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MAGAZINE

July 2022

Lee Edition - Monthly

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TESTIMONY:

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



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FALLS CAN BE DUE TO BLURRED EYESIGHT

By Elizabeth Schwartz, O.D. - Quigley Eye Specialists

Falling is one of the greatest health risks older adults face. Each year, one in four Americans 65 and older experiences a fall, the leading cause of injury among older adults, and impaired vision more than doubles the risk, according to the National Academies of Sciences.

Every second, an older adult falls and every year there are 36 million falls among those age 65 and older, according to the Centers for Disease Control and Prevention. One out of five falls cause serious injury such as broken bones or a head injury.

Vision impairment may be to blame in many of these cases. Blurred vision may cause you to not see objects in your path as clearly as you once did, which will increase your chances of falling. In some cases, other eye conditions such as undiagnosed near-sightedness, an out-of-date eyeglass prescription, eye infections, glaucoma or macular degeneration can increase the risk of falling.

That's why the ophthalmologists at Quigley Eye Specialists recommend that all people, but especially those 65 and older, receive a comprehensive eye exam every year. Changes in your vision can be monitored and treatment can be started as soon as the first signs appear. We also assess your risk of falling and make recommendations on how you can make your home safer.



Here are some tips to help:

- Small throw rugs are a tripping hazard and should be rolled up and put away.
- Clear the clutter. Random items left on the floor make it more difficult to have a clear path for walking.
- Use bright bulbs where they are needed most, but especially at room entrances and the top and bottom of stairs.
- Wear rubber-soled shoes around the house to gain traction.
- Use hand rails in the shower since slippery surfaces make you more prone to falling;
- Watch your balance, which decreases as you age. Exercises are available to help maintain and improve balance.
- Know where your pets are located at all times. We all love our pets, but they can be tripping hazards if you're not aware that they are running across your path.

**Every second,
an older adult falls,
and every year
there are...**



Data sources: National Vital Statistics System, National Electronic Injury Surveillance System—All Injury Program, and Behavioral Risk Factor System.

- Review your medications with your doctor. Some medications for arthritis, high blood pressure, heart disease and sleeping can cause dizziness. Your doctor can recommend alternatives.
- Consider a fall detection device that will alert help should you need it.
- Limit alcohol consumption. Older adults cannot process alcohol as easily as they did when they were younger which can produce dizziness and light-headedness even 24 hours later.

Your primary care physician also should be consulted. Blurred vision can be a sign of diabetes, high blood pressure, and arthritis. One of the first things that an arthritis flare-up might affect is the eyes. Impaired sight can be a direct result of the inflammation that comes from arthritis and affects the rest of the body from there.

The important thing to remember is that falls are preventable. Quigley Eye Specialists is here to work with you to gain the best vision possible and keep you safe from falling.

Elizabeth Schwartz, O.D.

Dr. Elizabeth Schwartz is an optometrist with Quigley Eye Specialists with locations throughout Florida. Quigley Eye Specialists specializes in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, facial plastic surgery, retina, cornea conditions, optical and routine eye care. For more information, call 239-466-2020 or visit www.QuigleyEye.com.



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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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PROTECT YOUR SKIN FROM HARMFUL UV EXPOSURE

By Dr. Alan Brown

Did you know that exposure to ultraviolet (UV) light constitutes the greatest risk factor for melanoma? Countless studies have long established the connection between harmful UV exposure and skin cancer.

Most UV exposure originates as energy from the sun, reaching the surface of our planet as two types of UV light: UVA rays and UVB rays. Made up of varying wavelengths, each kind emits a different level of energy that affects the skin differently. UVB rays pose a greater risk of skin cancer, where UVA rays are responsible for visual changes such as aging, wrinkling and loss of elasticity.

As any Florida resident knows, avoiding UV exposure entirely is nearly impossible in the Sunshine State. While invisible to the naked eye, both types of UV light will equally damage your skin and can potentially cause skin cancer. When these rays come into contact with skin, melanin in these cells work to absorb the UV light. A developing tan indicates that your skin has been injured by the sun's rays. When the amount of UV damage exceeds the amount of protection that your skin's melanin can provide, it results in a sunburn.

At a cellular level, harmful UV rays affect how skin cells appear, grow and repair over time. The good news is that there are several simple steps you can take to reduce the risk of a future skin cancer diagnosis. At Advocate Radiation Oncology, we counsel our patients to follow these five recommendations to avoid harmful UV rays and protect the body's best natural defense – your skin.

5 WAYS TO AVOID HARMFUL UV EXPOSURE

1. Wear protective clothing and a hat. According to research, clothing can be one of the most effective barriers between our skin and the sun. Try to cover as much skin as possible and choose a tightly woven fabric to maximize protection.



2. Apply SPF 30+ sunscreen. Reach for a broad-spectrum, water-resistant variety. Ensure your sunscreen has UVA symbol or offers a minimum four-star rating. Use a generous amount and reapply every two hours, no matter what the directions advise. Don't forget your ears, neck and lips!

3. Avoid tanning booths. Not all UV rays come from the sun. Manmade sources like tanning beds deliver concentrated doses of UV light that can cause melanoma and other skin cancers. Far less safe than the sun, indoor tanning increases the risk that a benign mole may progress into melanoma. Researchers estimate that UV light from tanning beds causes an estimated 400,000 cases of skin cancer each year in the United States.

4. Accessorize with sunglasses. Protective eyewear like sunglasses help shield your eyes from the rays that would otherwise damage your eye's cornea, lens and surface tissue. Additionally, long-term sun exposure increases the chances of developing cataracts, growths on or near your eyes, or even eye cancer.

5. Stick to the shade. Outside of heat-related conditions like sunstroke, shade helps to reduce your exposure to solar UV radiation. Head for shade during the hottest portions of the day, which typically fall between 10 a.m. and 4 p.m.

Keep in mind that you will likely be the first to spot signs of sun damage on your skin. That's why Advocate Radiation Oncology encourages patients to complete an annual skin check. Be sure to use a hand mirror to inspect hard-to-see areas like your back. If you find any issues or observe changes to existing moles, discuss them with your doctor right away. Skin cancer is much easier to treat when caught early.



About the Author

Dr. Alan Brown is a board-certified radiation oncologist at Advocate Radiation Oncology, a locally owned and operated practice with convenient locations in Southwest Florida. For more information, please visit AdvocateRO.com.



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PROTECT THE SKIN YOU'RE IN

Sunscreen. Sun Hat. Sun Shirt. How much is enough to protect the skin you are in? A day in the sun isn't as much fun when you learn the damaging affects of UV rays. If you work outdoors or play outdoors, sun protection is a must. If you have endured sun damage already in your life then you need to be even more diligent. The older our skin, the thinner our skin, and the more easy to damage.

The amount of UV radiation from the sun that hits the Earth's surface can impact your health. Increased UV exposure can cause more than pain, UV damage can be long term. Prolonged exposure can cause skin cancers, cataracts, and immune system damage. The sun's UV rays cause damage to your epidermal cells. Your body will try to counter this by increasing blood flow to the area where the cells are being damaged. While your body is trying to get rid of the damaged cells, you may also experience an itch around the area. These symptoms get worse over the year as older individuals are affected quicker making their appearance even more aged. Simply stated, it is best to protect your skin from the sun's UV rays.

Small amounts of ultraviolet (UV) radiation are essential to produce vitamin D in people, yet over-exposure to sunlight may result in acute and chronic health effects on the skin, eye, and immune system. The rise in the incidence of skin cancers over the past decades is strongly related to increasingly popular outdoor activities and recreational exposure. Experts believe that 4 out of 5 cases of skin cancer could be prevented through protecting against overexposure to sunlight.

According to a study published in the *British Journal of Dermatology*, consuming alcoholic beverages on a regular basis increases the risk of developing melanoma, a dangerous form of skin cancer, by up to 55 percent. Having more than one drink per day (considered heavy drinking) increases your risk for melanoma by 20 percent, and drinking poolside only increases your risk.

Ethanol, the form of alcohol found in alcoholic beverages, metabolizes in your body turning into a compound called acetaldehyde. Acetaldehyde heightens the skin's sensitivity to UV rays, increasing the likelihood for cell damage and cancer. Sipping margaritas at the beach just turned into a bad idea.

Can wearing more clothing keep you cool and prevent sun damage? Getting a sunburn is never fun, but there are plenty of ways to prevent sunburn. Rash guard clothing provides a physical barrier from the sun and comes with the added benefit of having UPF protection built into the fabric. Unlike wetsuits, rash guards are not meant to keep your body warm. They are not as thick as wetsuits, so they do not trap body heat as well. They can have a cooling effect on the body because of their material and how tight they lay on your skin.

Since the purpose of rash guard shirts is to prevent rashes and protect you from the sun, they are generally made of athletic fabrics like polyester, nylon, lycra, and spandex. These materials are soft, durable, and lightweight while allowing for breathability and stretch to maximize your comfort. Add a UV blocking hat to maximum sun protection. If you work outdoors, clothing that keeps you cool, and blocks UV rays is a must.

Chemical sun protection involves sun blocks and sunscreens applied to the skin. Sun block prevents UV radiation from penetrating your skin by creating a chemical barrier that reflects UV rays. Zinc oxide and titanium dioxide are two of the most common minerals that provide sun block protection, and these ingredients are more commonly being incorporated into mineral makeup to provide some SPF protection.

Sunscreen limits the oxidative damage UV radiation can wreak on skin cells and components of the extracellular matrix by trapping UV radiation at the skin's surface and neutralizing free radicals. To provide effective sun protection, chemical blocks and screens must be applied in adequate amounts approximately an ounce (golf ball-sized amount) to cover exposed parts of your body. You must also get sunblock/sunscreen that provides an adequate level of protection, meaning SPF 15 or higher.

Melanoma and skin cancer prevention should not make you afraid to get out and enjoy the sunshine. Hiding from the sun can result in or exacerbate a vitamin D deficiency, which comes with a host of adverse health effects all its own. The key is to responsibly enjoy your sunshine. When you know you're going to be outside, seek shade cover up, and apply and re-apply sunblock/sunscreen liberally.



If you didn't adequately protect yourself and you're left red and raw, treat your sunburn, and nourish sun-damaged skin with an antioxidant-rich moisturizer. You can always eat your sun protection, too. Dark, colorful foods are rich in phytonutrients that protect plants from UV radiation, and they deliver antioxidants that can help your body do the same. If you discover any suspicious-looking spots on your skin, see your healthcare provider. Early detection leads to the best prognosis for melanoma and skin cancer.

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Rota, M., Pasquali, E., Bellocco, R., Bagnardi, V., Scotti, L., Islami, F., Negri, E., Boffetta, P., Pelucchi, C., Corrao, G. and La Vecchia, C. (2014), Alcohol drinking and cutaneous melanoma risk: a systematic review and dose-risk meta-analysis, *Br J Dermatol*, 170: 1021-1028. <https://doi.org/10.1111/bjd.12856>

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A Healthy Vascular System Starts Early

Vascular disease is a variety of illnesses that affect the arteries and veins of the body. The most common cause of vascular disease is atherosclerosis, which happens when a buildup of a fatty substance called plaque inside the arteries causes them to narrow, slowing or blocking the flow of blood. The causes of atherosclerosis aren't clearly understood, but experts do know several things that increase your risk.

Risk factors for atherosclerosis, include:

- High cholesterol and triglyceride levels
- High blood pressure
- Smoking
- Diabetes
- Obesity
- Physical inactivity
- High saturated fat diet

Several serious vascular diseases may show no symptoms before a stroke or heart attack hits, so reducing your risk factors is the most important thing you can do to try to avoid them. Talk with your doctor about healthy lifestyle choices that promote a healthy vascular system.

New data shows that roughly one in six young people in the United States has obesity. With such a high rate of childhood obesity the risk for vascular disease may increase significantly while the age for being diagnosed with atherosclerosis may decrease as the younger generations mature.

With seemingly less time to prepare healthy homecooked meals, we tend to consume more processed foods and sugars. These choices could inevitably impact the long-term dietary habits of our young people. It's important to remember that what we choose to eat today has a large determining factor in the possible development of vascular disease and other conditions that can lead to vascular disease such as, diabetes and kidney disease.

If you have children in your care, try to encourage healthy snacking and healthy beverages. If you occasionally or regularly prepare meals for young people ensure that the menu is well rounded including items from each of the food groups, low in sugars and in saturated fats.



It's never too late to change our habits. If you're not happy with your current eating habits you're not alone. According to some reports, the percentage of American's estimated to be living a healthy lifestyle is under five percent. Recent trends have been to encourage a healthier lifestyle including diet and exercise in our younger generations. We should never underestimate the importance of maintaining a nutritious healthy diet from youth into old age.

Eat a healthy diet. You already know that leafy greens are packed with vitamins A, C, K, and nutrients like calcium, folate, and iron and that eating plenty of lettuce, arugula, broccoli, collard greens, kale, and spinach can help reduce high blood pressure. Now a new study is showing that there may be added heart benefits to including these foods in your daily diet. In addition to eating plenty of leafy green vegetables and lots of fresh fruits, follow a diet that is low in sodium and saturated fat. Try to limit your fat calories to less than 30 percent of the total amount of calories you take in each day.

Children need regular exercise. Exercise helps strengthen your cardiovascular system and lowers your blood pressure. Aim for at least 30 minutes of exercise, most days of the week. Play a sport, go for a walk, swim. Your heart is a muscle and muscles need exercise. Staying at a healthy weight is the single most important key to preventing to ALL medical problems.

Early detection of vascular disease can reduce the risk of serious complications. We offer a Life Style Screening at the Vascular & Vein Center at Gulf Coast Surgeons to determine if you have vascular disease. This simple, low cost, non-invasive screening checks for three of the leading silent killers including peripheral arterial disease, abdominal aortic aneurysm, and carotid artery disease. These conditions can present without any noticeable symptoms and can lie undetected in your body until there's a life-threatening event.

With screening and early detection, vascular issues can typically be managed effectively with medications and minimally invasive procedures. If you have diabetes or a family history of vascular disease, you are at an increased risk of developing arterial and venous disease. Get an assessment from your doctor on your risk factors and ask what you can do to reduce those risks.

Vascular & Vein Center at Gulfcoast Surgeons

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

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

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

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



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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>



Kidney Stones

By Alejandro Miranda-Sousa, M.D.

A kidney stone is a solid mass made up of tiny crystals. One or more stones can be in the kidney or ureter at the same time.

Causes, incidence, and risk factors

Kidney stones are common. Some types run in families. They often occur in premature infants.

There are different types of kidney stones. The exact cause depends on the type of stone.

Stones can form when urine contains too much of certain substances. These substances can create small crystals that become stones. The stones take weeks or months to form.

- Calcium stones are most common. They are more common in men between age 20 - 30. Calcium can combine with other substances, such as oxalate (the most common substance), phosphate, or carbonate, to form the stone. Oxalate is present in certain foods such as spinach. It's also found in vitamin C supplements. Diseases of the small intestine increase your risk of these stones.
- Cystine stones can form in people who have cystinuria. This disorder runs in families and affects both men and women.
- Struvite stones are mostly found in women who have a urinary tract infection. These stones can grow very large and can block the kidney, ureter, or bladder.
- Uric acid stones are more common in men than in women. They can occur with gout, diabetes, hypertension, obesity or chemotherapy.
- Other substances also can form stones, including the medications, acyclovir, and triamterene among others.

The biggest risk factor for kidney stones is not drinking enough fluids. Kidney stones are more likely to occur if you make less than 1 liter of urine a day. That's slightly more than a quart.

Symptoms

You may not have symptoms until the stones move down the tubes (ureters) through which urine empties into your bladder. When this happens, the stones can block the flow of urine out of the kidneys.

The main symptom is severe pain that starts suddenly and may go away suddenly:

- Pain may be felt in the belly area or side of the back
- Pain may move to groin area (groin pain) or testicles (testicle pain)

Other symptoms can include:

- Abnormal urine color
- Blood in the urine
- Chills
- Fever
- Nausea
- Vomiting

Signs and tests

The health care provider will perform a physical exam. The belly area (abdomen) or back might feel sore.

Tests that may be done include:

- Blood tests to check calcium, phosphorus, uric acid, and electrolyte levels
- Kidney function tests
- Urinalysis to see crystals and look for red blood cells in urine
- Examination of the stone to determine the type

Stones or a blockage can be seen on:

- Abdominal CT scan
- Abdominal/kidney MRI
- Abdominal x-rays
- Intravenous pyelogram (IVP)
- Kidney ultrasound
- Retrograde pyelogram

Treatment

Treatment depends on the type of stone and the severity of your symptoms.

Kidney stones that are small usually pass on their own. When the stone passes, the urine should be strained so the stone can be saved and tested.

Drink at least 6 - 8 glasses of water per day to produce a large amount of urine.

Pain can be severe enough to need narcotic pain relievers. Some people with severe pain from kidney stones need to stay in the hospital. You may need to get fluids through a vein (intravenous).

Depending on the type of stone, your doctor may prescribe medicine to decrease stone formation or help break down and remove the material that is causing the stone. Medications can include:

- Allopurinol (for uric acid stones)
- Antibiotics (for struvite stones)
- Diuretics
- Phosphate solutions
- Sodium bicarbonate or sodium citrate
- Water pills (thiazide diuretics)

Surgery is usually needed if:

- The stone is too large to pass on its own
- The stone is growing
- The stone is blocking urine flow and causing an infection or kidney damage
- The pain cannot be controlled

Today, most treatments are much less invasive than in the past, ie,

- Extracorporeal shock-wave lithotripsy is used to remove stones slightly smaller than a half an inch that are located near the kidney or ureter. It uses sound or shock waves to break up stones. Then, the stones leave the body in the urine.
- Percutaneous nephrolithotomy is used for large stones in or near the kidney, or when the kidneys or surrounding areas are incorrectly formed. The stone is removed with tube (endoscope) that is inserted into the kidney through a small surgical cut.
- Ureteroscopy, placing a very small camera inside the ureter to remove or break the stone. May be used for stones in the lower urinary tract.

Expectations (prognosis)

Kidney stones are painful but usually can be removed from the body without causing permanent damage.

Kidney stones often come back, especially if the cause is not found and treated.

If treatment is significantly delayed, damage to the kidney or other serious complications can occur.

Complications or Side Effects of urinary stones

- Decrease or loss of function in the affected kidney
- Kidney damage, scarring
- Obstruction of the ureter (acute unilateral obstructive uropathy)
- Recurrence of stones
- Urinary tract infection

Prevention

If you have a history of stones, drink plenty of fluids (6 - 8 glasses of water per day) to produce enough urine. Depending on the type of stone, you might need medications or diet changes to prevent the stones from coming back. Is important to find out why the person forms stones so, prevention could be started soon.

Urology Experts

At Millennium Physician Group

239.226.ASAP (2727)

www.UrologyExperts.com

SUNSCREEN ON YOUR FEET?

Doctor urges sunscreen use and exams to prevent skin cancer on feet

When at the pool or beach, we all lather up with sun screen to protect our skin from the harmful rays of the sun. But do we remember to apply sunscreen to our feet?

July is UV Safety Month. Many don't realize skin cancer can occur on the feet from unprotected sun exposure, and overlook applying sunscreen to the area. But, Sahiba Singh, DPM, AACFAS warns skin cancer of the foot is prevalent and can even be fatal if not caught early.

While all types of skin cancer, including squamous cell and basal cell carcinoma, can be found on the foot, the most common is the most serious form, melanoma. Symptoms can be as subtle as an abnormal-looking mole or freckle found anywhere on the foot, and often go unnoticed without routine foot exams.

According to foot and ankle surgeon Dr. Singh, early diagnosis is key to effective treatment for the condition. But because people aren't looking for the early warning signs or taking the same precautions they do for other areas of the body, often times skin cancer in this region is not diagnosed until later stages.

"I advise my patients to regularly inspect their feet, including the soles, in between their toes and even under their toenails, for any changing moles or spots and to have any suspicious areas promptly examined by a foot and ankle specialist," Dr. Singh explains.



TIPS TO PROTECT YOUR FEET FROM THE SUN:

1. Use suntan lotion. Lotion can be applied generously to your feet to protect against UV rays. Dermatologists recommend using a sunscreen with an SPF of at least 30, which blocks 97 percent of the sun's UV rays. The higher the number, the more effective the lotion is at blocking out the sun, but no lotion is 100% effective.

2. Choose the right footwear. Sandals and flip-flops are summer favorites, but they can leave your feet exposed. Crocs are a type of shoe that still lets your feet breathe while providing more coverage.

3. Avoid peak sun times. Early morning and evening have weaker UV rays when the sun is less intense. If you do go out, you can always try to find places with plenty of shade.

For more information on skin cancer of the foot contact Dr. Singh at 239-430-3668 and schedule your appointment.

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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Dr. Sahiba Singh
DPM, AACFAS



WE KEEP YOU WALKING

The Terraces Helped Me Find Me *Again.*

Charlie and Roberta Marshall moved to The Terraces at Bonita Springs in February 2021. As Charlie says, "We moved to The Terraces during a once in-a-lifetime global pandemic. But most seniors aren't Virginia Haronis."



Ginny, as she's known, moved into The Terraces at Bonita Springs last September. She's never looked back.

"Moving here was one of the best decisions I made," she says. "I no longer feel lonely and isolated. I am busy every day and have access to everything I could ever want."

Ginny's senior living journey sort of began shortly after she lost her husband in November 2019. Just three months later, everything changed. "I was still grieving when the pandemic hit. It made everything so much worse," she said. "There was nothing going on. I never saw anybody; I couldn't do anything. I'm a social person, so the isolation of living alone in a big house was horrible."

Ginny's daughter, Lori Ekno, says the family was alarmed at Ginny's decline. "Mom became increasingly depressed and was clearly not herself. The whole family was concerned."

"I didn't feel like me," says Ginny. "It got to a point where I said, 'It's time to take action!' So after one-and-a-half years of feeling down, I started my search for a new life."

She found it at The Terraces at Bonita Springs. "A girlfriend told me about The Terraces and said it would be a great fit for me," says Ginny. "I went for a visit and knew right away she was right."

Before she could move, she had to prepare and sell a home. "Even though I was a REALTOR® for 40 years, moving can be overwhelming, especially at my age (80). But The Terraces connected me to a moving company that made the transition completely stress-free," says Ginny. "This was a huge weight lifted off my shoulders. And when I arrived at The Terraces on move-in day, everything was unpacked and in place – right down to the knick-knacks in my hutch."

Rachel Henderson, Director of Marketing and Community Outreach at The Terraces, says, "Ensuring our residents can live the retirement lifestyle they want starts with ensuring they have a smooth move into our community. We want them to engage and enjoy their new life here from day one!"

That's exactly what Ginny did. "As soon as I arrived, I got involved in as much as I could," says Ginny. "New friends told me that in my short time at The Terraces I know more people than those who have lived here for much longer."

Ginny says she loves her apartment home, but she doesn't spend much time there. "I'm too busy being out and about in the community," she says. "This is a social place, and I love it!"

She especially enjoys the Tuesday/Thursday happy hours, playing cards and dominoes, and being a Marketing Committee Ambassador. "I love selling The Terraces to prospective new residents! No one knows the community better than we do, and it's a great way to meet new people!"

Any real estate agent knows that location is critically important when selecting a new home. The Terraces at Bonita Springs is, quite possibly, in the perfect location. It's close to everything ... restaurants, shopping, cultural centers, golf courses, Florida Gulf Coast University, and of course, the beach.

Location. Location. Location.

Ginny is so busy, Lori says she has to check her mother's schedule before coming to visit! "There's so much for Mom to do, and sometimes I think she tries to do it all," says Lori. "We are so thankful she made this decision. We no longer worry about her well-being, or what happens if her health needs change because The Terraces offers advanced levels of care."

Ginny says that at The Terraces, she discovered beautiful living on every level. "And along the way I found myself again."

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

- LifeCare health services with priority access
- Chef-prepared meals
- Interior and exterior maintenance
- Weekly housekeeping and flat linen services
- Concierge services
- Personal one-car garage
- Complimentary valet services
- Wellness programs for mind, body and spirit
- Vitality program with personalized wellness plans
- Utilities (except phone and internet)
- 24-hour security
- Property taxes included
- Cultural, social, educational and recreational events
- Transportation services
- In-home emergency alert systems

Community Amenities

- Multiple dining venues
- State-of-the-art fitness center and wellness programs
- Indoor and outdoor pool and spa, group water fitness classes
- Certified fitness instructors
- Therapeutic massage
- Performing Arts Center
- Gated community
- Beautiful landscaping with lighted walkways
- Tennis and bocce courts
- Putting green
- Outdoor BBQ area
- Library and resource center
- Business center with computers
- Creative arts studio and crafts room
- Billiard's room/game room
- Beauty salon/barbershop
- Guest suites

Trauma-Informed Care for Serious Illness and Beyond

Hope Hospice Provides Comfort and Compassion, Respecting Choices during Life's Closing Chapter

If you're like most people, you have at least one tender place in your heart that hurts. When we're reminded of painful episodes from the past, we can start hurting all over again. The source of our pain can be nearly anything. Violence and tragedy are unsurprising causes. We understand that prisoners of war, rape survivors, or victims of assault will experience profound suffering. Car accidents or severe hurricanes may create fear, anxiety, and ongoing difficulty for those who survived. Other traumas seem less dramatic – childhood feelings of being ignored, shamed, or blamed. Many moments can create those painful, tender places in our hearts.

For people who need hospice care, there is a unique trauma created by serious illness and the prospect of death. As the body struggles with disease, it may begin to change in unexpected ways. When someone looks in the mirror, the face looking back at them might seem unfamiliar.

Patients often need help with personal care, bathing, and dressing. A woman whose body was violated as a child could feel like each touch is another assault.

A caregiver whose spouse is living with dementia hears screams in the middle of the night. He wants to go to her, hold her hand, and rub her back to comfort her. Instead, he lies in bed paralyzed. The screams remind him of his mother's cries when she was abused.

A veteran always believed in the commandment "Thou shall not kill," but wonders if his Maker will forgive him for following orders during the war.

There are heavy burdens we may carry with us. Unless our traumas were processed during our lifetime, they can emerge in life's closing chapter and rob us of a more peaceful ending.

How does the Hope Hospice team help someone navigate this journey? People who work or volunteer for hospice often feel called to this special mission. It is a privilege for them to support families through these transitions. Doctors, nurses, aides, social workers, chaplains, bereave-



ment counselors, and others provide care in a way that feels safe and comforting to those in need.

A soft voice, a gentle touch, a warm smile, or soothing words may help. Often, patients and loved ones may find themselves able to talk about thoughts, feelings, and emotions that they could not communicate before. They feel free to share their stories and secrets. Hospice team members are able to listen without interruption. They will simply be present.

The Hope Hospice team also encourages choice. One of the worst things about a traumatic event is that it happened without consent. That's the very core of the problem – it came into someone's life without permission, leaving them with no way out.

Having the power of choice can mean something as simple as deciding whether to have apple juice or orange juice. It could also be of the utmost significance like answering the question, "Do you want to allow natural death or be resuscitated if your heart stops beating?" Either way, it's vitally important to respect the choices of the person involved. A fundamental principle of hospice care is always offering and

honoring those choices.

After the loss of a loved one, Hope Hospice's bereavement counselors continue to support the entire family through the trauma of bereavement. They will sit quietly as mothers, fathers, husbands, wives, partners, brother, sisters, or parents cry. Even when the loss feels so overwhelming that it may be hard to breathe, they are ready to listen. With their guidance and support, grieving friends and family begin to adjust to the reality of life without their loved one.

By offering a safe haven, listening carefully, and providing choices, the Hope Hospice team can help all people who still have tender places in their hearts. Every person's story matters, and everyone is deserving of comfort and compassion during serious illness, the closing chapter of life, grief, bereavement, and beyond.

Discover Hope Hospice

Call 239.482.4673

Toll-Free 800.835.1673

Visit [HopeHospice.org](https://www.hopehospice.org)

DARK SPOTS ON YOUR SKIN?

An Advanced Treatment Can Provide Clear, Glowing Skin

By Joseph Onorato, MD, FAAD

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

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

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

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

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

How it works

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

What can be treated with MedLite® C6?

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

How many treatments do I need?

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

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

Benefits of MedLite® C6

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

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

SWFL Dermatology Plastic Surgery & Laser Center is a full-service General and Surgical Dermatology practice and a leader in Non-Invasive Anti-Aging & Beauty Enhancement Cosmetic Services.

Services & Treatments Provided:

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

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

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

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

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

What's on YOUR Skin?

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

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



Founder & Owner

Joseph Onorato, MD, FAAD

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

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HOW CANNABIS LEGALIZATION IS DECREASING THE USE OF ALCOHOL, CIGARETTES, AND OPIOIDS

For decades, anti-cannabis groups and politicians labeled cannabis the ultimate *gateway* drug.

However, a recent multi-year study from the University of Washington shows that cannabis legalization has *decreased* the dependency on alcohol, tobacco, and synthetic painkillers (opioids).

Below, we'll dive into the data that explains how cannabis and marijuana legalization is helping individuals across the nation ditch alcohol, cigarettes, and opioids.

Legalized Cannabis Decreases Trends in Alcohol, Cigarettes, and Opioid Use

The University of Washington took on a massive task — study the trends of alcohol, cigarettes, and opioid use in a post-cannabis environment.

The study concluded that young adults (21-25) who indulged in cannabis were more likely to slow down their alcohol, cigarette, and opioid consumption. Specifically, the study pointed out that cannabis use was linked with a decrease in *heavy episodic drinking* (HED).

Below, we'll dig into why cannabis is believed to reduce heavy episodic drinking, cigarette use, and opioid consumption.

How Cannabis Decreases HED

HED, also known as heavy episodic drinking, occurs when an individual consumes roughly six alcoholic drinks in a single sitting.

Although not the same as binge drinking, HED generally occurs due to alcoholism, depression, or a number of other factors. In any case, HED is dangerous because it increases the chance of drunk driving, liver damage, and depression.

However, a study from the University of Washington showed robust data that cannabis consumption weakened the dependency on alcohol. Ultimately, cannabis use broke the trend of HED among young Washingtonians between 2014 to 2019.

Overall, cannabis is believed to break the potential for heavy episodic drinking because it's known to:

- Reduce depression
- Break dependency

How Cannabis Decreases Cigarette Use

In the same study, cannabis use is correlated with decreased tobacco use.

Tobacco's primary compound, nicotine, is extremely addictive because it creates a chemical dependence within the body. Specifically, CBD reduces the dependency on various behaviors — including nicotine addiction.

Therefore, the University of Washington study shows a clear correlation between cannabis use and decreased tobacco consumption.

How Cannabis Decreases Opioid Use

Opioids were misused by over 10 million individuals 12-years and older in 2019.

Given the extremely addictive nature and danger associated with opioids, it's clear why opioids have been labeled an epidemic. However, the University of Washington study shows a decreased opioid dependency due to cannabis legalization.

Opioids are prescribed for pain-related issues. However, Opioids come with a long list of side effects and dangerous interactions. Thus, cannabis is touted as an effective pain reliever without the dangers associated with opioids.

Cannabis decreases opioid use via multiple channels, such as:

- Reduces acute and chronic pain
- Breaks the dependency bond of opioids

Overall, cannabis is a natural alternative to synthetic opioids due to its pain-fighting qualities. Although studies are ongoing, there's a clear link between decreased opioid dependency and cannabis legalization.

A Case of Nationwide Cannabis Legalization

Overall, the recent study from the University of Washington offers a small glimpse within a subset of 21-25-year old Washingtonians.

The larger picture is that of nationwide cannabis legalization. Although more states are adopting medical marijuana and recreational cannabis programs, the United States federal government has yet to give the *green light* to cannabis reform.

The University of Washington study is not an anomaly. Instead, it shows how an entire country can benefit from legalizing cannabis.

By decreasing alcohol, tobacco, and opioid consumption, the United States's healthcare system will be less stressed by the direct and indirect repercussions of alcohol, nicotine, and opioid-related abuse.

The Myth of Cannabis as a Gateway Drug

For years, anti-cannabis advocates have called for strict measures because cannabis is a portal to harder drugs, such as heroin or cocaine.

However, history has shown us the exact opposite. For example, opioids have ballooned in use due to poor prescribing protocols among healthcare professionals. In 2020, nearly 70,000 deaths were attributed to opioids and overdose.

Additionally, prescription-based opioids have increased the chance of falling into a heroin habit. Ultimately, the picture is clear — dependence-inducing opioids cause the current rash of overdose deaths in the USA.

By looking at the raw data, cannabis is driving a shift that's never been seen in the USA. From reduced dependencies and abusive behavior, it's clear that cannabis legalization shatters the myth of cannabis as a gateway drug.

Experience Medical Marijuana in a New Light

The University of Washington study is *one of many* that shows the benefit of cannabis legalization.

From medical marijuana to recreational cannabis, there's never been so much scientific evidence that cannabis is beneficial in reducing harmful dependencies, such as alcohol, tobacco, and opioids.

Sadly, not every state has legalized cannabis — let alone the United States' federal government. If you reside in Florida — consider yourself lucky if you're ready to experience medical marijuana as the program has come a long way since the availability of only a few Low-THC medical marijuana options, high costs, and long waiting periods. Patients with an unrestricted Florida Driver's License or Identification Card can now get approved and purchase the same day with 100's of product options available to them at the MMTC's.

At Compassionate Healthcare of Florida, you'll find professional doctors ready to assist you in your journey towards medical marijuana. From hundreds of qualifying conditions, you'll obtain your medical marijuana card in no time once you sign up with Compassionate Healthcare of Florida.

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Is Hormone Replacement Therapy for You?

By Murilo Lima, M.D.

Hormones are natural chemicals produced in the organs and tissues of the endocrine system. As we age, our body systems become less sensitive to the hormones our own body makes. The amount of hormones our body naturally produces may also decrease with age. Or our body may metabolize the hormones more slowly. The most common consequence of aging-related hormonal changes for women is menopause. Around age 50, women's ovaries begin producing decreasing amounts of estrogen and progesterone; the pituitary gland tries to compensate by producing more follicle stimulating hormone (FSH).

While menopause is normal and happens to all women, some of the symptoms can be irritating or even dangerous. Symptoms might include hot flashes, vaginal dryness and atrophy leading to painful intercourse, decreased libido, insomnia, irritability, depression, mood swings, fatigue, and osteoporosis that can increase the likelihood of bone fractures. For decades physicians have prescribed long term use of an oral estrogen/progesterone combination to alleviate these symptoms. Nowadays, other options are available and all symptoms are taken into consideration when entertaining the idea of hormonal optimization while also balancing out the risks and the benefits.

Current guidelines indicate that it is acceptable to take estrogen and progesterone for a short time to help with the transition to menopause. There are also ongoing studies investigating the efficacy and safety of different estrogen and progesterone formulations that could potentially be used for longer periods of time.

Some alternatives that we suggest and can discuss with you are:

- Non-hormonal medications can treat hot flashes.
- Topical estrogen cream used vaginally can help with painful intercourse.
- Leading a healthy lifestyle that incorporates a balanced diet, regular physical activity and stress management helps alleviate many symptoms of menopause.



- It's also important for all women to have regular bone-density screenings beginning at age 65 to catch osteoporosis early.
- Taking estrogen and progesterone for a short time to help with the transition to menopause.

For men, the reduction of hormone production and metabolism is called andropause. It's not "male menopause," exactly. Andropause doesn't happen to all men. About 20 percent of men over age 60 and 30-50 percent of men over age 80 will experience andropause, a significant decline in testosterone production. The symptoms of andropause might include a decrease in muscle mass and overall strength, a decrease in bone mineral density and a corresponding increased risk of osteoporosis, low libido and erectile dysfunction, a decreased energy and depression and cognitive impairment.

Men experiencing any of these symptoms should discuss having testosterone levels tested and all men should consider bone-density tests at age 70. To help men with symptoms, if levels are low and/or symptoms are present, testosterone replacement might be an option. Just like with any medication, there can be risks associated with testosterone replacement and therapy must be customized for each patient. Being treated with testosterone means that you need regular prostate exams as well as frequent monitoring of your prostate-specific antigen (PSA) levels and hematocrit. A healthy lifestyle with regular exercise and a balanced diet can be just as helpful in fighting symptoms of andropause as they are for menopause.

It can be easy to dismiss changes in mood, weight, and menstrual patterns to the normal hormonal fluctuations of aging, but they can also be the result of thyroid disease, which affects 30 million Americans of all ages. The thyroid, a small, butterfly-shaped gland located at the front of the neck, produces hormones that control the rate of processes like metabolism, body temperature and muscle strength. Physical exams should begin including checks of thyroid stimulating hormone (TSH), but they recommend a simple blood test for everyone over 60 or anyone with symptoms of thyroid disease. If needed, treatments for underactive or overactive thyroid are generally very well tolerated.

If you think you are experiencing symptoms of a hormone imbalance, it's essential to talk with your primary care doctor about treating any symptoms you experience — and just as important to prevent or manage symptoms by taking good care of yourself. It is also important to have a doctor who takes the time to listen to your comments and discusses your overall health. At Lima MD Direct Primary Care & MedSpa, we offer a revolutionary concept to put patients and doctors in charge of your health...NOT insurance companies. Direct Primary Care is the single best alternative to regular "fee per care" medicine. It is a medical practice that does not deal with insurance companies, and focuses on providing convenient, affordable and the highest quality medical care directly to patients without any third parties being involved.

The contract of care is straight between the patient and the doctor. Transparency is key. The high quality, evidence-based medicine will be provided to you directly by a board-certified PHYSICIAN (Dr. Murilo Lima), at an affordable cost. The low monthly membership fee will include virtually unlimited access to your doctor for all your medically related needs.

Be mindful that Direct Primary Care is not a health insurance! Our patients are strongly encouraged to acquire a "catastrophic" high deductible health insurance for hospitalizations and emergencies. Come talk to us at Lima MD Direct Primary Care & MedSpa or visit our website for more information about our membership plans.



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NURSING CAREERS ARE BRIGHTER THAN EVER

The past few years have taught us a lot of things. One of those is a new appreciation of the role of a nurse in the care of patients. The need for nurses has never been greater, and that makes the career opportunities for nurses even brighter. Additionally, more hospitals and healthcare organizations want nurses with a bachelor's degree.

Hodges University has answered that call by offering a Bachelor's of Science in Nursing (BSN) program. Classes are held in the evening and on weekends, which is convenient for our students. It's accredited by the Accreditation Commission for Education in Nursing (ACEN), which means our program is of the highest standard of quality. The program is intense, but what you learn in the classroom and in our new, modern nursing labs will help you prepare for the licensing exam, along with the skills needed to make an immediate, positive impact where you work.

There are three key advantages to our BSN program.

First, our students receive personal attention from professors who have nursing experience, so they share their first-hand, practical knowledge. They are there to help our students succeed.

The second is the environment where our students learn and practice their skills. Our modern nursing labs include a practical skills lab, and a sophisticated simulation suite with "patients" that experience symptoms ranging from coughing, seizures and heart attacks to giving birth to babies, and the many complications that can arise from that. Our "patients" are mannequins controlled by computers, so the instructor, from another room, can have the "patient" talk back to the nurses, experience onset symptoms, and more.

This simulation suite is designed to look and function like a hospital emergency room. Each room is equipped with video and audio recording capabilities so that each time we run a patient simulation, it's recorded. Once the scenarios are completed,

the professor and students go to our debriefing room to watch the video. This is a great learning tool because it helps our students see what they did right, and what they need to improve upon.

Our students also play various roles in scenarios. They may be the nurse or a family member. This gives them the added perspective of how others in their patient's lives may be feeling. As a result, our students gain a higher sense of empathy for not only their patient, but their loved ones as well.

The third is the format of the program. Most BSN degree programs take five semesters to complete. Ours is structured so that you can graduate in four semesters. Our graduates are using their new knowledge and skills in the workforce quicker, and our community is the ultimate benefactor.

We are hosting monthly, virtual BSN Information sessions so you can learn more about our incredible nursing programs. Classes start in the fall.

THE DEMAND FOR NURSES

- 50% of nurses have a BSN degree
- Demand for nurses in Florida projected to grow 21%
- Demand for nurses nationwide project to grow 12%

**According to CareerOneStop.org*

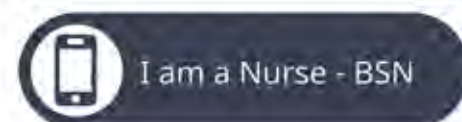


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BSN Info



HEALING BACK PAIN WITH PLATELET RICH PLASMA (PRP)

By Dr. Sebastian Klisiewicz, D.O.



What is Back Pain?

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

Symptoms and Diagnosis

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

Standard Back Pain Treatments

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

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

A New Approach for Back Pain

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

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

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

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

Healing The Back at Integrative Rehab Medicine

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

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

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



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

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

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

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



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Unusual sensations



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Burning



Tingling



Numbness



Balance problems

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Muscle cramping



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Reflex abnormalities

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SANEXAS

A Revolutionary Electronic Cell Signaling Treatment



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

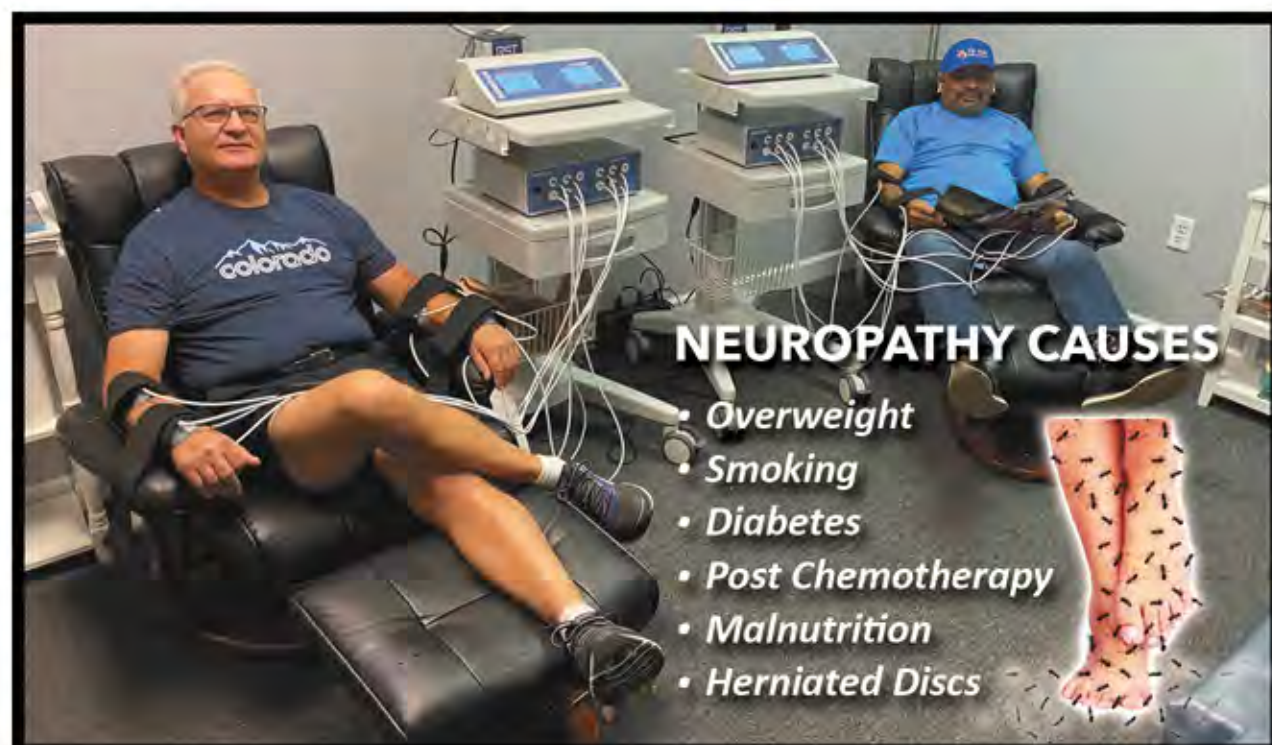
WHAT IT TREATS

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

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

HOW MANY TREATMENTS

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



NEUROPATHY CAUSES

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



SANEXAS TREATMENT

- Neuropathy Pain
- Chronic Joint Pain

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

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



REGENERATIVE MEDICINE

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

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

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

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

WHAT IS THE TM-FLOW SYSTEM?

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



SPECIFIC TEST FOR NEUROPATHY SYMPTOMS

Population that should be tested with TM-Flow



Autonomic neuropathy and vascular dysfunction risk group in the USA

50+

Population over 50 years old with cardiovascular risk factors

(Hypertensive, Overweight, Smoker, Diabetic)

70+

Everyone older than 70

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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.

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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-rM7OKwmG3J43bZni6h175MIQCzwNsKORoCE5QQAvD_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.

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

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

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After Childbirth Many Women Have a Weakened Pelvic Floor & Urinary Incontinence:

How EMSELLA™ Can Help You

By Joseph Gauta, MD, FACOG

After childbirth, the pelvic floor, which protects and supports the internal pelvic organs may become weakened, stretched, less elastic, and less resilient. The weakened pelvic floor muscles can also cause overactive bladder and incontinence issues.

35% of women experience a weakened pelvic floor after childbirth, and this also occurs in women that have had C-sections because the unborn baby's weight is stabilized on the pelvic floor muscles.

The problem of incontinence is so common among women because, until now, there has not been an effective way to treat a weakened pelvic floor. If you're noticing that you leak when you laugh, jump, cough, or sneeze due to postpartum incontinence from a weakened pelvic floor, it only gets worse without treatment. **YOU DON'T HAVE TO ACCEPT THIS AS YOUR FATE OR AS "NORMAL."**

While there are multiple ways to treat urinary incontinence, a revolutionary in-office "chair" is the most advanced, non-invasive, simplest treatment to date. Women are declaring it's impressive results in droves. EMSELLA™ treatment can help get your pelvic floor back in shape and help prevent further pelvic floor problems later in life.



The EMSELLA Chair is a non-surgical, non-invasive treatment that can greatly improve incontinence. Each 28-minute session is the equivalent of 11,200 pelvic floor exercises. The EMSELLA™ chair is being touted as the Kegel throne. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder sometimes as quickly as the first treatment

Urinary incontinence pads cost women upwards of \$900 per year! You no longer have to miss out on life or suffer embarrassment due to incontinence issues. EMSELLA is the answer.

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



BEFORE

Pelvic floor muscles insufficiently support pelvic organs and affect bladder control.

TREATMENT

BTL EMSELLA™ effectively stimulates pelvic floor muscles.

AFTER

Stimulation leads to regained control over pelvic floor muscles and bladder.



All You Need to do is Sit Back and Relax, and the Results are Marked by Significant Improvement.

EMSELLA™ is an excellent option for postpartum pelvic floor weakening as a solution for urinary incontinence and improvement in your quality of life.

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Food is Medicine

Eat like your life depends on it!



By Dr. Doreen DeStefano, NhD, APRN, DNP

“Let food by thy medicine and medicine be thy food.” Hippocrates, the father of medicine said that somewhere around 400 BC. That advice still holds true today although it’s more difficult to accomplish. We’re all in a hurry so we don’t eat properly. Our fruits and vegetables lack vitality because of the long trips they make coming to market and the depleted soil they’re grown in. Our foods are processed and stored and lack vitality. How can you put vitality back into your diet?

The nutrition month challenge! Be bold! Dare to eat fruits and vegetables. Dare to eat live food. We’ve all heard the phrase, “You are what you eat”. Be alive and vibrant. Be colorful and healthy. Be beautiful and fresh and maybe even exotic. Can you eat five servings of fruits and vegetables a day? Can you eat 10 servings of fruit and vegetables a day? The challenge I’m proposing to you today is to eat at least six servings of fruit and vegetables per day. That’s two with each meal. What I hear most often is simply “I don’t eat that much food.” But eating more food that’s nutrient dense and caloric low will make you healthy, strong and vibrant. So let’s see exactly how to do it.

Don’t be SAD! The Standard American Diet lacks nutrient density but has no shortage of calories. It consists primarily of fast food, candy, chips, crackers, cakes, and especially processed foods. If you choose these foods, your body will let you know it’s unhappy and unhealthy by breaking down and becoming diseased. Things like hypertension, high cholesterol, and diabetes are all the result of food choices in the American diet. Although they taste delicious, the only nutritional value they have is caloric. Your pancreas fires up to produce loads of insulin to help absorb all the excess sugar and processed fats causing blood sugar to spike, leaving you feeling tired, cranky, bloated and sluggish.

The SAD Result... The nutrients in food determine how our bodies function and how our cells either barely survive or thrive. Without proper nutrition our cells become weak and ultimately diseased. You are the accumulation of everything you eat and do to your body. Nothing happens suddenly. Every single thing you eat is metabolized and becomes part of you. So make every bite count!

Your nutrition prescription is a daily intake of two servings of fruits and vegetables three times a day. First let’s remember that a serving is half a cup. Salad greens are a full cup. Iceberg lettuce is not a salad green! So let’s see what a healthy vibrant eating day might look like.

Breakfast:

2 free range eggs made into an omelet with ½ cup of peppers, onions, tomatoes or your choice of vegetables
½ grapefruit

Lunch:

4 oz of free range chicken
A salad with 1 cup of greens and ½ cup veggies of choice
½ cup melon

Dinner:

two crabcakes sautéed in Olive Oil
½ cup of green beans
½ of a sweet potato
A salad with a cup of greens and ½ cup veggies of choice

Desert: Berry Sorbet

You just ate eight servings of fruit and vegetables in one day. You’re on your way to healthy!

Better health through nutrition will take some work, but who is better qualified for the job than you? Keep an open mind, try new things, and educate yourself on the foods you’re eating. Start today!

Intravenous Vitamins: The answer to damaged digestion.



After years of eating badly, your gut may be so damaged that it can’t absorb or vitamins or properly process whole foods. So see your holistic health practitioner for gut repair and get Intravenous vitamins to get you started.

There is No Excuse for being unhealthy! The most common excuse is never having enough time. Well guess what they make Nutrient IV therapy. So, in case you don’t have the time to design your health plan 100%. You can always support your nutrition with a supplemental Nutrient IV.

Intravenous Nutrients

As we age, we are not as good at digesting food as we once were. Our digestion is slower and less complete, so we get less nutrients from our foods, and less benefit from oral supplements. Intravenous nutrient therapy can dramatically increase nutrient levels and improve the functionality of your immune system. There are several nutrient IV options to optimize your health and recharge your immune system. Intravenous nutrient therapy is nutrient delivery by way of a small needle inserted into the vein for direct delivery of nutrients that pack a substantial punch!

Vitamin C

Intravenous vitamin C can increase your circulating vitamin C levels by 70 to 100 times the amount that oral vitamin C can. In times of compromised health, this is a great option. Low doses of intravenous vitamin C can help to keep your immune system robust.

Intravenous Glutathione

Glutathione is the master detoxifier and antioxidant in the body. Every single cell uses glutathione, but it is most active in the liver, where the majority of detoxifying takes place. Remember that the big players in your immune system are white blood cells. Detoxifying protects your body from the assaults of daily living. Glutathione supports every cell in your body and is exceedingly beneficial to your immune system. Unfortunately, oral glutathione just doesn’t work. It gets broken down by the digestive process before it gets into your blood. So intravenous is the only way to get it.

Myers Cocktail

No, it’s not available at the tiki bar! A Myers cocktail is a combination of vitamins and minerals that helps to support the cellular activity of your body. This combination just helps everything work better. In the best case scenario, only about 40 percent of supplements are absorbed by the body. The Myers cocktail gives you 100 percent absorption because it is delivered straight to your blood stream via intravenous infusion. It’s beneficial to everyone, no matter who you are.

There are numerous options and benefits of intravenous nutrient therapy. Most conditions can benefit from nutrient IV therapy. Contact Root Causes to find out how Nutrient IV therapy can benefit you!



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†AHCA 2019-2020 data, retrieved 10-01-21



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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MORPHEUS 8 BY INMODE

Full body skin rejuvenation is possible with Morpheus 8. In a series of short, in-office treatments, Velo Med Spa can address a wide range of cosmetic concerns and help you achieve glowing, healthy skin and reduce cellulite over your entire body. This treatment can also help minimize the appearance of stubborn cellulite on the thighs, belly, or elsewhere on the body.

This powerful treatment system combines micro needling and radiofrequency to noticeably improve the skin's appearance through enhanced collagen production. Morpheus 8 by InMode can smooth skin, even out areas of hyperpigmentation, fill in lines and facial folds, and tighten loose areas. This treatment is also capable of reducing the appearance of scars and stretch marks.

Morpheus 8 treatments can also recontour small pockets of fat, allowing patients to shrink the jowls or minimize the fullness that sometimes develops beneath the chin. Whether you want to fight back against early signs of aging or refresh younger skin that has become dull and lifeless, Morpheus 8 can help. Best of all, this treatment can be performed all over the body, from the knees and legs to the face and neck.

During your treatment at Velo Med Spa, we will use a handheld Morpheus 8 device equipped with microneedles to stamp the skin in the treatment area. Each needle will release a small amount of radiofrequency energy into the skin. This process kickstarts the body's natural healing process, which involves the production of collagen and elastin.



Depending on the size of your area of concern, the Morpheus treatment can probably be performed in about one hour. A topical numbing agent will be applied after the face is properly cleansed. The procedure is generally tolerated very well with minimal downtime. Thanks to that numbing agent, you won't be uncomfortable during your appointment.

After treatment you should avoid sun exposure, sweating, and heat-involved activities like saunas and hot yoga. You'll also want to be careful about what you apply to your skin. Irritating cleansers, chemical sunscreens, and cosmetics should be avoided. Velo Med Spa will provide you with specific guidelines on the day of your treatment. Patients can usually resume their regular activities, and their use of makeup the next day.

The Morpheus 8 treatment's success is based on the additional collagen the body produces, and that process can take some time. The rate at which results develop also varies with each patient. Some individuals see signs of improvement almost immediately, but results develop most often during the four to six weeks after treatment. By the 12-week mark, results are usually fully developed. Patients frequently undergo anywhere from three to six treatments, with their skin improving more after each session. Your results will last for 18 months or more, and occasional maintenance treatments will be able to extend those results.

If you want to radically improve your skin, and you're not interested in undergoing surgery, this treatment may be the perfect option. Morpheus 8 by InMode is non-invasive and requires very little downtime of the patient. Morpheus 8 by InMode is not a one-size-fits-all treatment. We can adjust the depth of the needles, penetrating the skin up to 4 millimeters, depending on what skin concern you want to address. This treatment can also be performed all over the body. Once we've had a chance to meet with you and prioritize your concerns and evaluate your skin, we'll develop a treatment plan just for you.

Some needling treatments can create hyperpigmentation problems when performed on darker skin tones. However, Morpheus 8 can be effectively used on all skin tones and types. The non-invasive nature of this treatment means it is suitable for most healthy adult patients, regardless of skin tone. Some patients come to us because they want to refresh their skin in the months leading up to a big event, like a wedding or reunion. Others incorporate these treatments into their long-term anti-aging regimen. Whatever your goal is, Morpheus 8 can help you achieve beautiful, glowing, youthful skin.

If you are ready to get your skin back to its prime, or you are curious about whether Morpheus 8 by InMode is right for you, give Velo Med Spa a call. The best way to find out is by scheduling an initial consultation at our practice. We'll use this time to evaluate your skin, answer your questions, and determine if this treatment is the best approach for you.

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9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

CBD MAY INHIBIT CANCER CELL GROWTH

Cancer will affect nearly 2 million people in the United States this year alone. Consequently, almost one-third of those individuals will succumb to their diagnosis. The treatments used to rid the body of cancer are so harsh and oftentimes do not succeed in eliminating the cancer. The side effects often leave the patients with debilitating nausea, fatigue, hair loss, and even loss of taste. Now, though, researchers have discovered that a more natural and less side effect producing chemical can slow or even stop the growth of these cancer cells.

Beginning as early as the 1940s, cannabidiol (CBD) and CBD oil have been used to help combat disorders and complaints ranging from anxiety to pain, nausea and headaches. Recently though, scientists and researchers have begun conducting experiments to determine the ability of CBD to inhibit cancer cell growth. The scope of research is currently limited, as THC, the addictive chemical and main ingredient in cannabis, is excluded in many of the studies due to regulations among the researching scientists.

The human body naturally produces endocannabinoids, which are receptors in the nervous system and are a crucial part of homeostasis. When CBD is introduced into the body, the endocannabinoid receptors are stimulated and begin regulation. While CBD oil has been useful in decreasing symptoms of more common ailments, research has shown that pure CBD show more anti-proliferative activity in cancer cells.

Studies are now being conducted in lab-grown cells and in animals where CBD has been introduced. The most notable change, so far, has been seen in colorectal cancer cells. Using a combination of medication, non-psychoactive mushrooms, and cannabinoids, Canabotech's Integrative Colon Study has shown a 90% elimination of cancer cells in their models. These studies did not include THC in their treatment. Adversely, the use of cannabinoids is not universal in inhibiting cancer cell growth which can be attributed to different cannabinoids have conflicting effects on different cancers.

This is very important for cancer patients to understand, as many people think CBD oil is not a medicine. They think of it more as a vitamin or a supplement, so they might not let their doctors know they're using it. Patients might not realize it can be potentially harmful. So, it's very important to tell your doctor if you're using CBD oil.

The most important thing cancer patients should know about CBD oil is there's still a lot to learn. So always let your health care team know if you are using CBD oil. That way, we can make sure nothing interacts adversely with your cancer treatments or other medications. Also, avoid products with health-related claims on their labels. The only product approved by the FDA for its medical value is Epidiolex. Epidiolex was originally approved in 2018 for the treatment of two conditions, both related to epilepsy: Lennox-Gastaut syndrome and Dravet syndrome. But aside from Epidiolex, no CBD product has been approved by the FDA for any other medical purpose.

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

What is Delta 8?

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

Delta-8-Tetrahydrocannabinol

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

About Hemp Joi

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

Implant Dentistry CAN GIVE YOU A NEW SMILE!

By Dr. Ricardo S. Bocanegra, DDS

If you're missing teeth, implant dentistry may be the best option to get a new smile. Dental implants can improve your smile in a variety of ways, and some of them may even be surprising. Here's what you need to know.

Understanding the Basics of Implant Dentistry

Implant dentistry has existed since the 1980s, but it's really gained popularity in the last decade. Essentially, when you get a dental implant, we put a small metal post in your jaw bone. The jaw bone ossifies around the post, and then we place a crown on the post. The result is a prosthetic tooth that looks and feels just like a natural tooth.

Replacing One or More Teeth

The most noticeable way that implant dentistry helps to preserve your smile is by replacing missing teeth. You can replace one or multiple missing teeth with implant dentistry. If you just need to replace a single tooth, the process is exactly as described above. Typically, if you are missing several teeth, we will place implants in different locations in order

to distribute the pressure of the bite. The hybrid denture is when they place a bridge between the implants. There are also full dentures that can work with implant dentistry. With this option, the implants work as anchors for your dentures, and you just snap the dentures into place. This creates a more secure, natural feeling fit.

Preventing Future Decay

On an aesthetic level, implant dentistry helps to improve your smile, but implants also help your smile in other, indirect ways. When you are missing teeth, other teeth often begin to move into those areas. Your mouth has a natural tendency to fill those gaps. As that happens, your teeth come out of alignment. This can lead to issues with chewing, headaches, and even TMJ syndrome. On top of that, when your teeth rub against each other due to misalignment, that can trap food debris and lead to cavities. By choosing implant dentistry, you help to minimize some of the risk of future decay.



Preserving the Integrity of Your Jaw Bone

Implant dentistry can also help to preserve the integrity of your jaw bone. When you are missing teeth, your jaw bone starts to deteriorate. You can see this effect in many people who have lost all their teeth. Their jaw line loses its strength, and the mouth almost seems to collapse in on itself. Basically, this happens because when there aren't any teeth with roots to stimulate the jaw bone leading to the atrophy and resorption of the jaw bone. Dental implants mimic the role of the root of the teeth. They convince the jaw bone that it is still integral to the body's function. This prevents the jaw bone from deteriorating and safeguards your smile.

Dental implants are changing the way people live. With them, people are rediscovering the comfort and confidence to eat, speak, laugh and enjoy life. For more information about dental implants or to schedule a consultation appointment, call our office in Fort Myers, FL at 239-482-8806.



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Medicare Things to Know...

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

CMS (Centers for Medicare & Medicaid Services)

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

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

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



Did you miss Medicare/Health Insurance Open Enrollment?

THERE ARE: Special Enrollment Periods

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

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

Individual/Family Medical Insurance – There are other options available if you do not have pre-existing conditions. These plans can be a lot less expensive especially if you do not qualify for government subsidy. There are national carriers that offer particularly good plans with comprehensive coverage. You can buy them any time during the year. Do not go without coverage!

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

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

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

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

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

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WEARING HEARING AIDS CAN AFFECT CERTAIN CHRONIC ILLNESSES



In 2018, a team from the University of Michigan studied a group of older adults who reported they had severe hearing loss to see if hearing aid use impacted how they use our health care system. Some in the group treated their hearing loss with hearing aids, while others did not.

Knowing that hearing aids can be a significant investment, the team was curious to find out if the cost of hearing aids was offset by fewer hospital visits or healthcare expenses.

In addition to finding that those in the group who had hearing aids were less likely to have gone to the hospital or emergency room the year prior to

the survey, those who had hearing aids were also "less likely to have chronic illnesses such as diabetes and high blood pressure."

The study didn't dig into why illnesses like diabetes and high-blood pressure were more reported in those who didn't wear hearing aids, but speculated that it's likely because hearing aids enable wearers to live more active and engaged lives, which typically results in a more healthy life, especially for seniors.

It's just one more good reason — in a list of many good reasons — why treating hearing loss beats ignoring loss every time.

If you have hearing loss and want to talk to someone about treating it, we can help. Simply visit www.starkeyhearcare.com and type in your zip code. You'll generate a list of local hearing professionals and audiologists who you can contact to ensure you're always hearing and living your best.

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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.

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.

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TURNING TO A BALANCED & HEALTHY MARKET

By Robert Nardi, Broker/Owner

During April, the overall inventory in Naples increased 16.5 percent to 1,668 properties from 1,432 properties in April 2021. After reviewing the April 2022 Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), the Naples area housing market appears to be making a turn toward a balanced and healthy market. With the swell of new single-family home listings, up 5.7 percent over last year, and with 549 price reductions (33 percent of the inventory), we have 1.5 months of inventory, the highest level since March 2021. However, demand for the Naples lifestyle remains strong. Days on market for April were 16 days, considerably less than the historic 90-day average.

In April, the overall median closed price increased 39.2 percent to \$599,000 from \$440,000 in April 2021. Median closed prices continue to rise in the single-family home market, up 8.7 percent from March, but median closed prices during April in the condominium market decreased 1.1 percent from March. One "stand-out" observation is that with the increased appreciation over the past year, and the depletion of properties listed at \$300,000 or less, there were only 96 properties below this amount in April 2022. Wow!

If you want to see the NABOR® April 2022 Market Report in chart form, please send an e-mail to Robert@NardiRealty.com. It compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary.

What does this all mean?

It simply means that the Naples market is starting to correct itself, however, do not count on prices plummeting. We see a lot of price decreases, but that is because these properties were overpriced, to begin with when they hit the market. The current market is dictating the selling price.

In 2004 & 2005, mortgage lenders financed Buyers through no-doc loans, which accelerated demand, causing properties to increase in value

dramatically. It was relatively easy to get a mortgage by simply stating yearly income, running the Buyers' credit score, and performing a desktop appraisal. However, in today's housing market, Buyers getting a mortgage must go through a tremendous amount of scrutiny when securing a mortgage. Several of my customers have complained about the underwriting process because it feels like an "invasion of privacy." Also, the Naples area is in a bit of a bubble because many people sell their homes for large amounts of monies in coastal regions and then purchase in cash here. In fact, in April 2022, 66.7% of property buyers paid cash. Therefore, people waiting on the sidelines for prices to drop dramatically will be waiting a long time. It will not be a repeat of the "Great Recession" because everyone who is purchasing can afford to buy the property.

What should you do in this housing market?

If you are a Seller in Southwest Florida, then sell your property. If it is not moving, it is likely priced too high and will need a price deduction. I am not saying a significant reduction, but some reduction. Because the market is correcting, it will take longer to sell your property. Please keep that in mind.

If you are a Buyer in Southwest Florida, keep your eye out for properties entering the Multi-Listing Service (MLS) every day. You can also enlist the help of a REALTOR® to assist you. A REALTOR® can set up automatic searches for properties with the same characteristics or if you are looking in a particular area or development. Once a property comes on the market, you will need to act quickly on it. Make an appointment immediately and if it is something you like, put an offer in with few contingencies.

The NABOR® contract's three major contingencies are financing, inspections, and closing date. My best advice for those who have cash but want to get a mortgage is to select "Cash" on the contract. In essence, you are waiving all financing contingencies; however, you most likely can get approved for a mortgage in 35 or fewer days. Therefore, when selecting a closing date, I would make 40+ days from the effective date (when both parties come to terms and sign).



I would tighten the time frame from 15 to 10 days as far as inspections go. In addition, I would seriously consider an "As Is" contract that would allow you to inspect within the designated period. If you find something wrong with the property, you can walk away and receive your escrow monies back. However, if you see something wrong and still want the property, then "As Is" means precisely that. You are saying that you will not request from the Seller any remedial action or a credit at closing to fix those items.

Once the inspection period is over, then the only other contingency is the closing date. The NABOR® contract makes the closing date, "Time is of the essence." You must close on the date specified in the contract. According to the agreement, if you refuse or cannot close, the escrow money you put down is forfeited. The Seller is entitled to this money as "damages." You can always ask for a closing extension, but I highly doubt they would extend the closing date because it is a Sellers' market.

Need help with any of this? Please feel free to write me at Robert@NardiRealty.com or phone me at 239-293-3592. Enjoy your summer!



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Along with Cardiovascular Health Benefits, Exercise Increases Overall Wellness

By Dr. Joseph Freedman MD, MBA

JAMA published a study in 2018 that found that those who do not exercise have an increased risk of premature death, outweighing, diabetes, cardiovascular disease, and even cancer-related conditions. In addition to all of the primary health benefits, regular cardiovascular exercise is also known to increase brain-derived neurotrophic factor (BDNF), which is a protein that protects the brain and improves cognitive function. You should always talk to your physician about the right exercise plan for you.

Exercise Benefits

Exercising on a daily basis is best, but 3- 5 times per week is also favorable. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation improves nutrient, and oxygen-rich blood flow helps build strength, can increase weight loss or help to maintain and healthy weight. If you can work out at the maximum level, it's incredibly beneficial for cardiovascular health and many other conditions.

Water-Based Exercise

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases, arthritis, or balance issues. The level of oxygen in the blood increases in water, which is ideal for anyone, especially those with vascular problems. The oxygen consumption (VO2) is three times greater in water than on land.

Working large muscle groups leads to this uptake of oxygen or VO2. Doing the same level of exercise on



land increases the heart rate at a much higher level than with water-based therapy and can be dangerous for some individuals. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

Exercise improves circulation, lowers blood pressure, helps elevate mood, increase stability, protects (and regenerates) bone health, raises HDL and lowers LDL cholesterol levels, burns body fat, increases muscle strength, and much more.

Talk with your physician about the right exercise plan for you.

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

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

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

Joseph Freedman, M.D.


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

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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.




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Failure is a Part of Growth

By Pastor Timothy L. Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.



Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com.



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