

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

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

September 2022

Lee Edition - Monthly

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**HEALTHY  
AGING  
MONTH**

**PERIPHERAL  
ARTERIAL  
DISEASE (PAD)  
AWARENESS  
MONTH**

**IT'S TIME TO  
PRIORITIZE  
SCREENING FOR  
PROSTATE  
CANCER**

**DOMESTIC  
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*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.*  
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# FALLS CAN BE DUE TO BLURRED EYESIGHT

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

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

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

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 In some cases, other eye conditions such as undiagnosed near-sightedness, an out-of-date eyeglass prescription, eye infections, glaucoma or macular degeneration can increase the risk of falling.

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

## Here are some tips to help:

- Small throw rugs are a tripping hazard and should be rolled up and put away.
- Clear the clutter. Random items left on the floor make it more difficult to have a clear path for walking.
- Use bright bulbs where they are needed most, but especially at room entrances and the top and bottom of stairs.
- Wear rubber-soled shoes around the house to gain traction.
- Use hand rails in the shower since slippery surfaces make you more prone to falling;

## About Quigley Eye Specialists

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



Blurred vision may cause you to not see objects in your path as clearly as you once did, which will increase your chances of falling.  
GETTY IMAGES PHOTOS

- Watch your balance, which decreases as you age. Exercises are available to help maintain and improve balance.
- Know where your pets are located at all times. We all love our pets, but they can be tripping hazards if you're not aware that they are running across your path.
- Review your medications with your doctor. Some medications for arthritis, high blood pressure, heart disease and sleeping can cause dizziness. Your doctor can recommend alternatives.
- Consider a fall detection device that will alert help should you need it.
- Limit alcohol consumption. Older adults cannot process alcohol as easily as they did when they were younger which can produce dizziness and light-headedness even 24 hours later.

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



Older adults cannot process alcohol as easily as they did when they were younger which can produce dizziness and light-headedness even 24 hours later.

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



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# IT'S TIME TO **PRIORITIZE SCREENING** FOR PROSTATE CANCER

By Todd A. Pezzi, M.D., M.B.A.

**D**uring National Prostate Cancer Awareness Month, which is observed each year in September, Advocate Radiation Oncology is raising awareness about the importance of proactive screening for prostate cancer in men aged 50 and above.

According to The American Cancer Society, roughly **one in nine men are diagnosed** with prostate cancer in their lifetime. Prostate cancer is the **second leading cause of death for men in the United States**. Men whose family members have been diagnosed with the disease are at a higher risk for developing symptoms, and should begin screening at age 40.

Additionally, older men are more susceptible to the development of prostate cancer, which means the risk for diagnosis increases as one ages. Approximately 60% of cases are diagnosed in men 65 and older, with **an average diagnosis age of 66 years old**.

While these statistics may seem alarming, they demonstrate the crucial role of cancer screening for men's health. An individual's treatment options for prostate cancer depend in part on how soon the diagnosis is uncovered. Annual screenings make early diagnosis more likely by detecting issues before they cause debilitating symptoms. An early diagnosis also increases the chances of a successful treatment outcome.

## What You Should Know About Prostate Cancer Screening

The primary test that is commonly used to screen for prostate cancer is called a prostate specific antigen (PSA) test, which measures the level of PSA in the blood. PSA is a substance that is made by the prostate and found in increased amounts in the bloodwork of men who have prostate cancer. A high level of PSA can also indicate a prostate infection or inflammation, an enlarged prostate, or negative drug interactions stemming from prescription medication.



This is the most effective way to detect early-stage prostate cancer. While the screening may cause temporary discomfort, it allows patients to pursue a greater number of treatment options and achieve higher survival rates than those who discover prostate cancer in its latest stages. The American Urological Association (AUA) strongly recommends consideration of PSA testing in men aged 55-69 years of age, recognizing that the greatest benefit of screening is within this age group.

## What If Prostate Cancer Screening Results in a Diagnosis?

When you receive a prostate cancer diagnosis, it is important to partner with a health care professional who will put the patient's needs first. Therefore, the best first step is to seek medical advice and compassionate treatment from highly skilled, experienced professionals who are leaders in their field.

At Advocate Radiation Oncology, our team of board-certified radiation oncologists have trained at some of the nation's most prestigious institutions. As the region's premier locally-owned and operated radiation oncology practice, we combine decades of experience with advanced technology and world-class technique as we work closely with each patient in developing a personalized treatment plan.

This is because there are many types of treatment protocols that are successful for prostate cancer. In addition to surgery, radiation therapy is the most common treatment for prostate cancer – and is generally considered to be of equal effectiveness. In fact, radiation therapy often helps minimize the side effects of treatment for patients who want to return to their daily lives after each treatment. At a medical practice like Advocate Radiation Oncology, which uses industry-leading machines to treat patients, it is possible to complete a full course of radiation with little inconvenience due to highly effective methods of prostate cancer treatment.

As a result, there is no "best" option or general treatment that suits all patients. Instead, a personalized approach is necessary to determine which approach and type of prostate cancer treatment will best address an individual patient's needs. And, it all starts with proactive screening.



## About the Author

*Dr. Todd Pezzi serves as a radiation oncologist at Advocate Radiation Oncology, practicing in Naples and Bonita Springs, Florida.*

For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).



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# The Benefits of Finding a Hobby at a Senior Living Community

There's no better time to explore new hobbies than during your retirement, and the benefits of doing so are countless. Life at a senior living community can introduce you to all sorts of activities and provide you with the freedom to dip your toe into a new hobby or immerse yourself in something you love.

Keep reading to discover the ways a new hobby could enhance your life at a senior living community.

## Benefits to Your Physical Health

By engaging in hobbies that involve movement and an increase in heart rate, you can boost your physical health. Research shows active seniors have a lower risk for certain diseases and even live longer. But that's just scratching the surface. Activities like fitness classes, tennis, swimming and even walking offer a multitude of benefits.

### Seniors who exercise regularly have:

- Fewer falls
- Decreased functional limitations
- Decreased risk for heart disease, diabetes and cancer
- Stronger bones and muscles
- Improved sleep patterns

"Seniors at our community participate in exercise classes like chair yoga, advanced balance, and cardio drumming," says Michele Wasserlauf, executive director at The Terraces at Bonita Springs. "They can join the bocce ball club or gather with friends to play Wii Bowling. Our fitness center, pools, and certified fitness instructors make it easy for residents to stay active."

Even leisurely hobbies such as knitting or playing an instrument can promote good physical health. One study conducted by psychologists demonstrated that people who reported regular engagement in an activity they enjoyed had lower blood pressure, total cortisol, and healthier waist circumference and body mass index.

## Improvements to Brain Function

Adopting a new hobby means you'll be learning new skills and solving new problems. Finding a pastime



that provides both satisfaction and a challenge is the balance that can help keep your mind sharp.

*The American Journal of Alzheimer's Disease & Other Dementias*® published a study that concluded individuals who spent an hour a day in meaningful leisure activities like reading, making crafts, and doing crossword puzzles reduce their risk of dementia. Furthermore, their results suggest that variety matters. The more activities a senior engages in, the less likely they are to develop dementia symptoms.

At a senior living community, residents have access to an array of activities and can participate in something new almost daily. With a calendar full of classes and events – along with amenities designed to enhance seniors' lives – you can be as active as you want. Additionally, services like home maintenance, weekly housekeeping and concierge services create more free time to explore your interests.

## Promotion of Mental and Social Well-Being

Whether your pastime of choice involves physical activity, focused attention or commitment to creativity, you are supporting your mental health and social well-being by engaging in it.

### Older adults with a hobby find that they have:

- **Reduced Stress Levels**  
Leisure activity helps bring your focus into the present moment and work through current stresses. Some hobbies, like reading or yoga, can even mimic meditation, releasing tension and increasing endorphins in your body. In fact, when you engage in hobbies you enjoy, you can decrease depression, anxiety and sluggishness.

### • A Strong Sense of Purpose

Your retirement years are full of potential, but it can be difficult for some to adjust to a post-career lifestyle. Involving yourself in a hobby or a volunteer opportunity gives you meaningful tasks and structure that can bring a sense of satisfaction and accomplishment.

Challenging yourself in new ways can increase self-esteem and develop pride and confidence in a previously unexplored area. Even if the end result of your efforts isn't perfect, the commitment to your pursuit will provide a sense of contentment and joy.

### • A Vibrant Social Life

Some activities have a built-in social dynamic. For example, joining a group of people in the billiards room or creative arts studio at The Terraces at Bonita Springs gives residents the opportunity to enjoy their hobby while catching up with friends. Not only is this entertaining, but it presents a chance to realize the health benefits of social interaction in older adults.

Even if the hobby you enjoy is a solitary pursuit, it can create a path toward a more robust social life. You can easily find like-minded people – online or in your senior living community – who share your interests. In these friendships, you can collaborate, develop new skills, and deepen your appreciation for your hobby.

## How The Terraces at Bonita Springs Provides the Care You Need

The Terraces at Bonita Springs supports the interests and personal development of residents with a variety of activities, amenities and community events. We are a one-of-a-kind Life Plan Community in gorgeous Florida. We offer independent living, assisted living, memory support, skilled nursing and rehabilitation. Come discover the experiences our community has to offer.

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

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# September is Healthy Aging Month

**H**ere at The Vascular and Vein Center at Gulf Coast Surgeons, we believe men and women shouldn't be anxious about growing older. They shouldn't have to go to doctors who merely gloss over their issues with medications and one-size-fits-all approaches. We have helped thousands of patients look and feel their best and experience optimal vitality, regardless of their age, and we can help you too! Using a functional medicine approach, the goal is to get to the root of what is causing the issue to effectively treat it using a personalized treatment plan. It's crucial to take charge of your vitality as you age so that you can address existing problems and prevent others from developing or getting worse.

The Vascular and Vein Center at Gulfcoast Surgeons is one of the first and most respected vein clinics in Southwest Florida. We focus on diseases of the vascular system that can range from harmless but unattractive spider veins to dangerous conditions such as peripheral artery disease. Our caring and dedicated team will help you identify problems and offer the best treatment options for you. Our increased lifespan is a testament to the success of modern medicine. Aging is a privilege of our generation, and scientists are now turning their focus to aging healthily, so our later years can be enjoyed as much as our younger ones.

The aging process, how it can be slowed down or even rejuvenated, bewitches scientists worldwide. There is consensus that aging is associated with two things. Firstly, the progressive decline of numerous physiological processes, (our body's ability to accurately regulate our temperature or heartrate) and secondly our risk of developing severe diseases like cancer or cardiovascular disease, increases as we get older.

Scientists have also distinguished between two types of age: our chronological age based on our birthdate, and our biological age, which measures the true age our cells, tissues and organs appear to be, based on biochemistry. Even though we can't alter our chronological age, there are things we can do to manage our biological age.

## Did you know...

- Life expectancy at birth in 1900: 47.3 years
- Life expectancy at birth in 2018: 78.7 years
- Women typically live longer than men, around 8 years
- Google receives over 1 billion health questions every day
- By 2030, those aged 60+ are expected to make up more than 50% of consumer spending growth

Taking care of your mind, body and spirit have never been more important. The current approach to healthy aging is traditional. As we age, we are encouraged to take supplements to increase something we might be deficient in, thus reacting to the aging process. Are supplements enough to slow down or reverse the aging process? Probably not. We must address all the pillars of good health and the root issues behind what good health is.

Studies show that our body's physical decline starts around 30 years of age, and scientists have also recently discovered the root causes of aging at the cellular level. Epigenetics – the study of how our behavior and environment can cause changes that affect the way our genes work – is also helping us understand the complexity of the aging process and the impact interventions, like nutritional supplements, have on aging.

The epigenetic changes that occur during aging means cells are more prone to age-related diseases and decline of physiological function. However, these changes are reversible, and can be modulated by factors including physiological stimuli, for example, the sense of touch which affects simple motor skills and hand grip strength and environmental factors such as diet, exercise, and alcohol consumption.

By harnessing this new scientific knowledge, we can age more healthily from an earlier starting point. This is a new blueprint for healthy aging, focused on proactivity and personalization that helps prevent aging and disease. According to current data, just 20% of people feel comfortable managing their own health. However, a shortage of healthcare professionals worldwide means we increasingly need to proactively manage our own health to help prevent disease.

The COVID-19 pandemic has further highlighted a need to take responsibility for our health, exploring the root causes of good health and applying long-term solutions and health innovations that improve quality-of-life. One of the things making this transition to proactive personal health management easier is the validation of consumer wellness products and services by experts who endorse the efficacy of a product. This has led to higher quality offerings from health and wellness companies, and consumer confidence in taking a product that – in lieu of a visit to the doctor – is endorsed by Health Care Provider.

As we become more empowered to take charge of our health, companies are responding by focusing more scientific resource into the development of personalized and proactive healthy aging solutions. In fact, results from a new survey of healthy aging experts show clear focus on these themes – the top three healthy aging trends experts see as having the most future potential are digital therapeutics, active aging, and biohacking.

Experts agree that partnerships – across the health and wellness industry, as well as between the individual and their healthcare provider – are key to optimizing this. The elixir of healthy aging is being worked on by different scientific teams worldwide who focus on various aspects of the aging journey. It's only by partnering together and pooling our knowledge and resources that we can create healthy aging solutions or technologies that crack the aging code and rejuvenate our everyday health and wellness.

It's also clear that while extending the human lifespan has a fascinating hold for scientists and technologists, longevity on its own is no longer the goal. As experts continue to work together, as our knowledge of the aging process deepens and technology becomes more and more powerful, we are becoming more cognizant of our **healthspan** verses our **lifespan**. This means retaining our health and quality-of-life for as long as possible, rather than living for a long time, but in poor health. The Vascular and Vein Center at Gulf Coast Surgeons is here to help you increase your healthspan. Schedule your first consultation today.

**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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# WHAT IS SCREENING FOR PROSTATE CANCER?

**C**ancer screening means looking for cancer before it causes symptoms. The goal of screening for prostate cancer is to find cancers that may be at high risk for spreading if not treated and to find them early before they spread.

If you are considering a screening, learn about the possible benefits and harms of screening, diagnosis, and treatment, and talk to your doctor about your personal risk factors.

There is no standard test to screen for prostate cancer. The Prostate Specific Antigen (PSA) test and the Digital Rectal Examination (DRE) are two tests commonly used to screen for prostate cancer.

## PROSTATE SPECIFIC ANTIGEN (PSA) TEST

The Prostate Specific Antigen (PSA) test is a blood test that measures the level of PSA in the blood. PSA is a substance made by the prostate. The levels of PSA in the blood can be higher in men with prostate cancer. The PSA level may also be elevated in other prostate conditions.

As a rule, the higher the PSA level in the blood, the more likely a prostate problem is present. But many factors, such as age and race, can affect PSA levels. Some prostate glands make more PSA than others.

## Factors that might affect PSA levels

One reason it is hard to use a set cutoff point with the PSA test when looking for prostate cancer is that a number of factors other than cancer can also affect PSA levels.

## Factors that might raise PSA levels include:

- **An enlarged prostate.** Conditions such as benign prostatic hyperplasia (BPH), a non-cancerous enlargement of the prostate that affects many men as they grow older, can raise PSA levels.
- **Older age.** PSA levels typically increase slowly as you get older, even if you have no prostate abnormality.
- **Prostatitis.** This is an infection or inflammation of the prostate gland, which can raise PSA levels.
- **Ejaculation.** This can make the PSA go up for a short time. This is why some doctors suggest that men abstain from ejaculation for a day or two before testing.
- **Riding a bicycle.** Some studies have suggested that cycling may raise PSA levels for a short time (possibly because the seat puts pressure on the prostate). However, not all studies have found this.



- **Certain urologic procedures.** Some procedures performed in a doctor's office that affect the prostate, such as a prostate biopsy or cystoscopy, can raise PSA levels for a short time. Some studies have suggested that a digital rectal exam (DRE) might increase PSA levels slightly. However, other studies have not found this. Still, if both a PSA test and a DRE are being done during a doctor visit, some doctors advise having the blood drawn for the PSA before having the DRE, just in case.

- **Certain medicines.** Taking male hormones like testosterone (or other medicines that raise testosterone levels) may cause a rise in PSA.

## Some things might lower PSA levels (even if a man has prostate cancer):

- **5-alpha reductase inhibitors.** Certain drugs used to treat BPH or urinary symptoms, such as finasteride (Proscar or Propecia) or dutasteride (Avodart), can lower PSA levels. These drugs can also affect prostate cancer risk. Tell your doctor if you are taking one of these medicines. Because they can lower PSA levels, the doctor might need to adjust for this.
- **Herbal mixtures.** Some mixtures sold as dietary supplements might mask a high PSA level. It's important to let your doctor know if you are taking any supplements, even ones not necessarily intended for prostate health. Saw palmetto (an herb used by some men to treat BPH) does not seem to affect PSA.

- **Certain other medicines.** Some research has suggested that long-term use of certain medications, such as aspirin, statins (cholesterol-lowering drugs), and thiazide diuretics (such as hydrochlorothiazide), might lower PSA levels. More research is needed to confirm these findings.

For men who might be screened for prostate cancer, it's not always clear if lowering the PSA is helpful. In some cases, the factor that lowers the PSA may also reduce a man's risk of prostate cancer. But in other cases, it might lower the PSA level without affecting a man's risk of cancer. This could be harmful if it were to decrease the PSA from an abnormal level to a normal one, as it might not detect cancer. This is why it's important to talk to your doctor about anything that might affect your PSA level.

## DIGITAL RECTAL EXAMINATION (DRE)

For a digital rectal exam (DRE), the doctor inserts a gloved, lubricated finger into the rectum to feel for any bumps or hard areas on the prostate that might be cancer. The prostate is just in front of the rectum. Prostate cancers often begin in the back part of the gland and can sometimes be felt during a rectal exam. This exam can be uncomfortable (especially for men with hemorrhoids). Still, it usually isn't painful and only takes a short time. The U.S. Preventive Services Task Force does not recommend DRE as a screening test because of a lack of evidence on the benefits.

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## SEPTEMBER IS PERIPHERAL ARTERIAL DISEASE (PAD) AWARENESS MONTH

By Dr. Lori DeBlasi

**T**he following Foot Health Facts on PAD are provided by the American College of Foot and Ankle Surgeons, a specialty medical society of more than 7,800 foot and ankle surgeons:

### What Is Peripheral Arterial Disease?

Commonly referred to as poor circulation, Peripheral Arterial Disease (PAD) is the restriction of blood flow in the arteries of the leg. When arteries become narrowed by plaque (the accumulation of cholesterol and other materials on the walls of the arteries), the oxygen-rich blood flowing through the arteries cannot reach the legs and feet.

The presence of PAD may be an indication of more widespread arterial disease in the body that can affect the brain, causing stroke, or the heart, causing a heart attack.

### Signs & Symptoms:

Most people have no symptoms during the early stages of PAD. Often, by the time symptoms are noticed, the arteries are already significantly blocked.

### Common symptoms of PAD include:

- Leg pain (cramping) that occurs while walking (intermittent claudication)
- Leg pain (cramping) that occurs while lying down (rest pain)
- Leg numbness or weakness
- Cold legs or feet
- Sores that will not heal on toes, feet or legs
- A change in leg color
- Loss of hair on the feet and legs
- Changes in toenail color and thickness

If any of these symptoms are present, it is important to discuss them with a foot and ankle surgeon. Left untreated, PAD can lead to debilitating and limb-threatening consequences.

### PAD Risk Factors:

Because only half of those with PAD actually experience symptoms, it is important that people with known risk factors be screened or tested for PAD.

### The risk factors include:

- Being over age 50
- Smoking (currently or previously)
- Diabetes
- High blood pressure
- High cholesterol
- Personal or family history of PAD, heart disease, heart attack or stroke
- Sedentary lifestyle (infrequent or no exercise)

### PAD Diagnosis:

To diagnose PAD, the foot and ankle surgeon obtains a comprehensive medical history of the patient. The surgeon performs a lower extremity physical examination that includes evaluation of pulses, skin condition and foot deformities to determine the patient's risk for PAD. If risk factors are present, the foot and ankle surgeon may order further tests.

Several noninvasive tests are available to assess PAD. The ankle-brachial index (ABI) is a simple test in which blood pressure is measured and compared at the arm and ankle levels. An abnormal ABI is a reliable indicator of underlying PAD and may prompt the foot and ankle surgeon to refer the patient to a vascular specialist for additional testing and treatment as necessary.

### General Treatment of PAD:

Treatment for PAD involves lifestyle changes, medication and, in some cases, surgery.

- **Lifestyle changes.** These include smoking cessation, regular exercise and a heart-healthy diet.
- **Medications.** Medicines may be used to improve blood flow, help prevent blood clots or control blood pressure, cholesterol and blood glucose levels.
- **Surgery.** In some patients, small incision (endovascular) procedures or open (bypass) surgery of the leg are needed to improve blood flow.

### PAD & Foot Problems:

Simple foot deformities (hammertoes, bunions, bony prominences) or dermatologic conditions, such as ingrown or thickened fungal nails, often become more serious concerns when PAD is present. Because the legs and feet of someone with PAD do not have normal blood flow—and because blood is necessary for healing—seemingly small problems, such as cuts, blisters or sores, can result in serious complications.

Having both diabetes and PAD further increases the potential for foot complications. People living with diabetes often have neuropathy (nerve damage that can cause numbness in the feet), so they do not feel pain when foot problems occur. When neuropathy occurs in people with PAD, ulcers can develop over foot deformities and may never heal. For this reason, PAD and diabetes are common causes of foot or leg amputations in the United States.

Once detected, PAD may be corrected or at least improved. The foot and ankle surgeon can then correct the underlying foot deformity to prevent future problems should the circulation become seriously restricted again.

### Avoiding PAD Complications:

Getting regular foot exams—as well as seeking immediate help when you notice changes in the feet—can keep small problems from worsening. PAD requires ongoing attention.

**To avoid complications, people with this disease should follow these precautions:**

- **Wash your feet daily.** Use warm (not hot) water and a mild soap. Dry your feet—including between the toes—gently and well.
- **Keep the skin soft.** For dry skin, apply a thin coat of lotion that does not contain alcohol. Apply over the top and bottom of your feet but not between the toes.
- **Trim toenails straight across and file the edges.** Keep edges rounded to avoid ingrown toenails, which can cause infections.
- **Always wear shoes and socks.** To avoid cuts and abrasions, never go barefoot—even indoors.
- **Choose the right shoes and socks.** When buying new shoes, have an expert make sure they fit well. At first, wear them for just a few hours daily to help prevent blisters and examine the feet afterward to check for areas of irritation. Wear seamless socks to avoid getting sores.
- **Check your feet every day.** Check all over for sores, cuts, bruises, breaks in the skin, rashes, corns, calluses, blisters, red spots, swelling, ingrown toenails, toenail infections or pain.
- **Call your foot and ankle surgeon.** If you develop any of the above problems, seek professional help immediately. Do not try to take care of cuts, sores or infections yourself.

*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

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Call 239-430-3668 or visit [www.NaplesPodiatrist.com](http://www.NaplesPodiatrist.com) to make an appointment. Visit [FootHealthFacts.org](http://FootHealthFacts.org) to learn more about foot and ankle conditions.



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# Tips for Managing Serious Pain in Life's Closing Chapter

Hope Hospice Offers Community Education during National Pain Awareness Month in September

There are common misconceptions about the need for strong pain medications in life's closing chapter. During National Pain Awareness Month in September, Hope Hospice is helping educate the public on this important topic. If more people understand the need for robust pain management at the end-of-life, fewer people will suffer unnecessarily when relief is close at hand. By reducing the stigma associated with strong pain medications and treatments, you can help to remove the barriers to effective pain management for people receiving hospice care.

Pain may cause discomfort, distress, anxiety, or agony. It may be constant or intermittent. It also may be throbbing, stabbing, aching, or pinching. Only the person feeling the pain can properly describe those feelings. When someone is receiving help from Hope Hospice, their care team will frequently assess their current pain levels.

The hospice nurses will typically ask a patient to rate the intensity of his or her physical pain using a descriptive scale such as 0 to 10 – with 10 being the worst pain imaginable. It is vital that patients always report any pain to their nurse or other care team members. These compassionate men and women will help by asking follow-up questions. They support the goal of hospice care – to keep people comfortable and pain-free, so that they can enjoy the best possible quality of life.

## Facts about Pain Medication

The amount of medicine needed to control pain is different for each person and depends on his or her:

- Specific illness and other conditions
- Age, height, and weight
- How much pain they're experiencing
- The type of pain they're experiencing
- Other medicines they may be taking

## Starting a Pain Management Schedule

Hope Hospice helps patients by developing a schedule for taking prescribed pain medication. Sleepiness may occur for two or three



days after starting a regular schedule. This is normal. After a few days, it may be necessary to adjust the frequency or dosage of the medication. It's often possible for people to find relief from serious pain without being overly sleepy or groggy.

## Tips for Maintaining a Pain Management Schedule

- Don't wait until pain becomes severe to take medication. Pain is easier to control when it's mild rather than when it's severe.
- If the patient is taking a scheduled pain medication, it's important to take all scheduled doses.
- Take breakthrough pain medication between regularly scheduled times.
- The amount of medicine needed for pain control may change many times.
- Keep track of pain medication supplies.

## Additional Pain Management Techniques

Medication is not the only way to relieve pain; other techniques may also help. Families are encouraged to discuss different

options with all members of the Hope Hospice team.

- Focus on something else. Distraction can provide an unusual source of pain relief. Listening to soothing music, drawing, writing, reading, or even daydreaming may help.
- Relaxation relieves pain or keeps it from getting worse by reducing muscle tension.
- Some people may be able to relax through prayer, meditation, guided imagery, yoga, massage, or aromatherapy.

If you know someone who needs help with pain resulting from serious illness, please contact Hope Hospice for more information as soon as possible. As a local, not-for-profit hospice provider, Hope is able to care for people of all ages who need comfort and compassion.

**Contact Hope Hospice**

**Call 239.482.4673**

**Toll-Free 800.835.1673**

**HopeHospice.org**



# SpaceOAR Hydrogel for Prostate Cancer Radiation Therapy—Reduces Side Effects of Bowel, Bladder and Sexual Dysfunction

**P**rostate cancer treatment can vary depending on the severity, patients health and prior medical history. Radiation therapy is now an extremely precise procedure utilizing strategic techniques; however, some high doses of radiation can still cause damage to the rectal wall, contributing to adverse side effects. An innovative procedure can be done before radiation therapy to create a protective space between the posterior prostate and the rectal wall. SpaceOAR utilizes a hydrogel that creates about a 10 to 13 millimeter space (1/2 inch), allowing ample room for treatment and avoiding side effects like bowel, bladder and sexual dysfunction.

Radiation therapy typically takes place over several months, and SpaceOAR hydrogel stays in position for several months before it is safely absorbed by the body and removed through the urine. In a clinical study, SpaceOAR Hydrogel was shown to help minimize the impact on urinary, sexual and bowel quality of life for prostate cancer patients undergoing radiation therapy.<sup>1</sup>

Creating more space, means fewer bowel, bladder, and sexual complications, which leads to a better quality of life. After radiotherapy was complete, control patients experienced a clinically significant (1X MID) decline in bowel, urinary and sexual quality of life 8 times more often than SpaceOAR Hydrogel patients.<sup>1</sup> More than 50,000 patients worldwide have been treated with SpaceOAR Hydrogel.<sup>1</sup>

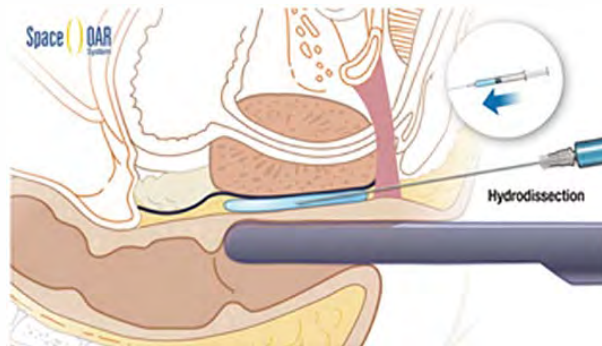
## SpaceOAR FAQ:

### Why should I have SpaceOAR Hydrogel?

By pushing the prostate farther from the rectum, the radiation dose delivered to the rectum is reduced, which may lessen damage to the rectum. With SpaceOAR Hydrogel in place, a doctor can complement the patient's radiation treatment to better target their cancer while preserving healthy tissue to help maintain quality of life.<sup>1</sup>

### Is it safe?

SpaceOAR Hydrogel was FDA-cleared in April 2015 and is intended to temporarily position the anterior rectal wall away from the prostate during radiotherapy



for prostate cancer. In creating this space, it is the intent of SpaceOAR Hydrogel to reduce the radiation dose delivered to the anterior rectum. The SpaceOAR Hydrogel is composed of biodegradable material and maintains space for the entire course of prostate radiotherapy treatment and is completely absorbed by the patient's body over time.<sup>1</sup>

### What Is The Procedure Like And How Long Will It Stay In My Body?

SpaceOAR Hydrogel is injected as a liquid through a needle inserted between the rectum and the prostate. It can be implanted via a local anesthetic that will numb the injection area or under general anesthesia that will put a patient to sleep during the procedure. SpaceOAR Hydrogel stays in place for about three months and is naturally absorbed into the body and removed through urine in about 6 months. SpaceOAR Hydrogel can be implanted during an outpatient procedure in a hospital, surgery center, outpatient clinic or doctor's office prior to the start of radiation treatment. It is typically not a lengthy procedure – usually about 30 minutes.<sup>1</sup>

### What Are The Risks?

As with any medical treatment, there are some risks involved with the use of SpaceOAR Hydrogel. Potential complications associated with SpaceOAR Hydrogel include, but are not limited to: pain associated with SpaceOAR hydrogel injection; pain or discomfort associated with SpaceOAR Hydrogel; needle penetration of the bladder, prostate, rectal wall, rectum,

or urethra; injection of SpaceOAR Hydrogel into the bladder, prostate, rectal wall, rectum, or urethra; local inflammatory reactions; infection; injection of air, fluid or SpaceOAR Hydrogel intravascularly; urinary retention; rectal mucosal damage, ulcers, necrosis; bleeding; constipation; and rectal urgency.<sup>1</sup>

## Alejandro Miranda-Sousa, MD



Dr. Miranda-Sousa is a board-certified urologist. He is an author and co-author of multiple research and clinical peer-reviewed medical articles. He received Best Abstract from the

American Urological Association in 2007 and is Fellowship Trained in Urodynamics and Neurourology.

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

*For more information, please visit our website [www.UrologyExperts.com](http://www.UrologyExperts.com) or call Urology Experts today at (239) 226-2727 or email [info@UrologyExperts.com](mailto:info@UrologyExperts.com) to schedule your consultation!*

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Estero, FL 33928                      Cape Coral, FL 33990

Source:  
<https://www.spaceoar.com>



# DOMESTIC VIOLENCE AWARENESS

By Dr. Leonard A. Lado, MD, ABPN

**D**omestic violence has many different names. It is sometimes called domestic abuse, intimate partner abuse, spousal abuse, as well as a variety of other names throughout the last few decades. Whatever name it is given, it has one definition. It is the attempt to gain power over or to control a romantic partner. This can take place in any type of intimate relationship, be it heterosexual, homosexual, adult or adolescent. Domestic violence knows no social boundaries. Its victims can be any age, race, gender, sexual orientation, faith or social class.

Domestic violence is a major public health problem in that it affects millions of people and often results in physical and emotional injuries and even deaths. The statistics about those who are affected by domestic violence are shocking. Domestic abuse affects 3%-5% of current adult relationships in the United States. In fact, domestic violence accounts for 15% of all violent crimes in this country. Breaking it down by gender, the numbers are even more frightening. Current statistics show that 1 in every 3 women and 1 in every 4 men have been victims of domestic violence in their lifetime.

## WHAT ARE THE TYPES OF DOMESTIC VIOLENCE?

The types of domestic violence include physical, verbal, sexual, economic, and spiritual abuse. Recently, stalking and cyber-stalking have also been classified as forms of domestic violence. Let's look at how these different types of abuse are manifested.

### Physical abuse can include a wide range of behaviors. Among these are:

- Hitting/slapping/punching
- Stabbing
- Pinching
- Pushing/shoving
- Choking
- Shooting
- Murder

**Verbal abuse** includes emotional, mental, and psychological manipulation. The aggressor uses words to criticize, belittle, or lower the confidence of his/her partner.

**Sexual abusers** use sex to control or demean their victim. The victim is intimidated into engaging in unwanted or unsafe sexual acts and practices.

**Economic abusers** use threats to limit a victim's financial security or freedom.

**Spiritual abuse** is when the victim is forced to participate in their partner's religious practices and/or raise their children in a religion that he/she is not in agreement with.

**Stalking** is repeated harassment or threats. This may include going to the victim's home or workplace, calling repeatedly, sending unsolicited voicemail or emails, and repeated, unwanted online contact. The perpetrator may leave items to terrorize the victim or even vandalize the victim's property.

## DOMESTIC VIOLENCE IMPACTS BOTH THE VICTIM AND SOCIETY

At the moment that abuse occurs, domestic violence is tragic. However, when we look at the impact that it has in the long-term, it is even more heartbreaking. Victims and witnesses of abuse (too often children) carry scars, both mental and emotional, into the rest of their lives. This impacts not only the individual, but also the family and society as a whole.

- Post-traumatic stress disorder (PTSD) is one long-term effect of being the victim of or witness to domestic violence.
- Victims of domestic violence are far more likely to struggle with mental health that those who have not suffered abuse.
- Studies have shown a higher risk of suicide among victims of domestic violence.
- Having a gun in the home where domestic violence is taking place increases the likelihood of a homicide by 500%. In fact, 72% of all murder-suicides stem from domestic violence.
- Victims of abuse are at a much higher risk for mental health problems such as anxiety, depression, low self-esteem, and suicidal thoughts as well as poor physical health.

## THE IMPACT ON CHILDREN

Many studies have shown us that being a victim of domestic violence or a witness to it in the home has a devastating impact on children. Children who witness domestic violence or are victims of abuse themselves are at serious risk for long-term physical and mental health problems. Children who witness violence between parents may also be at greater risk of being violent in their future relationships.

Here are some of the current statistics in the United States:

- 1 in 15 children is exposed to domestic violence each year. They are nearly always first-hand witnesses.
- Over 15 million children in the United States have at some point lived in a house where domestic violence has occurred.
- Children who are witnesses to domestic violence have a high risk of repeating the behavior in their own home in the future. Studies show that young boys who witness their mother being abused are very likely to abuse their partner in the future. And conversely, a young girl who witnesses her mother being abused is more like to be abused by her partner.
- Studies in juvenile detention centers demonstrate that teens who come from homes where domestic violence is common tend to engage in high-risk behaviors such as drug and alcohol abuse, fight more often, skip school, bully, and get into trouble with the law.
- Children who witness domestic violence in the home suffer from mental health and behavioral problems that in turn affect their performance in school. They report many more physical problems such as stomach aches and headaches as well.

## OVERCOMING

Leaving an abusive relationship can be emotionally, physically, and logistically challenging. The first step in the right direction is to acknowledge the abuse that is occurring. Next, it is important to find support to help you leave safely. Finally, once out of the situation, the victim must find ways of processing the experience and the remaining pain or fear.

Survivors can gradually work to rebuild all that was damaged in the relationship. Developing a support system, practicing self-care, and discussing the experience with a mental health professional can all help survivors in the aftermath of an abusive relationship.



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# DARK SPOTS ON YOUR SKIN?

## An Advanced Treatment Can Provide Clear, Glowing Skin

By Joseph Onorato, MD, FAAD

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

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

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

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

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

### How it works

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

### What can be treated with MedLite® C6?

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



### How many treatments do I need?

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

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

### Benefits of MedLite® C6

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

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

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

### Services & Treatments Provided:

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

The staff at SWFL Dermatology Plastic Surgery & Laser Center is dedicated to providing the most personalized care by treating their patients like family. Each

provider is committed to taking the time to understand the concerns and goals of the patient in order to provide the best-individualized care for that patient.

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

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

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

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

### What's on YOUR Skin?



### Founder & Owner

**Joseph Onorato, MD, FAAD**

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

### Adult & Pediatric Dermatology

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# ALL YOU NEED TO KNOW ABOUT COOKING WITH THC

Once you receive your medical marijuana license in Florida — the *sky's the limit*.

Not only can you search your neighborhood for a medical marijuana dispensary, but you can also cook your own cannabis-infused food.

If you're ready to create mouth-watering dishes that'll have you *buzzing* in no time, continue to read and learn everything you need to know about cooking with THC.

## Say Goodbye to Cannabutter and Hello to Medical Marijuana Concentrates

Many of you likely remember eating a home-baked edible that tasted exactly like weed.

Although the taste of raw cannabis isn't necessarily negative — it wasn't discrete, and it was always a guessing game in terms of potency. From complete duds to 6-hour long journeys, old-school marijuana edibles weren't consistent.

The reason behind old-school edible's hit-or-miss nature was because they were infused with *cannabutter*. As it so happens, cannabutter is extremely difficult to dose, let alone estimate its strength correctly.

However, medical marijuana patients now have access to cannabis-based extracts that make infusing food a breeze. Meet medical marijuana extracts — specifically THC concentrate and distillates.

## What's THC distillates, and Why is it Perfect For Making Edibles?

THC distillate is a medical marijuana concentrate. However, the beauty of THC distillate lies in the fact that it's stripped of plant matter and very accurately dosed. In other words, THC liquid concentrates most often does not taste or smell like cannabis.

Therefore, you can infuse *virtually any type of food* with THC and turn it into a medical marijuana edible. THC distillate can easily be accurately measured with its supplied dropper and incorporated into food.

Additionally, you'll always know the potency of your edibles because all THC products that are sold in medical marijuana dispensaries in Florida must be lab tested.

Once you pair all of these facts together, you'll realize that you can create perfectly dosed meals with a small amount of medical marijuana concentrate (THC).

## What Can You Make With THC?

If you're wondering what you can infuse with THC distillates, we have one simple answer — anything. Any recipe is possible if you have a bit of cannabis concentrate, preferably THC isolate, and Gordon Ramsay's determination.

## Here's a list of ideas of what to infuse and cook with THC isolate:

- Spaghetti
- Oatmeal
- Brownies
- Salad
- Cookies
- Pie
- Cake
- And much more



As you can see — practically anything can be turned into a medical marijuana palette-pleaser with THC.

## How to Infuse Any Type of Food With THC

If you're ready to infuse a meal with a dose of THC, here's some easy-to-follow pointers.

First, decide *how much* THC isolate to use in a given recipe.

In other words, how strong do you want the edible to be? — you may want to start with a small amount at first. You can always add more on your next cooking adventure, so begin on the lower end and work your way up.

For beginners a quarter of the full gram may be an adequate starting point. Once you decide how much to use, add it to your ingredients.

## Important Considerations When Creating Your Own Medical Marijuana Edibles With THC Isolate

The golden rule of creating and consuming THC-rich edibles is to start slow.

Whether you drizzle THC isolate oil on fajitas or as a topping on a kale salad — you should always consume a small amount at first to test the effects. Once you feel the effects, you can leave it as is or continue to chow down. However, due to the food's delicious taste, you may forget that it's loaded with THC.

Therefore, you must always be responsible while creating deliciously potent treats.

## Don't Enjoy Cooking? Buy Ready Made Edibles From Dispensaries

For those who have avoided cooking for most of their lives, don't worry — Florida dispensaries now offer delicious premade, dosed and packaged edible options to those with a medical card. Some common choices are chocolates, brownies, cookies, gummies, or caramels.

Most edibles have 10mg of THC per dose and are sold in 10-dose packages; this makes medicating at the right level easy for patients.

## If You Want to Become a Canna Chef or Try Edibles — Get Your Medical Marijuana License in Florida Today

There's no better freedom than having the ability to walk into a local dispensary in Florida and purchase medical marijuana products.

Whether you can't smoke due to health reasons or your sweet tooth is begging for a THC-packed treat, now's the time to indulge your senses with a marijuana-infused meal.

If you need to renew your medical marijuana license or apply for the first time, make an appointment with Compassionate Healthcare of Florida. From top-rated cannabis doctors to same day approvals — you'll be well on your way to cooking with medical marijuana, such as THC distillates, in no time!



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By Murilo Lima, M.D.

# What is the Key to Healthy Aging?

**L**ike it or not, aging is part of life. Our bodies are getting older every minute we are alive. Reaching middle age and then "senior" can be difficult to come to grips with for many. In a perfect world, people would be proud of the experience and wisdom that comes with age. However, that isn't exactly true in today's society. Aging is often seen as a curse instead of a blessing. It is often associated with a lack of appeal and going "downhill".

The good news is that there are ways to age well. While there is no fountain of youth (yet), your physician can improve many aging changes and conditions with simple techniques. One of those techniques is hormone replacement therapy.

Hormone loss is a natural part of the aging process, but thanks to medical advances, we now have the ability to add hormones to our system. This creates the hormone balance that has been lost as we age. This balance may help alleviate signs that are typically associated with aging.

As we age, our hormones levels start to decline. This decline is a major contributor to age-related problems. Hormones are generally at their highest levels when we are young. In our 30s, they start to decrease. Women observe changes in hormone levels as they progress into perimenopause and then menopause. Hormone imbalances in women and in men can lead to a number of unwanted aging issues such as:

- Dry/saggy skin
- Muscle tone and mass loss
- Vaginal tissue thinning
- Decreased vaginal lubrication
- Increased frequency of UTIs
- Weakening or disappearance of erections
- Diminished sex drive
- Decreased bone density
- Depression
- Weight gain
- Mood swings
- Brain fog
- Memory problems
- Fatigue
- Insomnia



## How does hormone replacement therapy (HRT) work?

Although the name is somewhat self-explanatory, we need to understand that the goal of HRT is not just to replace, but to also create balance. This is due to the fact that excessively high hormone levels are also a risk. Correcting imbalances is really the key.

**Estrogen** is an important hormone for females. It comes in 3 different forms: estradiol, estriol, and estrone. These are different both in chemical structure and in function. Estrogen's main role is to promote the development of sexual characteristics in women. It is crucial in the maintenance of reproductive health. During the years leading up to menopause, estrogen levels drop significantly and result in such problems as vaginal dryness and loss of elasticity, decrease in sex drive and pleasure, increase in frequency of UTI, depression, and osteoporosis.

When estrogen levels are low, a woman may begin to feel more tired and may have trouble sleeping at night. She may also have mood swings and headaches because of fluctuating blood pressure during this time. Hormone replacement therapy using estrogen can help with these symptoms and help with wrinkles, lower bone mass, and weight gain.

**Progesterone** is another important hormone for women. Its importance lies in the fact that it helps to regulate the balance of estrogen. Low levels of progesterone are associated with sleep issues. It is an essential component in quality sleep. It also helps with mental and immune functions. Symptoms such as "brain fog" and mood swings are likely from low levels of progesterone. When combined with estrogen (especially estradiol) the efficacy of progesterone replacement is increased.

**Testosterone** is also key hormone for both men and women. It helps with sex drive and maintaining muscle mass. The hormone enhances mental alertness, mood, and an overall sense of well-being. A person who lacks testosterone will be predisposed to weight gain, will feel less interested in sex, and have trouble getting a good night's rest. Replacement of testosterone can also alleviate other signs of aging like wrinkles since it rejuvenates the skin by improving muscle elasticity, increasing sebum production, and improving blood flow to the cells.

## Is HRT the fountain of youth?

Nothing can stop or reverse the process of aging. It is a natural process. However, hormone replacement therapy may help alleviate the symptoms associated with aging like wrinkled skin, dry skin, and loss of muscle tone. Doctors recommend combining hormone replacement therapy with exercise and healthy clean diet to keep you youthful and vibrant.

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## CAREER OF A LIFETIME

By Dr. Nashat Abualhaija, Ph.D., MSN, RN

**D**o you like helping people? Do you want to do work that is exciting and rewarding? Do you want a career that has a high job satisfaction rate? Do you want to work in a field that is greatly respected? Do you want to be in a career that is in demand and stable? Do you want work in a career where you can choose your specialty?

If you answer yes, then nursing is a great career choice.

According the Bureau of Labor Statistics (BLS), the average salary in Florida for a nurse is \$72,000, and Florida is in the top five for employing nurses.

Hodges University's Thelma T. Hodges Bachelor of Science in Nursing (BSN) program is accelerated. You are immersed in gaining the knowledge and skills needed to earn your bachelor's degree and be prepared to take the NCLEX exam for your Registered Nurse license. And this is done in four semesters.

You'll learn from faculty, nurses themselves, who bring the added real life expertise that goes beyond classroom materials. With that knowledge, you'll apply it in our advanced nursing simulation suite, starting with the basics of patient care to advanced scenarios. You'll practice on SIM patients that include newborns, mothers giving birth, children, and adults.

"Tory" is a life-like high-fidelity newborn that weighs just over eight pounds. She can breathe, cry, grunt, open and close her mouth, blink her eyes and move her arms and legs. "Tory's" skin feels like a real newborn and her skin tone can change to become pale, jaundice or cyanotic. Our students can listen to her heartbeat, lung and abdominal sounds, feel her pulse and fontanelles, and assess her muscle tone. She can also suffer seizures if that is part of the simulation scenario. Students can also practice starting IVs on the newborn, perform CPR, and ECG monitoring."

"Hal" is a pediatric patient that can simulate lifelike emotions and phrases. Pediatric "Hal's" emotions, include anger, worry, anxiousness, crying, yawning, and being quizzical and amazed. This helps our



students learn how to communicate with young patients in a variety of settings. For example, if "Hal" is lethargic, his eyelids will droop and his head movements slow, and he may yawn. When he cries, he sheds real tears to further enhance the student learning process related to pediatric patients and communication. Our students practice multiple skills to assess "Hal's" condition, including trauma, neurological diseases, and respiratory distress. His eyes will track when students enter the room and his pupils can dilate and constrict when a penlight is shined on them. Our students can also listen to his heart, lung and bowel sounds, and detect any abnormal respiratory patterns. Students can also practice using airway support devices and hem thorax procedures.

Several adult "Susie" mid-fidelity simulators provide our students the opportunity to learn and practice their clinical skills. Some of the skills taught in the Hodges University nursing skills lab include obtaining vital signs and listening to heart,



lung and bowel sounds. Students can also practice tracheostomy care, nasogastric tube insertion, feeding and care, patient catheterization, correct placement of ECG electrodes, and CPR. "Susie" can also suffer from medical conditions that include a heart attack, heart failure, acute respiratory distress, asthma, chronic obstructive pulmonary disorder, fluid and electrolyte imbalance, hypoglycemia, new onset diabetes, pneumonia and sepsis.

Adult "Hal" gives our students the opportunity to practice connecting monitoring devices for EKGs, defibrillators, oximeters, capnographs and NIBP monitors. Hodges University students can practice various skills, including nasal/oral intubation, surgical airway, feeling carotid, femoral, popliteal, brachial and pedal pulses, listening to airway, bowel and heart sounds, and visualizing tongue edema, pharyngeal swelling, and more. Students can also practice IV insertion and monitoring, intramuscular access, catheterization, and needle decompression.

With classroom and simulation experience, our students graduate prepared, and confident, to be the nurses our community needs.

*Dr. Nashat Abualhaija, Ph.D., MSN, RN, is the Director of the Nursing program at Hodges University. His research foci include transcultural nursing (especially examining cultural competence among health-care professionals, leaders, and systems; evaluating cultural competence among nursing students and faculty), men's health disparities, and student-centeredness and active learning approaches in nursing academia.*



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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.



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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>





# A CURE FOR NEUROPATHY?

## Regenerative Medicine Can Heal Sick Nerves

Dr. Sebastian Klisiewicz, D.O.

**N**europathy is a painful and disabling condition that affects many Americans. Until recently, many patients have been told there is no cure for their neuropathy and the few treatments that are available are not very effective. Luckily for neuropathy sufferers, there are new natural treatments that are safe and effective. The latest research has shown that Regenerative Medicine treatments such as platelet rich plasma also known as PRP, cold laser therapy and proper nutritional support can heal sick nerves. An integrated approach that includes these cutting-edge treatments can now help patients eliminate neuropathy symptoms, improve their function and regain their quality of life.

Neuropathy is a general medical term for sick or dysfunctional nerves. Nerves are like electrical wires within our body that carry information to and from our brains to sense our environment and move our extremities. In neuropathy, damage occurs to the nerve fibers and blood vessels that support them. This causes a disruption of the electrical signals within the nerves leading to the dreadful symptoms of pain, burning, pins & needles, cramping, numbness, weakness, heaviness and loss of balance.

Neuropathy can be caused by several different mechanisms. Nerves can be damaged by mechanical forces such as compression, friction, or stretch. Nerves can become severed or cut during traumatic injuries or surgeries. Neuropathy can also be caused by metabolic factors such as elevated blood sugar, abnormal thyroid function or lack of nutrients such as B vitamins. Toxins such as alcohol and some medications can also contribute to nerve damage. Often, multiple factors are involved in the development of neuropathy. For example, patients with diabetes, B vitamin deficiencies and chronic alcohol use are more likely to experience nerve damage from mild compression at the wrists, elbow and feet. This is because their nerves are already inflamed, dysfunctional and vulnerable to damage.

The standard treatment for neuropathy involves the use of medications such as gabapentin or Lyrica. Unfortunately, these medications can cause side effects including fatigue, depression, constipation, etc. Opiate pain medications are also used but

these can be dangerous and often ineffective. Steroid injections, another available treatment, can sometimes provide short term pain relief, but do not actually heal the nerves and can have unwanted side effects. Surgery is a last resort for some neuropathy sufferers, but again this comes with significant risks. Luckily, there are new alternatives to these toxic medications, steroid injections and invasive surgeries.



An integrative approach that includes regenerative medicine, physical therapy and nutritional support can often treat neuropathy safely and effectively. Contrary to previous belief, nerves can heal and regenerate when given the right stimulus and a proper healing environment. One of the newest treatments available is ultrasound guided injections of platelet rich plasma (PRP) around sick and injured nerves. PRP is made by spinning the patient's own blood within a centrifuge to concentrate the platelets in a plasma solution. Platelets are packed with growth factors that mobilize the immune system to start the healing process. They are also full of anti-inflammatory and pain reducing compounds. Best of all, they are natural, safe and made by your own body.

PRP has been classically used to treat tendon injuries and arthritis. But recently, research studies have shown that PRP injections around nerves can promote regeneration of the nerves and the protective covering or myelin, increase growth of supporting blood vessels, decrease inflammation, and increase muscle growth through the mobilization of healing stem cells.

The use of cold laser therapy has also been shown to improve nerve function and regeneration. When combined with PRP, cold laser therapy works synergistically to heal sick nerves. With a series of PRP and laser treatments, many nerve conditions can resolve. This often results in the elimination of pain, a gain in strength and improved balance.

Nerve regeneration and healing is best when accompanied with proper nutritional support and nerve specific physical therapy. A diet high in antioxidants, vitamins and minerals along with healthy fats can support the healing process. At times, specific supplements such as turmeric, fish oil and alpha-lipoic acid can aid in this process as well. Specific neuro therapy is utilized to retrain the nervous system as the nerves heal allowing the body to function at its best.

At Integrative Rehab Medicine, we specialize in treating neuropathies with Regenerative Medicine. Dr. Sebastian and our team of highly trained professionals are pioneers in healing nerves. Our Integrative Advantage™ is the most comprehensive neuropathy treatment in Southwest Florida. Neuropathy patients now have a safe and effective option 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 physiatrist in Estero, Fort Myers and Bonita Springs (Southwest Florida). He is the founder and medical director of Integrative Rehab Medicine in Estero, FL. He combines his extensive knowledge in Regenerative Medicine, Osteopathic musculoskeletal medicine, Physical Rehabilitation and Functional & Natural medicine to create personalized and integrated treatment plans for each patient.*

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



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# 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



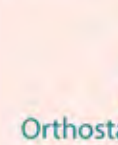
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### WHAT IT TREATS

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

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## NEUROPATHY CAUSES

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- 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

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- 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.*  
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By Neetu Malhotra, MD

# Stress Management

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

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

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



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

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

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

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

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

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# Ovarian Cancer Treatment:

## Why Adding IV Therapeutics Might Help

By Dr. Doreen DeStefano, NHD, APRN, DNP

**A**ccording to the American Cancer Society, Ovarian cancer ranks fifth in cancer deaths among women, accounting for more deaths than any other cancer of the female reproductive system. A woman's risk of getting ovarian cancer during her lifetime is about 1 in 78. Her lifetime chance of dying from ovarian cancer is about 1 in 108. (These statistics don't count low malignant potential ovarian tumors.)<sup>1</sup>

If left untreated, ovarian cancer rapidly grows and spreads into the abdominal and pelvic areas. Today, we're able to diagnose the initial onset of these symptoms better, as we now know that most of them are directly related to ovarian and reproductive cancers and disorders. However, the key is to make certain that women who are experiencing any of these symptoms go to their physician immediately to be tested.

### Ovarian Cancer Treatment

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

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

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

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

### Why IV & Chelation Therapy Rather Than Oral Supplementation?

IV therapy administers high dose vitamins, minerals, amino acids, and other essential nutrients to fight disease, eliminate symptoms, and alleviate associated effects. Many individuals have digestive malfunctions and liver complications that prevent oral medications and supplementations from getting into the bloodstream and to the appropriate cells in the body.

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

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

### IV Therapy Benefits

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

Source:

1. <https://www.cancer.org/cancer/ovarian-cancer/about/key-statistics.html>



Dr. DeStefano, of Root Causes Holistic Health & Medicine in Ft Myers, FL, incorporates IV & Chelation therapy with hyperbaric chamber sessions to combat multiple chronic conditions and disease states.



### Doreen DeStefano, NHD, APRN, DNP

Dr. Doreen DeStefano holds a doctorate in natural health, an MPA in public business, MS (ABT) in criminal psychology, and a BS in exercise physiology and nursing. She previously held an EMT certification. Dr. DeStefano has been practicing in natural health for over ten years. Her area of interest is healthy aging and prevention and resolution of chronic symptoms associated with aging. She believes that growing old should not mean breaking down.

Poor diet, chronic stress, insomnia, disease, illness, environmental stressors, and a sedentary lifestyle can all contribute to disease states and an unhealthy lifestyle. ISN'T IT TIME YOU TOOK STEPS TO LIVE YOUR BEST LIFE?

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# Shopping for the Best Incontinence Underwear?

There Might be a Better Solution

**Do you experience accidental bladder leaks before making it to the restroom? Are you on the search for the best incontinence underwear?**

**A**lthough incontinence underwear may help conceal leaks you experience or prevent leaking to your clothes, it does not treat your underlying symptoms. If you struggle with bladder control or leaks, this may be a sign that you have overactive bladder.

## What is Overactive Bladder?

Overactive bladder is an umbrella term that includes the frequent and urgent need to empty your bladder. One of the most common symptoms of overactive bladder is a sudden urge to urinate, resulting in unintentional urine loss which is referred to as incontinence.

Overactive bladder can affect 1 in 3 people in the United States over the age of 40.<sup>1,2</sup> Though this bladder control issue may occur more often as people get older, it is not a normal part of aging.

You may be suffering from overactive bladder if:

- **Urgency** - You experience a sudden or compelling need to urinate with inability to hold urine or control it
- **Urgency Incontinence** - You experience an urgent need to urinate and have urinary leakage accidents or trouble holding urine before making it to the restroom
- **Frequency** - You go to the restroom to urinate so often that it disrupts your life—typically 8 or more times a day
- **Nocturia** - You wake up more than 1 time per night because you need to urinate

The good news, there are treatment options available to help regain control of your bladder. **The Florida**

**Bladder Institute** is now offering **Axonics® Therapy**, a long-lasting solution that is clinically proven to help regain bladder control and deliver clinically meaningful improvements in quality of life\*.

## What is Axonics Therapy?

Axonics Therapy is an advanced treatment option that works by providing gentle stimulation to the nerves that control the bladder and bowel, which can help restore normal control and result in symptom improvement.

If you and your doctor believe you are a candidate for Axonics Therapy, you will first try the therapy for a brief test period that allows you and your doctor to see if the therapy provides satisfactory reduction of your symptoms. If it is determined that the therapy is right for you, you will have an outpatient procedure where a miniaturized Axonics implant is placed just beneath the skin in the upper part of your buttock.

## What are the benefits of Axonics Therapy?

Axonics Therapy provides the possibility of saying goodbye to bladder leaks!

**Long-lasting symptom relief:** Designed to provide therapy for at least 15 years, providing a long-term solution for your symptoms

### Clinically proven results:

- **93%** of treated patients achieved clinically significant improvements\* at 2-years<sup>3</sup>
- **94%** of patients were satisfied with their therapy<sup>3</sup>

Important Safety Information: Implantation and use of the Axonics System incurs risk beyond those normally associated with surgery, some of which may necessitate surgical intervention. Results and experiences may vary and are unique to each patient. No promise or guarantee is made about specific results or experiences. For more information about safety and potential risks, go to: [www.axonics.com/isi](http://www.axonics.com/isi). Caution: Federal law (USA) restricts this device to sale and use by, or on the order of, a physician.  
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“ “ “ “

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\*50% or greater reduction in symptoms

### References:

1. Coyne KS, et al. The prevalence of lower urinary tract symptoms (LUTS) in the USA, the UK and Sweden: results from the Epidemiology of LUTS (EpiLUTS) study. *BJU International*. 2009;(104): 352-360. US Census Reporter <https://censusreporter.org/profiles/01000US-united-states/>
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# Health Insurance Important Enrollment Timelines!

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

**\*Medicare 2023 Annual Enrollment Period – October 15-Dec 7, 2022, effective January 1st, 2023**

**\*Individual/Family – Affordable Care Act – Marketplace- November 1 – December 15th, 2022, for January 1st, 2023**

There is a proposal in to all an extension to the Individual/Family enrollment for December 15th to January 15th for February 1st, 2023, effective, we are still awaiting further guidance.

**T**he above dates are the timelines that you can make changes for the following year. All Medicare enrollees should check their plans each year. Part D formularies, tiers, and prices all change, so it is important to make sure you are in the correct plan and going to that companies preferred pharmacy for your best savings. Medicare Advantage Plans Part C, (you use 1 card the same one for doctor, hospital and rx) you need to check if your doctors will be in the plan for 2023 and check to see if the plan you are on is the best for your medications and again going to the preferred pharmacy that works best with your plan. Medicare Supplements DO NOT have an annual enrollment period, once you apply and continue to pay your premium your plan continues year over year. Medicare Supplements - after your 1st 6-month of triggering Medicare Part B you need to medically qualify. So, during Annual Enrollment Period you can always go back to Original Medicare, but you may NOT qualify for a Medicare Supplement so be careful if you drop your supplement, as you may not be able to get it back. Even if you qualify you will be older, and the same plan will probably cost you more.

In September the insurance company you are with will send you a notification of change packet, it will list only the changes. Even if they look slight you should really shop your plan to see if it is still the best for you. There is no charge to you to work with an insurance broker that sells all the companies, you want an agent that does them all or at least most of the carriers in your area. October 1st agents and individuals will have access to see all the 2023 plan, we can not do applications until October 15th. If you do an application on 10/15 or 12/7, the effective date will be 1/1/2023.

Great news for Diabetic's this year as most of the carriers have lowered the Tier of the insulin and some even have it in their Tier 1 or 2 which may

have a \$0 copay. The competition is heating up and we think there will be a lot of positive changes for 2023.

## Medicare things to know...

**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.

**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!

**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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# Do You Ever Have Heart Palpitations or Sensations of Fluttering in Your Chest?

## AFib is an Alarming Condition.

By Dr. Joseph Freedman MD, MBA

**A** Fib is an irregular heart rate that is often rapid with palpitations and causes insufficient blood flow. More than 6 million individuals in the United States have AFib. Hereditary heart disease can cause the disorder, but other factors contributing to heart arrhythmias are high cholesterol, high blood pressure, obesity, heavy alcohol use, and more. A disruption to the top chamber of the heart, prompting the heart's rhythm and rate to fluctuate, causes an arrhythmia. The timing of the heart's contractions is directed by the cardiac electrical system, not the pumping system.

AFib can also be brought on by other health conditions such as type 2 diabetes, hypertension, atherosclerosis, cardiomyopathy (seeing a lot of this due to Covid), lung and thyroid disorders, and carbon monoxide poisoning. However, not all AFib cases have a distinct cause, in fact, fit people can still develop the disorder.

### Triggers and Symptoms

Some common triggers are things like smoking, excessive alcohol intake, caffeine, and being obese. Common symptoms of AFib are a fluttering sensation in the chest. Along with this symptom, fatigue, weakness, confusion, chest discomfort, dizziness, and an irregular heartbeat are also common warning indicators.



### Risk of Stroke

AFib can come and go, or it can be consistent. If you have AFib, you are at a very high risk for having a stroke. Those with AFib are 5 to 7 times more likely to suffer from a stroke. Here's why—When the atria are irregularly and rapidly beating, the blood cannot flow properly and often clots are formed. If the clot breaks loose it can travel to the brain causing a stroke and if it travels to the heart, it causes a pulmonary embolism. AFib also weakens the heart muscle. These clots can also travel to other organs in the body.

Diagnosis is critical for prevention of stroke, embolisms, and also to treat the specifics of your AFib.

### Diagnostics

Cardiologist will run tests such as ECG, Holter monitors, and portable event monitors. The goal is to get your heartbeat regulated and to prevent

blood clots. There are many types of treatment, depending on the severity of the cause of your AFib these could be medications, lifestyle changes, ablation procedures, closure devices, pacemakers, and surgical intervention.

If you are concerned about AFib or other heart-health issues, please see an experienced cardiologist immediately.

### 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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# HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

### Regenerative Medicine

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



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

#### Viscosupplementation

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



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

#### PRP (Platelet-Rich Plasma)

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

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# C5 Nerve Masquerading as Shoulder Pain

By Dale Segal, MD

**T**he C5 nerve is the power line of the upper arm. It is the electric circuit that transmits signals back and forth from your brain to your shoulder.

When you raise your arm above your head it's your C5 nerve that sends an electric impulse from your brain through your spinal cord to your shoulder muscles. When you feel someone tapping on your shoulder to get your attention; that's your C5 nerve sensing pressure on your shoulder and transmitting that signal into your consciousness.

When you experience shoulder pain, it is your C5 nerve responsible for sensing that miserable feeling.

Common sense tells us that shoulder pain is caused by a problem in the shoulder. Shoulder arthritis, rotator cuff tears, biceps tendinitis, subacromial impingement are all common causes of shoulder pain. Less commonly considered is compression of the C5 nerve causing referred pain to the shoulder. Spine specialist commonly see patients with shoulder pain that are treated with therapy, injections, and surgery with limited success. There may be overlapping effects where shoulder treatment only partially alleviates symptoms with patients continuing to experience residual pain. These patients only come to find out later that their problem was a C5 nerve compression in the cervical spine all along.



Cervical radiculopathy is a condition caused by a compressed or pinched nerve in the neck. Cervical radiculopathy of the C5 nerve is a common cause of shoulder pain. Shoulder pain from C5 radiculopathy can occur with or without neck pain. If shoulder pain is not responding to conventional treatment, then a neck MRI should be obtained to evaluate the C5 nerve.

Clues that shoulder pain may be caused by a C5 radiculopathy include associated numbness or tingling in the arm or muscle weakness. Pain may be triggered by certain neck movements.

An orthopedic spine specialist can examine both the shoulder and neck to determine whether symptoms are the result of shoulder or cervical spine pathology. If compression of the nerve is identified, then treatment can be initiated and can result in complete resolution of shoulder pain. Clinicians and patients should always consider C5 radiculopathy in the diagnosis and treatment of shoulder pain.



## Dale Segal, MD

Dr. Segal is a fellowship-trained spine surgeon specializing in minimally invasive and complex spine surgery. He completed a spine fellowship at Harvard University- Massachusetts General

Hospital and Brigham & Women's Hospital. He grew up in New York and graduated Summa Cum Laude from the University of Albany with a degree in biochemistry and molecular biology. He was awarded the John T. MacDonald scholarship to attend Florida International University where he obtained his medical degree and graduated with Alpha Omega Alpha honors. He completed his residency at Emory University and served as chief resident at the Emory Orthopedics and Spine Hospital. As a dedicated spine surgeon, he devotes his practice to the diagnosis and treatment of spinal disorders. His interests include minimally invasive, motion sparing techniques, degenerative diseases, navigation and robotics, deformities, fractures, and complex revisions. He has authored numerous peer-reviewed journal articles, book chapters and presented at national and international conferences. He is a member of several spine and orthopedic societies including NASS, AAOS, AOA. In his spare time, he enjoys spending time with his family, watersports, scuba diving, and hiking.

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# HYDRO FACIAL

**H**ydro facial treatments are in-office medical treatments that focus on resurfacing the skin. They provide cleansing, exfoliation, chemical peel, extractions, and infusion of serums designed for individual skin types. A hydro facial offers such benefits as a brighter complexion, reduction of pores and fine lines, and clearer skin in general. They are safe for sensitive skin and have little to no risk of side effects.

## How does a hydro facial work?

A hydro facial is a facial treatment using a patented device to deliver exfoliation, cleansing, extraction, and hydration to the face. During the treatment, water is used to clean and exfoliate the outer layer of the skin which removes dead cells and excess oil. Next, the application of a chemical solution further cleanses and loosens the debris that clogs pores. Any remaining impurities are then suctioned away, leaving the pores debris-free and prepared to absorb a customized hydrating serum.

The cleansing, exfoliation, chemical peel, and facial muscle relaxation provided by a hydro facial treatment helps combat many of the beauty issues individuals face on a daily basis, including large pores, wrinkles, and breakouts. It provides consistent results regardless of aesthetician (qualified professional) and can be used on all skin types.

## WHAT WILL HAPPEN DURING THE PROCEDURE?

**Step 1 is cleansing and exfoliation.** A vortex cleansing and hydra peel tip will be used on the skin. This removes dead skin cells and sebum (oil) while gently opening pores. The sensation has been compared to having an electric toothbrush pressed lightly against your face.

**Step 2 is the chemical peel.** The aesthetician will change the tip of the wand and use a mix of non-irritating acids (salicylic and glycolic) for a peel that is both gentle and effective. This loosens the debris deep inside the pores of the face. This gentle mix will not have the same skin-irritating effect as other chemical peels that leave the face red for hours.

**Step 3 is extraction.** The device will work as a vacuum to suction out blackheads and other impurities from the pores.



**Step 4 is hydration.** The wand will now be used to apply a serum rich in antioxidants, peptides, and other hydrating nutrients. This will detoxify and hydrate the skin, leaving it feeling and looking rejuvenated like never before.

## BENEFITS OF A HYDRO FACIAL

### 1. Reduces redness

One important benefit is that a hydro facial can help improve and even out skin tone. It soothes patches of redness and makes the skin have a more uniform tone. This is due to the mixture of acids that are used during the exfoliation process. Dull, lifeless skin is often caused by the buildup of dirt and dead or damaged skin cells. The exfoliating action of this treatment buffs away this layer of impurities, revealing the brighter, clearer skin beneath.

### 2. Reduces the appearance of enlarged pores

The acid peel solution that is applied as part of a hydro facial treatment serves to clean out and dissolve the excess dirt, oil, and dead cells trapped inside the pores. The vacuum suction attachment then draws out these impurities, deep cleaning and unclogging pores. These clear pores will reduce in size, therefore making them appear smaller and less noticeable.

### 3. Reduces acne

Having clean skin and clear pores will result in fewer breakouts. The combination of cleansing, exfoliating and extraction present in this procedure helps to reduce the appearance of acne and prevent future eruptions.

### 4. Reduces fine lines and wrinkles

The removal of layers of thin, dry, aging skin and the stimulation provided by the exfoliation process will result in collagen production. The combination of this newly produced collagen and the nourishment provided by the hydrating serum used will result in firmer, smoother, and younger looking skin.

### 5. Reduces hyperpigmentation

Hyperpigmentation is a condition in which scattered areas of skin appear darker than the surrounding skin. These dark patches can be caused by several different factors, including acne, hormone imbalances, sun damage and aging. They may appear in varied shapes and size. They can be small, round spots or large, irregular patches. Hydro facial procedures reduce the appearance of these marks by exfoliating the dark or discolored layers of surface skin. They increase cellular reproduction and encourage growth of new skin that is more evenly colored.

## How often should you get a hydro facial?

The frequency of treatments depends on your skin type and your provider's recommendations. Some websites recommend repeating the treatment every 4 weeks, while others encourage repeat sessions every 2 weeks. An aesthetician or dermatologist can help you determine the right number of sessions based on your skin condition and goals.

VELO is a full-service med spa with 2 locations. Velo Med Spa Jensen Beach is in the Carmel Center on the beautiful Jensen Beach coast. Our second location is in Bonita Springs. Whether you are seeking to enhance your beauty needs or wish to escape on your own for rejuvenation, VELO Med Spa provides the ideal environment for one's physical and mental renewal. From the beautiful aromas that scent the air to the sound of tranquil music, every detail sets the stage for a truly peaceful and relaxing experience. Contact VELO today to refresh your summer skin.

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# CBDA-A POTENTIAL BREAKTHROUGH IN REDUCING NAUSEA

**B**y now most Americans have at least heard of the benefits of CBD products. They are becoming more popular each day with over 10% of Americans saying they have tried CBD oil at least once. Benefits such as relieving anxiety and stress as well as reducing inflammation are most often mentioned when talking about Cannabidiols, but did you know that CBDA (cannabidiolic acid) has just as many uses and some studies even show is to be MORE effective when treating certain symptoms, such as nausea and vomiting? This is especially great news for cancer patients undergoing chemotherapy, people who suffer from migraines, and those who experience motion sickness. Let's explore the benefits of choosing CBDA in place of CBD.

First, let's look at the difference between CBD and CBDA.

CBDA is the acidic precursor to CBD found in raw plant material. CBD is made from CBDA which is what comes directly from the plant in pure form by water extraction. CBD is later extracted through a heating process. So, CBDA is the natural form of CBD.

Since CBDA is found abundantly in cannabis plants, some people consider it to be the more natural of the two cannabinoids even though cannabinoids are not considered active unless they undergo decarboxylation, also known as "juicing", which is done before the plant is dried.

While CBD and CBDA are chemically similar, they are not interchangeable. CBDA converts to CBD during extraction and processing as temperatures rise, changing the molecular structure of the cannabinoid. That makes CBD a byproduct of CBDA.

CBD and CBDA work together with the many other cannabinoids in full spectrum products and contribute to the Entourage Effect. The Entourage Effect explains how the inactive elements in cannabis combine to magnify and multiply the effects of individual plant components. It's because of the Entourage Effect that many CBD users believe full spectrum products are more potent than products made with pure CBD.

## What are the benefits of using CBDA?

While we want to focus our attention on CBDA's effectiveness when treating nausea and vomiting, it is worth mentioning all 6 of the major health benefits of using CBDA. These include:

1. anti-inflammatory benefits
2. anti-anxiety benefits
3. antidepressant benefits
4. anti-tumor benefits (decrease in tumoral activity)
5. anti-convulsive benefits
6. anti-nausea benefits

This last one is gaining the most attention in recent studies. Several studies are showing promising results when CBDA is used in the treatment of nausea and vomiting. These symptoms can be induced by a variety of factors, including migraines, seizures, motion sickness, bacterial or viral infections, and chemotherapy treatments. Whatever the reason, no one enjoys these feelings and science has long searched for a way to combat and even eliminate them. CBD has been used in this area since the 1970s, but new studies are showing that CBDA is up to 1000X more effective. This is good news for those with chronic or acute nausea.

For cancer patients, chemotherapy-induced nausea is one of the most distressing symptoms noted by patients undergoing treatment, and even with newer medications, it remains a problem. CBDA has been shown to possess antiemetic properties, preventing vomiting and suppressing nausea. One study also shows that by enhancing serotonin receptor 5-HT1A activation, CBDA displays significantly greater potency than just CBD at inhibiting vomiting. The team of researchers believes that CBDA holds great promise as a treatment for nausea and vomiting, including anticipatory nausea for which there is no current treatment.

A study in 2013 by EM Rock and LA Parker observed the effectiveness of CBDA as an anti-nausea and anti-emetic in rats and shrews. Two experiments tested for the minimally effective dose of CBDA that would reduce gaping reaction in shrews and tongue protrusions in rats. The study found that CBDA effectively reduced LiCl-induced conditioned gaping in rats. This suggests that CBDA is a highly potent treatment for acute nausea, even at low concentrations. CBDA also inhibited toxin-induced vomiting in shrews. The data demonstrate that the amount of CBDA necessary to decrease nausea is approximately 1000X lower than CBD.

It is difficult to make an apple-to-apple comparison between CBD and CBDA. These two compounds are different and offer unique therapeutic benefits based on how they interact with the different body systems. CBDA has two obvious advantages over CBD. First, because CBDA is not combusted it is a safer alternative to CBD. Also, CBDA has greater bioavailability meaning that a small dose of CBDA goes a long way.

The CBDA benefits outlined in this article are promising. However, it will take larger clinical trials to validate these preliminary findings.

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# Rheumatoid Arthritis and Gum Disease: What You Need to Know

By Dr. Ricardo S. Bocanegra, DDS

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

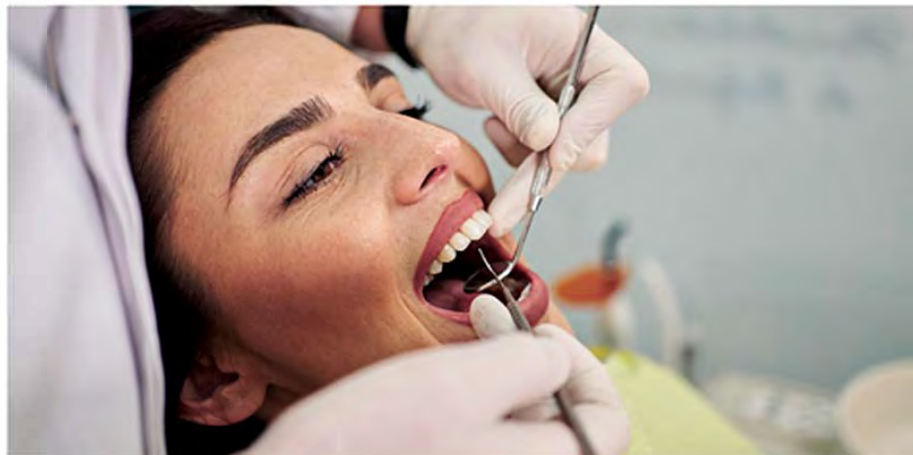
## Fast Facts

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

## Controlling gum disease inflammation may help improve rheumatoid arthritis symptoms.

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

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



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

## Gum Disease and Rheumatoid Arthritis: The Inflammation Link

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

## Treating One Condition May Improve the Other

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

## Dental Care for People With Rheumatoid Arthritis

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

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



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# 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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# Did You Know Cancer Treatment Can Cause Peripheral Neuropathy?

By Dr. Drew Montez Clark

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

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

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

## Symptoms of Neuropathy

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

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

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



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

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

## Innovative Treatment for Neuropathy

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

## How It Works

Our process provides relief with THREE critical steps.

### #1. IMPROVE BLOOD FLOW

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

### #2. STIMULATE NERVE FIBERS

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

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

### #3. DECREASE PAIN

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

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

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

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

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Source:

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



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# Hope and Optimism

By Pastor Timothy L. Neptune

**H**ope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, "Where then is my hope? Who can see any hope for me?" (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, "May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: "And now these three remain: faith, hope and love. But the greatest of these is love." (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, "...I will go to the king, which is against the law; and if I perish, I perish!" (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)." (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



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

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# DIABETES MANAGEMENT

## HANSON CLINICAL RESEARCH CENTER

By Lenita Hanson MD, F.A.C.E., CDCES, CPI

**D**iabetes is a chronic health condition that affects millions of men, women, and children globally. Managing diabetes requires awareness of your own body and knowing what makes your blood sugar rise and fall. Controlling these day-to-day factors is the key to living a long and healthy life.

There are many ways to educate oneself on diabetes management. Participating in programs that focus on teaching management strategies is a good place to start. Diabetes centers offer lifestyle classes that include helping you learn skills to manage your diabetes more effectively by checking blood sugar regularly, eating healthy foods, being active, taking medicines as prescribed, and handling stress.

Let's look at some of the basics of managing your diabetes.

### DIET

Healthy eating is a key component in a healthy life for everyone, but for those living with diabetes, it becomes paramount. Learning how certain foods affect your blood sugar is important and then knowing how much to eat and what combinations to eat is also important.

**1.** Counting carbohydrates and controlling portion size are two keys to eating with diabetes. Learning to count carbohydrates will have the greatest impact on managing your diabetes because they have the biggest impact on your blood sugar. For those who take insulin at mealtime, counting carbohydrates determines the proper insulin dose.

It is also important to learn what portion of each food type is appropriate. Using a scale or measuring cups can be quite helpful in getting the proper carbohydrate count.

**2.** Meal planning is also helpful. As much as possible, plan for every meal to have a good mix of starches, fruits and vegetables, proteins, and fats.

Pay attention to the types of carbohydrates you choose. Some carbohydrates are better for you than others. Fruits, vegetables, and grains are low in carbohydrates and have fiber. Fiber helps keep your blood sugar levels more stable.

**3.** Sugar sweetened beverages can be dangerous. Try to avoid them as much as possible since they tend to be very high in calories and offer little nutritional value. These drinks can be useful during a low blood sugar episode because they raise the blood sugar quite quickly. However, drinking them on a regular basis should be avoided.

### EXERCISE

Make physical activity part of your daily routine. Set a goal to be more physically active. Try to work up to 30 minutes or more of physical activity on most days of the week. Taking a quick walk and swimming laps at the pool are good ways to move more.

Ask your doctor to help you establish a plan that is right for you. Most people try to shoot for 30 minutes of aerobic activity a day 5-7 days a week. Remember to check your blood sugar levels before, during, and after exercise. Exercise can lower blood sugar levels for up to a full day after the activity. Look for warning signs like feeling shaking, weak, tired, or confused and monitor your blood sugar frequently. Always be prepared with a small snack or glucose tablets handy.

### MEDICATION

Insulin and other diabetes medications are often necessary when diet and exercise aren't sufficient for managing your diabetes. The effectiveness of these medications depends on the timing and dosage. Other medications can affect your blood sugar as well. That's why it is important to talk to your medical team about any new medications and how they can affect you.

It is also important to always store your insulin properly. Do not use insulin that has passed its expiration date and remember that insulin is extremely sensitive to temperature. Improper storage can result in loss of effectiveness.

### ALCOHOL

The liver releases stored sugar to combat low blood sugar levels. If you are drinking alcohol, however, the liver is otherwise occupied. While it is busy metabolizing the alcohol you consume, your blood sugar may not get its necessary boost. For this reason, it is important to monitor closely your alcohol consumption.



## DIABETES CARE, BASICS AND NUTRITION CLASSES

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It is best for diabetics not to drink any alcohol. It can aggravate complications that generally accompany diabetes such as eye disease or nerve damage. However, if your diabetes is well controlled and your doctor gives the okay, moderate alcohol consumption is allowed. Be sure not to drink on an empty stomach and to choose your drinks wisely. Light beer and dry wine have fewer calories and carbohydrates and will have less of an effect on your blood sugar.

### WORK WITH YOUR HEALTH CARE TEAM

It is true that "there is no I in team", but in the case of your health care, YOU are the most important member of the team. You must advocate for the "I" in your team. Though you may have excellent doctors, nurses, dietitians, pharmacists, etc., none of them will know your body better than you. It is important to advise each new medical professional you see about your diabetes and ask them pertinent questions about how a new condition or new medication will affect your situation. Be prepared with a list of questions so that you don't forget in the moment.

Remember that managing diabetes isn't easy, but it there are many steps you can take to make your life more comfortable and freer. The more you know about diabetes management, the easier it will be.



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