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Health & Wellness[®] MAGAZINE

October 2022

Lee Edition - Monthly

 **FREE**

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CANCER
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10/18	2 PM	Perkins	4335 Tamiami Trl. E, Naples 34112
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10/27	10 AM	Perkins	4335 Tamiami Trl. E, Naples 34112
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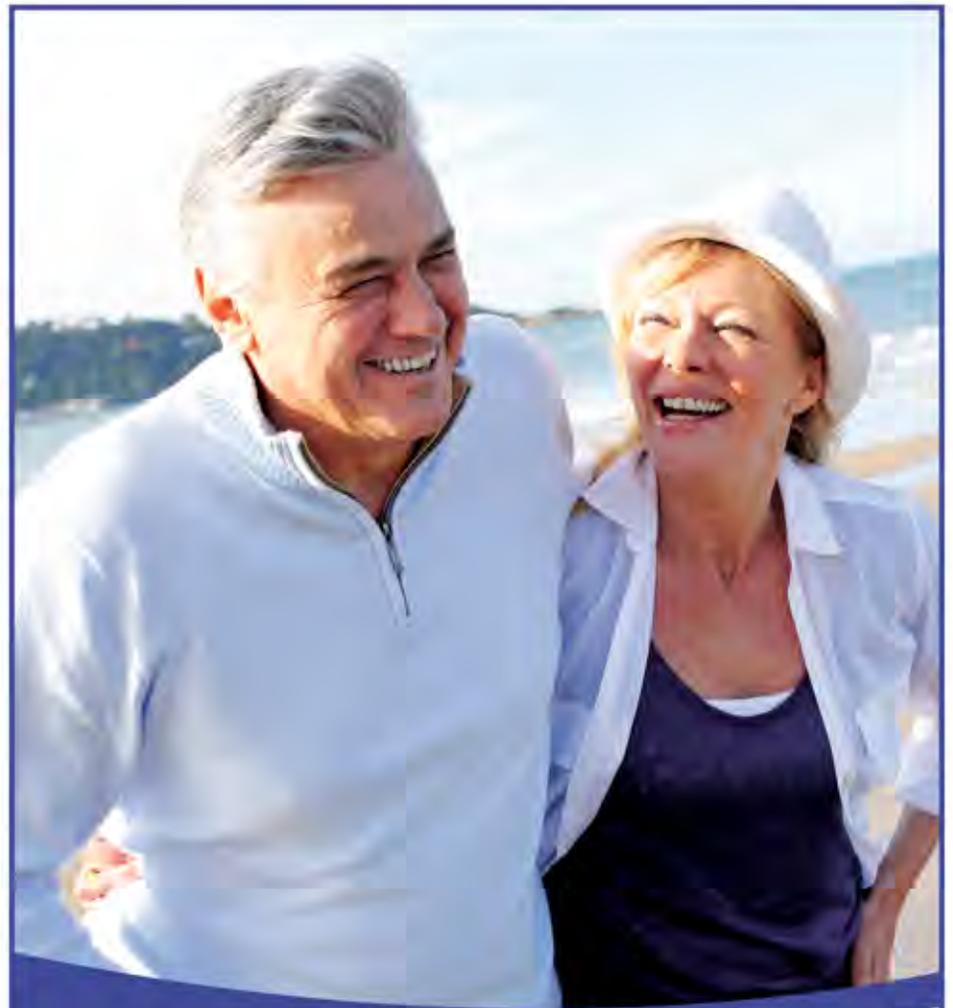
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Health Insurance IMPORTANT DATES!



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

HEALTH INSURANCE is more important than ever! There is no way to determine when something will happen or when you could be diagnosed with a serious medical condition. So, saying I am healthy, so I don't need health insurance makes no sense. Insurance is moving the financial risk from you to the insurance company. There are always options for about every budget. Work with a professional that is contracted with many carriers and offers multiple options. Many plans are available year-round, the government plans such as the Marketplace and Medicare have specific times that you can enroll unless you have a Special Enrollment Period due to, as an example loss of coverage, marriage, moving out of the plans service area, etc.

MEDICARE – Annual Enrollment Period October 15-December 7th, 2022, for January 1st, 2023, effective. Medicare Advantage – Part C & Part D Prescription Plans

Most of the plans in your area have made many changes and things you might not notice, especially important, are your doctors still in network, what tier are your medications and maybe the tier changed, copays, coinsurance. What extras are the plans offering? Maybe you need extra dental, vision, hearing aids. Many plans include some wonderful extra benefits, but it is also particularly important to know how to use the benefit and if they work for you.

CMS has made many rules for 2023 Medicare season. If you want to enroll or review your plan over the phone or on a Webex, you need to agree to be recorded and Medicare requires us to keep the recording for 10 years. In person appointments do not have that requirement, but you need to sign a scope of appointment that just authorizes us to talk to you about what you checked, such as Medicare Advantage or a Drug Plan it does not allow us to do anything but talk to you about these topics. Many plans have decreased the cost of Insulin which will be a huge savings for so many in 2023. Talk about maximum of \$2,000 drug cost in a year, is not valid in 2023 but hopefully in 2025. Many changes are happening year after year. Find an agent that will be there for you, year after year.

When you turn 65 you are eligible for Medicare, once you have worked 40 quarters roughly 10 years there is no cost for Medicare Part "A". Part A covers Hospitals, Skilled Nursing, Home Health & Hospice. Medicare Part B you can choose to take at 65 or you can hold off if you are still working and have credible coverage. If you do not have group health insurance that is considered qualified, and then you want it you would have a late enrollment penalty for each month you did not have Part B & Part D and that penalty will last for the rest of your life. Part B covers, doctors, imaging, blood work, ambulance, durable medical equipment, etc. Part D is a Medicare Drug Plan and covers medications. During your initial enrollment period it is especially important to understand your options! Medicare Supplements/Medigap Plans are NOT guarantee issue you may need to medically qualify. You can purchase a Medigap Plan during your 1st 6-month on Medicare Part B without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! **Especially important:** when you **move** you need to know your options. Can you keep the same plan? Do you need to make a change and what does that look like?

We offer **Free Medicare Seminars** in Lee & Collier County please e-mail info@logicalinsurance.com to register or call **239-362-0855** for dates. Medicare's website is www.Medicare.gov.

MARKETPLACE – Obama Care/Affordable Care Act – open enrollment starts November 1st- December 15th for January 1st effective. December 16th to January 15th will have February 1st, 2023, effective.

The website is HealthCare.gov, your local insurance agent can help you through the maze. The government also changes each year what how much you can earn to receive subsidy to help lower your cost for insurance. Many people are not aware that they do not need to forgo having health insurance and there are affordable options for them. Insurance is not just about the price of the premium but particularly important the network of doctors, hospital, etc. that you can have access to. Be careful carriers that are selling in your area might not have a good network, so the price might be right but if your hospital and your doctors are not in their network that is a problem. So always check the network!

Understanding deductibles, out-of-pocket maximums, what applies to the deductible? Do I have to pay the deductible before the plan pays? This differs by each plan, Copays vs. coinsurance if you do not understand ask, become informed about what you are buying and how it works.

Individual/Family Health Insurance – Being young and healthy does not mean you do not need health insurance. Do you know anyone that knew when they were going to be diagnosed with cancer, or when they were going to have a heart attack or even a serious accident? I do not, it happens, and insurance is there to help you get the care you need and limit your financial exposure. What are your insurance options, and what is best for you? Employer Group Coverage, Individual Medically Underwritten Health Insurance, Medicaid, or the Government Market Place Guaranteed Issue Health Insurance. There is a lot to know about the differences, as well as the cost. The monthly premium should not be your only consideration. *You do not know what you do not know so ask the experts, which do know about all of plans and can help educate and guide you thru the enrollment process. When it comes to medically underwritten plans most of them you can enroll all year long, but you can also be denied based on medical underwriting.*

Logical Insurance Solutions is a SWFL Insurance Broker that works with most of the carriers, we are happy to help you through the maze. This is what we do daily, it is second nature to us. We offer virtual seminars, one on one WebEx, phone and in person appointments.

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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

BREAST CANCER AWARENESS: Practice Self-Care

By Dr. Graciela Garton

Each year, over 250,000 women in the United States are diagnosed with breast cancer. As the second most common cancer for women, breast cancer prevention begins with raising awareness and encouraging women to get screened.

For women at average risk, early detection screening should begin at age 45. However, suppose you have certain risk factors such as a personal or family history of breast or ovarian cancer or changes in the BRCA1 and BRCA2 genes. In that case, your general physician may recommend you be screened earlier. A mammogram is still the best way to detect for breast cancer in most women. However, awareness of how your breasts look and feel and conducting your own monthly breast self-exam can be a great

early warning system. If you notice any changes in your breast size or shape, pain, or lumps, consult with your doctor immediately.

If you receive a breast cancer diagnosis, it's essential that you understand your treatment options and work with your physician on the best plan based on the stage and location of the cancer, as well as your overall health. Typically, treatment plans include a combination of surgery, radiation therapy, chemotherapy, or hormone therapy.

It is important to know that breast cancer's mortality rate has declined over the past 30 years. By being proactive with breast screenings and educating yourself, you can improve your chances of surviving cancer if it occurs.



Dr. Graciela Garton is a physician at Advocate Radiation Oncology. Advocate Radiation Oncology's board-certified oncologists provide expert, customized patient care. With locations across Southwest Florida, patients have access to state-of-the-art cancer-fighting machines. Our individualized cancer treatment plans are guided by the most up-to-date data, appropriate evidence-based care, and the latest technologies available.

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BREAST CANCER AWARENESS MONTH

About 1 in 8 women are diagnosed with breast cancer during their lifetime. There's a good chance of recovery if detected at an early stage. For this reason, it's vital that women check their breasts regularly for any changes and always have any changes examined by a doctor.

Breast cancer arises in the lining cells (epithelium) of the ducts (85%) or lobules (15%) in the glandular tissue of the breast. Initially, the cancerous growth is confined to the duct or lobule (in situ), where it generally causes no symptoms and has minimal potential for spread. Over time, these in situ cancers may progress and invade the surrounding breast tissue, then spread to the nearby lymph nodes or other organs in the body. If a woman dies from breast cancer, it is because of widespread metastasis.

Breast cancer treatment can be highly effective, especially when the disease is identified early. Treatment often consists of a combination of surgical removal, radiation therapy, and medication (hormonal therapy, chemotherapy, and/or targeted biological therapy) to treat microscopic cancer that has spread from the breast tumor through the blood. Such treatment can prevent cancer growth and spread, thereby saving lives.

WHO IS AT RISK?

Breast cancer is not a transmissible or infectious disease. Unlike some cancers with infection-related causes, such as human papillomavirus (HPV) infection and cervical cancer, there are no known viral or bacterial infections linked to the development of breast cancer.

Approximately half of breast cancers develop in women with no identifiable risk factor other than gender (female) and age (over 40 years). Certain factors increase the risk of breast cancer, including increasing age, obesity, harmful use of alcohol, family history of breast cancer, radiation exposure, reproductive history (such as age that menstrual periods began and age at first pregnancy), tobacco use, and postmenopausal hormone therapy.

Behavioral choices and related interventions that reduce the risk of breast cancer include:

- prolonged breastfeeding;
- regular physical activity;
- weight control;
- avoidance of harmful use of alcohol;
- avoidance of exposure to tobacco smoke;
- avoidance of prolonged use of hormones; and
- avoidance of excessive radiation exposure.

Unfortunately, even if one could control all the potentially modifiable risk factors, this would only reduce the risk of developing breast cancer by at most 30%.

Female gender is the strongest breast cancer risk factor. Only about 0.5-1% of breast cancers occur in men. Treating breast cancer in men follows the same management principles as for women.

A family history of breast cancer increases the risk of breast cancer. Still, the majority of women diagnosed with breast cancer do not have a known family history of the disease. Lack of a known family history does not necessarily mean that a woman is at reduced risk.

SIGNS AND SYMPTOMS

The most common symptom of breast cancer is a new lump or mass. A painless, hard mass with irregular edges is more likely to be cancer, but breast cancers can also be soft, round, tender, or even painful.

Other possible symptoms of breast cancer include:

- Swelling of all or part of a breast (even if no lump is felt)
- Skin dimpling (sometimes looking like an orange peel)
- Breast or nipple pain
- Nipple retraction (turning inward)
- Nipple or breast skin that is red, dry, flaking, or thickened
- Abnormal nipple discharge
- Swollen lymph nodes under the arm or near the collar bone

Many of these symptoms can also be caused by benign (non-cancerous) breast conditions. Still, it's essential to have any new breast mass, lump, or other change checked by an experienced health care professional so the cause can be found and treated, if needed.

Remember that knowing what to look for does not take the place of regular breast cancer screening. Screening mammography can often help find breast cancer early before any symptoms appear. Finding breast cancer early gives you a better chance of successful treatment.



BREAST CANCER SCREENING

Mammographic screening, or X-ray images of the breast, is the most commonly available way of finding a change in your breast tissue (lesion) early on. However, women should be aware that a mammogram might fail to detect some breast cancers.

Below are the American Cancer Society guidelines for women at average risk for breast cancer. For screening purposes, a woman is at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase the risk of breast cancer (such as in a BRCA gene), and has not had chest radiation therapy before the age of 30.

- Women between 40 and 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year or choose to continue yearly mammograms. Screening should continue as long as a woman is in good health and expected to live at least ten more years.

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Save the Spider Webs for Halloween Decorations... LET US TREAT YOUR SPIDER VEINS

Spider veins are like varicose veins, except for smaller ones. These small red, purple, and blue “threadlike” veins are visible on the surface of the skin. They occur on the legs but can also be found on the face. Spider veins vary in size and often look like a spider’s web or a tree branch. Spider veins are purely cosmetic issues and pose no threat to a person’s health. Aside from an unpleasant appearance, they can also cause a variety of symptoms such as itching, burning, heaviness, and cramping. Since they are usually not associated with deeper vein issues, ultrasound tests are not required for routine cases.

Common Risk Factors for Spider Veins

- Heredity – family history of varicose veins
- Gender- Women are at a higher risk than men
- Pregnancy- especially during the late-term
- Obesity
- Excessive standing and sitting

Diagnosing Spider Veins

We will conduct an initial consultation to determine if unsightly veins are spider or varicose veins. In some cases, spider veins could be secondary to varicose veins. During the consultation, we will ask you questions to help determine your vein issues. Spider veins in the leg, hand, and face are caused by unhealthy valves inside feeder veins, allowing blood to flow backward instead of upwards toward the heart. Some of this backed-up blood can lead to non-functional, “dead-end” veins that appear underneath the surface of the skin as spider veins.

Treatment options for Spider Veins

We treat spider veins with sclerotherapy and cutaneous laser treatment. Unfortunately, this is a lifelong battle for most patients. Even after successful treatment, the body tends to continue producing them. For this reason, most patients need intermittent maintenance treatments to keep their legs spider vein free.

Sclerotherapy: Sclerotherapy is a minimally invasive treatment for varicose veins and spider veins. Your healthcare provider injects a chemical solution into your vein to close it off. This chemical solution irritates your blood vessel lining, making it expand, stick together, and form a scar. This closes off your vein, making it look and feel better. This in-office treatment works well for many people,



especially on smaller varicose veins. Recovery is quick, but it can take weeks or months to see results. The procedure itself is usually done in under one hour.

Advantages of sclerotherapy include:

- No anesthesia. With enough compression from the bandage on the vein, there is little pain. Compression also may help with bruising and swelling.
- Good results for most people. Sclerotherapy works especially well on smaller varicose veins. A session may get rid of an estimated 50% to 80% of injected veins. In about 10% of cases, sclerotherapy doesn’t work. If this happens, your healthcare provider can try different solutions or a different method, such as laser therapy.
- Fairly quick results for small veins. Spider veins usually respond to treatment in three to six weeks, but it may take three to four months for larger veins.
- With successful treatment, varicose veins or spider veins won’t reappear. However, you may need treatment for new varicose veins that form.

Cutaneous Laser Therapy is an effective treatment for Spider Veins. At the Vascular and Vein Center at Gulfcoast Surgeons, we use a cutaneous laser to treat veins in the legs and face. Laser therapy uses a highly concentrated beam of light to heat the vein and close it. This treatment does not cause damage to the skin and requires no downtime.

Advantages of Using Laser Vein Therapy

There are no risks involved with these treatments, whereas methods such as sclerotherapy can cause slight bruising and patients can sometimes react to the saline solution. We find lasers to be a better option on facial spider veins, where the skin is more delicate. Lasers also are faster and more efficient when treating larger groups of spider veins.

Cutaneous Laser Therapy is a very efficient solution to superficial spider veins. This procedure has many benefits including:

- Fast recovery
- Non-surgical
- Quick and effective treatment
- Generally painless

It should be noted that this treatment is effective only for superficial spider veins that appear on the surface of the skin. This treatment does not treat more severe, underlying issues. Be sure to speak with your doctor about all your options.

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

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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Claire Adler's Life Immersed in Opera and the Arts

Claire Adler smiled broadly, and her eyes sparkled as she related the moment that her 90th birthday party turned from a celebration into an operatic review of her most beloved arias performed live at The Terraces at Bonita Springs by two professional touring opera singers.

The show, held during the pandemic, was a gift from her daughter who knew the joy this performance would bring her mother ... as well as to the many residents and staff at the adult LifeCare retirement community that attended the event.

"I told my daughter a few years before," recalls Claire, "that one should not make a big celebration when a person dies, but rather do it when they are still alive," recalls Claire. "I believe it is so important. I can't thank Laurie enough for such a meaningful gift."



The opera-themed birthday celebration validated Claire's life well-lived. It was most fitting because for 55 years she and her husband Irwin had devoted their social and volunteer time immersed in a love for the musical arts – most particularly a keen appreciation for all things opera!

Claire Adler prior to attending an opera performance.

Eight years since the passing of her husband, the effervescent 91-year-old resident of The Renaissance at The Terraces continues to possess the energy and lust for life that most seniors 20 years her junior would long to command. For example, her walking gait through the Mediterranean-styled hallways of The Renaissance is a challenge for the best exercise walker.

From a fast-paced walk and an upbeat tour of her apartment's artworks, you begin to quickly understand how Claire and Irwin managed a seemingly round-the-clock journey through life while raising "three wonderful children."

"I guess I was fortunate," recalls Claire. "Irwin had a lot to do with it (especially their immersion in opera)." By the time she and Irwin met in the late 50s, both had been involved in the arts for many years.

Irwin grew up in northern New Jersey and was introduced to music early in his childhood. His father took him to the New York Metropolitan Opera at age 11 where he saw Puccini's *Tosca*. He was hooked from then on, even raising enough money for a season ticket to the Met (\$43.00 in those early days) by collecting scraps of wood and metal for the war effort.

Meanwhile, Claire was following a path through an education in the arts. Living on the Upper West Side in New York City, she remembers that music – mostly classical and opera – filled her home. She was afforded an opportunity to attend the Art Students League of New York. Founded by and for artists, the school became a place for such prominent artists as Georgia O'Keeffe, Jackson Pollock, Norman Rockwell, and Robert Rauschenberg.

Claire's schooling gave her a far-reaching view and appreciation of the arts. She became skilled in many mediums including painting, sculpting, and drawing. One of her artistic talents – needlepoint – was taught by her grandmother.

Her introduction to Irwin and their marriage in 1959 solidified Claire's interest and commitment to the arts, particularly the opera. By the time they met, her husband had become passionately enamored with the voice of Italian opera soprano Renata Tebaldi.

The couple lived in the New York City metropolitan area for much of their early married life. They were "regulars" at The Met and saw every one of Tebaldi's performances. Tebaldi and the Adlers became good friends – so good that Claire and Irwin were guests at her home in Italy. They even joined Renata at a special event given in her honor at the famed *Massa Teatro Guglielmi*.

Teatro Guglielmi is just one of the dozens of opera theaters visited by Claire and Irwin throughout Europe, Scandinavia, the United Kingdom, and North America. World-famous *Teatro Alla Scala* in Milan, Italy was a favorite of Claire's. She once patronized the opera house on three consecutive days – watching rehearsals and actual performances.

Claire and Irwin became so well-known within opera circles that they were often afforded certain privileges – such as being seated in the King's Box at *Palais Garnier Opera House* in Paris.

Yet, The Met was "home" – a place they both volunteered and supported. But summers belonged in the Berkshires of Massachusetts where they enjoyed the sights and sounds at *Tanglewood Music Center* in Lenox. Eventually, they moved permanently to their summer home.

For 30 years once or twice a week each summer season, Claire volunteered as an usher at *Tanglewood* events. Her volunteering wasn't limited to *Tanglewood* and The Met, but also included the *Berkshire Opera Festival* and the *Mahaiwe Performing Arts Center* in Great Barrington, Ma.

Their home, meanwhile, became a miniature music hall with young opera singers – who they had sponsored for studies at *Tanglewood* – performing recitals. "There were lots of opera singers and classical musicians who visited the Adler home. Claire and Irwin's accumulation of musical and operatic memorabilia also found a home – the basement of their home which Irwin converted into an opera museum.

The homegrown museum displayed over 500 opera programs from performances that Claire and Irwin had attended, plus artifacts and autographs from many famous opera singers. For Claire, that would include her favorite male opera singers – *Placido Domingo* and *Luciano Pavarotti*. She proudly points out that she met both singers several times.

Claire moved to southwest Florida following Irwin's passing. And with her items came a plethora of art, photos, and memorabilia. Among the items displayed in her apartment at The Terraces are several finely woven needlepoint framed works of *Tanglewood*, and, yes, of opera theaters.

She is visibly pleased with the artwork that dots her apartment. For example, she's proud of the fine detail in her needlepoint work and the happy memories of a wonderful life well lived.

"I did a little bit of everything," remarks Claire about her interest in the arts. "I can't answer what I like best because when you are 'into' the Arts there are so many wonderful things to enjoy. For example, the Opera has a little bit of everything in it – ballet, beautiful artistic sets, beautiful clothes, dancing, music, and of course singing. It is just a wonderful world to be in."

About The Terraces at Bonita Springs

The Terraces at Bonita Springs—a not-for-profit organization that opened in 2013—is a boutique adult living Lifecare community (formerly known as a continuing care retirement community). Featuring a full complement of luxury residence options (Independent living, assisted living, skilled nursing, memory care assisted living, and rehabilitative care), The Terraces offers quality, worry-free living. With the support of its parent company SantaFe Senior Living, The Terraces provides unique Life Plan or Rental living choices.

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The Terraces
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When the Market Is Volatile, Why Is it Important to Have a Financial Plan?

By Amy Rohde, CFP®, CFTA, Senior Relationship Manager

Markets will always be unpredictable. Market downturns are painful but are a naturally occurring component of equity-market investing. A well-designed financial plan considers market volatility and can help you brave the ever-changing ebbs and flows of the market. If you do not have a plan yet and are just focusing on investing advice, you are missing out on the sense of security that a quality financial plan can provide.

Here are five recommendations for dealing with uncertain financial times such as these.

Have a Dynamic Plan

A good financial plan is dynamic. It is a living, breathing plan. It changes when there are major events during your life just as much as when there are market changes. Make sure your plan is updated as your goals shift.

Keep Your Emotions in Check

Something else that could potentially derail your best-laid plans: emotions. Emotions can distract from goals by driving you to deviate from your plan. Instead of letting market gyrations dictate your actions, always look to your plan for guidance. A good plan that is carefully laid out in partnership with your advisor should walk you through various simulations so you make rational decisions.

Re-evaluate Goals

During times of uncertainty, you can benefit from reevaluating your short- and long-term goals, while sticking with your financial plan. Having digital access to your financial plan that allows you to decrease (or increase) goals with the ability to see the real-time impact is extremely valuable and allows you to participate in designing your financial plan.

Test the Plan With a Range of Market Situations

We can't predict the future of the market returns. But, you can test your plan across a wide range of market situations and returns.

Stress Testing a Financial Plan

It's also important to be prepared for the uncertainties in the real world and see how a financial plan may succeed even when things go bad for a while.



Stress testing is a powerful way to illustrate how variability can affect your financial plan. Stress testing a plan shows several different possible outcomes, which helps reinforce the underlying uncertainties in projecting future results. If your financial plan has the ability to illustrate bad timing (a downturn in the market performance at a bad time such as two years before retirement) or bear market tests (how the plan would be affected by a severe bear market in bonds or stocks), these can be helpful in illustrating the impact on the plan results.

Key Takeaways

During times of volatility or amid a bear market, it is important to remember to stay focused on the big picture and on achieving your financial goals. This will allow you to endure the inevitable bad times with confidence. Keep your plan on track, especially in times of market volatility.

Amy Rohde is a Senior Vice President and the Key Private Bank Senior Relationship Manager in Fort Myers and Naples. She is a CERTIFIED FINANCIAL PLANNER™ and Certified Trust and Fiduciary Advisor (CTFA) professional. She can be reached at (239) 659-8812 or amy_rohde@keybank.com.

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PERIPHERAL ARTERIAL DISEASE (PAD)

By Dr. Altepeter

Peripheral arterial disease (PAD) is a relatively common condition that affects over 200 million people worldwide, and involves narrowing of arteries to the arms or legs. It is a disease process that can cause significant day to day limitations for those affected, with risk and prevalence increasing with age. It does have a very close relationship with cigarette use, high cholesterol, diabetes, coronary and renal artery disease, stroke, and heart failure. In over three-quarters of those with symptomatic PAD, the lower extremities are affected.

An analogy routinely used to portray PAD, albeit imperfectly, is congestion on the roadways, with the vehicles being oxygen and nutrient rich blood cells, and arteries being the roads. Vehicles are able to travel much more efficiently in the larger, open roadways, but once there is a sudden lane closure they have to slow down in order to pass through. When the muscles of the legs are working hard, the need for those nutrients carried in the blood increases, making it more important for vehicles to make it to their destination efficiently. When there is a roadblock, muscles or tissues that are not receiving the blood flow they need for normal function begin to cry out in various ways. Muscle cramps, foot pains, and burning or numbness are some of the symptoms that one with PAD may be experienced during activity. These symptoms can be known collectively as "intermittent claudication" when experienced after a predictable amount of activity. And this is one of the earliest symptoms a patient could experience as they suffer from PAD. As the disease process worsens, the legs or feet may cry out for nourishment regardless of activity. When cramping, numbness, or burning are noted at times of rest, it is known as "rest pain." Without appropriate management one may begin to experience slow healing sores, tissue loss, or "gangrene" when there is little to no blood flow to an area. Fortunately, the majority of those who have been diagnosed with PAD are largely symptom free, and have a better chance of remaining symptom free if managed appropriately.

If you are experiencing some of the above symptoms, or are concerned you are at risk of developing PAD, it is important to seek medical advice sooner than later. In addition to a discussion about risk factors, some of the more simple tests to expect



with evaluation would include palpation of arteries near your hip, behind your knee, and around your foot and ankle, visualization of how quickly capillaries refill after pressure is applied, and listening to pulses with an ultrasound device, among others. If there are risk factors or additional concern for disease, additional tests may be ordered such as special blood pressure measurements known as an ankle-brachial index and more advanced measurements with ultrasound, and some advanced imaging modalities such as magnetic resonance or computed tomography studies. And if deemed necessary by a peripheral vascular specialist, angiography, or mapping of the arteries, may be performed for a more thorough evaluation of any problem areas.

If diagnosed, your doctors will advise smoking cessation, an appropriately balanced diet, strategize better control of other medical conditions, and appropriate foot and skin care. You may be also recommended an exercise program to help stimulate better blood flow, medications to help blood flow more efficiently or to prevent clotting, or possibly surgical management. These are best accomplished with your primary care physician, vascular surgeon, foot and ankle specialist, and any other specialists working as a team.

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.

Joe Altepeter, DPM, AACFAS

Joe Altepeter, DPM, AACFAS, is a Podiatrist at Family Foot & Leg Centers in Fort Myers FL. He is a Fellow of the American College of Foot & Ankle Surgeons. Call 239-430-3668 or visit www.NaplesPodiatrist.com to make an appointment. Visit FootHealthFacts.org to learn more about foot and ankle conditions.



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WE KEEP YOU WALKING

Discover a Program of All-Inclusive Care for the Elderly

Hope PACE is helping Southwest Florida seniors stay safe, healthy and vibrant as they age in place

As we continue to adapt to the ever-changing world, one thing has remained steadfast – Hope’s commitment to helping seniors live safely in the community by providing health care, a warm meal or a hand to hold. Southwest Florida residents are eager to explore the comprehensive benefits of Hope PACE – a Program of All-Inclusive Care for the Elderly.

Hope PACE participant Gladys Jarvis notes, “I am 80 years old, do not drive anymore but do not feel alone or lost because I have PACE and the wonderful angels giving me help with cleaning and shopping.” Gladys shared that she felt supported throughout the early stages of the coronavirus pandemic too, “We have felt very comforted having you all only a phone call away. Many of our friends here who do not belong to PACE tell us of the problems of not getting their doctor for answers or even unable to get their meds. Someone has called me every week checking to make sure all is fine or do I need anything.”

Gladys and other Hope PACE participants receive coordinated, personalized care to be able to age in place. The program offers innovative solutions for the entire family. A collaborative approach ensures that seniors enjoy choices, dignity, and independence – staying as healthy and active as possible for as long as possible. Caregivers receive professional education and guidance on how they can best support their aging loved one.

Even in the absence of a threat like the coronavirus pandemic, the program’s unique design helps minimize the risk of infection, emergency room visits and hospitalizations for participants by offering clinical care in the comfort of home. Frequent phone calls and telehealth visits with Hope PACE staff members help seniors and their families navigate the many challenges of aging.



Colorful Hope Mobiles provide safe, convenient transportation in Lee, Charlotte and Collier counties

Participants receive personal care, prescription drugs and medical supplies as well as safe transportation to critical appointments in colorful Hope Mobiles. Through Hope PACE, seniors can access a robust network of specialists in cardiology, dermatology, dentistry, gastroenterology, nephrology, oncology, and ophthalmology, and their visits are fully covered.

Having all-inclusive care means that seniors enjoy a multitude of benefits and services beyond those that address their medical needs. Hope PACE staff members offer help with social and emotional challenges like loneliness, confusion and anxiety. Fun activities, games, and socialization with other participants are some of the most celebrated services of the program.

Having experienced the countless benefits of Hope PACE firsthand, Gladys says, “Some friends have even felt stranded but not us PACE members. Bless you all for taking such good care of us. We don’t feel forgotten.”

Hope PACE is an essential safety net for the physical and emotional health, safety and well-being of our community’s seniors. Friends, family members, caregivers, and the general public are welcome to tour one of the fully equipped, state-of-the-art Hope PACE Centers located in Lee, Collier and Charlotte counties.

You can also visit HopePACE.org to take a five-minute survey to see if you or your loved one qualify for this all-inclusive care. For more details on the program, call 239-985-6400.

Hope PACE is a program of Hope Healthcare, a local, not-for-profit organization dedicated to providing care and comfort for more than 40 years to people of all ages living in Southwest Florida.

Contact Hope PACE
Call 239.985.6400
Take the Eligibility Survey
Online at HopePACE.org

ADHD AFFECTS ALL AGES

By Dr. Leonard A. Lado, MD, ABPN

When you hear Attention Deficit and Hyperactivity Disorder, you most likely think of young boys squirming at a school desk begging for recess. However, the young are not the only ones who experience the chaos of ADHD. In adults, ADHD may look like unemployment, financial problems, alcohol or substance abuse, unstable relationships, frequent physical accidents or car accidents, poor self-confidence, and self-image, or poor physical or mental health.

In adults, attention deficit disorder often looks quite different than it does in children—and its symptoms are unique for everyone. Attention deficit can be a misleading label. Adults with ADHD can focus on tasks they find stimulating or engaging but have difficulty staying focused on and attending to mundane tasks. You may become easily distracted by irrelevant sights and sounds, bounce from one activity to another or become bored quickly. Symptoms in this category are sometimes overlooked because they are less outwardly disruptive than the ADHD symptoms of hyperactivity and impulsivity—but they can be every bit as troublesome:

- Becoming easily distracted by low-priority activities or external events that others tend to ignore.
- Having so many simultaneous thoughts that it's difficult to follow just one.
- Difficulty paying attention or focusing, such as when reading or listening to others.
- Frequently daydreaming or "zoning out" without realizing it, even in the middle of a conversation.
- Struggling to complete tasks, even ones that seem simple.
- A tendency to overlook details, leading to errors or incomplete work, missing deadlines for bills, or appointment times.
- Poor listening skills; for example, having a hard time remembering conversations and following directions.
- Getting quickly bored and seeking out new stimulating experiences.

Treatment

Standard treatments for ADHD in adults typically involve medication, education, skills training, and psychological counseling. A combination of these is often the most effective treatment. These treatments can help manage many symptoms of ADHD, but they don't cure it. It may take some time to determine what works best for you.



Medications

Talk with your doctor about the benefits and risks of any medications.

- Stimulants, such as products that include methylphenidate or amphetamine, are typically the most commonly prescribed medications for ADHD, but other medications may be prescribed. Stimulants appear to boost and balance levels of brain chemicals called neurotransmitters.
- Other medications used to treat ADHD include the non-stimulant atomoxetine and certain antidepressants such as bupropion. Atomoxetine and antidepressants work slower than stimulants do, but these may be good options if you can't take stimulants because of health problems or if stimulants cause severe side effects.

The right medication and the right dose vary among individuals, so it may take time to find out what's right for you. Tell your doctor about any side effects.

Psychological counseling

Counseling for adult ADHD generally includes psychological counseling (psychotherapy), education about the disorder, and learning skills to help you be successful.

Psychotherapy may help you:

- Improve your time management and organizational skills
- Learn how to reduce your impulsive behavior
- Develop better problem-solving skills
- Cope with past academic, work, or social failures
- Improve your self-esteem
- Learn ways to improve relationships with your family, co-workers, and friends
- Develop strategies for controlling your temper

Common types of psychotherapy for ADHD include:

- **Cognitive behavioral therapy.** This structured type of counseling teaches specific skills to manage your behavior and change negative thinking patterns into positive ones. It can help you deal with life challenges, such as school, work, or relationship problems, and help address other mental health conditions, such as depression or substance misuse.
- **Marital counseling and family therapy.** This type of therapy can help loved ones cope with the stress of living with someone who has ADHD and learn what they can do to help. Such counseling can improve communication and problem-solving skills.

Working on relationships

If you're like many adults with ADHD, you may be unpredictable and forget appointments, miss deadlines, and make impulsive or irrational decisions. These behaviors can strain the patience of the most forgiving co-worker, friend, or partner. Therapy that focuses on these issues and ways to better monitor your behavior can be very helpful. So can classes improve communication and develop conflict resolution and problem-solving skills? Couples therapy and classes in which family members learn more about ADHD may significantly improve your relationships.

Dr. Leonard A. Lado, MD, is the Founder and Medical Director of Lado Healing Institute. Dr. Lado is a board-certified Psychiatrist in Bonita Springs, Florida, and South Florida. He serves the population of Marco Island, Fort Myers, Naples, and Southwest Florida. Dr. Lado's specialty is the treatment of non-Methadone Detox, Oxycontin and Pain Killer Addiction, Cocaine Addiction, Alcohol Dependence, and Crystal Meth Addiction using state-of-the-art outpatient Suboxone and medication treatments.



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SKIN CANCER SCREENING

By Joseph Onorato, MD, FAAD

Cancer can occur anywhere in the body. It has many forms and many names. It sometimes presents itself by showing symptoms that are easily recognizable, at other times it can remain hidden for years. That is why it is important to visit your doctor regularly and talk to him/her about any changes you may have noticed in your body.

The most common form of cancer in America is skin cancer. Each year as many as 9,500 people are diagnosed with skin cancer of one form or another in the US. Other interesting facts include:

- 1 in 5 Americans will develop skin cancer by the age of 70.
- More than 2 people die of skin cancer in the U.S. every hour.
- Having 5 or more sunburns doubles your risk for melanoma.
- When detected early, the 5-year survival rate for melanoma is 99 percent. (1)

Who is most at risk for skin cancer?

According to the CDC, those who are at the highest risk for developing skin cancer are people who have:

- A lighter natural skin color.
- Skin that burns, freckles, reddens easily, or becomes painful in the sun.
- Blue or green eyes.
- Blond or red hair.
- Certain types and a large number of moles.
- A family history of skin cancer.
- A personal history of skin cancer.
- Older age.

How can I prevent skin cancer?

Most skin cancers are the direct result of too much exposure to ultraviolet light. UV rays come from the sun, but also from tanning beds and other types of sun lamps. These UV rays damage skin cells and should be avoided. When you are unable to avoid them, caution and protection should be used. This is true all year round, not just on sunny, summer days.

Seeking shade is a good way to reduce your exposure to UV rays. Sitting under a tree, an umbrella, or a shelter is a good plan, however, it isn't enough. Even in the shade sunscreen, protective clothing, and hats are your best defense against these harmful rays.



Using a broad-spectrum sunscreen is essential when spending time in the outdoors. Sunscreens should have a sun protection factor (SPF) of at least 15 and should be reapplied regularly. It should be applied every 2 hours and after getting wet or sweating. It is also important to remember that it has a shelf-life of no more than 3 years.

Skin cancer screening

Patients should regularly check their skin for signs of skin cancer. When looking at a spot, there are certain things to look for. The ABCDEs of melanoma is helpful.

- **A**symmetry
- **B**order
- **C**olor
- **D**iameter
- **E**volving

If you notice any of the above, a skin cancer screening with a dermatologist should be carried out. A skin cancer screening is an in-office procedure in which a doctor conducts a visual examination of a patient's skin looking for signs of cancer (ABCDE). During the examination, the areas that should receive the most attention are moles, birthmarks, and "sun spots". The size, shape, texture, and color are all important aspects to be examined closely. The goal is to detect cancer from the earliest possible moment to ensure timely treatment. If a spot is determined to be "suspicious", the doctor will use specialized tools to have a closer look and may need to take a sample to be sent to a laboratory for a biopsy.

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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.

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DOES MARIJUANA MAKE YOU LAZY? A NEW STUDY SUGGESTS NOT

The most common stereotype of medical marijuana and recreational cannabis users is laziness.

Although popular culture strengthens this stoner stereotype — it couldn't be further from the truth. Luckily, researchers did the legwork to prove that marijuana doesn't make users more prone to apathy or laziness.

Below, we'll discuss everything you need to know about this recent study and expand on marijuana's *stimulating* attributes.

The Details Behind the New Cannabis Study on Motivation, Pleasure, and Effort-Based Decision Making

The data from a recently published article on cannabis concludes that cannabis users do not experience an increased risk of elevated apathy, difficulty in effort-based decision-making, or anhedonia (lack of pleasure).

In other words, consuming cannabis 3-4 times per week (or more) will not condemn you to a couch potato lifestyle. Compared with a control group (non-cannabis users) — marijuana users experience more pleasure in life.

Below, we'll discuss each point brought up in the study to understand why cannabis isn't the culprit for apathy or a lack of motivation.

Cannabis Does Not Decrease Pleasure

One of the most striking findings in the CannTeen study from UCL's Clinical Psychopharmacology Unit is that regular cannabis users had lower instances of anhedonia than the control group.

Anhedonia is the term used to describe the inability to feel pleasure. Anhedonia rates are highest among depressed individuals.

Overall, the study found that the control group (non-cannabis users) experienced anhedonia at higher levels than cannabis users. A potential reason behind decreased risk of anhedonia is due to marijuana's ability to lower instances of depression and anxiety.

Alternatively, non-cannabis users who did not use other coping mechanisms, such as yoga, meditation, and other forms of physical exercise, were more likely to experience anhedonia.



Cannabis Does Not Increase the Risk of Apathy or Laziness

Another hallmark finding within the CannTeen study is that cannabis consumption does not result in higher levels of apathy.

According to the study, the control and cannabis groups had nearly identical levels of willingness to expend effort for reward. In other words, consuming cannabis or remaining sober has little to do with an individual's interest, enthusiasm, or concern for a given task.

This portion of the study is the most revealing in regard to the stereotype of lazy stoners. Instead, laziness and apathy are more likely tied to other factors, such as depression, anxiety, personal motivation, and so forth.

Ultimately, the point of this study was to research effort-based decision-making and if cannabis played a harmful role. As many in the cannabis community have long believed, cannabis is not the culprit when it comes to disinterest or laziness.

How Cannabis Stimulates the Mind and Body

If you've kept up with marijuana-related news over the last few years — you're likely familiar with the stockpile of evidence showing the physical and mental benefits of cannabis.

Below, we'll discuss how cannabis stimulates the mind and body to rise above the lazy stoner stereotype.

Cannabis Increases Physical Exercise Rates

According to a 2021 study published in the Harm Reduction Journal, researchers found that regular cannabis users participated in more physical exercise than non-cannabis users.

Due to the deeply ingrained belief that cannabis users are glued to the couch and live sedentary lives between bong rips, this study brought fresh air to the subject.

Although this study is essential in demolishing the lazy stoner stereotype — it proves a larger point surrounding marijuana use. Overall, most Americans do not meet the minimum physical exercise requirements due to lack of motivation, poor recovery, and general depression.

In other words, marijuana's ability to decrease depression, stimulate recovery, and promote motivation spurs users to get outside and exercise.

As you can see, cannabis breaks through mental barriers to promote physical exercise. Although many Americans exercise without the need for cannabis — many are locked in a toxic cycle of depression and anxiety that decreases the chance of regular physical exercise.

Tailor Fit Medical Marijuana For Your Next Adventure

Medical marijuana has reached a new frontier of pairing depending on your needs.

From specific terpene combinations to lab results for pinpoint cannabinoid profiles, MMJ patients can have a *tailor-fit* experience. You can now walk into a medical marijuana dispensary and ask the budtender for specific traits, such as high levels of *limonene* or *pinene*.

Whether you need to focus on your upcoming final exam or require a boost in motivation to bag a local peak — cannabis can help.

Don't Mix Relaxation With Laziness

One of the hallmarks of cannabis is its potent ability to promote relaxation.

After a dose of a high-THC or CBD strain, your worries will likely drift away. Considering the *hustle culture* that we live in the United States, it's no wonder that many non-users mix relaxation with laziness.

However, scientific studies show that cannabis doesn't increase the risk of apathy. Instead, increased relaxation decreases the chance of depression and anxiety, resulting in increased motivation to enjoy life. Enjoying the moment in a relaxed state is different from not doing something because you're too depressed to find the motivation. By consuming cannabis, you may find yourself more motivated than not — leading to a more active lifestyle.



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Mental Health as Part of a "Healthy Lifestyle"

By Murilo Lima, M.D.

Being healthy is a universal goal (or should be) for people everywhere. When we are sick, we see a doctor. When we get injured, we go to the hospital. When we have a toothache, off to the dentist we go. We start a new diet and try to feed our body what will make it run at an optimal level. We join the gym and keep our body fit. All of these are common practices for maintaining a "healthy lifestyle". But what if I asked you about your mental health? When is the last time you talked to someone about your emotional and psychological health?

When we talk about mental health, we are talking about more than just emotions, although those are included. We are also talking about our psychological and social well-being. Our mental health affects how we feel, think, and act. It determines how we handle our daily tasks, how we relate to the world around us, and the choices we make.

Throughout our life, we will experience ups and downs. Our thinking, our mood, and our behavior are affected by what happens to us and around us. How we react, how we process, how we recover, and how we go forward are all aspects of our mental health, yet we neglect this part of a "healthy lifestyle" all too often.

Mental health problems can occur and can affect every aspect of our life. How do we know when our thoughts, feelings, and behaviors are "normal" or when we might have an actual mental health problem? Some factors that may contribute to a mental health problem are:

- Biology (genes or brain chemistry)
- Life experience (abuse, trauma, accidents)
- Family history of mental health problems

The truth is mental health problems are common and they are treatable. Many people get treatment and get better. Sometimes a few modifications or someone to talk to is all we need. However, sometimes there are deeper issues that will need to be worked on over time. Those who suffer from issues such as PTSD, or OCD, for example, will need to learn to live with and manage their mental health problems, but even still, treatment is available and living a "normal" life is possible.



When should you seek professional help for mental health problems?

Seeking professional help for mental health problems was a bit taboo even just a couple of decades ago. Baby boomers were mostly raised to believe that problems were to be dealt with at home and could be handled with a mind-over-matter type of attitude. Thankfully, today we know that there is help when we need it and there is no shame in seeing a doctor to maintain our mental health as well as our physical health.

If you experience any of the following symptoms for 2 weeks or more, it is time to seek professional help.

- Struggling to get out of bed and carry out daily tasks
- Loss of interest in things you once found enjoyable
- Difficulty sleeping
- Unwanted changes in weight due to unexplained changes in appetite
- Emotional outbursts
- Withdrawal from family and friends

If you are experiencing a mental health problem, it's essential to talk with your primary care doctor about treating any symptoms you experience — and just as important to prevent or manage symptoms by taking good care of yourself. It is also important to have a doctor who takes the time to listen to your comments and discusses your overall health.

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



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Hormone Replacement Therapy & Breast Cancer: Risk or Hype?

By Dr. Doreen DeStefano, NHD, APRN, DNP

As we age, women will start to experience symptoms of hormonal imbalance, which is interconnected to perimenopause, menopause, post-menopause or reproductive conditions.

Hormone replacement therapy (HRT) has been used for decades; however, it's well known that synthetic HRT leads to blood clots, heart disorders and breast cancer in women. Unfortunately, you won't often hear about this from your primary care physician or gynecologist. In fact, it's not uncommon for many physicians to prescribe HRT to women over 50 in the form of birth control to help regulate their heavy bleeding or spotting. Along with birth control there are other oral hormones such as estrogen, progesterone and testosterone that are widely available in patches, creams and pellets that have numerous adverse effects.

A study published in JAMA, entitled, Unopposed Estrogen Therapy and the Risk of Invasive Breast Cancer, sheds light on the dangers of synthetic unopposed hormones.

They concluded that, breast cancer risk increased with duration of unopposed estrogen use among longer-term users with the highest risk seen in cancers positive for estrogen receptor (ER+) and progesterone receptor (PR+). The study population was expanded every 2 years to include women who subsequently became postmenopausal and had a hysterectomy, so that 28 835 women were included in the final follow-up period (2000-2002). Estrogen use was assessed from self-reported data on biennial questionnaires. The main outcome was invasive breast cancer.

Bio-Identical Hormones—A Safer Option

Regulating hormones to create balance is important and women need options that do not cause harm. That is why many practitioners rely on bio-identical hormones, which are safer and more widely accepted by the body.

Hormone levels can be adjusted through bio-identical hormone therapy, which alleviates or in many cases, eliminates the associated symptoms and life fluctuations surrounding hormones. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.



In the U.S., bio-identical Hormone Replacement Therapy (BHRT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patient's overall quality of life and dramatic changes in their hormonal symptoms are astounding.

BHRT is equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level.

Bio-identical hormones are made from plant sources and are readily received by the body as natural and normal. They are much more therapeutic and effective than synthetic hormonal substances.

Measuring BHRT for Women

The typical bio-identical hormone replacement therapy for women are Estrogens (Estradiol and Estradiol), Progesterone, Testosterone, and DHEA. These precise components of each woman's therapy need to be determined upon completion of a physical examination, medical history, and laboratory testing ordered by your doctor.

Progesterone for Women

Bio-identical progesterone provides the most efficient way to integrate with the body's natural progesterone receptors. This is critical because body receptors are structure specific. A few of the benefits from bio-identical progesterone are an increase in bone health, protection against breast cancer and endometrial growth, an antidepressant effect, controlling blood clotting, and increased libido.

Source:
<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/410252>

On the contrary, Progestin (synthetic) doesn't have quite as many benefits. In fact, it has more negative effects, like, miscarriages, weight gain, decreased sex drive, increased risk of breast cancer, high risk of fractures and osteoporosis, increased blood clotting risks, anxiety, depression, migraine headaches, and other health-related disorders.

Correct ratios and customized blends are critical
With personalized medicine, Bio-identical hormones can be compounded and made specifically for each patient's needs. Bio-identical estrogen and DHEA offers similar benefits.

*Creams are thought to be a safer choice than pellets since it can be better controlled.

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.

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HEALING **BACK PAIN** WITH PLATELET RICH PLASMA (PRP)



By Dr. Sebastian Klisiewicz, D.O.

What is Back Pain?

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

Symptoms and Diagnosis

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

Standard Back Pain Treatments

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

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

A New Approach for Back Pain

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

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

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

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

Healing The Back at Integrative Rehab Medicine

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

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

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



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

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

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

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



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WHAT IT TREATS

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

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

HOW MANY TREATMENTS

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



NEUROPATHY CAUSES

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

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TM-FLOW REPORT OVERVIEW ASSESSMENT

Patient Name: (Actual Patient)
 Gender: Male Height: 5' 5"
 DOB: 2/9/1952 Weight: 154 Lbs
 Age: 70 BMI: 25.4
 Physician Name: Mirelis De La Cruz
 Clinic or Hospital: Hancock Healthcare
 Address: 1510 HANCOCK BRIDGE PKWY
 Referral:

VASCULAR ASSESSMENT

BLOOD PRESSURE
MILD HYPERTENSION

ARTERIAL STIFFNESS
NORMAL RANGE

ESTIMATED CASP
NORMAL RANGE

ENDOTHELIAL FUNCTION
SEVERE IMPAIRMENT

ANKLE BRACHIAL INDEX
BORDERLINE

CASP = Central Aortic Systolic Pressure



LIFESTYLE ASSESSMENT

ESTIMATED BODY COMPOSITION
OVER WEIGHT

VITAL SIGNS
BORDERLINE

EXERCISE CAPACITY
BORDERLINE

AUTONOMIC ASSESSMENT

CARDIAC AUTONOMIC
VASOVAGAL S.

MICROCIRCULATORY RESPONSE
NORMAL RANGE

SWEAT RESPONSE
NORMAL RANGE

ASSESSMENTS COLOR CODE

NORMAL RANGE INITIAL STEP 1 / ACCEPTABLE INITIAL STEP 2 / BORDERLINE DEFINED SEVERE

CLINICAL CONTEXT

Tingling in the toes
Numbness
Hypothyroidism
Antilipidemic Agent
Thyroid Treatment

CMR SCORE

54 %

SCORE 0% - 100%

CMR COLOR CODE

SCORE $\geq 80\%$ | Low risk Profile
 SCORE $\geq 60\%$ and $< 80\%$ | Borderline Risk Profile
 SCORE $< 60\%$ and $\geq 40\%$ | Moderate Risk Profile
 SCORE $< 40\%$ | High Risk Profile

Physician's Signature

Mirelis De La Cruz Hernandez

CMR = Cardiometabolic Risk

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ANTI-AGING SECRETS OF CELEBRITIES ARE THEY AVAILABLE TO EVERYONE?

By Dr. Stephen Prendiville

We've all seen photos of celebrities who we know are much older than they appear and we assume that they have had "some work done" or they have some magic potion that shaves years off their appearance.

The truth is there is no magic or secret potion. There are treatments and anti-aging options that are available to the general public as well as the Hollywood elite.

Facelifts and nose reshaping are some of the most popular procedures to rejuvenate the face, according to the American Academy of Facial Plastic and Reconstructive Surgery, but there are many other options too.

Blepharoplasty, better known as eyelid surgery, can make tired eyes look bright and youthful. Many patients tell me that their friends ask if they are tired because their eyelids are sagging when they actually feel rested. The answer may be to remove the excess skin from above or below the eyelids, a surgery that can be done with minimal downtime. If the excess skin is impacting your vision, insurance may cover the cost.

Another popular anti-aging procedure is laser resurfacing of the skin. The laser beam used in laser resurfacing removes the outer layer of skin while simultaneously heating the underlying skin, called the dermis. This action works to stimulate growth of new collagen fibers. As the treated area heals, the new skin that forms is smoother and firmer.

The two types of lasers most commonly used in laser resurfacing are carbon dioxide (CO2) and erbium. The newest version of CO2 laser resurfacing is the fractionated CO2 which uses coordinated fractionated pulses of CO2 Laser wavelengths that are delivered in a scanning pattern to remove thin layers of skin with minimal heat damage.

Erbium laser resurfacing is designed to remove surface-level and moderately deep lines and wrinkles on the face, hands, neck or chest.



A non-surgical option is Virtue RF microneedling which delivers radio frequency energy to a variety of depths, regardless of skin type, to stimulate the production of collagen. It can be used for several facial rejuvenation treatments, including skin tightening, acne scarring, stretch marks, scars and improvements in skin texture. Virtue RF is the next generation in RF microneedling technology with less downtime, faster treatment and very little discomfort.

Younger individuals with minor to moderate wrinkles may benefit from injectable wrinkle fillers: Botox®, Sculptra®, Juvederm®; Restylane®, Restylane Silk®, Radiesse®, Voluma®, and the newest filler on the market, Revanesse Versa, but I always let patients know that while these treatments are fast with no downtime, they will need to be repeated every six months to maintain the same effect.

To keep your skin looking healthy and youthful, regular facials at a medical spa should be a routine part of your ongoing beauty regimen. The Hydra-Facial is now available at The Q Laser & Med Spa in Fort Myers and Naples and offers customized treatments for all skin types. LED light therapy, Virtue RF microneedling and many other non-surgical treatments also are available at The Q Laser & Med Spa.

With celebrities, it's not always what procedures they have but the frequency with which they have them. The average person may wait until their filler is completely gone before they come in for their next treatment. Celebrities, however, have routine "touch-ups" before the look has a chance to fade. This approach is best because our skin is at its healthiest when maintained in its youthful positioning.



Dr. Stephen Prendiville is a Florida Board-certified facial plastic surgeon with Quigley Eye Specialists and is the Medical Director of The Q Laser & Med Spa in Fort Myers and north Naples. He specializes in facelifts, rhinoplasty, eyelid surgery, facial resurfacing and other facial cosmetic procedures. He conducts regular free seminars at his office in Fort Myers. To register, call 239-437-3900. Visit www.drprendiville.com or www.TheQMedSpa.com.

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By Dr. Cindy Vaccarino, DPT, PT

Have you suffered an injury? Do you have a disability or an ongoing health condition? Are you between the ages of two and over 65? Then Physical Therapy may be for you.

Some of the most common reasons that a person needs physical therapy range from recovering from a sports injury, improving mobility, managing pain, recovering from a stroke, and preventing falls to treating conditions like arthritis, fibromyalgia and lymphedema. Other conditions include carpal tunnel syndrome, cystic fibrosis, back pain, multiple sclerosis, traumatic brain injuries, or spinal cord injuries.

How can a physical therapist help?

First, a physical therapist will build a customized plan so that his or her patient can reach a goal. That goal may be a combination of pain reduction, increased mobility, range of motion and alignment. Second, this plan is built upon realistic goals. It's a collaboration between the physical therapist and the patient. This is where communication is key. Information that patients share with their physical therapists helps shape the plan and the goals.

Patients need to be consistent and committed. That means keeping appointments and be willing to do the work necessary, both at the facility and at home. That also means carefully following the directions of the physical therapist. Overdoing it or pushing too hard, too fast can set patients back in their progress.



Patients always ask how long they will need to have treatment. That depends on the extent of the injury or condition. With a plan and goals, the physical therapist and patient work together and can set a realistic timeline.

Patients also like to know what type of equipment and treatments will be needed. Common equipment patients may see and use are treatment tables, resistance bands, exercise balls, stationary bikes, and treadmills. Additionally, patients may also need heat and/or cold therapy, electrical stimulation, ultrasound, traction, light therapy, or kinesiology taping.

There are other benefits of physical therapy. Studies show that physical therapy can lower patient treatment costs by as much as 72 percent. It can also reduce the need for prescription pain drugs by 41 percent.

There are also many benefits to becoming a physical therapist or a physical therapist assistant (PTA). A physical therapist has earned a clinical degree and can examine, diagnose, determine treatments and discharge patients. A physical therapist assistant has an associate's degree and performs treatment under the direction of a physical therapist. Both must pass the national licensure exam.

The demand for physical therapist assistants in Florida through the year 2030 is expected to grow 42 percent, and the average annual salary in state is nearly \$65,000.

Selecting the right program to become a PTA is important. Hodges University offers a PTA program that is CAPTE-accredited, the gold standard for a quality program. The first-time pass rate for the PTA licensure for our students is 93 percent. Students can complete this program in less than two years. We are accepting applications for our January 2023 class, and scholarships are available. Learn more at Hodges.edu.

Cynthia Vaccarino, DPT, PT, is the Program Director for the Physical Therapist Assistant program at Hodges University.



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Do You Have A Weakened or Tight Pelvic Floor?

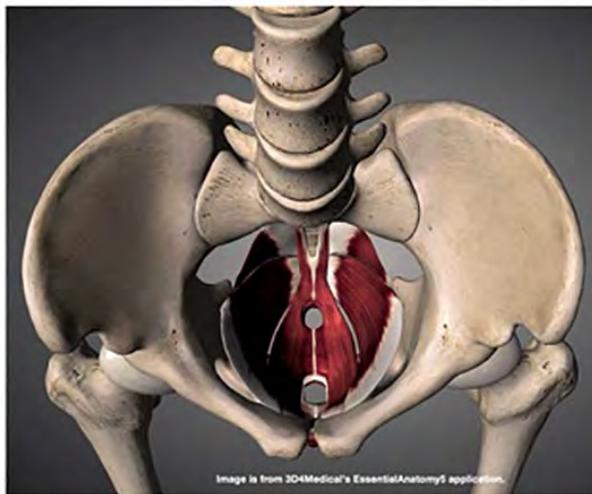
What You Should Know

By Alejandro Miranda-Sousa, M.D.

The muscles of the pelvic floor are a group of muscles that support the pelvic organs. These muscles support the bladder, rectum, prostate in men, and vagina and uterus in women. As we age, our muscles tend to weaken or get too tight. Conditions that involve this chronic pelvic pain in both men and women are often caused by muscle tightness. When these muscles don't behave appropriately, they can enter into a spasm or a cramp and this could mimic other conditions. Because of this, the organs supported by these muscles do not work properly and can cause urinary and/or fecal incontinence and sexual dysfunction in men and women along with many other symptoms.

This condition is frequently underdiagnosed and can greatly affect your quality of life. Many people suffering from pelvic floor dysfunction do not want to leave their home due to their symptoms and can have frequent unnecessary visits to the emergency room. Many of our patients even suffer in their personal relationships due to their symptoms. There are many reasons why these muscles do not work correctly including a fall, trauma, surgery or stress. Stress can cause you to unknowingly clench your pelvic floor muscles, which can lead to knots or trigger points in the muscle and cause pain or discomfort.

Fortunately, we have a minimally invasive treatment available to treat the muscles thereby improving your quality of life. You can expect to see a 70-80% or more improvement in symptoms.



If you suffer from any of the following symptoms, pelvic floor therapy might be the right treatment for you:

- Stress Incontinence- leaking urine with coughing, sneezing, heavy lifting, or laughing
- Urge Incontinence- leaking urine when you get a strong desire to urinate
- Urinary Frequency- getting the desire to urinate many times during the day
- Nocturia- getting a strong desire to urinate many times at night
- Frequent urinary tract infections
- Fecal Incontinence- leaking of stool
- Constipation/Diarrhea
- Incomplete bladder emptying
- Vaginal Pain
- Penile Pain
- Pain with intercourse

Alejandro Miranda-Sousa, MD



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

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

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

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

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HORMONE REPLACEMENT THERAPY

By Dr. Melissa (Mel) Irvine, DNP

Clinical Sexologist - Specializes in Sexual Medicine and Beauty

What is Hormone Replacement Therapy?

Hormone replacement therapy involves a type of medication that contains hormones. It can include female hormones, specifically estrogen, or male hormones, such as testosterone. Some types of hormone therapy include a combination of estrogen and progesterone. Another hormone used in hormone replacement therapy is human Chorionic Gonadotropin (hCG), which is a hormone the female body produces during pregnancy.

As expected, different hormones will be used for various reasons.

Some people naturally have lower levels of hormones, while others experience a shift in hormones due to age or lifestyle events, such as menopause. Other individuals may undergo surgery that then affects their hormone production. No matter the cause of the unbalanced hormones, the side effects can be significant such as painful symptoms, increased disease risk, or infertility. Hormone replacement therapy help return the amount of hormones in the body to a normal level, correcting these issues.

What Should You Expect?

How hormone replacement therapy is completed will depend on the type of hormone replacement and the method chosen. There are many available forms of hormone replacement therapy, including a pill, injection, gel, patch, vaginal cream, or slow-releasing suppository placed within the vagina.

Estrogen Therapy

There are two main types of estrogen therapy. The best choice for you often depends on what symptoms you are experiencing.

Systemic Hormone Therapy

This type of hormone replacement therapy often contains a higher dose of estrogen. It can come in the form of a pill, ring, skin patch, cream, gel, or spray. This type of therapy is absorbed throughout the entire body, so it can be used to treat any of the common menopausal symptoms.

Low-Dose Vaginal Products

As the name suggests, these products contain a lower dose than systemic hormone therapy products. That is because these products, which often come in the form of a tablet, cream, or ring, are often used to only treat vaginal and urinary symptoms of menopause.

Unless you have had your uterus removed, estrogen therapy typically contains a combination of estrogen and progesterone/progestin. This is because estrogen



alone can stimulate the growth of the uterus lining, increasing the risk of endometrial cancer. Progesterone balances estrogen and reduces that risk.

Testosterone Therapy

Testosterone therapy is typically completed through an injection or gel.

hCG Therapy

hCG therapy is commonly administered through an injection. The shot is injected under the skin or into the muscle.

Treatment Frequency

There are also different treatment timeframes. For example, someone who experiences painful menopause symptoms may only receive treatment once a month. In most cases, the goal is to receive the benefit needed while limiting the amount of hormone utilized.

Who Benefits from Hormone Replacement Therapy?

Menopausal Women

Hormone replacement therapy helps treat the symptoms of menopause, such as hot flashes and vaginal discomfort.

Hormone replacement therapy may also help those who are going through early menopause. This may happen because of a surgical removal of the ovaries before the age of 45, or if you stopped having periods before the age of 45. This may also occur if you lose the normal function of your ovaries before the age of 40. When these situations occur, your body is not receiving as much estrogen as women who go through a typical period of menopause.

The above situations may also increase your risk of certain health conditions, including heart disease, osteoporosis, dementia, stroke, and mood changes. Hormone replacement therapy can help combat the increased risk of these conditions.

Post-Menopausal Women

After menopause, many women may be at an increased risk of osteoporosis. To prevent bone breaks and fractures, hormone replacement therapy may be recommended to strengthen the bones.

Men With Hypogonadism

Hypogonadism is a medical condition in which the testicles do not produce enough testosterone. Testosterone therapy can help return testosterone levels to normal for those with hypogonadism, which primarily helps to increase libido.

Fertility Issues

Both men and women experiencing fertility issues can receive hCG therapy to increase their likelihood of getting pregnant. For women, hCG encourages egg production, while hCG increases sperm count for men.

Testosterone therapy often comes with a side effect of fertility issues. Because of this, men who are undergoing testosterone therapy who also want to become a father can cycle through hCG and testosterone therapy to preserve their sperm production.

Young Boys with Testicles That Have Not Dropped

In some cases, young boys may have testicles that have not dropped into the scrotum as they usually should. In most cases, this is because of a pituitary gland disorder. hCG injections can be used in this situation.

About Dr. Melissa (Mel) Irvine, DNP

Dr. Mel has been in the medical field for over 15 years and is a board-certified Nurse Practitioner. She received her Bachelor of Science in Nursing at Brenau Women's College, in Gainesville, Georgia. She received her Master of Science in Nursing at The University of Alabama at Birmingham and her doctorate degree at Florida Gulf Coast University. Dr. Mel is passionate about empowering and educating women so they can be their own advocates and make the best-informed decisions regarding treatment options and quality of life. As a Sexual Medicine provider, she takes pride in providing high quality personalized care to meet the sexual health needs of both men and women. Her interest in Sexual Medicine took her to San Diego where she completed a preceptorship with the leading Sexual Medicine provider in the U.S., Dr. Irwin Goldstein. She is an avid learner and regularly attends educational trainings and conferences to stay up to date on the latest and most innovative treatment options available.



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Are Bladder Leaks Disrupting Your Normal Life?

By Joseph Gauta, MD, FACOG

Do you get sudden, strong urges to urinate and are unable to control it? Do you go to the restroom 8 or more times a day? Do you have accidental leakage before you make it to the restroom? If you answered “Yes” to any of these questions, you may suffer from overactive bladder or urinary incontinence.



What causes bladder leaks and incontinence?

Bladder leakage, urinary incontinence or overactive bladder symptoms are not a normal part of aging. Millions of people worldwide suffer from these life-altering symptoms.^{1,2} These symptoms may occur because of abnormal communication between the brain and the bladder. This may lead to the feeling of an urgent need to urinate and an unwanted bladder contraction. You may also experience a need to rush to the restroom and leak or lose urine before you make it in time.

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

The Doctors at Florida Bladder Institute are now offering Axonics® Therapy, a long-lasting solution that is clinically proven to improve bladder control and deliver clinically meaningful improvements in quality of life*.

What is Axonics Therapy?

Axonics Therapy is an advanced treatment option that is used for treating symptoms of overactive bladder (including urinary urgency incontinence), fecal incontinence and urinary retention.¹

Axonics Therapy works by providing gentle stimulation to the nerves that control the bladder and bowel, which can 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

Relief without compromise: An implant that will not limit your access to full-body MRI's*.

Clinically proven results:

- 89% of treated patients achieved clinically significant improvements at 1-year³
- 93% of patients were satisfied with their therapy³

*50% or greater reduction in symptoms

References:

1. Coyne KS, Sexton CC, Thompson CL, 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 Int.* 2009;104(3):352-360.
2. Census Reporter website. <https://censusreporter.org/profiles/01000us-united-states/>. Accessed July 19, 2019.
3. Benson K, et al. *NeuroUrol and Urodyn.* 2020

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/usa. Caution: Federal law (USA) restricts this device to sale and use by, or on the order of, a physician. © 2020 Axonics Modulation Technologies, Inc. All rights reserved.



It's time to regain control!

Take the first step towards symptom relief. Call us at **239-449-7979** to schedule your Axonics Therapy consultation today.

“ ”

Brilliant. Amazing staff. Incredible results. Totally life changing. I am going to retire and work on my bucket list instead of settling for 'I have issues'.

— Tricia M., Patient —



Joseph Gauta, MD



Mackenzie Hudson, PA-C



Nicole Houser, PA-C



239-449-7979

www.FloridaBladderInstitute.com

Naples: 1890 SW Health Pkwy., Suite 205
info@floridabladderinstitute.com

A New Way to Treat Treatment-Resistant Depression

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

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

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

What is Ketamine Therapy and What is it Used to Treat

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

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

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

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

How Ketamine is Offered and Administered
WhiteSands Recovery & Wellness administers Ketamine therapy in two ways:

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

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

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

Efficacy of Ketamine Therapy in Treatment of Depressive Disorders

Or

How Effective is Ketamine Therapy?

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

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

Ketamine has shown to:

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

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

Pricing

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

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

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

Location

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



Dr. S. Mann, M.D.
Chief Medical
Officer



Lyndsay Henry, PhD
VP of Clinical
Services



Dr. H. Layman
Psychiatrist



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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://whitesandstreatment.com>



KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

Treatment

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

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

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

Source:

1. https://www.nfcr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAYc2BBhAaEiwA44-wW9qTM7gXbIKsBU1ldxNN-rM7OKwmG3j43bZni6h175MIIQCzwNsKORoCE5QQAvD_BwE

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

Services Provided

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

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

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

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Is Invisalign Treatment Right for You?



By Ricardo S. Bocanegra, D.D.S.

Four million people in the United States have braces at any one time. According to statistics, 25% of them are adults.

However, most adults would prefer not to have train track-style braces, as it can impact their self-esteem and detract from a professional appearance. But how can those who don't want the appearance of braces have their teeth fixed?

Enter Invisalign. With this method, you can fix any crooked teeth without ever looking like you've had braces at all. But, not everyone is a candidate.

In this article, we'll go over some of the signs that you are an Invisalign candidate, and can speak to your dentist or orthodontist about starting the process.

What Is Invisalign?

Invisalign is a series of clear trays that change your teeth's positioning over time. You'll get a custom mold made of your teeth and then you'll receive the first tray. This will shift the shape of your teeth slightly. Then, you'll receive another tray that will change your teeth ever so slightly even more.

After a series of trays, you'll have the straight teeth you originally set out to achieve. This way, you get the benefit of braces without having to wear them visibly.

Next, we'll go over some of the signs that you're a candidate for Invisalign.

1. Your Case Is Straightforward

Most cases of crooked teeth can be fixed with Invisalign. The system can work for those who have underbites, overbites, crossbites, open bites or those who have gaps or crowded teeth. But, that doesn't mean it works for everyone.

Your dentist or orthodontist will be able to assess your case and let you know if Invisalign is right for you. In more complex cases, you may require dental surgery, or you may not be able to have your teeth straightened without the use of traditional braces.

2. You're Responsible

One reason Invisalign is only for people over a certain age is that you must commit to wearing them for them to work. Invisalign trays are removable, meaning you can take them out if you wish. The system relies on you wearing them on your teeth for a set number of hours per day. In some cases, this means you'll have to wear them all of the time, except when you eat.

Because you can remove them, some people decide they won't bother wearing them. They may even lose them. These types of people likely won't progress very far with Invisalign, because they'll stall their own results.

If you aren't very committed to changing your teeth, or you know you lose important items easily, Invisalign probably isn't the solution for you.

3. You've Got All of Your Adult Teeth

Most orthodontists won't treat teeth cosmetically unless you have all of your adult teeth. That's because they can't predict how children's adult teeth will grow in.

In order to have Invisalign, you must have all of your adult teeth. In some cases, there are adults who still have a baby tooth or two that is lingering. If this is the case, you may require further orthodontic work before you're able to start the Invisalign process.

4. You've Got Good Oral Hygiene

Having good oral hygiene is a must for Invisalign trays. Not only must your mouth be healthy, but you must be able to take care of your trays so that they don't cause infections or further issues.

This goes along with the point that you must be responsible in order to wear Invisalign trays. You must clean them at regular intervals and take good care of the trays. Otherwise, you may have to pay quite a bit to replace them.

Additionally, you will need to ensure your mouth is free of disease or other problems and that you brush regularly before a dentist or orthodontist will consider you.



5. You Don't Smoke

As your Invisalign trays will be in most of the day, you can't smoke or use tobacco. This can interfere with the trays themselves, as well as make them dirty. If you smoke too often and remove your trays while you smoke, you may find that your Invisalign isn't as effective as it could be because you aren't wearing them for enough time during the day. Additionally, smoking is incredibly unhealthy for not just your teeth, but your entire body. If you want to have Invisalign and smoke, now might be the best time to quit.

6. You're Old Enough

Not only do you need to have all of your adult teeth, but you also need to be old enough to wear Invisalign. There is no upper age limit, and you can have your teeth straightened at any point in your life. But, most orthodontists aren't keen to give sets to young teens or children, regardless of if they have all of their adult teeth.

This is partially because the Invisalign trays are removable and must be looked after. This gives the wearer an added responsibility that they may not have with traditional braces that cannot be removed.

Am I an Invisalign Candidate?

Are you an Invisalign candidate? If you meet the six points listed above, there is a good chance that you'll benefit from the Invisalign system. Your dentist or orthodontist may have more to discuss with you about your individual case, so be prepared when you make your appointment for yourself, or for your teenager.

After reading this article, if you feel you might be interested in starting the Invisalign system, contact us to set up an appointment. We can assess your situation and discuss whether you're an appropriate candidate.

You may reach us at 239-482-8806 or email us at info@portofinodental.org

Porto Fino Dental
6805 Porto Fino Cir., Fort Myers, FL 33912
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www.portofinodental.org

CAN CBD HELP CONTROL ADHD?

Cannabidiol (CBD) is a compound found in marijuana. It can be derived from hemp or from non-hemp plants. Hemp is any part of the cannabis sativa plant with 0.3% or less THC, the mind-altering substance in marijuana. CBD is non-impairing which means that it does not cause a person to get "high".

In 2018, the US Congress passed a law legalizing CBD derived from hemp, but CBD legality still varies from state to state. In states where it is legal, CBD can be found many consumer products such as foods, oils and lotions, capsules, and cosmetics.

Benefits of CBD

CBD acts on opioid and glycine receptors. These regulate pain in the body. It also acts on the neurotransmitter serotonin, which helps us feel good in general. Research has shown that some of the benefits can include:

- Reducing seizures
- Reducing inflammation
- Reducing pain
- Regulating the immune system
- Reducing anxiety

It is this last one that has recently fueled the idea that CBD can be an effective treatment for ADHD since one of the common symptoms of this neurological disorder is anxiety.

How does CBD help those affected by ADHD?

Some people who suffer from attention deficit hyperactivity disorder have reported that CBD helped with their symptoms, but this has yet to be



shown in controlled research. ADHD's symptoms include hyperactivity, impulsivity, and difficulty concentrating. Common treatments include therapy, behavior management, and/or medication. The problem with medications is their side effects. These same side effects do not occur in CBD use. That is why many people are now looking into CBD as a possible way to manage their ADHD.

The problem is that there is a lack of research on the effectiveness of CBD on ADHD. Though there are stories of people who feel that their ADHD symptoms improved when using CBD, there is no scientific research to back them up. However, there is significant research to show that CBD is an effective treatment for anxiety disorders. Since anxiety is often a companion to ADHD symptoms, the idea that CBD can help is logical.

According to the Mayo Clinic, people with ADHD are more likely to suffer from anxiety disorder and mood disorders like depression. Many of the medications prescribed to treat anxiety and depression have side effects such as mood swings and sleeplessness. CBD seems to cause fewer side effects in most people. Furthermore, a 2014 study showed that CBD has a positive interaction with serotonin receptors in the

brain. Serotonin impacts a person's emotional state. Keeping its levels balanced is a key component in the treatment of depression and anxiety.

Another study showed that individuals with ADHD often have lower levels of dopamine. CBD has been shown to partially regulate the dopamine system which may, in turn, enhance cognitive processes such as learning, memory, mood, and attention.

CBD for ADHD

CBD is marketed in many forms. CBD topicals like oils and lotions do not enter the bloodstream. For ADHD this is probably not going to be very helpful. Edibles may be a better option. If you want to try CBD, be sure to find a trusted dispensary and opt for products that have been tested by outside labs. These products will come with certificates of analysis (COAs).

About Hemp Joi

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

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

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

Please visit us at hempjoi.com, stop by, or call us to find out more at (239) 676-0915.

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Minutes Count: Recognizing the Signs & Symptoms of a Stroke Saves Lives!

Dr. Joseph Freedman MD, MBA



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

There are Several Different Types of Strokes:

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

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

Signs and Symptoms

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

- B** – Balance loss
- E** – Eyesight changes
- F** – Face drooping
- A** – Arm weakness
- S** – Speech difficulty
- T** – Time to call 911

Staying Healthy and Avoiding Stroke Complications

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

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

Joseph Freedman, M.D., Cardiac Care Group

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

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

Contact Cardiac Care Group at (239) 574-8463



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This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

Why Physical Therapy is an Important Part of Orthopedic Care

After surgery or a traumatic, degenerative or over-use injury to a bone, muscle, joint, ligament or tendon, you need to recover flexibility, mobility, and strength.

Absent a medical emergency and depending upon the nature of the problem, your orthopedic physician or surgeon may recommend a course of physical therapy to help you recover more quickly and improve function.

Physical therapy as a profession is responsible for restoring function and improving your quality of life in the home and community. Physical therapists and physical therapist assistants who specialize in orthopedic medicine, such as those who work with the orthopedic surgeons at Orthopedic Specialists of SW Florida, are especially well-suited to guide you through the recovery process.

Moving Forward

While there are many different techniques, one of the most important steps in the healing process is to get you moving again as soon as possible.

When patients experience an orthopedic injury, key elements of their musculoskeletal system are disrupted, which can result in pain and ultimately limit their ability to perform even basic daily tasks.

Much of the physical therapy we prescribe is targeted at “re-balancing” your musculoskeletal system to help you better perform functions that matter to you.



We always look at the most conservative treatment available to help our patients. That may include medications, injections, splinting and physical or occupational therapy. Only then do we consider other options such as surgery.

Taking that First Step

Your physical therapist will perform a comprehensive evaluation and get the most detailed information available on the underlying cause of your presenting complaint. It’s also important to hear, in your words how your problem impacts your daily life.

Your physical therapist will then develop a treatment plan based on these findings, which will be modified as you respond to treatment. This usually consists of specific exercises, hands on manual treatments, and the control of inflammation and pain.

Physical therapy is discontinued once a) your goals have been met; b) you have reached a plateau or the maximum medical improvement; or c) your condition does not improve. Typically, you will go back to see your Orthopedic physicians or surgeon after finishing a course of treatment, so further care plans may be developed if necessary.

For patients who undergo orthopedic surgery, it’s highly likely physical therapy will be a part of your post-operative recovery. Physical therapy also has its place before a major orthopedic surgery such as hip and knee replacements.

Once we’ve “fixed” your issue surgically, your physical therapist will help ensure you are progressing as expected while protecting the healing process.



Allen C. Tafel, MD

Allen C. Tafel, MD is a board-certified specialist in Physical Medicine and Rehabilitation (PM&R), which is also known as Physiatry. Dr. Tafel is an expert in the diagnosis and treatment of patients with chronic pain and disability caused by injury, illness or conditions involving any organ system.

Dr. Tafel is focused on quality of life issues. His goal is to restore his patients to pain-free, maximum function that was lost due to injury, illness or disabling conditions. He treats the whole person, not merely the problem area, to restore patients to productive lives. All treatments are nonsurgical, via a comprehensive, personalized program, and are geared to enhance a patient’s abilities and performance, and preventing further disability. His services are also applied to sport injuries, through development of programs to help athletes to avoid injury.

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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

What is Osteoarthritis (OA) of the Knee?

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

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

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

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



Knee Replacement Surgery is Permanent

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

Physicians Rehabilitation's Knee Therapy

Program Includes:

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



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Viscosupplementation

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

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

GET BACK IN THE GAME WITH THE **O-SHOT** FOR WOMEN

The O-shot – short for ‘Orgasm shot’ – is a minimally invasive medical procedure that is designed to restore sexual health when a woman has noticed a loss of desire or is undergoing menopause. It is a relatively new procedure that effectively boosts sexual feelings and desires and improves sexual performance. Poor sex drive and a lack of libido can be damaging to a relationship. A lack of sexual desire can also lead to a lack of confidence, depression, and a less enjoyable relationship.

While the O Shot is for women, there is a male equivalent called the ‘P-shot’ which is used for rejuvenating sexual health and performance in men. Both procedures use a clever method known as PRP to achieve their aims.

PRP is the abbreviation for ‘Platelet-rich Plasma.’ It is all about the components that make up your blood. PRP involves drawing a blood sample, a simple procedure you have probably undergone many times. The blood is then put in a centrifuge and spun at a certain speed for a set time. This has the effect of separating the blood cells from the platelets.

Platelets are the part of the blood that encourage cell growth and regulate blood flow. What happens next is your vaginal area will be numbed with an anesthetic cream. The platelet-rich plasma – PRP – which has been extracted and harvested from your blood is then injected back into your vaginal area. Platelets encourage cell growth, and now you have more platelets in the blood in that area than before. The result is that cell growth is exaggerated, and the ultimate result is that the vagina is rejuvenated, tightened, and the healthy blood flow restored.

Patients report better sexual enjoyment as well as restored sex drive, plus greater feeling when enjoying sex. Good sex is very much intrinsic to a good relationship. Sex is a bonding experience, hence the O-shot – and the male P-shot equivalent – can extend the sex life of a couple beyond menopause when it is naturally reduced.

The ideal candidate for the O-shot will be a woman experiencing any or some of the following:

- Loss of libido and no interest in sex
- Inability to achieve orgasm
- Lack of arousal
- Urinary incontinence
- Pain during intercourse
- Vaginal dryness
- Women undergoing menopause

Be aware that if you are experiencing any of the above issues you should make an appointment with a doctor right away. Many of the symptoms listed can also be indicative of other conditions, some of which may be dangerous to one’s health. You need a correct diagnosis before undergoing treatment.

An initial consult with a provider will include a detailed discussion of your health, any past procedures you have undertaken, your lifestyle, and your family history. Be prepared for some personal questions about your sex life, as this will be important to the consultant.

The medical professional performing the O-shot will be a fully trained and qualified individual who will make you as comfortable as possible. The first step is to draw a sample of your blood and then perform the

separation as described. Numbing cream will be applied to the vagina and the PRP injected into the areas to be treated. Most patients report feeling a sense of pressure in the vaginal area as this takes place, but nothing more. As the O-shot is a non-invasive procedure, you will perhaps feel soreness in the area where the injections have been made for a day or so. The entire procedure can be performed in around one hour.

Effects can be immediate and will improve as the growth elements come to life in a couple of weeks. The effects usually last around 12 months after which you can undergo treatment again. There is no downtime involved in the O-shot procedure.

The major benefit of using PRP is that the patient’s blood is the only component. Therefore, there is no risk of contamination. The only side-effects are possible soreness as mentioned above. It is a safe and tested procedure, and you can even go back to work the same day if you wish.

If you are experiencing poor sex drive and performance, or any of the symptoms we have talked about here, we recommend you see a doctor for diagnosis and then arrange for a full consultation with the O-shot experts at Velo Med Spa.

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.

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

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

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

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

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

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

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



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

Why Thyroid Disorders are Grossly Undiagnosed

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

Hormonal Imbalance

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

Stress

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

Treating Thyroid Disorders from the Inside Out is Critical

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

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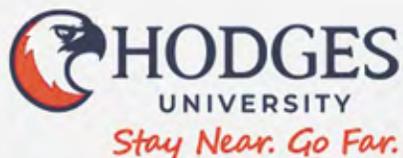
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Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best thing that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

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TESTIMONY:

We recently moved to Florida from Illinois. We were pleased to be able to find an advanced proficiency certified activator chiropractor. No/low force chiropractic care was what we were looking for. To our delight not only were chiropractic services offered by an amazing chiropractor at this practice, but several other restorative medical procedures. My husband and I were highly motivated to take advantage of them. Prior to coming to Hancock Health, we had no idea our muscle function and overall health could be so improved. After our first treatment series designed to improve our nerve and artery performance, our ability to exercise, our blood flow, and several other wellness indicators are substantially better... The frosting on the cake is the staff themselves. They are well-trained professionals - friendly, gracious and just fun to be around. Karen P.



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