

SOUTHWEST FLORIDA'S

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

August 2022

Lee Edition - Monthly

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# contents **AUGUST 2022**

- 6 Don't Let Psoriasis Take Over Your Skin
- 7 The Importance of Mental Health Care for Patients: Caring for the Whole Person
- 8 Cholesterol: Nutrition Smart
- 9 Varicose Vein Options
- 10 Your Guide to a Summer Free from Foot Pain
- 11 Repower Your Life and Your Intimacy with Neowaves
- 12 Helping Your Parents Realize They Need Memory Care
- 14 Rainbow Trails Camp Helps Grieving Children of All Ages
- 15 Can a High-Tech Chair Cure Incontinence
- 16 Effects of Marijuana Use: How Weed Affects Your Mind and Body
- 17 Cholesterol
- 18 Cataracts: Your Treatment Options

## CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Cristan Gensing**  
[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

OWNER / CREATIVE DIRECTOR  
**Sonny Gensing**  
[sonny@gwhizmarketing.com](mailto:sonny@gwhizmarketing.com)



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- 20 Finish What You Started with The Hodges University Wheel
- 24 New Technology to Resolve Symptoms from Neuropathy and Chronic Joint Pain
- 26 A New Way to Treat Treatment-Resistant Depression
- 28 The Best Non-Surgical Treatment for Arthritis Your Own Stem Cells!
- 29 Dementia - New Therapy Options
- 30 Understanding Polycystic Kidney Disease
- 32 Arthritic Knee Pain: Do You Really Need Surgery?
- 33 The AuVan Clinic - What Makes Us Different?
- 34 Swollen Legs and Feet Could be a Sign of Heart Failure
- 35 How CBD Can Reduce Inflammation
- 36 The Kids Are Back to School... Now Its Time for Mom to Refresh
- 37 Back-to-School & Oral Health: A Window to Your Overall Health
- 38 Medicare Things to Know...
- 39 Thyroid Disorders are Often Connected to Intestinal Permeability, Hormonal Imbalance and Stress
- 40 Ask The Expert: 5 Ways to Support Your Hearing Health
- 41 Why You Should Be In Total Control of Your Estate Planning
- 42 Parkinson's Disease: What You Need to Know
- 43 Spiritual Wellness: Dealing With Life's Painful Situations



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# DON'T LET PSORIASIS TAKE OVER YOUR SKIN

By Joseph Onorato, MD, FAAD

**P**soriasis is an immune-mediated disease (a disease with an unclear cause that is characterized by inflammation caused by dysfunction of the immune system) that causes inflammation in the body. There may be visible signs of the inflammation such as raised plaques (plaques may look different for different skin types) and scales on the skin.

This occurs because the overactive immune system speeds up skin cell growth. Normal skin cells completely grow and shed (fall off) in a month. With psoriasis, skin cells do this in only three or four days. Instead of shedding, the skin cells pile up on the surface of the skin. Some people report that psoriasis plaques itch, burn and sting. Plaques and scales may appear on any part of the body, although they are commonly found on the elbows, knees, and scalp.

Inflammation caused by psoriasis can impact other organs and tissues in the body. People with psoriasis may also experience other health conditions. One in three people with psoriasis may also develop psoriatic arthritis. Signs of PsA include swelling, stiffness and pain in the joints and areas surrounding the joints. PsA often goes undiagnosed, particularly in its milder forms. However, it's important to treat PsA early on to help avoid permanent joint damage.

Symptoms often start between ages 15 and 25 but can start at any age. Men, women, and children of all skin colors can get psoriasis. Psoriasis can appear anywhere on the body, even on the eyelids, ears, lips, skin folds, hands, feet, and nails. Plaques can be a few small patches or can affect large areas. It's possible to have psoriasis plaques and scales in more than one location on the body at a time.

There are five types of psoriasis. It's possible to have more than one type of psoriasis at one time and more than one type in a lifetime. Treatments may vary depending on the type and location of the psoriasis. While scientists do not know what exactly causes psoriasis, we do know that the immune system and genetics play major roles in its development. One thing we do know: psoriasis is not contagious. You cannot catch psoriasis from another person. Usually, something triggers psoriasis, causing symptoms to appear or worsen. Triggers vary from person to person.



Psoriasis triggers vary from person to person. What may worsen your psoriasis might not have any impact on someone else. Common psoriasis triggers include:

- **Stress:** Stress is one of the most common psoriasis triggers. At the same time, a psoriasis flare can cause stress. This may seem like an endless loop. However, relaxation techniques and stress management may help prevent stress from impacting psoriasis.
- **Injury to Skin:** Psoriasis can appear in areas of the skin that have been injured or harmed. This is a result of the Koebner phenomenon, which states scratches, sunburns, bug bites and vaccinations can all trigger a psoriasis flare.
- **Illness:** Anything that can affect the immune system can trigger psoriasis. That is why you may experience a flare following an ear infection, bronchitis, tonsillitis or a respiratory infection. There is a connection between streptococcus infection (strep throat) and guttate psoriasis, as it often triggers the first onset of guttate psoriasis in children. It is possible to have strep throat without showing symptoms. If you have had strep throat in the past, talk with your health care provider about getting a strep throat test if your psoriasis flares.
- **Weather:** The weather may trigger a flare. Cold weather can often cause psoriasis flares due to less sunlight and humidity, heated and drier indoor air, as well as stress and illness. Warm weather can often improve psoriasis because of natural sunlight and higher humidity.
- **Other Possible Triggers:** Although it is less common, some people with psoriasis suspect that allergies, certain foods, alcohol, or environmental factors trigger their psoriasis. A great way to learn about your unique set of triggers is to track them over time. Keeping records of your symptoms and triggers can help you anticipate and treat your flares.

As with other chronic diseases, psoriasis may affect areas of your life other than your physical health. Psoriasis may affect your emotional health, your relationships, and how you handle stress. It could even affect areas of your life that you wouldn't expect, such as the clothes that you choose to wear. For some people, living with psoriasis can be a challenge. However, there are ways to handle those challenges so you can thrive with psoriasis.

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.

## What's on YOUR Skin?

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### Founder & Owner

**Joseph Onorato, MD, FAAD**

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

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# THE IMPORTANCE OF MENTAL HEALTH CARE FOR PATIENTS: CARING FOR THE WHOLE PERSON

By Dr. Arie Dosoretz

**C**ancer and the process around its treatment can have a profound effect on the whole person. We often focus on the physical aspects of cancer, but it is important to recognize the mental aspects associated with this diagnosis as well. An individual's mental and emotional well-being before, during and after treatment demands our focus through every step of a patient's journey.

According to the American Cancer Society, one in four cancer patients experiences clinical depression. The National Cancer Institute defines clinical depression as having one or more of the following symptoms, which persist for more than two weeks.

- Persisting feelings of sadness or emptiness
- Having a sense of guilt or feeling unworthy
- Feelings of helplessness or hopelessness
- Moodiness or a short-temper
- Insomnia or oversleeping
- Feeling guilty or worthless
- Difficulty concentrating
- Feeling emotionally numb
- Loss of pleasure and interest in activities
- Withdrawing or isolating from friends and family
- Changes in weight, not due to illness or treatment
- Feeling nervous, tearful or shaky
- Thoughts about self-harm or suicide

## Understanding the Connection Between Mental Health and Cancer

If unaddressed, these mental health symptoms can develop into psychosocial problems that affect one's body image, and relationships with others. Naturally, many patients feel a loss of control and increased vulnerability. The common uncertainty about one's future is often accompanied by anxiety, fatigue and general emotional distress. Oncologists must always provide mental health support as soon as possible to minimize emotional distress and its downstream effects.



At the time of diagnosis, a patient may experience fear, numbness, sadness or anger. During treatment, complications such as hair loss or nerve pain can take a heavy toll on one's mental health. Patients may experience psychological distress from a lengthy course associated with chemotherapy, radiation and surgery. Financial concerns around the cost of treatment are frequent as well. Anxiety commonly develops from anticipating medical appointments or results. Physical side effects related to a particular course of treatment may limit freedom and keep patients from doing what they love most.

The time after treatment also poses unique challenges. Patients must often adapt to a "new normal" as their bodies recover and slowly heal from treatment. The transition from being constantly surrounded by a caring medical team to less frequent visits can also be difficult and follow-up visits often revolve around important test results that generate fear and anxiety as well.

The global pandemic has introduced further challenges to patients and their caregivers in recent times. Patients have faced heightened stress amidst a constantly changing health care landscape while managing the challenges of living with a weakened immune system.

## Choosing the Right Medical Partner

Experiencing these symptoms should be viewed as a natural part of the cancer journey. While still at times unfortunately overlooked, the connection between a patient's mental and physical health is increasingly considered a core component of high-quality patient care.

Partnering with a medical provider who understands these struggles is the best approach to ensure one receives the support that every patient needs and deserves. At Advocate Radiation Oncology, we believe it is critical that conversations about mental health should be deeply ingrained in the diagnosis and treatment process. We frequently partner with the mental health professionals in our community as well as part of our multi-disciplinary approach.

As your partner in the fight against cancer, our compassionate team of world-class experts knows how critical mental health care is for every cancer patient we diagnose and treat. We are here to care for the whole person as each patient gets the personalized support they need.



## About the Author

*Dr. Arie Dosoretz is a board-certified radiation oncologist at Advocate Radiation Oncology.*

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# CHOLESTEROL: NUTRITION SMART

**M**any people worry about cholesterol - and with good reason. According to the American Heart Association (AHA), more than one-third of American adults have high cholesterol, putting them at greater risk of heart disease - the leading cause of death in the United States. What you eat can be essential in maintaining your cholesterol and cardiovascular health.

## But first, what is cholesterol.

Cholesterol is a waxy, fat-like substance made naturally by your liver. It is essential to perform various functions in the right amounts, such as making sex hormones, digesting fatty foods, and converting sunlight into vitamin D.

Cholesterol travels through our blood on proteins called lipoproteins. One type - low-density lipoprotein (LDL) - is coined the "bad" cholesterol, as high levels lead to a buildup of plaque in your arteries. Arteries + plaque buildup = an increased risk of heart disease. Another type - high-density lipoprotein (HDL) - is considered the "good" cholesterol. HDL carries cholesterol and plaque from our arteries back to our liver, so it can be flushed from the body.

Cholesterol levels vary naturally by age, weight, and sex. Total and LDL cholesterol levels should be low. But having more HDL, or "good," cholesterol in the blood may balance the "bad" by reducing the risk of a heart attack or stroke.

## AHA-recommended cholesterol levels.

- Total cholesterol levels: under 200 mg/dl (milligrams per deciliter)
- LDL: less than 100 mg/dl
- HDL: Men - 40 mg/dl or higher  
Women - 50 mg/dl or higher

## Cholesterol and nutrition connection.

Your diet plays an important purpose in maintaining cardiovascular health, so it's reasonable to think eating cholesterol-rich foods will raise your cholesterol levels. However, the connection isn't quite that simple. The cholesterol we get from our diets comes from eating animal products - namely meat and dairy, which are also factors in saturated fat.

So, while foods rich in cholesterol minimally increase blood cholesterol, saturated fat is of greater concern.

According to the AHA, saturated fat is a bigger culprit for raising blood cholesterol, in general, than dietary cholesterol.



## Heart-healthy foods.

Changing the foods you eat can lower your cholesterol and improve the flow of fats in your blood.

- **Increase soluble fiber.** Soluble fiber reduces cholesterol absorption into your bloodstream and lowers blood pressure. It is also perhaps the easiest dietary impact on your heart health. Oats and other whole grains are an easy addition to your meals or snacks (think oatmeal, Cheerios, granola bars, whole grain rice). Many fruits - especially the exotic type - are super rich in fiber, including raspberries, strawberries, apples (mainly in the peel), bananas, mango, and guava. In general, the darker-colored the vegetable, the higher the fiber content. Carrots, beets, and broccoli are good choices. Artichokes are among the highest-fiber veggie.

Beans are fiber-packed and high in protein, so they are a healthy, filling substitute for red meats. They make great soups and are a flavorful addition to salads. These are a good choice for your shopping cart: garbanzo, Northern white, lima, or pinto beans.

- **Reduce saturated fats.** Saturated fats, found primarily in red meat, are the primary culprit of high cholesterol. Steak, beef roast, ribs, pork chops, and ground beef all tend to have high saturated fat and cholesterol content. Choose lean (90 percent lean) cuts of beef or pork, such as sirloin, filet, flank, pork loin, or tenderloin. Better still - focus on lower fat sources such as chicken or turkey filets or ground.

Avoid fried foods, which are high in saturated fat and cholesterol due to the oil they're soaked in. Instead, opt for olive or avocado oil and choose healthier cooking methods, like grilling, baking, or air frying.

- **Eggs.** Eggs are a great source of protein and low in calories, but they tend to get a bad rap. Eggs are low in saturated fat and calories but can be high in calories.

This may be due to how eggs are prepared, such as frying in oils or butter. Water-poached, hard-boiled eggs, or egg whites are healthy substitutes for meats.

- **Eat foods rich in omega-3 fatty acids.** Eating fish two or three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats. Foods with omega-3 fatty acids include salmon, mackerel, herring, walnuts, and flaxseeds. Omega-3s reduce triglycerides in the bloodstream and protect the heart by helping prevent the onset of abnormal heart rhythms.

- **Lower dairy fats.** Whole milk, full-fat yogurt, cheese, and butter are super high in saturated fat. Instead, opt for skim (non-fat), 1% or 2% milk, and non-fat or low-fat yogurt varieties for calcium intake. Limit cheeses and choose part-skim (Swiss, mozzarella, ricotta) when possible. Use extra-virgin olive oil or avocado oil instead of butter.

- **Add whey protein.** Whey protein, found in dairy products, may account for many health benefits of dairy.

- **Nuts.** Studies show that eating almonds, walnuts, peanuts, and other nuts are good for the heart.

What we eat can impact our cholesterol levels and help reduce our risk of heart disease. The American Heart Association recommends following a heart-healthy diet. So, the next time you go to the grocer, stock up on some of the above.

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# Varicose Vein Options

**V**aricose veins are twisted, enlarged veins that are prominently visible and can cause embarrassment. Any vein that is close to the skin's surface (superficial) can become varicose. Varicose veins most commonly affect the veins in the legs. That's because standing and walking increase the pressure in the veins of the lower body. If your occupation requires you to be on your feet and moving many hours per day or sitting for long stretches of time, varicose veins may be inevitable.

Prevention of varicose veins can be done at home. Improving blood flow and muscle tone might reduce the risk of developing varicose veins. The same measures that treat the discomfort from varicose veins can help prevent them. Try the following:

- Avoiding high heels and tight hosiery
- Changing your sitting or standing position regularly
- Eating a high-fiber, low-salt diet
- Exercising
- Raising your legs when sitting or lying down
- Watching your weight

For many people varicose veins and spider veins (a common, mild variation of varicose veins) are simply a cosmetic concern. For other people, varicose veins can cause aching pain and discomfort. Sometimes varicose veins lead to more-serious problems. If you're concerned about how your veins look and feel and self-care measures haven't helped, see your health care provider.

Weak or damaged valves can also lead to varicose veins. Arteries carry blood from the heart to the rest of the body. Veins return blood from the rest of the body to the heart. To return blood to the heart, the veins in the legs must work against gravity.

Muscle contractions in the lower legs act as pumps, and elastic vein walls help blood return to the heart. Tiny valves in the veins open as blood flows toward the heart, then close to stop blood from flowing backward. If these valves are weak or damaged, blood can flow backward and pool in the veins, causing the veins to stretch or twist.



**Complications of varicose veins, although rare, can include:**

- **Ulcers.** Painful ulcers can form on the skin near varicose veins, particularly near the ankles. A discolored spot on the skin usually begins before an ulcer forms.
- **Blood clots.** Occasionally, veins deep within the legs become enlarged and might cause leg pain and swelling. Seek medical attention for persistent leg pain or swelling because it can be a sign of a blood clot.
- **Bleeding.** Occasionally, veins close to the skin burst. Although this usually causes only minor bleeding, it requires medical attention.

See your health care provider immediately if you think you've developed a leg ulcer.

To diagnose varicose veins, a health care provider might recommend a test called a venous Doppler ultrasound of the leg. A Doppler ultrasound is a noninvasive test that uses sound waves to look at blood flow through the valves in the veins. A leg ultrasound can help detect a blood clot.

In this test, a health care provider moves a small hand-held device (transducer), which is about the size of a bar of soap, against the skin over the body area being examined. The transducer transmits images of the veins in the legs to a monitor, which displays the results.

Treatment for varicose veins may include self-care measures, compression stockings, and surgeries or procedures. Procedures to treat varicose veins are often done as an outpatient procedure, which means you usually go home on the same day.

Ask your insurer if varicose vein treatment is a covered expense. If varicose vein treatment is done only to improve the appearance of the legs (cosmetic reason), the cost might not be covered by insurance. If self-care and using compression stockings is not easing your symptoms, there are medically prescribed options that we at the Vascular and Vein Center at Gulf Coast Surgeons can recommend for your treatment.

- **Sclerotherapy.** A health care provider injects the varicose veins with a solution or foam that scars and closes those veins. In a few weeks, treated varicose veins should fade.

The same vein might need to be injected more than once. Sclerotherapy doesn't require anesthesia and can be done in a health care provider's office.

- **Laser treatment.** Laser treatment sends strong bursts of light onto the vein, which makes the vein slowly fade and disappear. No cuts or needles are used.
- **Catheter-based procedures using radiofrequency or laser energy.** This procedure is the preferred treatment for larger varicose veins. A health care provider inserts a thin tube (catheter) into an enlarged vein and heats the tip of the catheter using either radiofrequency or laser energy. As the catheter is removed, the heat destroys the vein by causing it to collapse and seal shut.
- **High ligation and vein stripping.** This procedure involves tying off a vein before it joins a deep vein and removing the vein through small cuts. This is an outpatient procedure for most people. Removing the vein won't keep blood from flowing in the leg because veins deeper in the leg take care of the larger volumes of blood.
- **Ambulatory phlebectomy (fluh-BEK-tuh-me).** A health care provider removes smaller varicose veins through a series of tiny skin punctures. Only the parts of the leg that are being pricked are numbed in this outpatient procedure. Scarring is generally minimal.

*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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# YOUR GUIDE TO A SUMMER FREE FROM FOOT PAIN

By Dr. Lori DeBlasi

**W**arm weather is a great excuse to show off your feet and polished toes. However, flexible sandals and flimsy flip-flops are one of the common causes of foot and heel pain. The foot and heel pain can negatively impact your day-to-day life. Also, if your pedicure isn't done properly, it can lead to serious foot problems like ingrown toenails and foot fungus. Heel and foot pain, ingrown toenails, and foot fungus are not problems you want to deal with when attending pool parties, weddings, and vacations. Thankfully, there are ways to prevent these common ailments so you can enjoy a foot-pain-free summer.



## Start with your shoes!

To avoid heel pain and other foot problems, follow these tips when purchasing your next pair of summer footwear:

### WEDGES AND ESPADRILLES

**Problem:** Some styles can put you at risk for an Ankle sprain and instability with difficulty walking.

**Solution:** Try a wider, flatter wedge. Also, look for a rubber sole with good traction.

### PEEP-TOE SANDALS

**Problem:** This style increases the pressure on your toes, bunions, and hammertoes.

**Solution:** Wear them only for short periods of time.

### FLATS AND SLIDES

**Problem:** Inadequate cushioning and lack of foot support can lead to arch and heel pain.

**Solution:** Select a sole that doesn't twist excessively or bend in the arch region. Try to find a cushioned inser for shock absorption. Avoid prolonged wear if you are going to be doing a lot of walking or standing.

### PLATFORMS AND HIGH HEELS

**Problem:** Because the heel raises up, this produces more pressure in the front of the foot leading to pain in the ball of the foot. Also, with the higher heel position, the ankle becomes more unstable and can lead to ankle injuries.

**Solution:** Wear lower, more stable heels (two inches or under). A thicker heel is more stable than a skinny heel. Also, a wedge type heel is more stable.



## YOUR WEDDING SEASON FOOTWEAR GUIDE:

### Wedding season is in full swing!

Wear shoes that fit well—front, back, and sides—and have shock-absorbent soles, rigid shanks, and supportive heel counters.

Look for a shoe with a generous toe box area.

Inspect for cushioning at the front.

Remember: Excessive heel, wedge, or platform height can lead to instability and ankle rolls. Try keeping the height at two inches or under.

**As always, treat heels like dessert—wear them sparingly!**

### DO'S AND DON'TS FOR A FABULOUS PEDICURE:

**Don't** shave your legs before receiving a pedicure. Shaving creates small cuts on your legs that may allow bacteria to enter your body.

**Do** bring your own pedicure utensils to the salon. Why? Because bacteria and fungus can move easily from one person to the next if the salon doesn't use proper sterilization techniques.



**Don't** allow salons to use a foot razor to remove dead skin. Using a razor can result in permanent damage if used incorrectly and can easily cause infection if too much skin is removed.

**Do** use a pumice stone, foot file, or exfoliating scrub when eliminating thick, dead skin buildup, also known as calluses, on the heel and balls of the feet. Be sure to soak your feet in warm water for at least five minutes first.

**Don't** apply nail polish to cover up discolored nails. Thick and discolored toenails could be a sign of a fungal infection. Nail polish locks out moisture and doesn't allow the nail bed to "breathe." If you think you have a toenail infection, schedule an appointment with a podiatrist immediately to get it checked out.

*Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.*

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### Lori DeBlasi, DPM

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



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# REPOWER YOUR LIFE AND YOUR INTIMACY WITH **NEOWAVES**

Alejandro Miranda-Sousa, M.D.

**Erectile Dysfunction (ED)** is a problem far more common than we think. Several studies reveal that at least 50% of men in the U.S. experience some form of sexual dysfunction at some point in their lives, thus being one of the most common male sexual problems. Romantic life of couples often get affected by this problem when ignoring the issue by delaying seeking the right help.

Good blood supply is essential for an adequate erection. The presence of ED is usually an early sign of cardiovascular problems that needs to be addressed. Cholesterol "plaque" and "calcified" arteries affect blood flow to the penis the same way it affects your cardiovascular system.

**Neowaves** Low-Intensity Shockwave therapy (LiSWT) is a non-invasive, painless, very safe, proven treatment with excellent results directed to increase the blood supply to the penis. More blood flow, better erections! This treatment is designed to promote the repair of damaged blood vessels in the penis helping to achieve a good quality erection. This therapy offers a better proven choice to oral pills and painful penile injections that just bring a temporal solution to the problem.

**Neowaves** (LiSWT) are audible energy soundwaves used to treat ED. The treatment session consists on applying these soundwaves directly to the penis, clearing plaque buildup in the blood vessels and stimulating the creation of new good quality blood vessels, improving blood flow in the penis and obtaining a GREAT NATURAL ERECTIONS in most cases. It is a simple and painless procedure that takes less than 30 minutes and is performed at the office. Most of our patients receive 1 session per week for six weeks. Patients with a pacemaker or in blood thinners usually could have the therapy without problems.



***"...Clearing plaque buildup in the blood vessels and stimulating the creation of new good quality blood vessels..."***

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**Alejandro Miranda-Sousa, M.D.**  
Board Certified Urologist

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\* FDA-approved for treatment of plantar fasciitis 2016  
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# Helping Your Parents Realize They Need *Memory Care*

One in ten people age 65 and older have Alzheimer's or another form of memory loss. That's nearly six million Americans. Though there's no cure for Alzheimer's, there are ways to make the disease more manageable. It often starts with early recognition – if not by the senior experiencing cognitive changes, then by adult children or other family members.

## What is memory loss?

Let's start with a couple of terms.

Dementia isn't a specific disease. Rather it's a general term for the impaired ability to remember, think, or make decisions, which interferes with everyday activities. Source: cdc.gov

Alzheimer's, sometimes called Alzheimer's disease, is the most common type of dementia, accounting for 60%–80% of dementia cases. Alzheimer's affects memory, thinking and behavior. Symptoms eventually grow severe enough to interfere with daily tasks. Source: Alz.org

## What are the signs of memory loss?

If you're reading this article, you've probably noticed changes in your parent's behavior. In order to ease the transition toward memory support, learn to recognize these 10 early signs of memory loss:

1. **Increased forgetfulness.** Does your parent forget important dates or events or repeat the same questions? Do they rely on handwritten notes or family members for things they used to handle on their own?
2. **Difficulty with solving problems.** Some people living with dementia may experience changes in their ability to develop and follow a plan or work with numbers.
3. **Difficulty completing familiar tasks.** Do your parents have trouble driving to a familiar location? Are they still able to organize a grocery list or remember the rules of a favorite game?
4. **Confusion with time or place.** Do your parents lose track of dates, seasons and the passage of time? Do they ever forget where they are or how they got there?

5. **Trouble understanding visual images and spatial relationships.** For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance, trouble reading, or discerning colors.

6. **New problems finding the right word to use.** They may stop in the middle of a conversation and have no idea how to continue, or they may repeat themselves.

7. **Misplacing things and losing the ability to retrace steps.** A person living with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. They may accuse others of stealing, especially as the disease progresses.

8. **Decreased or poor judgment.** Individuals may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money or pay less attention to grooming or keeping themselves clean.

9. **Withdrawal social activities.** The difficulty in carrying on a conversation may result in a withdrawal from hobbies, social activities or other engagements. They may have trouble keeping up with a favorite team or activity.

10. **Changes in mood and personality.** People with memory loss become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends, or when out of their comfort zone.

## Having "The Conversation."

If your loved one has Alzheimer's or another type of dementia, early detection may lead to more effective treatment. It can be difficult to talk about, but it's important.

Using the 10 Early Signs listed above, ask questions that help your parents realize they need memory support.

- Have you taken your medicine today?
- Do you remember what you had for breakfast this morning? What about for dinner last night?
- Do you still enjoy the daily crossword puzzle, knitting, or card game?
- Can you remember my birthday?

Having the conversation will help your loved one transition to memory care in whatever form you decide on.

Lead with empathy and patience. People with dementia can become agitated when challenged. But keeping your loved one's best interests in mind, you'll find a hopeful path for this journey.

## What can you do to help your parents?

Speak with a doctor immediately. There's no cure for Alzheimer's, but there are treatments that can help slow it. Your parent's physician may prescribe medicine or other therapies that prolong cognitive function.

Schedule a community tour and private lunch or dinner today by calling **239-204-3469** or learn more by scanning the QR code with your smartphone!

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





Make a plan for care. Your parents will soon need professional care. Alzheimer's is a progressive disease. While family caregiving is an option in the earliest stages, it will soon become a demanding full-time job. As symptoms become severe, it's usually more than one person can handle successfully.

Explore memory care communities in your area. Memory care communities provide specialized care to seniors with dementia in a secure setting. Trained staff utilize programming and therapies to help residents engage cognitively and socially while enhancing their quality of life.

#### Help is available now at The Terraces.

The Terraces at Bonita Springs is a Life Plan Community that offers long-term care, including memory support services. We care for people with dementia and Alzheimer's disease in an intimate and uplifting atmosphere. Adult children can rest assured that their family members will be cared for and attended to 24/7. Working closely with each individual and their family, our team engages residents in ways that resonate with them personally.

#### We're more than caregivers; we're care partners.

In addition to providing a life-enriching experience to residents, we help family members cope with the challenges of dementia. Our care teams are always available to consult with family members to learn more about their loved one's care plan. Additionally, family members are always welcome to visit our senior living community.

#### What your loved one can expect:

Our memory support community includes an array of specialized amenities and activities for memory care residents:

- Secure environment
- 24-hour certified nurse's aide assistance
- Dedicated licensed nurses, specially trained to care for those with memory loss
- Personalized care plans designed to meet unique needs and preferences
- Interactive and socially stimulating programming
- Spacious private suites with en suite
- All utilities provided, including cable
- Individual memory boxes to help residents locate their residence independently
- Spacious activity and common areas designed for social engagement
- Protected sensory garden for walking and family visits

#### How can we serve your family?

The Terraces at Bonita Springs is a boutique Life Plan Community near Naples, Florida. We offer independent living and all levels of care, including assisted living, memory support, skilled nursing and rehabilitation.

To help your parents transition to memory support, come for a visit and tour. We'll be happy to show you around our family-friendly, resident-centric community.



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AND YOU EXPECT MORE.

Renaissance at The Terraces, our full continuum of on-site health services, is **now open to the public on a private-pay, month-to-month basis**. All levels of care, including assisted living, memory support, skilled nursing and rehabilitation, are offered – along with gracious hospitality and beautiful residences that deliver more of what she deserves. Every day.

### Assisted Living & Memory Support Summer Savings

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# Rainbow Trails Camp Helps Grieving Children of All Ages

Hope Healthcare Offers Bereavement Support for Children, Teens, and Families at No Charge

In the past, Caleb spent carefree days boating, fishing, target shooting, and honing his billiards skills with his dad. He had no way of knowing his father would die suddenly after contracting a bacterial infection after cutting his foot in local waters.

The swift and profound loss sent Caleb, 14, into an unsettling spiral of grief. "I was a little mad and felt uneven with myself," he said. "I was kind of yelling at God every night and feeling mainly low." To help understand his deep sadness and confusion, Caleb signed up to attend Hope's Rainbow Trails camp.

Caleb and 70 other children and adolescents sang along with a guitar, created art, participated in special projects, and most importantly, shared their stories and memories. Along the way, they realized that they weren't alone in their indescribable sorrow.

"There was every different kind of grief you can think of," Caleb said, noting that it was helpful "making new friends, talking to people you've never talked to before."

Rainbow Trails is staffed with "Buddy" counselors who support children through the grief journey. The camp breaks down the isolation and alienation young people experience from a sudden loss and its effects, which family, neighbors and peers may not fully comprehend.

"It gives them the space and the tools. It's not top-down. We're setting up places where they're empowered," said one of the camp counselors.

Caleb was the first to share his story of his loss at camp. "He was strong and brave," said his assigned Buddy. "The dignity he showed touched the other kids and they were willing to share their stories. That's the power of Rainbow Trails. After that experience, you can begin healing."



Caleb told Hope that the camp helped him through the loss. "It was so powerful. It hit me like a 10-ton brick. I'm still confused why this happened, but not so angry anymore," he said.

Rainbow Trails Camp is designed for any youth, ages 6-17, who have experienced the loss of a loved one during the past year.

Provided at no charge by Hope Healthcare, the goal of the special experience is to provide:

- An understanding of the grief process
- Skills to cope with grief and loss
- An opportunity to memorialize and say goodbye to loved ones

The next opportunity is currently scheduled for Sunday, November 5 from 9am to 3pm at the Alliance for the Arts in Fort Myers. This family-friendly event is open to everyone in the community, but advance registration is required. Parents or guardians may complete an application at [HopeHCS.org/RainbowTrails](https://HopeHCS.org/RainbowTrails). They can also call Hope's main line at

239-482-4673 to request a paper copy by mail.

"For children coping with the loss of a loved one, finding a reason to smile can be a challenge. Through Rainbow Trails, kids living with grief find comfort, friendship, and joy," said Hope Healthcare President and CEO Samira K. Beckwith.

Hope is able to offer life-changing programs to children and families through the generous support of the Southwest Florida community. For more than three decades, families have been able to get professional bereavement counseling at no charge thanks to these special gifts.

To make a donation online, please visit [MoreHope.org/Rainbow](https://MoreHope.org/Rainbow).

**Discover Rainbow Trails**

**Call 239.482.4673**

**Toll-Free 800.835.1673**

**[HopeHCS.org/RainbowTrails](https://HopeHCS.org/RainbowTrails)**



# Can a High-Tech Chair Cure Incontinence

By Joseph Gauta, MD, FACOG

Do you wear urinary pads or diapers? Do you leak when you exercise or sneeze? Aging, childbirth, and menopause can all lead to incontinence. There are many treatments such as surgical procedures, pessary devices, and medications to help cure or reduce incontinence.

**T**here is a new device by BTL called Emsella that makes incontinence treatment as simple as sitting in a chair! The Emsella is a unique chair that patients can simply sit and relax in (fully clothed) and have their pelvic floor significantly strengthened during a 28 minute treatment.

The Emsella chair is being touted as the Kegel throne. Each treatment provides the equivalent of doing over 10,000 kegel exercises. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder. Results can often be noticed as quickly as the first treatment. Most women and men will undergo just six sessions in a full three-week program to restore their pelvic muscle strength. The best part is, 67% of treated patients totally eliminated or decreased the use of hygienic pads, and 95% of treated patients improved quality of life.

## Who Is The Right Candidate For BTL Emsella?

BTL EMSELLA™ is a great option for patients of any age who desire solution for urinary incontinence and improvement in their quality of life.

## How Long Is The Treatment?

## How Many Sessions Do I Need?

Your provider will tailor a treatment plan for you. A typical treatment takes 28 minutes and you will need about 6 sessions, scheduled twice a week.

## What Does The Procedure Feel Like?

## Is It Painful?

You will experience tingling and pelvic floor muscle contractions during the procedure. The treatment is painless and you may resume daily activities immediately after the treatment.



## The following patients should not seek Emsella treatment.

1. Subject is pregnant, planning to get pregnant or within 3 months postpartum;
2. Subject has a pacemaker;
3. Subject has an implant or IUD containing metal (e.g. copper 7);
4. Subject has piercing between the waist and knees and is not willing to remove it before each treatment

## How Fast Will I See Results?

You may observe improvement after a single session. The results will typically continue to improve over the next few weeks.<sup>1</sup>

This progressive treatment is helping numerous men and women find their freedom, confidence, and get their life back without having to worry about urinary incontinence. Emsella has been featured on the Doctors and in various news and media outlets.

## References:

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



## Some comments from local users:

- I don't have to worry about peeing when I sneeze anymore
- My husband definitely notices the difference
- I just feel lighter down there.

To learn more about this technology please go to our website at [www.FloridaBladderInstitute.com](http://www.FloridaBladderInstitute.com). Call 239-449-7979 to schedule your Emsella consultation today.



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NICOLE HOUSER, PA-C



MACKENZIE HUDSON, PA-C



AMBER THOMPSON, PA-C



NAPLES:  
1890 SW HEALTH PKWY., SUITE 205  
[info@floridabladderinstitute.com](mailto:info@floridabladderinstitute.com)



# EFFECTS OF MARIJUANA USE: HOW WEED AFFECTS YOUR MIND AND BODY

We are past the days where marijuana is associated primarily with teenage stoners with the munchies. The potent plant plays a vital part in the wellness of millions of people worldwide. In 2021, medical cannabis was a growing sector of the health care industry in more than half the country's states. Additionally, many recreational users are unaware of the benefits of marijuana for their mental and physical well-being.

## Weed to Treat Arthritis

Over 55 million adults in the U.S. have a doctor's diagnosis for arthritis. This painful condition limits their daily functions and often prevents them from achieving goals, such as activities with loved ones. Finding an effective treatment is vital to helping these patients reclaim their lives. The effects of marijuana use have the potential to give them back every bit they lost with their diagnosis.

There are over 500 active naturally occurring compounds in cannabis. More than 140 are phytocannabinoids. These are unique because they interact with your body's endocannabinoid system.

Also known as the ECS, it consists of endocannabinoids, cannabinoid receptors, and enzymes. The receptors are found throughout the body and help regulate all major functions, including appetite, mood, and pain. Research has shown that cannabinoid receptors play an important role in disease prevention and management.

One of the most studied uses for THC and CBD, two of the most known cannabis compounds, is relief from arthritis pain.

## A 2020 study of Cannabis and Cannabinoids in the Treatment of Rheumatic Diseases found:

*"In conclusion, we believe that the use of cannabis and cannabinoids for pain relief in rheumatic diseases (and fibromyalgia in particular) shows great potential and may be a source of hope for those suffering from chronic pain associated with those conditions, and for the physicians treating them."*

## Replace NSAIDs with Marijuana

However, you don't need to have everyday chronic pain from conditions like arthritis to experience the benefits of marijuana. You can replace regular



pain relievers, such as aspirin, ibuprofen, and naproxen, with cannabis. The right formula can provide all-natural relief without a high. Additionally, there are many studies and patient testimonials about phytocannabinoid-rich topical applications that provide localized relief.

Many consumers believe Non-Steroidal anti-inflammatory drugs or NSAIDs are 100% safe for regular use. However, these over-the-counter medications can cause serious problems, including an increased risk of heart failure and stroke, kidney damage, and gastrointestinal bleeding. Additionally, it might contribute to an increase in systolic blood pressure and lead to respiratory problems.

Additionally, you don't have to smoke cannabis to experience the benefits. Many people take a daily prescribed dose that doesn't induce euphoria. Instead, they reduce pain and other symptoms without causing a high.

Also, topical applications are a popular way to use cannabis. These are similar to the creams and rubs you buy over the counter with capsaicin and menthol to reduce muscle and joint pain. They offer localized results without breaking the blood-brain barrier.

## Cannabis for Depression & PTSD

One thing many will agree on about weed is it promotes good moods, smiles, and giggles. The popular flower is well-known for its ability to encourage excellent social interactions. So, it comes as no surprise that research backs consumer reports that cannabis may combat depression.

Studies are starting to show that cannabis can improve symptoms of PTSD and help people overcome the debilitating symptoms. A recent Forbes article found that those with PTSD were more than 2.5 times likelier to recover when they used cannabis compared to those who didn't.

As more research is available, medical professionals will be able to guide patients to specific strains and ratios for the best results.

## Medical Cannabis to Improve & Maintain Focus

ADHD and conditions that reduce focus are debilitating for the people experiencing them. When you're easily distracted, it's more than challenging to complete tasks. To those around you, the symptoms of ADHD can appear to be laziness or disinterest. In addition to affecting work and school life, ADHD can impact one's personal life with friends, family members, and romantic partners.

The medications available to treat this condition have various results. Some people can thrive with stimulant medications for many years. However, people often develop a tolerance to stimulants, making them dangerous to maintain the same levels of focus.

## One individual with ADHD explained how cannabis helped her with symptom relief:

*"People with ADHD are hyper-aware of everything around us like the noises, the smells, where things are, we notice the weirdest patterns in a room with people. Cannabis gave me the ability to have that silence and to feel a little bit more focused."*

The effects of marijuana use on the mind and body are well-documented. Thousands of studies show the advantages of medical cannabis for everything from pain and mood to improving focus. To learn how the benefits of marijuana can improve your physical and mental wellness, schedule an appointment today to get your medical use card in Florida and join countless of other patients experiencing the wonders of all-natural health care.

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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# Cholesterol

By Murilo Lima, M.D.

**C**holesterol is a waxy, fat-like substance that's found in all the cells in your body. Your body needs some cholesterol to make hormones, vitamin D, and substances that help you digest foods. Your body makes all the cholesterol it needs. Cholesterol is also found in foods from animal sources, such as egg yolks, meat, and cheese.

If you have too much cholesterol in your blood, it can combine with other substances in the blood to form plaque. Plaque sticks to the walls of your arteries. This buildup of plaque is known as atherosclerosis. It can lead to coronary artery disease, where your coronary arteries become narrow or even blocked.

HDL, LDL, and VLDL are lipoproteins. They are a combination of fat (lipid) and protein. The lipids need to be attached to the proteins so they can move through the blood. Different types of lipoproteins have different purposes:

- **HDL** stands for high-density lipoprotein. It is sometimes called "good" cholesterol because it carries cholesterol from other parts of your body back to your liver. Your liver then removes the cholesterol from your body.
- **LDL** stands for low-density lipoprotein. It is sometimes called "bad" cholesterol because a high LDL level leads to the buildup of plaque in your arteries.
- **VLDL** stands for very low-density lipoprotein. Some people also call VLDL a "bad" cholesterol because it too contributes to the buildup of plaque in your arteries. But VLDL and LDL are different; VLDL mainly carries triglycerides and LDL mainly carries cholesterol.

**The most common cause of high cholesterol is an unhealthy lifestyle. This can include:**

- Unhealthy eating habits, such as eating lots of bad fats. One type, saturated fat, is found in some meats, dairy products, chocolate, baked goods, and deep-fried and processed foods. Another type, trans fat, is in some fried and processed foods. Eating these fats can raise your LDL (bad) cholesterol.

- Lack of physical activity, with lots of sitting and little exercise. This lowers your HDL (good) cholesterol.

- Smoking, which lowers HDL cholesterol, especially in women. It also raises your LDL cholesterol.

- Genetics may also cause people to have high cholesterol. For example, familial hypercholesterolemia (FH) is an inherited form of high cholesterol. Other medical conditions and certain medicines may also cause high cholesterol.

**A variety of things can raise your risk for high cholesterol:**

- **Age.** Your cholesterol levels tend to rise as you get older. Even though it is less common, younger people, including children and teens, can also have high cholesterol.
- **Heredity.** High blood cholesterol can run in families.
- **Weight.** Being overweight or having obesity raises your cholesterol level.
- **Race.** Certain races may have an increased risk of high cholesterol. For example, African Americans typically have higher HDL and LDL cholesterol levels than whites.

If you have large deposits of plaque in your arteries, an area of plaque can rupture (break open). This can cause a blood clot to form on the surface of the plaque. If the clot becomes large enough, it can mostly or completely block blood flow in a coronary artery. If the flow of oxygen-rich blood to your heart muscle is reduced or blocked, it can cause angina (chest pain) or a heart attack. Plaque also can build up in other arteries in your body, including the arteries that bring oxygen-rich blood to your brain and limbs. This can lead to problems such as carotid artery disease, stroke, and peripheral arterial disease.

There are usually no signs or symptoms that you have high cholesterol. There is a blood test to measure your cholesterol level. When and how often you should get this test depends on your age, risk factors, and family history. The general recommendations are:

**For people who are age 19 or younger:**

The first test should be between ages 9 to 11. Children should have the test again every 5 years. Some children may have this test starting at age 2 if there is a family history of high blood cholesterol, heart attack, or stroke.

**For people who are age 20 or older:**

Younger adults should have the test every 5 years. Men ages 45 to 65 and women ages 55 to 65 should have it every 1 to 2 years.

You can lower your cholesterol through heart-healthy lifestyle changes. They include a heart-healthy eating plan, weight management, and regular physical activity. If the lifestyle changes alone do not lower your cholesterol enough, you may also need to take medicines. There are several types of cholesterol-lowering drugs available, including statins. If you take medicines to lower your cholesterol, you still should continue with the lifestyle changes. Some people with familial hypercholesterolemia (FH) may receive a treatment called lipoprotein apheresis. This treatment uses a filtering machine to remove LDL cholesterol from the blood. Then the machine returns the rest of the blood back to the person.

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.

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# CATARACTS: YOUR TREATMENT OPTIONS

By Duane Wiggins, M.D.

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

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

## What are the symptoms?

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

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

## How did I get Cataracts?

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

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

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

## How do I treat my Cataracts?

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

## About Quigley Eye Specialists

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



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

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

## What is an IOL?

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

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

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

## Which IOL is Best for Me?

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

## Cataracts with Astigmatism

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

## Laser Cataract Surgery

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

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

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

## References:

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



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"This flexible schedule is great for students that are balancing a full-time job, a family or a shift schedule," added Dr. Meyer. "There is the added benefit of building a network and a sense of camaraderie with your classmates."

Classes start at the end of August. To find out more about The Wheel, you can visit [Hodges.edu](https://Hodges.edu), stop by the Hodges University campus at 4501 Colonial Blvd. in Fort Myers, call (239) 938-7700, or email [Admissions@hodges.edu](mailto:Admissions@hodges.edu). Scholarships and financial aid are available.



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## TESTIMONY:

*I just wanted to say thank you for this machine. It's changing my life! I was diagnosed with CRPS after a failed surgery in June 2020 and was left with minimal options and told I would suffer with this the rest of my life. I was defeated, depressed, and giving up hope. After multiple failed attempts with pain management doctors, their last resort was a DRG implant. I searched endlessly for days to find an alternative, natural way to try to relieve my horrible pain and finally found a facility that offers treatments with RST-SANEXAS neoGEN®. I'm 2 weeks in on an 8-week program and my pain has diminished about 60% and the skin discoloration has improved about 40%. I have hope for the first time in a while now. I wish I could tell the world and show them the pictures of the differences that just 2 weeks has shown...I'd be your number one sales gal THANK YOU isn't enough.*

*-Theresa T.*



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# NEW TECHNOLOGY TO RESOLVE SYMPTOMS FROM NEUROPATHY AND CHRONIC JOINT PAIN

## Symptoms of Peripheral Neuropathy Depend on the Peripheral Nerve Affected

### Sensory nerve damage



Unusual sensations



Pain from light touch



Burning



Tingling



Numbness



Balance problems

### Motor nerve damage



Muscle cramping



Twitching



Reflex abnormalities

### Autonomic nerve damage



Excess sweating



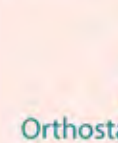
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Heat intolerance



Impotence



Orthostatic hypotension (dizziness or fainting after standing up)

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

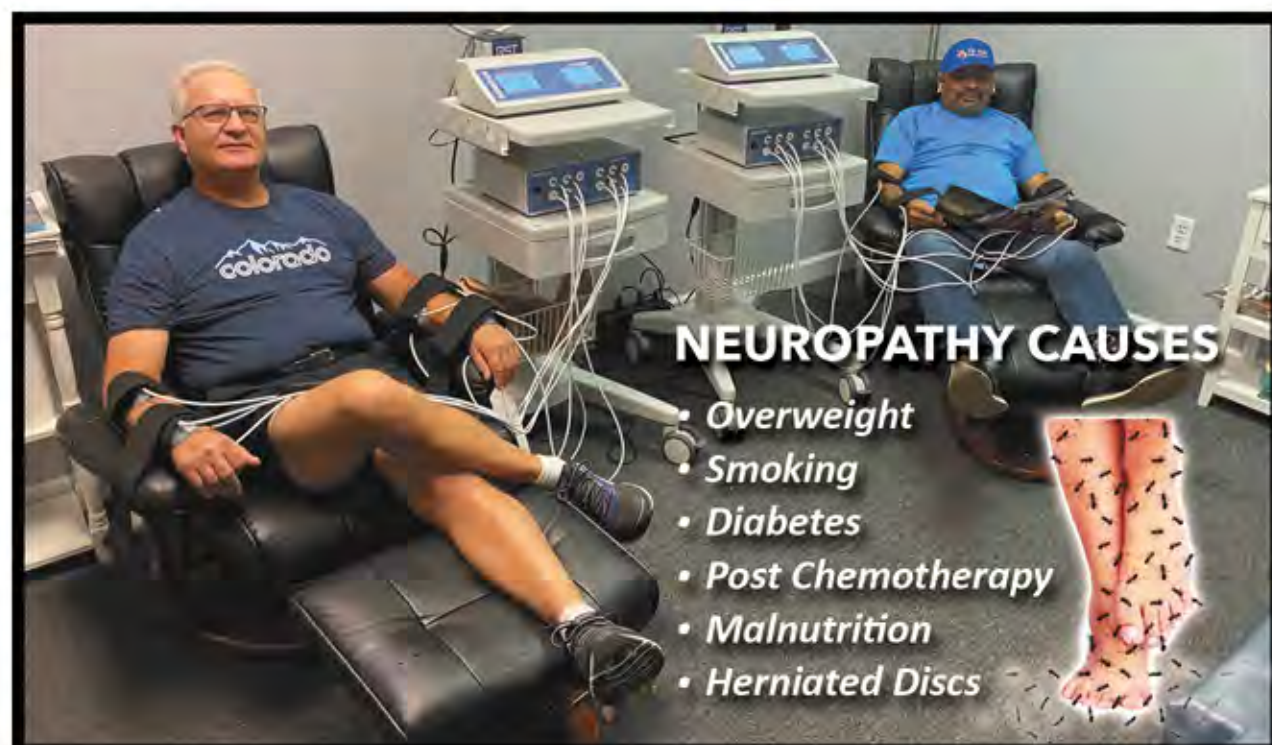
### WHAT IT TREATS

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

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

### HOW MANY TREATMENTS

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



## NEUROPATHY CAUSES

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





# SANEXAS TREATMENT

- Neuropathy Pain
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- FDA Cleared
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- Painless
- Long-lasting Results



## WHAT IS THE TM-FLOW SYSTEM?

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



## SPECIFIC TEST FOR NEUROPATHY SYMPTOMS

Population that should be tested with TM-Flow



Autonomic neuropathy and vascular dysfunction risk group in the USA

**50+**

Population over 50 years old with cardiovascular risk factors

(Hypertensive, Overweight, Smoker, Diabetic)

**70+**

Everyone older than 70

OVER 45 MILLION PEOPLE

### TESTIMONIALS:

*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.

*I am physically fit and active and have been all of my life. Numerous shoulder and knee surgeries had created some significant challenges, which led me to Dr. Johnson. In 10 days he had me ambulatory and moving without pain. He is personable, caring and no nonsense, a perfect combination. I recommend him without hesitation.* - Sheldon F., Cape Coral, FL

*You are not a patient here you are family. The staff is super nice and helpful. I love the non invasive alignment. I have had nerve pain in my right calf forever and mentioned it to Dr. Larry. I am currently undergoing treatment for it and in 4 weeks my pain is completely gone. Would highly recommend this practice. It's not just chiropractic, it's much more.* - Tina D.

*What a wonderful place! The office is warm and inviting. The staff is friendly and caring. Dr Johnson is amazing! He has made my pain and numbness go away and I can finally sleep through the night. I highly recommend the Hancock Health Care Group.* - Debra S.

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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

**F**or 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.



Dr. S. Mann, M.D.  
Chief Medical  
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If you or someone close to you is struggling with treatment resistant depression, anxiety, PTSD, mood disorders, or depressive disorders, get in touch with WhiteSands Treatment today at 239-237-5473, or visit <https://whitesandtreatment.com>



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

Dr. Sebastian Klisiewicz, D.O.

## What is Arthritis?

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

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

## Typical Treatments for Osteoarthritis

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

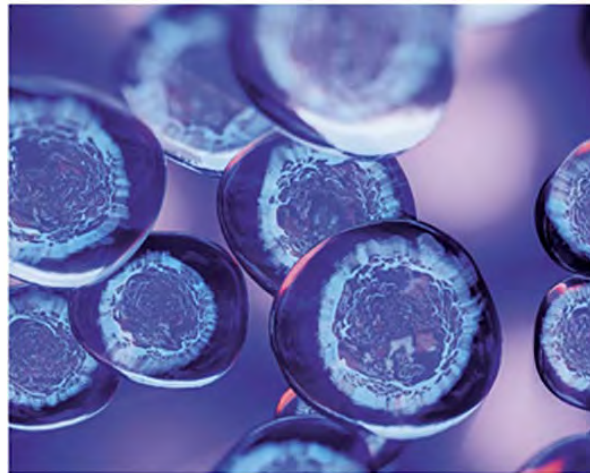
Steroid injections into arthritic are also commonly used. If repeated, steroid injections can speed up the process of joint degeneration and cartilage breakdown, accelerating the need for a joint replacement.

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

## Stem Cells, a New Treatment Option

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

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



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

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

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

## Maximizing Your Stem Cells Results

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

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

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

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

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

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

## DR. SEBASTIAN KLISIEWICZ, D.O.

Board Certified in Physical Medicine  
and Rehabilitation

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

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



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# DEMENTIA - NEW THERAPY OPTIONS

By Dr. Doreen DeStefano, NhD, APRN, DNP



In a field with few advancements, a couple therapies are increasing attention as potential treatment options for dementia.

**Low-Level Laser Therapy (LLLT)** is a noninvasive form of phototherapy that uses highly focused infrared lasers to penetrate deep under the skin to bring light energy to targeted areas. Unlike other wavelengths, infrared light is absorbed by different types of tissues triggering cellular healing. LLLT has a long history in post-surgical (medical and dental) and orthopedic rehabilitation, as cellular healing decreases inflammation and stimulates wound and fracture healing.

For our aging loved ones, it's a relief that research of LLLT in dementia is promising as an adjunct treatment. Age-related cognitive decline in Alzheimer's or Parkinson's is triggered in part by damaged and dying neuronal cells. Transcranial Low-Level Laser Therapy (TLLLT), using the same light laser technology, is applied through a helmet or head cap. TLLLT has been shown to penetrate the brain and directly aid damaged neuronal cells and stop cellular death.

**Transcranial Low-Level Laser Therapy (TLLLT)** devices (helmets, caps) are non-invasive and painless, and can be used at home or in clinics. Therapies, including session lengths and frequency, are adjustable dependent on the diagnoses.

## Methylene Blue (MB)

The relationship between Methylene Blue (MB) and Alzheimer's disease has recently attracted increasing scientific attention since it has been suggested that MB may slow down the progression of this disease.

Methylthioninium chloride, commonly called methylene blue, was originally developed as a dye used as an IV contrast aid for visualization and orientation of medical or surgical procedures. MB is also FDA-approved for intravenous use in patients with the acquired blood disorder, Methemoglobinemia.

Multiple trials have concluded that MB, in oral or IV forms, slows cognitive decline in Alzheimer's by reducing formations of the amyloid plaques and neurofibrillary tangles common to the disease.

## ROOT CAUSES HOLISTIC HEALTH & MEDICINE

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

## Doreen DeStefano, NhD, APRN, DNP

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

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

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

*Learn more about unique and effective therapies with Doreen DeStefano.*



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# Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

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

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

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

## The primary symptoms of PKD are as follows:

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

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

## PKD Treatment

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

## How Can the Progression of Kidney Disease Be Delayed?

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

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

## Associates in Nephrology

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

## Chronic Kidney Disease Program

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

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

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

## Services Provided

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

- All forms of Dialysis – Hemodialysis and Peritoneal
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- Dietitian Services for Kidney Patients
- Disorders of Blood Chemistry
- Electrolyte Disorders
- Fluid Overload, Edema (swelling)
- Glomerulonephritis
- Hypertension
- 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 educational 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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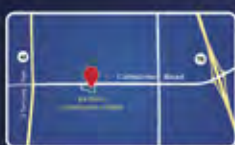
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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

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

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

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

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

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



## Knee Replacement Surgery is Permanent

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

## Physicians Rehabilitation's Knee Therapy Program Includes:

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



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## Viscosupplementation

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

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

## PRP (Platelet-Rich Plasma)

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

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

## Physicians Rehabilitation

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



# THE AUVAN CLINIC – WHAT MAKES US DIFFERENT?

**W**eight loss starts in the mind. Most adults can tell you HOW to lose weight. Take in less calories, exercise to burn more calories. Weight loss is a simple concept, but a deeper issue. Shedding pounds doesn't just make you look better. Shedding pounds makes you FEEL better. But until your MIND is ready to accept that the goal of weight loss is your whole body FEELING better and LOOKING better, you will make no progress.

At the **AuVan Clinic** we begin at the cellular level to assess any underlying health conditions that may be hindering your weight loss, causing you fatigue that decreases your desire to exercise or preventing your body from functioning efficiently.

Our medically supervised concierge weight loss program makes the AuVan Clinic an exclusive source for accountability and success. We focus on changing the way you look at food. We offer counseling, a partnership, education and retraining the mind. Some clients need to change the environment where they consume food, some need meal plan ideas, some need health coaching, work out instructions or more interactions with the provider. At the AuVan Clinic, we tailor your weight loss program to help you reach your goals.

In our busy lives, it's easy to choose what's fast or easy over what is healthy. When you have good food options in your pantry, freezer, and refrigerator you can easily pull together meals and snacks to keep you and your family on track. The AuVan Clinic offers a customizable shopping tool to help you plan, purchase and prepare meals. A meal plan centered around nutritional patterning is then created with your input. It is individually tailored to increase energy and improve wellness. Additionally, we can help you organize your kitchen which may just help you organize the rest of your life.

Health and Wellness Magazine sat down with **Aubrey Fulton, APRN** to find out how the AuVan Clinic's approach to weight loss is different from other programs. Below are highlights from the interview.

**Health & Wellness: "How would you define a concierge weight loss program?"**

**AuVan Clinic:** A concierge weight loss program is a retainer program where the client pays a retainer fee. The client has personal access to the provider



for personal support, to ask questions, change and modify goals, meals, exercise program and medication etc. A program that is not concierge requires clients to make or schedule appointments, your desired time may not be available, but the concierge client is not subjected to this inconvenience.

**Health and Wellness: "What sets you apart from other types of weight loss programs?"**

**AuVan Clinic:** Most importantly is the availability of our provider, this is key because you may not be able to wait for an appointment and thus, availability is an asset. This is convenience. Other programs usually require appointments and wait times etc. and usually when you get in you are a number and is given 5 minutes, very little can be done within such timeframe. In this concierge program you are not a number, a client, a patient, but a partner. Our program provides a personalized plan of care due to it being concierge, every plan of care is tailored not from a bank. In this program we partner with you, meaning you assist in your goals, plans etc. AuVan focuses on a mindset change, accountability, and commitment. Most program provides you with medication only, while we provide holistic care. Instead of us looking at just your weight and treat this separately, we focus on what may be contributing to the weight gain and treat that issue.

**Health and Wellness: "Can you help our whole family become healthier?"**

**AuVan Clinic:** Yes, that is the mindset and environment change. Weight gain is usually not unique to just an individual, your mindset changes and attitude most often will influence family members to adopt your lifestyle, thus overall, the shift. For example, the parent's choices will provide for the children, thus breaking the cycle.

**Health & Wellness: "What about when I travel or eat at a restaurant? How will I know what the best option for me is?"**

**AuVan Clinic:** It is not an issue, that is the reason we do not promote shakes and fad diets because that is not realistic, secondly it is not sustainable. We promote a mindset change that prepares you to fit into the regular environment/world that does not compromise of shakes and fad diets. Almost every restaurant inclusive of fast-food chains have healthy choices, but attitude and mindset if unhealthy will lead to ignore these, but once educated, eating out is not an issue.

**Health & Wellness: "What if I cheat? or have a bad day and fall off the wagon?"**

**AuVan Clinic:** It happens, and for that reason accountability is a part of the program. If you cheat, it is your responsibility to admit the error and make the relevant changes. Having a bad day is normal, no one is perfect, and a bad day does not mean failure. A bad day must be seen as a learning experience, experience brings forth wisdom.

**Health & Wellness: "Can I drink alcohol while trying to lose weight?"**

**AuVan Clinic:** Yes, you can, the offence is not the alcohol, the offence is ignorance to the content and type of alcohol. Each brand and content are different, some may contain more carbs, sugar, and excessive calories etc. While enrolled with our weight loss program, this is an easy question to text or ask our provider at the appropriate time, while on other programs this is usually not possible.

## **Aubrey Fulton APRN**

Aubrey is a graduate with honors from South University, fully licensed, autonomous board-certified Nurse Practitioner, who brings to the community, his wealth of knowledge. With over 21 years of nursing experience, he provides a unique clinical experience, enhanced by his diverse background in nursing. He is committed to act as a patient advocate, and practice medicine with a holistic approach.

Aubrey has served in the community as a nurse educator and was recognized as Nurse Mentor of the Year by NCH Healthcare System in 2015. Aubrey has been successful in creating a personalized, concierge weight loss and management program which aims at not only weight loss, but a total body health and wellness.



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# Swollen Legs and Feet Could be a Sign of Heart Failure

By Dr. Joseph Freedman MD, MBA

**W**hile there are several types of heart failure, the primary concern is that the heart cannot pump blood and oxygen efficiently throughout the body. Due to this over-compensation, the heart becomes enlarged. The muscle mass of the heart thickens, and the heart tries to beat as fast as possible to keep up with its demand. Because the blood vessels narrow to try and compensate for the heart lack of ability to supply blood, the narrowing causes severe swelling in the legs and feet.

When fluid builds up around the heart, it causes the heart to pump inefficiently. This is known as Congestive heart failure (CHF). Congestive heart failure is a progressive condition that's chronic, and it affects the heart muscles along with the entire systemic system. Heart failure affects nearly 6 million adults in the United States.

**The American Heart Association describes the various types of heart failure as the following:**

**Left-sided Heart Failure:** The heart's pumping action moves oxygen-rich blood as it travels from the lungs to the left atrium, then on to the left ventricle, which pumps it to the rest of the body. The left ventricle supplies most of the heart's pumping power, so it's larger than the other chambers and essential for normal function. In left-sided or left ventricular (LV) heart failure, the left side of the heart must work harder to pump the same amount of blood.

**There are two types of left-sided heart failure. Drug treatments are different for the two types.**

- **Heart failure with reduced ejection fraction (HFrEF), also called systolic failure:** The left ventricle loses its ability to contract normally. The heart can't pump with enough force to push enough blood into circulation.

- **Heart failure with preserved ejection fraction (HFpEF), also called diastolic failure (or diastolic dysfunction):** The left ventricle loses its ability to relax normally (because the muscle has become stiff). The heart can't properly fill with blood during the resting period between each beat.



- A. Right-sided heart failure**  
(Back-ups in the area that collects "used" blood)
- B. Left-sided heart failure**  
(Failure to properly pump out blood to the body)
- C. Congestive heart failure**  
(Fluid backs up into the lungs and tissues)

## Right-sided heart failure

The heart's pumping action moves "used" blood that returns to the heart through the veins through the right atrium into the right ventricle. The right ventricle then pumps the blood back out of the heart into the lungs to be replenished with oxygen.

Right-sided or right ventricular (RV) heart failure usually occurs as a result of left-sided failure. When the left ventricle fails, increased fluid pressure is, in effect, transferred back through the lungs, ultimately damaging the heart's right side. When the right side loses pumping power, blood backs up in the body's veins. This usually causes swelling or congestion in the legs, ankles and swelling within the abdomen such as the GI tract and liver (causing ascites).

## Congestive heart failure.

Congestive heart failure (CHF) is a type of heart failure which requires seeking timely medical attention, although sometimes the two terms are used interchangeably.

As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing congestion in the body's tissues. Often swelling (edema) results. Most often there's swelling in the legs and ankles, but it can happen in other parts of the body, too.

## Reference:

1. The American Heart Association, "Types of Heart Failure," AHA.org, Dallas, TX, May 2017

Sometimes fluid collects in the lungs and interferes with breathing, causing shortness of breath, especially when a person is lying down. This is called pulmonary edema and if left untreated can cause respiratory distress.

Heart failure also affects the kidneys' ability to dispose of sodium and water. This retained water also increases swelling in the body's tissues (edema).<sup>1</sup>

## Treatment

Heart failure is a life-long chronic condition; however, multiple treatment modalities are available depending on the stage of the disease. Typically, cardiologists will use several combined medications like beta blockers, diuretics, and ACE inhibitors to name a few. There are also surgical procedures like heart valve replacements, implantable defibrillators, and coronary bypass surgery. In end-stage cases, inotropic medications can be given to keep a patient's heart pumping adequately and to maintain an even blood pressure.

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## 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.

*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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# HOW CBD CAN REDUCE INFLAMMATION

**W**hen we think of inflammation, we often conjure up ideas of red, swollen cuts, bruises, or injuries that we've endured. Inflammation is the body's natural response to injury in order to heal. For example, if you get a tiny paper cut, the skin will start to bleed a bit, and may become puffy or red during the healing process. In this instance, inflammation is good, but that's not the case with chronic inflammation.

If someone is suffering from an illness or chronic condition, they will almost always have high inflammatory markers, which can be linked as the root cause of almost any ailment, including high blood pressure, atherosclerosis, heart disease, and even heart attack and stroke.

**Inflammation contributes to health conditions that worsen heart problems, including diabetes, metabolic syndrome, sleep apnea, and obesity.**

## Chronic Inflammation

Chronic inflammation is a long-term response to something wrong in the body. Inflammation is the body's immune system trying to correct the problem or disease within the body. However, if you have ongoing inflammation, the body is not designed to be in a state of constant inflammatory response. This is the underlying issue and root cause of most disease.

## How do you get rid of inflammation?

Many things can help lessen inflammation like diet, cutting out sugar and refined carbohydrates, reducing stress, getting better sleep, exercise and limiting toxins and chemical exposure inside and outside of the body.



There is also valid evidence that suggests CBD can help to tamp down inflammation. Research suggests that the effect the CBD has on the body's endocannabinoid system is what reduces inflammation. CBD binds to our endocannabinoid receptors and is thought to help regenerate cells.

Cannabis has multiple strains, one of which is Delta 8, which is popular due to its potency and effectiveness without the intense psychoactive effects of Delta 9 or THC. Both CBD and Delta 8 have anti-inflammatory properties and work well for both acute and chronic inflammation for numerous people.

**These are great alternatives or add on therapies for arthritis, migraines, trauma, and long-term, chronic inflammatory issues as well.**

## More on Delta-8-Tetrahydrocannabinol

According to the National Cancer Institute, Delta 8 is described in the following way:

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 Ca<sup>2+</sup> channels. This agent exhibits a lower psychotropic potency than delta-9-tetrahydrocannabinol (delta-9-THC), the primary form of THC found in cannabis.

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# THE KIDS ARE BACK TO SCHOOL... NOW ITS TIME FOR MOM TO REFRESH

**M**om life is hard. I'm sure we can all agree on that. I hear a lot of people, myself included, make plans for later – when things slow down. The thing is things never slow down. There are always new things that keep us crazy busy. We need to create and demand time for our own body and mind. Every mom needs time to refresh and recharge. August at the Velo Med Spa is the time and the place for mom to put herself back together.

SkinPen gives your skin the reset that it needs. Not only is SkinPen the first FDA-cleared micro needling device, but it's also made in the USA – which means it's rigorously tested for safety. Experience radiant results in as little as three treatment sessions!

SkinPen by Crown Aesthetics is the first FDA-cleared micro needling device in the world, clinically proven to safely and effectively fighting the appearance of neck wrinkles and facial acne scars for ages 22 and up. With as few as three non-invasive and affordable treatments spaced 30 days apart, you can improve your appearance for six months after your last treatment – and step out with confidence.

SkinPen creates hundreds to thousands of "micro" skin punctures per second to stimulate the skin's natural wound healing process – inflammation, proliferation, and remodeling – to prompt tissue remodeling without causing scar tissue formation. Most patients can return to normal activities within 24 hours.

SkinPen is clinically proven to fight the appearance of neck wrinkles and reduce the appearance of acne scars. In fact, 90% of subjects in the clinical trial would recommend the treatment to friends and family. It's a minimally invasive procedure performed in-office with little to no downtime. As the first FDA-cleared micro needling device, SkinPen sets the industry standard for safety.

Unlike some alternatives, SkinPen has been clinically proven to be effective for women and men with all Fitzpatrick Skin Types I – VI. Likewise, unlike lasers or chemical peels that can damage skin over the long term, SkinPen treatments, when properly spaced and overseen by a physician, can be used for years.



SkinPen is safe by design. SkinPen's patented – and single-use – sterile needle cartridge is built with safety in mind. SkinPen is also surrounded by a custom designed BioSheath that acts as a barrier to prevent cross contamination between procedures. That's part of the reason SkinPen by Crown Aesthetics is the world's first FDA-cleared micro needling device. Learn more by reviewing our patient labeling document.

SkinPen should not be used on patients who have active skin cancer in the treatment area(s); open wounds, sores, or irritated skin in the treatment area(s); an allergy to stainless steel or anesthetics; a hemorrhagic (bleeding) disorder or hemostatic (bleeding) dysfunction; are pregnant or nursing; or are currently taking drugs with the ingredient isotretinoin (such as Accutane). Talk to your doctor to see if this treatment is right for you.

Micro needling procedures tend to cost less than the alternatives, due to their non-invasive nature. The cost of SkinPen procedures varies depending on the size and the number of treatment areas. During your consultation, your physician can develop a plan to work within your budget.

The U.S. Food and Drug Administration's clearance covers not only the SkinPen device but the entire protocol. That includes the Skinfuse® Lift HG hydrogel used to protect against abrasion and friction during the treatment, as well as the custom designed BioSheath to prevent cross contamination.

The SkinPen treatment works in three simple steps, designed to activate the skin's natural healing process. Following each session, the skin begins to heal itself, looking more renewed and rejuvenated over time. SkinPen is only used in professional settings and delivers dramatic results without the use of heat or chemicals.

- **Inflammation:** SkinPen's microneedles pierce the skin, triggering your immune system to disinfect the wounds, remove debris, increase blood flow, and begin to create new tissue.

- **Proliferation:** The micro-wounds created by SkinPen are rebuilt with new granulation cells that include collagen proteins. Additionally, a new network of blood vessels develops.

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Ricardo S. Bocanegra, D.D.S.

# Back-to-School & Oral Health: A Window to Your Overall Health

**Y**our oral health is more important than you may realize. Get the facts about how the health of your mouth, teeth and gums may affect your general health.

Did you know that your oral health can offer clues about your overall health? Or that problems in your mouth can affect the rest of your body? Understand the intimate connection between oral health and overall health and what you can do to protect yourself.

## What's the connection between oral health and overall health?

Your mouth is teeming with bacteria — most of them harmless. Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, can keep these bacteria under control. However, harmful bacteria can sometimes grow out of control and cause oral infections, such as tooth decay and gum disease. In addition, dental procedures, medications, or treatments that reduce saliva flow, disrupt the normal balance of bacteria in your mouth or breach the mouth's normal protective barriers may make it easier for bacteria to enter your bloodstream.

## What conditions may be linked to oral health?

Your oral health may affect, be affected by or contribute to various diseases and conditions, including:

- **Endocarditis.** Gum disease and dental procedures that cut your gums may allow bacteria to enter your bloodstream. If you have a weak immune system or a damaged heart valve, this can cause infection in other parts of the body — such as an infection of the inner lining of the heart (endocarditis).

- **Cardiovascular disease.** Some research suggests that heart disease, clogged arteries and stroke may be linked to oral bacteria, possibly due to chronic inflammation from periodontitis — a severe form of gum disease.

- **Pregnancy and birth.** Gum disease has been linked to premature birth and low birth weight.

- **Diabetes.** Diabetes reduces the body's resistance to infection — putting the gums at risk. In addition, people who have inadequate blood sugar control may develop more-frequent and severe infections of the gums and the bone that holds teeth in place, and they may lose more teeth than do people who have good blood sugar control.

- **HIV/AIDS.** Oral problems, such as painful mucosal lesions, are common in people who have HIV/AIDS.

- **Osteoporosis.** Osteoporosis — which causes bones to become weak and brittle — may be associated with periodontal bone loss and tooth loss.

- **Alzheimer's disease.** Tooth loss before age 35 may be a risk factor for Alzheimer's disease.

- **Other conditions.** Other conditions that may be linked to oral health include Sjogren's syndrome — an immune system disorder — and eating disorders.

Be sure to tell your dentist if you're taking any medications or have had any changes in your overall health — especially if you've had any recent illnesses or you have a chronic condition.



## How can I protect my oral health?

To protect your oral health, resolve to practice good oral hygiene every day. For example:

- Brush your teeth at least twice a day.
- Replace your toothbrush every three to four months.
- Floss daily.
- Eat a healthy diet and limit between-meal snacks.
- Schedule regular dental checkups.

Also, watch for signs and symptoms of oral disease and contact your dentist as soon as a problem arises. Remember, taking care of your oral health is an investment in your overall health.

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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.

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

**D**id you know that 90% of women that have thyroid problems that are on medication still have symptoms? Getting to the root cause is essential, yet most practitioners, just prescribe you a pill. Our protocol is unique and scientifically founded. 90% of our patients get results with our protocols.

## WE RESTORE THYROID FUNCTION AND HEALTH BY HEALING FROM THE INSIDE OUT.

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

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

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

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



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

## Why Thyroid Disorders are Grossly Undiagnosed

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

## Hormonal Imbalance

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

## Stress

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

## Treating Thyroid Disorders from the Inside Out is Critical

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

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!**

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# ASK THE EXPERT

## 5 Ways to Support Your Hearing Health

Dr. Rachel Edwards, AuD

### 1 Know the Signs

More than 466 million children and adults have disabling hearing impairment, according to the World Health Organization, but nearly all hearing loss can be treated. One of the first steps is recognizing the potential signs. If you experience muffled speech sounds, difficulty hearing on the phone or in a crowd, trouble understanding women's or children's voices, or complaints from loved ones about your TV or radio volume, consider a professional hearing test.

### 2 Curb the Noise

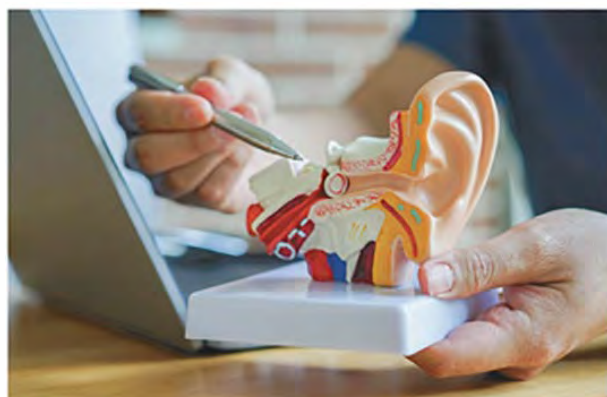
Did you know? Noise-induced hearing loss – a largely preventable public-health problem – affects children and adults and is on the rise, according to the Hearing Health Foundation. Whether rocking out at a summer concert, enjoying New Year fireworks, or using power tools, consider limiting the duration of your noise exposure and wearing quality hearing protection.

### 3 Hold the Swabs

If you like the feeling of a cotton swab rubbed in your ear, you're not alone. It's a common habit but, oh, so dangerous. Sticking objects in your ear can cause injury and push earwax farther into the ear canal. To remove excess cerumen, use a warm soft cloth after washing or showering, or soften the wax with drops of warmed olive oil, water, or a commercial solution — as long as you don't have a perforated eardrum. In cases of persistent ear pain, hearing loss, or blockage of the ear canal, contact us for a professional evaluation.

### 4 Bring on the Bananas

Healthy eating offers endless benefits, including better hearing wellness, so consider selected fruits, vegetables, legumes, and other key foods that can make a difference. Bananas, for example, pack potassium, which plays a role in regulating the inner-ear fluid crucial to healthy hearing. Look for foods rich in vitamins and minerals such as A, C, E, folate, magnesium, and zinc, too.



### 5 Schedule Regular Checkups

It's easy to make better hearing a family affair by scheduling hearing evaluations for the whole household. How often? At least once a year, just as you would for your eyes or teeth. Staying atop your hearing health helps catch any potential changes or problems early, which is important for overall wellness.

Many prevalent health conditions have a very strong link with hearing loss. We know today that the consequences of untreated hearing loss can have a far-reaching and devastating impact on one's health.

- Untreated hearing loss can affect cognitive brain function and is associated with the early onset of dementia.
- 21% of diabetics have hearing loss compared to 9% of non-diabetics.
- Hearing loss is tied to a higher incidence of injury-causing falls, and more frequent and longer hospitalizations.
- High frequency hearing loss is a side effect of cisplatin and carboplatin, both chemotherapy medications used to treat certain cancers.
- Women of all ages and adults age 18 to 69 with hearing loss are more likely to experience significant depression.

At Decibels Audiology, our in-depth hearing exams are performed by university trained Audiologists who truly understand the relationship between hearing loss and underlying medical conditions. This is why more than 250 local physicians refer their patients to our office.

**Call us today to schedule your FREE hearing test! We can't wait to HEAR from you!**

**Dr. Rachel Edwards, AuD**, joined *Decibels Audiology* in the summer of 2019. Rachel is a Tennessee native and received her Bachelor of Science in Audiology and Speech Pathology from the University of Tennessee in 2016 (Go Vols!). She graduated with her Doctorate of Audiology from Northeastern University in Boston, MA. Rachel has been loving enjoying the Florida sun and escaping the frigid cold of the northeast. Rachel is passionate about forming positive relationships with patients and improving their overall quality of life through hearing health care.



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# WHY YOU SHOULD BE IN TOTAL CONTROL OF YOUR ESTATE PLANNING

**E**state 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.**

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For your **free consultation** or to have Attorney Smith speak at your event or group, you may reach him at his office by calling **941-841-3420** or visit: **[www.attorneypatricksmith.com](http://www.attorneypatricksmith.com)**.

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# Parkinson's Disease

## What You Need to Know

**P**arkinson's is a complex disease that progresses over the years, and to date, has no cure. It is a neurodegenerative disease that wreaks havoc on the brain, which in turn interferes with the body's fine motor skills. The brain's neurons (nerve cells) are what create dopamine and the deterioration of this process is the cause of Parkinson's disease.

In Parkinson's patients, the dopamine chemical production is slowed down and over time it can be completely diminished. Some of the first symptoms of early Parkinson's disease are impaired sense of smell, constipation and sleep disorders. These early signs are found in the medulla and the enteric region of the brain. Some patients will have diminished voices, develop rigid muscles and show little to no expression on their faces within the middle stages of the disease.

As the disease progresses, it eventually reaches the substantia nigra region of the brain, which controls the bodies movements. Once this stage is reached, patients have a difficult time controlling their bodily functions, and they develop tremors and have jarring irrepressible movements.

### Treatment Options

There are some speculations that natural remedies will help alleviate some of the symptoms of Parkinson's, like omega 3 and coconut oil, but the research is not conclusive of that fact. And because there is no cure, the main treatments are given through traditional pharmaceutical medications, which are available to slow down the diseases development. Many of these drugs increase the dopamine in the brain, and in some cases, replaces the dopamine altogether. Along with medication management, physical therapy for balance and stretching is helpful. Speech pathology is also very effective in maintaining and improving speech related issues that the disease so commonly causes. In advanced cases there is the option for surgery. Surgical deep brain stimulation has proven to be highly effective in repairing some of the communication in the brain and body through electrical stimulation. In this case a small device is placed in the chest and can be controlled by your physician.

Each year, doctors diagnose 60,000 new cases of Parkinson's disease (PD). With advances in pharmacology and surgery giving PD patients longer lives and increased motor function, interventions to prepare family caregivers, empower patients in their daily lives, and improve patient peace of mind become more involved. While many patients live more than 20 years after the diagnosis, the median survival has been measured at 12 years.<sup>1</sup> The speed of progression underscores the value of that time and the importance of promoting quality of life during this important time of life. It's obvious but noteworthy that Parkinson's is more than a nigrostriatal disorder. While dopaminergic therapy improves rigidity, tremor, and bradykinesia, other symptoms do not respond. These include hypersomnolence, imbalance, dysphagia, dysarthria, and autonomic failure. Most notably, this includes cognitive decline, dementia, and drug-related hallucinations. These latter symptoms create the most concern for families. In Parkinson's, these symptoms progress more rapidly with age.

### Getting The Help You Need

Unfortunately, when the elderly are stuck dealing with the degenerative effects of Parkinson's disease, it can be extremely taxing on their quality of life. It's quite common that those suffering with this disorder rely on external help for basic needs, as well as medical requirements. That is where home health care can be so beneficial to the individual as well as the caregiver.

At Maison Healthcare, we provide the highest quality of compassionate and empathic home care assistance services in the region. We provide our team of experienced caregivers with home care facilities for the elderly, seniors, and older adults.

All our caregivers are professional, trained, and experienced in providing home care assistance. We use advanced techniques to ensure that your elderly loved one gets proper nutrition, enough physical exercise along with intellectual stimulation, socialization enhancing the overall quality of life for the elderly.

Here are a few points to ponder on and/or questions to ask to your doctors.

- How definitive is my diagnosis and how are we confirming it?
- Is a DAT scan always necessary to diagnose PD?
- How often and how easy it is for a DAT scan to be technically limited or misread? Can DAT scan differentiate PD from the so called "imitators" of PD?
- I have tremor in both hands, how can it be established that it is PD and not Essential Tremor (ET)?
- I am being treated with more than one drug for PD, however, my symptoms don't seem to improve... Why?
- Levodopa remains the most effective symptomatic drug for PD. What are the advantages of the newer formulations over the standard IR preparations?
- Is there effective medical treatment for "early PD?"
- Who is a candidate for deep brain stimulation (DBS) as part of the treatment for PD? When or how early can surgery be performed to treat PD?
- "My medication does not last long enough. Is there something that can be done?"
- Is there scientific evidence to support the use of marijuana as treatment for PD?
- I have heard about "non motor symptoms of PD." Which ones are the most common and are they treatable?

### References:

1. Hely M, Reid W, Adena M, et al. The Sydney Multicenter Study of Parkinson's Disease: The inevitability of dementia at 20 years. *Movement Disorders*. 2008; 23 (6): 837-844.

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# Dealing With Life's Painful Situations

By Pastor Timothy Neptune

**O**n Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, <sup>18</sup> *The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that <sup>3</sup> *"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

*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](http://www.venturenaples.com) or call (239) 775-5323.*



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