cholesterol levels for a month after only eating that initial serving of Brazil nuts. The researchers also concluded that eating a single serving of four Brazil nuts was enough to maintain lower cholesterol levels for up to a month.

This sounds too good to be true and further research is definitely required. However, when the intervention is inexpensive, easy, harmless and healthy—such as eating four Brazil nuts a month—it's quite reasonable to adopt this habit until proven otherwise. In case you're wondering, the theory behind this amazing process is the selenium content of Brazil nuts. As an added benefit, the study also demonstrated these effects were achieved "without producing liver and kidney toxicity."

Stroke is an inflammatory-based disease process. Theoretically, blocking inflammation and other degenerative processes can delay the onset of inflammatory-based diseases such as stroke. Neurcumin® is an all-natural nutrient which, in addition to curcumin, contains many other polyphenols and natural agents uniquely formulated to fight inflammation.

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.

available at **amazon**



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.

ARE YOU STRUGGLING WITH URINARY INCONTINENCE?

When it comes to urinary incontinence, you have many choices and treatment options, but you must be honest with yourself in order to finally get long-lasting medical help. If you answer yes to one or more of the following questions, it's time to see a specialist.

Yes or No:

- Do you often have an uncomfortable or uncontrollable urge to urinate?
- Do you have frequent urination during the day?
- When you get the urge to go, do you make it to the bathroom on time?
- Do you wake up to urinate one or more times per night?
- Does urine leak when you cough, sneeze, laugh, jump, exercise, or lift heavy objects?
- To help your symptoms, have you tried wearing pads or briefs, drinking less, doing Kegel exercises, rearranging your daily routine?

THE TRUTH: WHAT YOU NEED TO KNOW

#1 It's important that you don't just see someone claiming to be a pelvic floor specialist.

A modern subspecialty called Female Pelvic Medicine & Reproductive Surgery (a.k.a. Urogynecology) was developed to harness this knowledge to benefit women of all ages. A Urogynecologist has advanced training in treating these disorders that a gynecologist and a urologist may not have. A gynecologist specializes in the female reproductive system (vagina, uterus, and ovaries) and a urologist specializes in the urinary tract of both men and women. A urogynecologist blends the knowledge of a gynecologist and urologist to give women the best possible outcomes for disorders that affect these two closely integrated systems.

The Florida Bladder Institute, based in Naples Florida, is one of the country's first urogynecology practices. Typically, a woman would have to see a gynecologist for one problem, a urologist for another and a gastroenterologist for another. Dr. Joseph Gauta explains, "A Urogynecologist has the skill and experience to assess the entire pelvic region including the uterus, bladder, vagina and rectum as well as the muscles, ligaments, connective tissue and nerves that support those systems." He added, "This means a thorough evaluation is done of your urinary, lower gastrointestinal and reproductive systems as a whole to ensure you receive the best possible treatment and outcome in the most efficient and cost-effective manner."



#2 It's not cookie-cutter. Your treatment should depend on the type and severity of your disorder.

"Urinary incontinence" is a general term and symptoms can range from mild leaking to uncontrollable wetting. It can happen to anyone, but it becomes more common with age. There are many types of urinary incontinence, and sometimes a woman may have more than one of the following types:

- Stress
- OAB
- Urgency
- Mixed incontinence (i.e., stress and urgency can occur together)

Your treatment should be custom-tailored to the specific cause of your incontinence, your medical and surgical history, your overall health, age, and goals.

#3 It's not always incontinence.

Sometimes there are other conditions that may feel like an incontinence problem or cause unusual pain. The Florida Bladder Institute is well-prepared to evaluate and treat related problems of the urinary system that may be causing your discomfort.

The Florida Bladder Institute can offer several options used in combination or individually depending on your needs. They may include medications, diet modification, bladder retraining and Kegel exercises to strengthen the pelvic muscles.

#4 There are numerous incontinence treatment options.

The good news is that virtually all types of incontinence are treatable. The Florida Bladder Institute's expert team is dedicated to helping you achieve the highest level of health and quality of life.

The clinical staff of the Florida Bladder Institute is well-versed and experienced in using a variety of techniques including medication, rehabilitation, minimally invasive surgical intervention, and life-style education to improve your overall health and help you regain control and reclaim your freedom.

The Florida Bladder Institute's Innovative Techniques and Treatment Options:

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- Emsella (Kegel chair)
- Pelvic Floor Rehabilitation including Kegel Exercises, physical therapy and electrical stimulation
- Laser and Muscle Therapy
- Biofeedback
- Botox Bladder Injections
- Pessary Vaginal Device
- Injections including Botox and bulking procedures
- Outpatient Surgery
- Surgery for Organ Prolapse / Dropped Bladder Repair
- Axonics® Sacral Nerve Stimulation

At the Florida Bladder Institute, you will experience a thorough approach to the evaluation and treatment of pelvic organ prolapse, bladder and lower urinary tract disorders, bowel and gas incontinence, bleeding, pelvic pain and menopause. Our compassionate and expertly trained team will guide you along the way using state-of-the-art technology in our comfortable and private setting.



JOSEPH GAUTA, MD



NICOLE HOUSER, PA-C



MACKENZIE HUDSON, PA-C



AMBER THOMPSON, PA-C



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info@floridabladderinstitute.com

Navigating the Health Care System for Your Aging Parents is Tough

Navigating the health care system for your aging parents is tough. Navigating health care services for a parent who lives miles or states away can be almost impossible. If you find yourself the primary caretaker for a person who lives outside of your zip code, there is help a mere phone call away.

Imagine this scenario. You are a working family who lives in Ohio and your parents have moved to their retirement dream home in Florida. You've noticed some changes in your mom's behavior and communication patterns, but due to your demanding job, your own family, or the increased price of travel you just can't get to Florida to get mom to the appointments you fear she needs. Dad can drive her there, sure, but can you trust dad to give you the full picture of what is going on with mom's health? Does mom fear going to the memory care specialist because she is afraid they will confirm what she doesn't want to admit? Does dad have his own health concerns that have you worried for both of them? Will both mom and dad brush off your questions and your urging to see a specialist? Do you lay awake at night and wonder who will take advantage of your aging parents? No one wants to leave their home, and aging in place is becoming more and more prevalent and there are options, but do we really understand the maze of healthcare?

This is not a scenario or possibility for many working families. This is a real problem, and these are real fears for those of us in the middle. Young



children who need us, aging parents who need us, careers that demand us, those adults are "the middle". We are in the middle of our lives but caring for those above and below. We have plenty of love and respect for our families, but not enough time to take care of everyone to the degree we want. That's where Ultimate Resource Healthcare Navigators comes in.

With resources and knowledge and understanding of the continuum of care in the healthcare arena, the Navigators can step in with a team of patient advocates to be your eyes and ears. The owners of Ultimate Resource have over 20 years of experience in the healthcare service industry. We have worked in hospitals, with doctors and medical directors in an acute and post-acute setting, care managers, social workers, ran physical therapy groups and worked directly with patients to provide a helping hand where your hands cannot reach. Navigating the healthcare maze is our life's work. Both from

experience and from need. We are not a franchise, we are a team of dedicated, caring experts who understand that communication and coordination and passion are the key to a long and prosperous, healthy life.

Our advocates understand your health insurance to assist in making appointments, attend medical appointments, visit your loved one in case of a hospital stay, create a care plan and keep medical records organized to keep you in the loop and report back to you as to the direction the medical team is communicating in layman's terms, so it is easy to understand from a distance to alleviate your stress. Is mom covered by dad's VA benefits? We can find out. Is this specialist "in network"? We already know. Will you be able to return home with a private duty medical aide? We can find one to suit even the most particular person. Is this the time for a medical power of attorney? We have a screened list of Elder Law Attorneys who can make that happen, or is it time for an Assisted Living or Memory Care Community, we do that also. Will a stay in a Skilled Nursing Facility deplete my parents' savings or is that covered by Medicare? Do I need more long-term care insurance, and how do I understand it? Our healthcare Patient Advocates can help you make those decisions with our vast depth of experience and expertise. If it's time to make tough decisions, a Patient Advocate is your first step that will help you sleep at night knowing that your loved one is being taken care of while you take care of the rest of your family. The rest we can Navigate together.

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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Kids have access to important mental health services under the many benefits covered by Florida KidCare. A strong, healthy mind is key to a child's development and Florida KidCare is here to help families navigate challenges with mental health.

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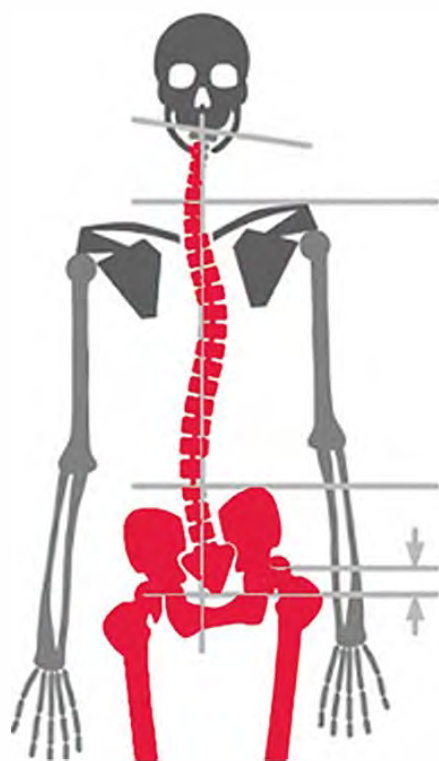
WE CARE ABOUT WHAT IS IMPORTANT TO YOU

If you are considering care for a loved one and want to learn more about our services Call Ultimate Resource for your **FREE CONSULTATION TODAY!**

Your Foot Shape Affects Your Entire Posture

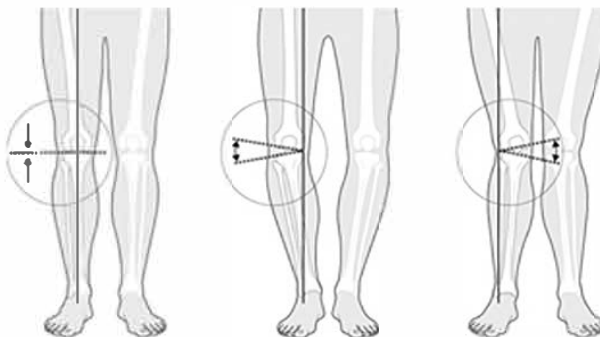
By Marek Zajac, FootXperts Founder and CEO

80 percent of people have foot dysfunctions which don't necessarily cause foot pain, but are responsible for their knee pain, back pain, sciatica, hip joint pain, posture problems, imbalance and other painful conditions. The reason and explanation for that is simple: Your body works as a chain of muscles and bones and your foot shape has an immediate effect on our entire posture.



YOUR FOOT SHAPE
AND YOUR LEG AXIS
AFFECT YOUR POSTURE

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



Differences in shape between the right and left foot cause a shift in your pelvis. Hip pain, lower back pain and sciatica are typical symptoms. Furthermore, the foot shape directly affects your leg axis. Flat feet and pronating ankle, or high arches and supinating ankle cause a rotation of your legs with negative effects on knees and hips. Untreated, this conditions can lead to permanent damages and chronic pain in muscles, ligaments and joints.

Our body works as a chain of muscles, tendons, joints and electrical impulses that provide the right information to make that network work like a clockwork. Custom Foot Orthotics can be so much more than just arch supports.

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

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



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LOCATED IN CAPE CORAL**

Marek Zajac, Founder and CEO

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

Who we are and how we work:

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

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

Our solutions help with

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

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Using CBD for Arthritis: Tips for How to Get Started

Enthusiasts of cannabidiol (better known as CBD) rave about the substance's health benefits. Some small studies have shown that CBD could be a remedy for anxiety and help children with post-traumatic stress disorder get to sleep. The substance was even FDA-approved last year as a prescription drug to manage rare, severe forms of epilepsy.

So naturally, you might be wondering: Can CBD help people with arthritis and related diseases cope with pain? Anecdotal reports from patients and some preliminary research suggests yes, but the science is still emerging and more research is needed.

Here's what you need to know right now about how to use CBD to ease arthritis symptoms, how to find a high-quality CBD product, and how to work with your doctor to incorporate CBD into your arthritis treatment plan.

What Is CBD, and Can It Help with Arthritis?

CBD is a chemical found derived from hemp. Hemp and marijuana are both types of cannabis plants, but they are very different from each other. They each have different quantities of various phytocannabinoids, which are substances naturally found in the cannabis plant. (It's sort of like how different kinds of berries contain different combinations of antioxidants.)

- Marijuana contains an abundance of THC (tetrahydrocannabinol), which is the cannabinoid that gets you high.
- Hemp contains less than 0.3 percent THC. It contains CBD, which is a cannabinoid that doesn't have any psychoactive effects. CBD cannot make you feel high. Instead, CBD works in other ways with your endocannabinoid system, which is a group of receptors in the body that are affected by the dozens of other documented cannabinoids.

"Cannabinoids can inhibit or excite the release of neurotransmitters [brain chemicals] and play a role in modulating the body's natural inflammatory response, which are the two things we're concerned about when talking about CBD for arthritis," says Hervé Damas, MD, a Miami-based physician and founder of Grassroots Herbals, a CBD product company.

CBD is thought to work on pain in two parts of the body: the site of soreness (such as your finger joints) and the central nervous system, which sends pain signals to the brain when it detects certain stimulation or damage to nerves and cells.

The ability for CBD to calm that response is one reason the compound might be a viable pain remedy for people with arthritis. Another is CBD's anti-inflammatory properties. Inflammation occurs when your body is fighting a perceived infection. In autoimmune diseases such as rheumatoid arthritis, the immune system is attacking healthy parts of your body like your joints.

Another commonly expressed side effect of arthritis is joint swelling and widespread inflammation. Most but not all types of arthritis are the results of inflammation from the immune system. In a healthy individual, the body produces white blood cells and compounds to protect from infection. However, in inflammatory conditions like arthritis, the immune system will trigger a response that causes damage to its own tissues.

Cannabinoids like CBD have been seen to suppress inflammatory responses, which can reduce arthritis symptoms. Cannabinoids have potent properties that regulate pathways involving the suppression of cytokines in inflammatory sites and activating apoptosis within immune cells. Due to this, researchers believe CBD could be a beneficial preventative treatment for diseases that involve chronic inflammation within the body, like arthritis. However, more research is still required.

Joint pain experienced by the arthritis patient can also exacerbate inflammation levels as pain and inflammation have a close relationship and often walk hand-in-hand in many diseases. Inflammation can be chronic or acute. Arthritis patients have chronic inflammation due to a prolonged inflammatory response which can increase oxidative stress, directly affecting healthy organs and tissues.

The Bottom Line

CBD shows promise in reducing the common side effects and symptoms of arthritis by interacting with the ECS to lower inflammation and reduce the perception of pain.

Because of this, many arthritis patients are beginning to use CBD in conjunction with traditional medication. While current research is promising, more studies are required to increase the global therapeutic use of CBD.

About Hemp Joi

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

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

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

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At The Onset Of A Stroke:

Prompt Treatment Can Save Lives And Lessen Long-Term Side Effects

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 ½ hours of the onset of symptoms.

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures. Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain. TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

Signs and Symptoms

Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B **Balance:** Does the person have a sudden loss of balance or coordination?



E **Eyes:** Is your loved one experiencing double vision or are they unable to see out of one eye?



F **Face:** Is one side of the face drooping? Ask the person to smile.



A **Arms:** Does one arm drift downward? Have the person raise both arms in the air.



S **Speech:** Is he or she slurring their speech or having difficulty getting the word's out right? Have the person repeat a simple phrase.



T **Time:** Time to act! Call 9-1-1 and get the person to a certified stroke center immediately, such as Adventist Medical Center.



STROKE?

DON'T WAIT!

B.E. F.A.S.T.



What You Can Do

- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don't delay, if you or someone you know has stroke symptoms

Getting regular check-ups and screenings are critical to staying on top of your vascular health. If you think you or someone you know is having a stroke or cardiac infarction, do NOT hesitate! Call 911 immediately.

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 S 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.

LET'S GROW



Loosing hair? You're not alone. Nearly 50 percent of men, by their late forties or early fifties, are suffering from noticeable hair loss. Surprisingly, the statistics for women are even higher. By age 40, upwards of 40 percent of women suffer from hair loss that appears only to worsen with age. By 60, 80 percent of women have hair-thinning worries.

Hair loss can be temporary or permanent. The causes are multiple, from alopecia, age, chronic illness, pregnancy, to stress - and these days - even due in some cases to COVID. No matter what the cause, hair loss is a highly sensitive subject. Considering how widespread hair loss and subsequent stress can have on its sufferers, it is a surprisingly taboo topic to talk about. For a vast majority of men and women, going bald is something that is suffered in silence.

No longer. There is a relatively new approach with good scientific evidence to suggest a natural way to restore hair growth. It's called, "Platelet-Rich Plasma" or PRP. It only requires your blood and can be done right in the comfort of our office.

What is PRP: To understand how PRP works, it is important to be aware of the role that platelets play in healing. Our blood is made of two main components - red blood cells and plasma. The plasma contains white blood cells and platelets,

which are rich in growth factors. When we get a cut, for example, the platelets are some of our body's first responders that arrive to stop the bleeding and heal. Given its healing properties, then, it's no wonder platelet injections are now commonly used to treat orthopedic injuries, arthritis - and now, aesthetic issues like hair regrowth.

PRP and Hair Regrowth: PRP has several growth factors that help to restore hair loss. PRP stimulates new hair to grow, keeps existing hair growing, and also stimulates the stem cells that are around the hair follicles to thicken the shaft of the hair. Continued PRP Hair Restoration delivers your own PRP to naturally treat the areas of concern and restore healthy, hair growth.

The PRP and Hair Regrowth Process: In med spa office, the process begins with a standard, small blood draw from the arm. The blood is spun down in a centrifuge to separate the red blood cells from the plasma. The plasma is then injected directly into the scalp at the level of the hair follicles. The injections can be focused on problem areas or to treat widespread hair loss. Typically, the entire procedure takes less than 30 minutes.

Frequency: Due to the natural variation in the quality of platelet-rich plasma, results will vary between individuals. Some patients may require multiple sessions to obtain desired outcomes.

Usually, specialists advise at least 4-6 treatments to start to notice the full effect. Treatment can be spaced out between 4-6 weeks with visibility in results taking 6-9 months, but patient's can start to see improvements in 3 months. Annual treatment is required to maintain results.

Safety: Because PRP uses your own plasma, injections are generally deemed safe. Contraindications include an impaired immune system, some skin conditions, steroid therapies, communicable diseases, blood disorders, platelet abnormalities, pregnancy, and breastfeeding. A consultation is required to see if you are a good candidate.

If you are looking for a more natural yet effective way to restore hair growth or to thicken thinning hair, PRP is a remarkable treatment that is safe, effective, and well-studied.

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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HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

Regenerative Medicine

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



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

Viscosupplementation

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



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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

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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Did You Know Cancer Treatment Can Cause Peripheral Neuropathy?

By Dr. Drew Montez Clark

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

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

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

Symptoms of Neuropathy

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

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

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



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

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

Innovative Treatment for Neuropathy

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

How It Works

Our process provides relief with THREE critical steps.

#1. IMPROVE BLOOD FLOW

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

#2. STIMULATE NERVE FIBERS

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

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

#3. DECREASE PAIN

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

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

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

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

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

Source:

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



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Arthritis Awareness: Knowledge is Key to Addressing Osteoarthritis

Arthritis Awareness Month is an opportune time to begin a quest for knowledge in regards to being aware of your body, and remaining watchful for symptoms of serious conditions, such as osteoarthritis. Knowledge is power when it comes to your health, and awareness of osteoarthritis, its symptoms and treatment options is essential to living life to its fullest potential, while taking necessary precautions to ensure that you are both happy and healthy.

What is osteoarthritis?

Osteoarthritis is known as “wear-and-tear” arthritis. The ends of our bones that meet at the joint are cushioned by a protective layer of cartilage that prevents damage and provides shock absorption, and as we age, the cushioning cartilage between bones will break down. As cartilage deteriorates, the bones begin to rub against one another, causing inflamed joints and eventually leading to osteoarthritis.

While osteoarthritis can affect any joint, this disease occurs most often in weight-bearing joints of the hips, knees and lower back. According to the Arthritis Foundation, osteoarthritis is a common condition, affecting approximately 27 million individuals in the United States.

Symptoms of osteoarthritis

A joint affected by osteoarthritis may become painful and inflamed, and common symptoms of osteoarthritis include soreness, stiffness or limited range of motion in the joints. These indicators can range from

mild to severe, and can make everyday tasks difficult to manage, such as climbing stairs, walking and grasping objects. The most common warning signs of osteoarthritis include tenderness in the joint after overuse or inactivity, stiffness that is relieved when activity resumes, pain that worsens at the end of the day, cracking when bending joints and swelling around the joints.



When to see a doctor

If pain or stiffness lasts longer than a few weeks, it is important to see a specialist to ensure that you are caring for your joints and overall health. Older age, obesity and injury are all factors that contribute to the development of osteoarthritis, and as we age, it is essential to stay in tune with our bodies so that we can see a doctor to address symptoms as soon as they arise. Early diagnosis is essential so that you can take necessary precautions to protect your joints and prevent further or permanent damage to your body. While osteoarthritis cannot be cured, treatment and rehabilitation can relieve pain and allow you to regain full motion and strength. In the early stages of osteoarthritis, exercise on a regular basis is essential to control ones pain, stiffness and swelling.

If pain is severe, surgery may be needed to replace affected joints. Before taking this step, Dr. Dupay will consider lifestyle modifications, such as weight loss, implementing a healthy diet and avoiding high-impact activities. Additional options include physical therapy to

increase flexibility and range of motion, assistive devices, such as canes or walkers, or pain medications. Dr. Dupay provides several types of cortisone injections as well as visco supplementation injections, which are Hyaluronic Acid concentrated injection. He has been providing these special injections since their conception into orthopedic care for knee arthritis. Dr. Dupay exhausts proven conservative treatment modalities. He does not advocate experimental treatment options. However, if the symptoms of osteoarthritis are debilitating and not relieved with non-surgical treatments, replacement may be necessary to treat osteoarthritis, which today, is resurfacing the worn-out surface with a total knee replacement.

If you are experiencing joint, it is important to speak with an orthopedic specialist to discuss your options for pain relief. Dr. Edward R. Dupay, Jr. and his staff are ready to answer all of your questions.



Edward R. Dupay, Jr, DO
Board Certified

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

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

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



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Rheumatoid Arthritis and Gum Disease: What You Need to Know

By Dr. Ricardo S. Bocanegra, DDS

Why do rheumatoid arthritis and gum disease often go hand in hand? Learn about the significance of the connection and what you can do to protect your overall health.

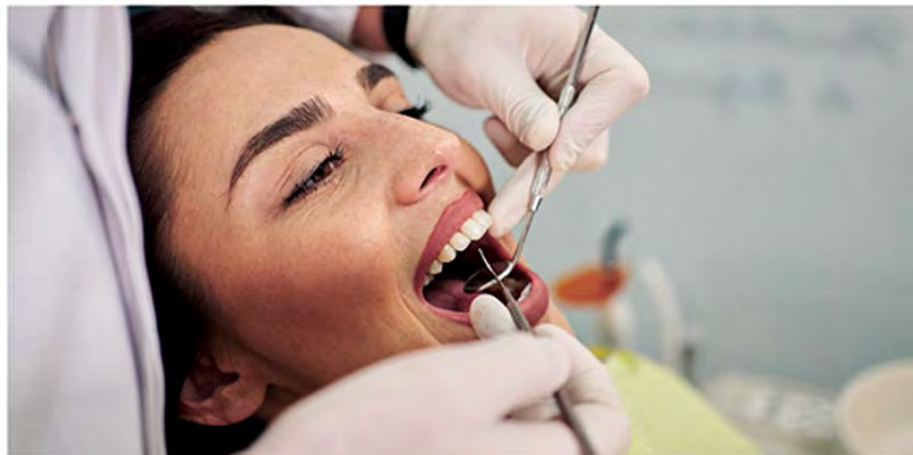
Fast Facts

People living with rheumatoid arthritis are more likely to develop gum disease compared to people who do not have RA. Inflammation related to gum disease or periodontitis may play a role in rheumatoid arthritis disease activity.

Controlling gum disease inflammation may help improve rheumatoid arthritis symptoms.

When you're living with rheumatoid arthritis (RA), brushing, flossing, and seeing your dentist regularly are especially important. Studies show a strong connection between RA and gum disease, an inflammatory condition that can lead to tooth loss and other health complications, such as heart disease.

At this point, experts aren't sure which health issue is the chicken and which is the egg. A German study published in June 2008 in the *Journal of Periodontology* showed that people with RA had eight times the odds of developing gum disease as compared with people without RA. A study out of the University of Louisville in Kentucky published in September 2013 found that the bacterium that causes periodontal disease, *Porphyromonas gingivalis*, increases the severity of rheumatoid arthritis, leads to an earlier onset of the disease, and causes symptoms to progress more quickly. And a Swedish study published in March 2016 in the journal *Arthritis & Rheumatology* suggests that *P. gingivalis* may be a possible trigger for autoimmune disease in a subset of RA patients. "The connection is confusing," says Terrance Griffin, DMD, chair of the department of periodontology at the Tufts University School of Dental Medicine in Boston. "There are so many factors that can come into play, like oral hygiene. RA can cause you to lose some dexterity, which may mean you can't clean your teeth as well. But that may only partially account for this relationship."



Brushing and flossing can be challenging for those with RA, and you should work with your doctors to find out what works best for you. And if you don't have a periodontist, get an evaluation from your dentist every year to monitor the status of your gums, since you are more likely to get it.

Gum Disease and Rheumatoid Arthritis: The Inflammation Link

Doctors may not know for sure how gum disease and RA are linked, but both diseases have inflammation in common, which may explain the connection. Inflammation is a protective immune system response to foreign bodies like viruses and bacteria. But with autoimmune diseases like rheumatoid arthritis, the immune system mistakenly triggers inflammation even though there are no viruses or bacteria to fight off. It's possible that the immune system is stimulated by mouth inflammation and infection; therefore, setting off a cascade of events where inflammation develops at the site of joints or arthritis. Dr. Bocanegra strongly believes that controlling the inflammation through better dental care could play a role in reducing the incidence and severity of RA.

Treating One Condition May Improve the Other

People with a severe form of rheumatoid arthritis that have successfully treated their gum disease, have seen their pain and other arthritis symptoms get better. In addition, patients who have been treated with drugs for both gum disease and rheumatoid arthritis fared better than those who received RA medication alone. Dr. Bocanegra recommends that people who have both gum disease and RA should have an informed care team comprised of a physician, a dentist and a periodontist.

Dental Care for People With Rheumatoid Arthritis

Gum disease ranges from gingivitis, a mild form that causes swollen, tender gums, to more serious forms like periodontitis, in which inflammation affects the tissue and bone supporting the teeth. Some people with RA also develop Sjögren's syndrome or sicca syndrome, an autoimmune disease of the glands, which causes dry mouth and increased tooth decay. If you have gingivitis, it can be reversed with twice-yearly dental cleanings and good at-home care.

Brushing and flossing can be challenging for those with RA, and you should work with your doctors to find out what works best for you. And if you don't have a dentist, call Dr. Bocanegra at 239-482-8806 for an evaluation to monitor the status of your gums, since you are more likely to develop gum disease.



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Health Insurance – 2022 Enrollment Periods and Exceptions

Did You Miss Medicare/Health Insurance Open Enrollment?

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

THERE ARE: **Special Enrollment Periods**

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

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

Things to know!

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

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



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

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

International Travel - Most of our USA plans do not cover us when leaving the United States; that includes Cruises. You should always take a comprehensive Medical Travel Insurance Policy. They are a lot less than you think and can make a world of a difference.

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

You should really work with a local broker to explore all your options. Don't invite strangers into your house or give them your personal information over the phone. With social media, Facebook, WebEx solicitation, if you do not know them, please be careful. There are so many scams out there. Go see or call a local agent, build a relationship and, if in the future you have a question, you can go back and see them.

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

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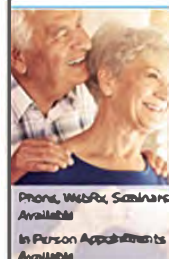
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WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

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

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

What is the purpose of this trial?

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

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

Who can join?

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

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

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

What happens if I take part?

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

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

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

¿Cuál es el propósito de este juicio?

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

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

¿Quién puede unirse?

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

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

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

¿Qué pasa si participo?

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

Para obtener más información, póngase en contacto con

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

info@arhiusa.com



WWW.ARHIUSA.COM



@ARHIUSA



239-657-5800

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



MOVE-AHEAD

154482-019_Patient Recruitment Flyer_V2_23Mar2021



MERCK



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

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

Talk to your doctor to see if you qualify today.

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

ARE YOU ELIGIBLE FOR THESE STUDIES?

You must meet these (and other) eligibility criteria:

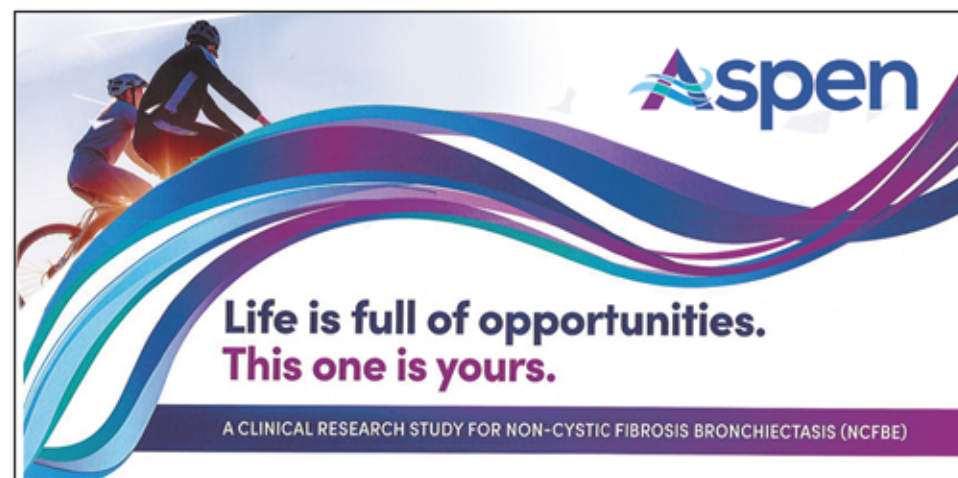
- Be at least 18 years old and recently diagnosed with NTM lung disease caused by MAC
- Be able to produce sputum (phlegm from your lungs)
- Have your sputum sample test positive for MAC within the 6 months prior to the study screening and also at the time of the study screening
- Have had a CT scan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

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

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

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

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

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

ARE YOU ELIGIBLE FOR THE STUDY?

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

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

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

For more information about the ASPEN Study please call **239-230-2021** or visit NCFBEASPEN.com
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WE ARE **VAIN** ABOUT OUR **VEINS**



MEET OUR DOCTORS:

*Johan Escribano, MD, RPVI, Abraham Sadighi, MD, FACS
and Michael L. Novotney, MD, FACS*






The team at the Vascular & Vein Center at Gulfcoast Surgeons is vain about veins so much that our patients love to show off our work! We perform cosmetic procedures to treat and eliminate unsightly and painful varicose veins and spider veins, along with more complex medically necessary procedures for other circulatory conditions. Place your trust in our expertise to make you look and feel your best again!

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



Call 877-LEG-PAIN to schedule an appointment.

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