

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

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

November 2022

Lee Edition - Monthly

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# LUNG CANCER AWARENESS BEGINS WITH KNOWLEDGE & INFORMATION

By Dr. Alan Brown



**E**ach year, over 218,500 people in the United States are diagnosed with lung cancer, and approximately 142,000 die, making lung cancer the leading cause of cancer death. It's important to know that you can lower the risk of lung cancer by understanding the potential causes.

Smoking remains the leading cause of lung cancer, with nearly nine out of ten diagnoses linked to smoking cigarettes. Another risk factor is secondhand smoke, which includes contact with smoke from cigarettes, pipes, or cigars. Exposure to secondhand smoke at work or home can increase your lung cancer risk by 20 to 30 percent. Other common risk factors include exposure to chemicals like radon, asbestos, and arsenic. A family history of lung cancer is another risk factor. If any of these risk factors apply to you, it's important to discuss with your doctor whether you qualify for lung cancer screening. If lung cancer is caught early, it can increase your chances of survival by 60 percent.

Treatment for lung cancer has significantly improved and can include a combination of surgery, chemotherapy, targeted therapy, immunotherapy, and, most commonly, radiation therapy. External radiation therapy, where radiation treatments come from

outside the body, is utilized most often to kill cancer cells or stop them from growing. Radiation therapy is also an option when lung cancer no longer responds to treatment by improving the patient's quality of life by relieving symptoms related to pain, bleeding, and difficulty breathing.

Radiation therapy does not kill cancer cells immediately when used to combat cancer. It can take several treatments over days or weeks before cancer cells are damaged enough to die or stop growing. Your physician will work with you to determine the dosage and frequency of treatment. For radiation therapy to be most effective, it is highly recommended that cancer patients not deviate from the established treatment schedule. Research shows that there is an increased risk that cancer could return when treatment is disrupted. This can be particularly alarming during times of crisis, like when Hurricane Ian made landfall in Southwest Florida. Fortunately, Advocate Radiation Oncology could treat and care for patients' immediate needs after the storm, including cancer patients that other providers were seeing. We are grateful and proud that we were able to fulfill and expand our commitment to provide compassionate, quality care to cancer patients when they needed it most.



**Alan Brown** 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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# DVT and Holiday Travel

**D**eep vein thrombosis (DVT) occurs when a blood clot (thrombus) forms in one or more of the deep veins in the body, usually in the legs. Deep vein thrombosis can cause leg pain or swelling. Sometimes there are no noticeable symptoms.

You can get DVT if you have certain medical conditions that affect how the blood clots. A blood clot in the legs can also develop if you don't move for a long time. For example, you might not move a lot when traveling a long distance or when you're on bed rest due to surgery, an illness, or an accident. Deep vein thrombosis can be serious because blood clots in the veins can break loose. The clots can then travel through the bloodstream and get stuck in the lungs, blocking blood flow (pulmonary embolism). When DVT and pulmonary embolism occur together, it's called venous thromboembolism (VTE).

## Symptoms of DVT and PE

*Deep vein thrombosis (DVT) symptoms can include:*

- Leg swelling
- Leg pain, cramping, or soreness that often starts in the calf
- Change in skin color on the leg — such as red or purple, depending on the color of your skin
- A feeling of warmth on the affected leg

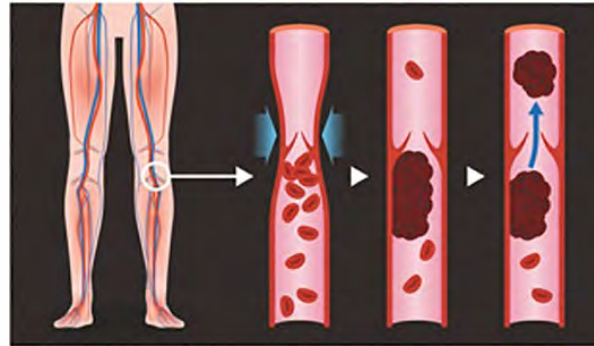
*The warning signs and symptoms of a pulmonary embolism include:*

- Sudden shortness of breath
- Chest pain or discomfort that worsens when you take a deep breath or when you cough
- Feeling lightheaded or dizzy
- Fainting
- Rapid pulse
- Rapid breathing
- Coughing up blood

## Risk Factors of DVT and PE

Many things can increase the risk of developing deep vein thrombosis (DVT). The more risk factors you have, the greater your risk of DVT. Risk factors for DVT include:

- **Age.** Being older than 60 increases the risk of DVT. But DVT can occur at any age.



- **Lack of movement.** When the legs don't move for a long time, the calf muscles don't squeeze (contract). Muscle contractions help blood flow. Sitting for a long time, such as when driving or flying, increases the risk of DVT. So does long-term bed rest, which may result from a lengthy hospital stay or a medical condition such as paralysis.

- **Injury or surgery.** Injury to the veins or surgery can increase the risk of blood clots.

- **Pregnancy.** Pregnancy increases the pressure in the veins in the pelvis and legs. The risk of blood clots from pregnancy can continue for up to six weeks after a baby is born. People with an inherited clotting disorder are especially at risk.

- **Birth control pills** (oral contraceptives) or hormone replacement therapy. Both can increase the blood's ability to clot.

- **Being overweight or obese.** Being overweight increases the pressure in the veins in the pelvis and legs.

- **Smoking.** Smoking affects how blood flows and clots, which can increase the risk of DVT.

- **Cancer.** Some cancers increase substances in the blood that cause the blood to clot. Some types of cancer treatment also increase the risk of blood clots.

- **Heart failure.** Heart failure increases the risk of DVT and pulmonary embolism. Because the heart and lungs don't work well in people with heart failure, the symptoms caused by even a small pulmonary embolism are more noticeable.

- **Inflammatory bowel disease.** Crohn's disease or ulcerative colitis increases the risk of DVT.

- **A personal or family history of DVT or PE.** If you or someone in your family has had one or both conditions, you might be at greater risk of developing DVT.

- **Genetics.** Some people have DNA changes that cause the blood to clot more easily. One example is factor V Leiden. This inherited disorder changes one of the clotting factors in the blood. An inherited disorder on its own might not cause blood clots unless combined with other risk factors.

## Prevent Blood Clots

Traveling often includes sitting for periods, which can increase your chances of developing a deep vein thrombosis (DVT), a type of blood clot that forms in a large vein. Part of the clot can break off and travel to the lungs, causing a sudden blockage of arteries in the lung, known as a pulmonary embolism. Though these types of blood clots are rare, they are very serious and can cause death. Find out what steps you can take to prevent blood clots during travel.

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.

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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](mailto:info@logicalinsurance.com) to register or call 239-362-0855 for dates. Medicare's website is [www.Medicare.gov](http://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](http://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.*

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# DIABETES AND YOUR FEET DO'S AND DON'TS

By Dr. Lori DeBlasi

## Why does Diabetes effect the feet???

Factors that contribute to foot issues in a patient with Diabetes include:

### 1. Neuropathy

In the US, the most common cause of peripheral neuropathy is Diabetes. According to the American Diabetes Association, 60 to 70% of patients with diabetes will develop neuropathy within their lifetime. The most common symptoms of peripheral neuropathy include burning, numbness, tingling, or shooting or stabbing pain in the toes.

### 2. Circulation/Blood flow

An elevated blood sugar level stiffens the arteries and causes narrowing of the blood vessels. This results in decreased blood flow and oxygen to the feet. An elevated blood sugar level also decreases the function of red blood cells that carry nutrients to the tissue. This lowers the efficiency of the white blood cells that fight infection. Without sufficient nutrients and oxygen, a wound heals slowly.

### 3. Immune System

Diabetes lowers the efficiency of the immune system, the body's defense system against infection. A high glucose level causes the immune cells to function ineffectively, which raises the risk of infection for the patient.

## Diabetic Do's

Check your feet every day for: Cuts, blisters, redness, swelling, bruises, changes to the toenails, such as thickening or discoloration.

Check your blood sugar routinely and make it a goal to get the HgbA1C <7%.

**Eat right** - Adequate protein, carbohydrates and vitamin C intake are key factors to aid healing. Consider seeing a registered dietician.

**Exercise** - Walking can keep weight down and improve circulation. Be sure to wear appropriate athletic shoes when exercising.

**Moisturize your feet** – but NOT between the toes. Get periodic foot exams - Regular checkups by a podiatrist, at least annually, are the best way to ensure that your feet remain healthy.

## Diabetic Don'ts

Don't ignore any abnormality in appearance or pain. Don't perform "bathroom surgery". Seek medical treatment.

**Don't use medicated corn/callus pads** - Over-the-counter products can burn the skin and cause damage to the foot for people with diabetes.

**Don't walk around barefoot or only in socks** (even in your own home). Wear thick, soft white socks. Avoid socks with seams, which could rub and cause blisters or other skin injuries. The risk of cuts and infection is too great for those with diabetes.

**Don't wear tight shoes.** Foot size and shape may change over time. Shoes that fit properly are important to those with diabetes. Have new shoes properly fitted and measured.

**Don't soak your feet** in hot water, walk on hot sand or pavement and don't rest your feet against a fire or space heater.

**Don't smoke!** Diabetics who smoke are more likely than nonsmokers to have trouble with insulin dosing and with controlling their disease. Smokers

with diabetes have higher risks for serious complications, including Heart and kidney disease, Poor blood flow in the legs and feet that can lead to infections, ulcers, and possible amputation, Retinopathy (an eye disease that can cause blindness) and Peripheral neuropathy.

These guidelines are initiative-taking and preventive measures to try to reduce the risk of foot issues in Diabetic patients. It is recommended every person with Diabetes have a yearly foot exam by a Podiatrist. Preventative care is a key component – make your appointment TODAY!

*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.*

### Lori DeBlasi, DPM

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



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# PREVENTING DIABETES

**A**ccording to the Center for Disease Control (CDC), one in three American adults have prediabetes — that's 96 million people. Even more shocking is the fact that eight in 10 adults don't even know they have it. Many people with pre-diabetes will develop type 2 diabetes within the next five years if no action is taken to prevent it.

## What is prediabetes?

Simply put, prediabetes means that your blood sugar level is higher than what is considered normal. It isn't quite high enough to be considered diabetes, but it dangerously close. Without intervention, there is a high chance it can turn into type 2 diabetes. This is true for both adults and children, and it should be closely monitored since the long-term damage from diabetes may have already started. This damage includes areas such as the heart, blood vessels and kidneys.

As mentioned above, as many as eight in 10 American adults do not realize they are prediabetic. How can that be? Well, prediabetes usually doesn't have many telltale symptoms. For example, sometimes certain areas of the body will develop a darker shade, such as your neck, underarms and groin. However, by the time other symptoms arrive, type 2 diabetes is already underway.

## What to know about type 2 diabetes

Type 2 diabetes can occur at any age. It means that your body cannot properly use insulin, an issue also known as insulin resistance. Insulin is a hormone produced by the pancreas that helps glucose get into the cells of the body. In healthy individuals, the pancreas knows how to use insulin efficiently. However, when the pancreas loses this ability, diabetes is usually the culprit.

## Some signs and symptoms of type 2 diabetes include:

- Feeling unusually thirsty and/or hungry
- Fatigue
- Blurred vision
- Frequent infections
- Frequent urination
- Numbness in the feet or hands
- Slowly healing sores
- Unexplained weight loss

## Preventing prediabetes from becoming type 2 diabetes

If you or a loved one has been diagnosed with prediabetes, it is time to make a plan to reverse this diagnosis and prevent it from developing into type 2 diabetes. Usually, this is accomplished through lifestyle habits — changes to your diet and activity levels can go a long way to reverse prediabetes.

There are several ways that you can improve your chances of escaping a type 2 diabetes diagnosis, such as:

### 1. Losing excess weight

The American Diabetes Association (ADA) recommends that people with prediabetes lose 7% to 10% of their body weight. This can reduce the risk of developing diabetes by more than half. In short, the greater the weight loss, the higher the benefits.

### 2. Moving your body

Exercise can help you lose the weight mentioned above, lower your blood sugar, and improve your body's use of insulin. A good goal is to engage in 30 minutes of aerobic activity each day. This can be in the form of running, walking, swimming, Zumba, or any activity that elevates your heart rate for at least 30 minutes. Resistance exercise (i.e., yoga or weightlifting) is also beneficial in that it increases your strength, balance, and ability to maintain an active life.

### 3. Eating nutrient-dense food

There seems to be a new diet craze every week. While any of them may help you lose weight, we know little about the long-term effects these diets have on a person or their benefit in preventing diabetes. The goal should be to lose body fat through healthy lifestyle changes, and then maintain that healthy lifestyle change going forward.

Eating healthy, nutrient-dense meals should become a lifelong habit. Training your brain and body to choose healthy foods and control portions is a lifestyle, not a fad diet. One strategy that many dietitians recommend is to divide our plate in the following manner:

- Half of the plate should have fruits and vegetables
- One-fourth of the plate should include whole grains
- One-fourth should be proteins, such as fish or lean meat and poultry



Making tweaks in your current lifestyle may help you avoid the serious health complications of diabetes in the future, such as nerve, kidney and heart damage. It's never too late to start. If you or someone you love has been told that you have prediabetes or you are showing symptoms of type 2 diabetes, contact your healthcare professional now.

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# Hope Hospice Provides the Right Care at the Right Time

Families in Southwest Florida are finding hope and living comfortably during life's closing chapter

We know families struggle with difficult decisions when a loved one is living with a serious illness. It's overwhelming to acknowledge that a special person we love is now in life's closing chapter, but thousands of families have told us that they wished they had found Hope Hospice sooner. By choosing compassionate hospice care, you can ensure that your loved one, friends, and family members get the help they need 24 hours a day, 7 days a week.

November is National Hospice Month – a time when providers around the country try to address the many myths and misunderstandings about comforting care. For instance, many people are surprised to learn that hospice includes far more than nursing care. Hope Hospice provides:

- Home-delivered medications
- Necessary medical equipment, including hospital beds or oxygen for the home
- Personal care and help with daily activities from home health aides
- Help with medical paperwork and advance directives
- Specialized support for people with dementia
- Spiritual and emotional support
- Companionship, respite and help with errands from a caring team of volunteers

According to a recent report from the National Hospice and Palliative Care Organization, hospice is a vastly underused Medicare benefit in the United States. More than half of all patients receive hospice care for 30 days or less, and nearly 30% receive benefits for a week or less. This data tells us that most people are missing the benefits of receiving hospice care for six months or more, depending on the course of illness.

Why do we wait too long to begin hospice care? It often comes down to the concept of hope. Many people mistakenly believe that choosing hospice means giving up hope. In fact, hospice care can provide a new source of hope in difficult times – especially fulfilling someone's hope to spend as



much time as possible with beloved friends and family members, living comfortably, free from pain and symptoms. The hospice team also helps families redefine hope by addressing practical, emotional, and spiritual challenges.

Another common misunderstanding is that choosing hospice care means having less time. Studies have shown that people receiving the many benefits of hospice may even live longer than those who continue curative treatments. How is this possible?

- Comprehensive comfort care means patients will likely experience less fatigue, exhaustion, anxiety and stress related to curative treatments
- Patients will avoid the complications of preventable hospital or emergency room admissions
- Being surrounded by friends, family members and beloved pets can lift the spirits and provide peace of mind

With all of this in mind, what factors should you consider when a loved one is nearing the end of life? These questions may help guide you in the decision to choose

hospice care:

- Will additional treatments lead to real improvements or cause unnecessary pain and suffering?
- Will the side effects of treatments far outweigh the potential benefits?
- Where do we want to spend our final months together?

By answering these questions truthfully, families will be better equipped to choose the right care at the right time. With Hope Hospice, people in life's closing chapter can truly live each day to the fullest.

*Hope Hospice is a program of Hope Healthcare, a local, not-for-profit organization dedicated to providing exceptional care and support for more than 40 years to people of all ages living in Southwest Florida. Call 239-482-4673 or visit [HopeHospice.org](http://HopeHospice.org) to get help today.*

**Contact Hope Hospice**

**Call 239.482.4673**

**Toll-Free 800.835.1673**

**[HopeHospice.org](http://HopeHospice.org)**



# Elevating the Senior Living Dining Experience

**T**hirteen years ago, Executive Chef Alan Sayles brought his years of dining management experience and culinary artistry to senior living. He wasn't satisfied with what he found. "I didn't think seniors were getting what they deserved."

At that time, the norm was batch cooking and serving food from a steam table – where it sat and cooled down. In fact, the number one complaint he heard at that time was that the food was cold.

Today, as director of culinary and dining services at The Terraces at Bonita Springs, Alan says, "I don't hear that anymore." What has made the difference? Freshly prepared meals cooked to order, a commitment to quality, and respect for the people The Terraces serves.

## Serving Up Something New

With a commitment to serving fresh food and delivering consistent quality, The Terraces has elevated senior living dining.

The community offers a choice of venues – a dining room for fine dining and a bistro for casual meals.

The dining room accepts reservations and offers table service, meals cooked to order, and a true restaurant experience. The bistro offers lighter fare and grab-and-go options for those who want a quick bite.

## Keeping It Fresh

Everyone gets tired of eating the same thing over and over. That's never an issue at The Terraces. According to Alan, the key to delivering an exceptional dining experience is preparing everything fresh daily and keeping it interesting.

"Residents eat in the same venues every day," he says. "To keep things fresh and fun, we fully change the menu every week." That's not the norm in senior living. The Terraces' dining venues offer choices from A to Z. "While menus are dynamic, we do offer some favorites regularly, including lobster tail and filet," says Alan "And salmon is on the menu every day."



He continues, "We also listen very closely to what our residents want." Creating menus that reflect residents' requests just enhances satisfaction at The Terraces.

## Farm to Table

Over 90% of the food prepared and served at The Terraces is made from scratch. To ensure quality and consistency, the community sources its produce, seafood, meat and more from local providers – even fresh-caught fish is delivered daily. This is the best in farm-to-table dining. No more prepackaged or precooked meals in this kitchen. Everything on the menu is fresh, made-to-order and served hot.

## Where Dining Is a Delight

A boutique Life Plan Community in Southwest Florida, The Terraces at Bonita Springs creates exceptional dining experiences for every resident. From independent living and assisted living to memory support, skilled nursing and rehabilitation, dining is a delight. Come get a taste of the lifestyle we offer.

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



## Tips for a Healthier Thanksgiving Stuffing

The Terraces' director of culinary and dining services, Alan Sayles, shares tips for a healthier stuffing:

- Do NOT cook stuffing in the turkey.
- Don't use drippings from turkey – they're mostly fat and salt.
- Use store-bought stock that's low in fat and sodium.
- Use nine-grain bread instead of white bread.

Enjoy, and Happy Thanksgiving!

## 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.

Schedule a community tour and private lunch or dinner today by calling **239-204-3469** or view a sample menu now!

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





# KEEPING YOUR SKIN HEALTHY, VIBRANT AND YOUTHFUL

By Joseph Onorato, MD, FAAD

**N**ovember is Healthy Skin Awareness Month. We have so many choices and options when it comes to keeping our skin healthy, from protecting our skin from the sun's harmful rays to getting rejuvenating aesthetic procedures. SWFL Dermatology Plastic Surgery & Laser Center specializes in medical and cosmetic dermatology.

## Skin Cancer

A small investment of your time can help save your life. Living in Florida, we all know the importance of sun safety and skin cancer screenings. The best way to identify potential skin cancer is through an annual full-body skin examination with a qualified medical professional. Because it's nearly impossible to look at your own skin in its entirety, and unfortunately, skin cancers can hide from sight or be mistaken for harmless skin growths, it's essential to see a dermatologist regularly.

## Skincare OTC Vs. Medical-Grade

Over-the-counter products may have similar ingredients or similar sounding ingredients to medical skincare lines, but the grade and concentration levels are not equivalent. Also, there are guidelines and FDA Regulations that monitor specific products like Retin-A and hydroquinone, so over-the-counter products that you can purchase at the drug store will not have access to or the ability to use those same ingredients or strengths. Regarding Retin-A or retinol, this is a prime example of the confusion most people face when purchasing skincare. Retinol is available in many over-the-counter products, but in pharmaceutical skincare, the active ingredient in Retin-A, called Retinoic acid, is the proven ingredient that builds collagen, treats acne, and penetrates deep enough to show real anti-aging results.

If you have Vulgaris acne or cystic acne, the skincare a medical professional will advise will be much more efficacious than just picking something up at the drugstore. If you have hyperpigmentation (discoloration), it's essential for a dermatologist to diagnose its cause and treat the condition according to your skin's texture and thickness. And if you have a combination of skin



conditions, which most of us do, having a dermatology professional recommend specific products is imperative to prevent clogging pores, causing outbreaks or exacerbations of your skin's disorder(s).

## Injectables Can Reduce the Appearance of Aging

In 2012, a European study was documented in the Journal of Psychiatric Research. They concluded that depressed individuals that were injected with Botox to reduce facial frowning showed significant reductions in their clinical depression rating than those in the placebo group.

Along with making you look years younger, if you're feeling a little weighed down by your facial muscles, wrinkles, or sagging skin, injectable fillers or Botox might just help improve your outlook on life. It seems that this catch 22 is positively influencing confidence levels from the inside and out. So, to refute the saying that, "Beauty is only skin deep," we now have a reason to make it a priority to smile more, and if it's right for you, you have options when making improvements to your aesthetic appearance.

If you're in need of a bit of rejuvenation, the simplicity of dermal fillers can plump the skin, give you a more youthful pout, or lift specific areas of the face and neck. Many times, this is referred to as a liquid facelift. Botox and other injectable treatments can freeze away those stubborn lines and wrinkles, like crow's feet and the furrows between the brows.

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

## What's on YOUR Skin?

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

To improve the appearance and health of your skin, schedule a consultation today at SWFL Dermatology Plastic Surgery & Laser Center online or by phone at 239-500-SKIN (7546).



## 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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# ALZHEIMER'S AWARENESS MONTH

By Dr. Leonard A. Lado, MD, ABPN

**A**lzheimer's disease is a neurologic disorder that causes the brain to shrink and brain cells to die. The National Institute on Aging (NIA) defines it as a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out the simplest tasks. It usually first appears in the mid-60s in most people; however, early onset Alzheimer's can occur when a person is between the ages of 30 and 60, but this is rare.

Alzheimer's is the most common form of dementia, a term used for memory loss and loss of cognitive skills. Between 60 and 80 percent of dementia cases are caused by this disease. Dementia symptoms become worse over time as Alzheimer's disease progresses in a patient. In the beginning, memory loss is minimal, but over time, a patient will reach the final stage in which he will no longer be able to interact with his environment. Patients generally live 6-8 years after symptoms first appear, but some live much longer.

It is estimated that somewhere around 6 million Americans over the age of 65 suffer from Alzheimer's. As our population grows older, the number of those suffering from the disease will increase significantly unless progress is made toward prevention and improved treatment. There is no cure at this time, but progress is being made. Medications do not stop the progression of the disease, but do, at least to some degree, slow down the symptoms and help to improve the quality of life of patients with Alzheimer's.

## Who is at risk for Alzheimer's disease?

The causes of Alzheimer's is still a mystery. It is most likely a combination of factors that contribute to the onset of the disease. Each person is affected differently as far as severity and speed of progression. Some known risk factors include:

- Age is the number one risk factor.
- Family history/genetics seem to play a role, but do not always indicate that the disease will be passed on. Research seems to show that living a healthy lifestyle (proper nutrition, physical activity, limited alcohol, not smoking) seems to reduce a person's risk of developing the disease.
- Research is being conducted to determine whether education plays a role in developing the disease.



## What are the warning signs of Alzheimer's disease?

Everyone experiences moments when they are unable to recall things. This is normal at any age. However, memory loss is NOT a normal part of aging. Memory loss associated with Alzheimer's disease is persistent and negatively impacts daily life. A person with Alzheimer's is likely to:

- Repeat the same information over and over or ask the same questions again and again.
- Forget the names of family members.
- Forget the names of familiar objects.
- Have difficulty expressing thoughts or participating in conversations.

Having Alzheimer's disease is also NOT a normal part of aging. Memory loss is one of the first warning signs leading up to an Alzheimer's diagnosis. Other signs may include:

- Memory loss that disrupts daily life, i.e., getting lost in a familiar place.
- Loss of ability to handle money/pay bills.
- Difficulty doing familiar tasks.
- Losing items and not being able to retrace steps to find them.
- Changes in mood, personality, and behavior (depression, mood swings, apathy, social withdrawal, distrust of others, wondering).

## What should you do if you suspect your loved one has Alzheimer's disease?

If you believe that your loved one is exhibiting signs of Alzheimer's, seek out a medical professional who is knowledgeable in this area. Memory loss isn't necessarily Alzheimer's. It can also be caused by treatable conditions or by medications currently

being taken. Accurate and early diagnosis will provide the chance for your family to prepare for and to anticipate the needs of your loved one and his/her caregiver(s).

At Lado Healing Institute, you can find a team of medical professionals dedicated to the best possible patient care. **Dr. Leonard A. Lado, MD**, is the Founder and Medical Director of Lado Healing Institute is a board-certified Psychiatrist serving the population of Marco Island, Fort Myers, Naples, and Southwest Florida, since 2002. He and his team would be honored to help you and your loved one as you walk the difficult road of dementia and Alzheimer's disease. Dr. Leonard Lado, MD, is partners with multiple nursing homes in Florida. Call our office to see if he is a partner with the facility your loved one resides to be evaluated at **239.948.4328**. Their website is also filled with information about the services they offer and about their team of professionals. Visit their page at [www.ladohealingpeople.com](http://www.ladohealingpeople.com) or email them for information at [email@ladomd.com](mailto:email@ladomd.com).



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# Diabetic Retinopathy: You May Not Know You Have It

By Duane Wiggins, M.D.  
Board Certified Ophthalmologist, Cataract & Refractive Surgeon with Quigley Eye Specialists

**A**ll of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetics, the high blood sugar is highly involved in damaging the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.

*According to the American Academy of Ophthalmology:*

## Diabetic Retinopathy

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms such as:<sup>1</sup>

- Seeing an increasing number of floaters
- Blurry vision
- Vision that changes sometimes from blurry to clear
- Seeing blank or dark areas in your field of vision
- Having poor night vision
- Noticing colors appear faded or washed out
- Losing vision

*Diabetic retinopathy symptoms usually affect both eyes*

Treatment Options:

## Medical control

Controlling your blood sugar and blood pressure can stop vision loss. Carefully follow the diet your nutritionist has recommended. Take the medicine



your diabetes doctor prescribed for you. Sometimes, good sugar control can even bring some of your vision back. Controlling your blood pressure keeps your eye's blood vessels healthy.<sup>1</sup>

## Medicine

One type of medication is called anti-VEGF medication. These include Avastin, Eylea, and Lucentis. Anti-VEGF medication helps to reduce swelling of the macula, slowing vision loss and perhaps improving vision. This drug is given by injections (shots) in the eye. Steroid medicine is another option to reduce macular swelling. This is also given as injections in the eye. Your doctor will recommend how many medication injections you will need over time.<sup>1</sup>

## Laser surgery

Laser surgery might be used to help seal off leaking blood vessels. This can reduce swelling of the retina. Laser surgery can also help shrink blood vessels and prevent them from growing again. Sometimes more than one treatment is needed.<sup>1</sup>

## 4 Ways to Prevent Vision Loss from Diabetic Retinopathy

1. If you have diabetes, talk with your primary care doctor about controlling your blood sugar. High blood sugar damages retinal blood vessels.
2. Do you have high blood pressure or kidney problems? Ask your doctor about ways to manage and treat these problems.
3. See your ophthalmologist regularly for dilated eye exams. Diabetic retinopathy may be found before you even notice any vision problems.
4. If you notice vision changes in one or both eyes, call your ophthalmologist right away.

Get treatment for diabetic retinopathy as soon as possible. This is the best way to prevent vision loss.

Source:

1. N Gregori, M.D., *Diabetic Retinopathy: Causes, Symptoms, Treatment*, September 14, 2021, <https://www.aaa.org/eye-health/diseases/what-is-diabetic-retinopathy>



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[www.QuigleyEye.com](http://www.QuigleyEye.com)

Quigley Eye Specialists, founded in 1988, consists of more than 100 medical professionals, including surgeons, optometrists, retina specialists and technicians. Offices are conveniently located throughout Southwest Florida in Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.

*For more information, call (239) 466-2020 or visit [www.QuigleyEye.com](http://www.QuigleyEye.com).*

## About Quigley Eye Specialists .....

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



# THE HISTORY OF MEDICAL CANNABIS

Marijuana has been used as medicine since before the written word.

From ancient Chinese to this very day, medical marijuana is a significant substance that relieves pain, reduces insomnia, eases depression, and much more. Read along as we discuss the rich history of medical marijuana to understand how far it's come since its humble beginning.

## The Ancient History of Medical Marijuana

### Medical Cannabis in Ancient Greece

When Herodotus described ancient Scythians throwing cannabis in a steam bath and inhaling the smoke in *The Histories* (5th century BCE) — it was the first time a cannabis experience was recorded.

From this period on, evidence shows that the ancient Greeks harnessed cannabis for a number of medical uses. One of the major use cases for medical cannabis was treating sores on horses.

In another instance, medical marijuana was known to treat nosebleeds, tapeworms, inflammation, and pain. Overall, archeological records show the Greeks had in-depth knowledge of medical cannabis, even to the degree to which they produced extracts with wine.

### Medical Marijuana in Ancient Egypt

The ancient Egyptians were one of the earliest civilizations in the world, and hieroglyphics show they understood the medical potential of marijuana to an unparalleled degree.

Preserved papyrus from ancient Egypt shows substantial evidence of medical marijuana use. Examples are seen on the *Ebers Papyrus*, *Ramesseum III Papyrus*, *Berlin Papyrus*, and the *Chester Beatty Medical Papyrus*.

Marijuana in ancient Egypt was used as suppositories for hemorrhoids, sore eyes, and inflammation. Ultimately, hemp was extensively cultivated in Egypt, making it one of the most crucial crops in the region.

### Medical Marijuana in Ancient China

Although it was likely that cannabis was used for medicinal purposes far earlier, cannabis as medicine wasn't recorded until c. 200 CE, when the Chinese surgeon Huo Tui described cannabis as an anesthetic.

Even more interesting, the word anesthesia in Chinese translates directly to cannabis intoxication. In other words, it's highly likely that the Chinese already understood the medical traits of cannabis far before 200 CE.

Additionally, cannabis in Chinese is ma, which means numbness — once again providing insight into prior knowledge of the medical potential of marijuana.

### Medical Cannabis in Ancient India

The use of medical marijuana first appeared in the ancient writings of *The Vedas* in India between 2000-1400 BCE.

*The Vedas* is a sacred Hindu text and discusses the story of cannabis within. Overall, the perception of cannabis within ancient India was highly positive and integral to their culture.

Medical marijuana was used to ease childbirth, insomnia, pain, inflammation, headaches, and gastrointestinal disorders. Outside of severe medical issues, cannabis was revered for its properties that increase awareness, happiness, and a positive outlook on life.

### Medieval Medical Marijuana Use

From medieval Islamic empires to Germanic tribes, marijuana played a significant medical role in many societies.

Medieval Islamic empires from the 8th century to 18th century CE regularly used cannabis to treat fever, pain, epilepsy, nausea, inflammation, and promote diuresis.

Outside of medieval Islamic culture, Germanic tribes used cannabis to relieve pain during childbirth, as well as toothaches, according to archeological records.

### Modern Medical Cannabis Use

For thousands of years, medical marijuana enjoyed its status as medicine.

However, everything began to change during the modern era in which medical marijuana was re-discovered in the West. Around 1830, William Brooke O'Shaughnessy traveled to India to learn about traditional forms of medicine.

O'Shaughnessy found that cannabis relieved countless medical issues, such as cramps, depression, migraines, insomnia, and convulsions. O'Shaughnessy is credited with introducing therapeutic cannabis to the West and Western-style medicine.

### Important Medical Marijuana Discoveries

As the decades passed, so did the discoveries regarding medical marijuana's intriguing nature.

However, most scientific studies were done outside of the United States due to marijuana prohibition. In a few isolated cases, medical marijuana studies were allowed within the United States during the mid-20th century.

### Low Glaucoma Rates in Jamaica

Dr. Albert Lockhart and Manly West journeyed to Jamaica in 1964 to study the health effects of cannabis.

Rastafarians are known to consume abundant levels of cannabis, and Dr. Lockhart and West determined that this group was far less likely to experience glaucoma than non-cannabis smokers.

### The First Medical Grade Synthesis of THC

In 1970, researchers synthesized delta-9 THC to create a drug called Marinol.

Surprisingly, Marinol was approved for anti-nausea and as an appetite stimulant. However, Marinol was prescribed in pill form, making it difficult for post-chemotherapy patients to swallow.

### Medical Cannabis Reform at America's Doorstep

From 1996 to 1999, eight states in the USA broke away from the federal government's cannabis prohibition ruling.

California, Alaska, Arizona, Colorado, Maine, Michigan, Nevada, Oregon, and Washington passed legislation to allow prescription-based cannabis use for specific medical conditions.

### Medical Marijuana Today

After the long and winding history of medical marijuana — we've finally arrived at our current time.

The landscape of medical marijuana looks completely different when compared with a decade ago — let alone half a century ago. The vast majority of states in the US have legal, medical marijuana laws, with only a handful of holdouts, such as:

- Idaho
- Alabama
- North Carolina
- South Carolina
- Wyoming
- Tennessee

As you can see, the rest of the states in the USA have adopted pro-medical marijuana laws that we all enjoy today. Many states now permit MMJ Telehealth options to expand the ease and access of medical marijuana to all that would benefit.

If you're ready to make history as a medical marijuana patient in Florida — get in touch with Compassionate Healthcare of Florida today!



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# DON'T LET MOLD GET INTO YOU!

By Dr. Doreen DeStefano, NHD, APRN, DNP



**M**old, also known as mycotoxin, can make you very ill. It is everywhere right now. Mold exposure and subsequent illness from mold are going to be huge problems post Ian. When wet materials are not immediately dried, mold can form. Sometimes you can't see it or smell it, so you don't know it's there. But that doesn't stop it from causing BIG health problems. Mold is a fungus that can cause acute and chronic infections that are not easy to test for. Mold and fungus can cause allergies with typical allergy symptoms like irritated eyes and sinuses, stiffy or runny nose, chronic cough, and sneezing. Mold illness can also have more nonspecific symptoms like fatigue, disorientation, dizziness, brain fog, muscle pain, joint pain, post nasal drip, asthma, headaches, weight loss, memory loss, swollen glands (lymph nodes), hormone imbalance and other things. These symptoms may be very pronounced, or very mild at first. The presentation will be different for everyone.

Right now in southwest Florida, just walking down the street past the wet and moldy contents of the houses along the road can give us significant mold exposure. Doing the laundry we drag out of flooded areas can even give us significant exposure. Big jobs like emptying a flooded home, removing the drywall and insulation and carrying items out of the house can give your body more mold toxin than it can handle. How do we prevent illness from taking hold?

Mold toxin prevention is not easy.

## What can you do to prevent an exposure:

- Since mold can become airborne, try not to stir it up. Once the area is dry, turn off the fans and don't enter the room for 24 hours while the air settles.
- When the mold is wet, try not to get it on you, and remove your clothes and wash them in hot water with a detergent that is specific for mold.
- Where the correct protective items: an N95 mask (remember those?), gloves, hair coverings, safety glasses.
- Wash all clothes immediately.
- Shower as soon as possible after an exposure
- Regularly take vitamin C, b12, and Selenium, a trace mineral that increases an important immune system protein called immunoglobulin A (IgA).

## Some of us will not be able to avoid being exposed. Follow these procedures to reduce the possibility of long term illness:

- Netti pot with warm salt water as soon as possible
- Nebulize with specific medications that can be prescribed by your practitioner
- Take good biotoxin binders. Activated charcoal will work in a pinch, but there are some better options
- Take a good probiotic twice daily
- Use an air purifier at home at all time

If your symptoms persist, you will need to see a professional who is experienced in mycotoxins. Not all medical professionals are familiar with how to treat mycotoxins. *Each case is different, but some treatment options are:*

- Hyperbaric Oxygen
- Nebulized medications
- Intravenous nutrients specific for mycotoxins
- Professional strength binders and protocols for the specific type of mold toxin
- Support of your endocrine system

*If you think you have a mold toxin illness, call Root Causes to make an appointment to get help. Mycotoxin illness does not go away on its own.*

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



## Doreen DeStefano, NHD, APRN, DNP

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

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

Contact Root Causes Holistic Health and Medicine at 239) 425-2900



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# THANKS TO IAN, RECOVERY TAKES ON ADDED MEANING

By Dr. Thomas Hofmann

It's unlikely that many will ever forget September 28, 2022 – the day Hurricane Ian made landfall in Southwest Florida, bringing historic destruction and damage. Such a natural disaster can bring forth mental and physical health problems. Many faced physical injury or death, plus the damage and/or loss of their homes and possessions. The images we've seen and stories we've heard so far are heartbreaking.

The damage created by the storm extends beyond the event itself.

First, the thoughts and memories of Ian remain on people's minds. Over time, these thoughts will lessen. These thoughts can cause stress reactions, like jumpiness, fear and anxiety. Second, physical symptoms like trouble sleeping, severe headaches, stomach upset, and the worsening of ongoing medical problems can happen. And third, you can experience emotional symptoms, which can range from feeling shocked, numb, angry or detached to being unable to feel joy or love.

The aftermath of a disaster can trigger conditions that include longer term stress reactions from the memory of the event, depression, guilt, anger, suicidal thoughts, or substance abuse.

Other factors include the level of exposure to the disaster. Did you ride out the storm in your home where there was severe, or even life-threatening damage? If you were in a safer place, either because you evacuated the area or were in a shelter, the constant news and images can also cause distress.

Recovering from natural disaster is an ongoing process. This is when you turn to your family and friends when you're ready to talk about your thoughts and feelings. They are your support system. Sometimes, however, you may need treatment that includes a counselor or doctor as you would for any other condition. As you know, neglecting a problem doesn't resolve it. Fortunately, it has become much more accepted to take advantage of the expertise and help a counselor or therapist can provide. How you recover depends on many factors mentioned here.



Such an experience can also shed light on thoughts you have been contemplating before the disaster struck. You may gain added appreciation for relationships and goals. Maybe you've been thinking about making life changes, and this event could very well inspire you to take the steps needed to do just that. Many like you have already used events like these as the catalyst for positive change.

The bottom line is with time, a support system and/or professional help, you can overcome the trauma you experienced and move forward with your life.

**Dr. Thomas Hofmann** is the Program Director for the Clinical Mental Health Counseling program for Hodges University. He is a Licensed Social Worker and Marriage and Family Therapist in Florida. He is a Board Certified Telemental Health Provider, a Certified Employee Assistance Professional, a Certified Hypnotherapist of the National Guild of Hypnotists, and a Fellow of the American Association of Marriage and Family Therapists. He advocates for approaches that combine holistic, strength based methods in combination with the traditional medical model approaches prevalent in modern practices today.



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# Are Mental and Physical Health Related?

By Murilo Lima, M.D.

**T**he World Health Organization (WHO) states it like this: "Health is a state of complete mental, physical, and social well-being and not merely the absence of infirmity."

Mental and physical health are very closely related. Mental health plays a role in a person's ability to maintain good physical health, and a person's physical health affects his or her mental health. They are interconnected in a variety of ways, so as we look at ways to stay healthy mentally, we are also looking at ways to improve our physical health as well.

Let's look at some of the ways that our body and our mind are influenced by the same things.

## Nutrition

What we eat plays a key role in both our physical and mental well-being. Diet influences a variety of aspects of our physical health, such as weight, physical activity, and the risk of diseases like type 2 diabetes. It is also a proven factor in mental illnesses like depression and anxiety. A diet that includes adequate nutrients will decrease deficiencies that cause these conditions. Our food choices impact our mood, which impacts our desire to make healthy lifestyle choices in future foods and in physical activity. It is a never-ending cycle.

## Sleep

When our minds are deprived of sleep, it affects our body and our mind. Sleep is your mind and your body's time to rest. Getting proper sleep is like filling your car with gas. Without proper sleep our mind and body begin to slow and are unable to do much physically or to process our thoughts and emotions properly. That's why when we are tired and someone cuts in front of us in line at the grocery store, we get all bent out of shape and react in ways that are just "not like us". We feel lethargic and run down both physically and mentally.

## Hydration

The human brain is made up of about 73% water. All of our organs need water to function properly, but an organ that is made up of that much water is seriously impacted by our water intake. Our physical health is impacted as well as our mental



health. Dehydration has been linked to a number of mental issues. Among them are anxiety and depression, as well as dementia. Drinking water can affect your brain in ways that then impact your physical health. Dehydration can lead to brain fog and even dizziness. A person experiencing these symptoms isn't likely to get up and get moving much at all. It's another ugly cycle.

## Exercise

Physical activity is good for your body and your mind. It doesn't require gym memberships or going to CrossFit. Exercise, even moderate exercise like taking a walk, releases chemicals in the brain that boost your mood, increase your self-esteem, help you concentrate, make you sleep better and make you feel better in general. Being active relieves stress and mental fatigue. It can give you a sense of accomplishment and leave you feeling more motivated. As an added bonus, it is usually fun to participate in a physical activity!

## Hormones

Hormones are chemicals that live in our bodies as part of our endocrine system. They communicate between cells and different parts of the body. Each has a specific function and chemical formula. They affect most parts of our body and their functions. Sleep, memory, growth, metabolism, reproduction, cognition, body temperature, and mood are all affected by our hormones. When our hormones get out of whack (for any number of reasons), we are impacted physically and mentally. That is why it is important to keep a close eye on them when we are feeling "off", either mentally or physically.

In summary, this is a short list of ways we are affected both mentally and physically by forces in and outside of our body. What we put into our body matters. What we do with our body matters. Taking care of our physical health impacts our mental health and our physical health. They cannot be separated. So next time you are feeling down, check your diet, your sleep routine, drink some water, and go for a brisk walk. If none of those things helps you to feel better, it may be time to ask your doctor to do some tests on your hormone levels. It is all interconnected.

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. At Lima MD Direct Primary Care & MedSpa, we offer a revolutionary concept to put patients and doctors in charge of their health...NOT insurance companies. Direct Primary Care is the single best alternative to regular "fee per care" medicine. It is a medical practice that does not deal with insurance companies, and focuses on providing convenient, affordable and the highest quality medical care directly to patients without any third parties being involved.

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

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

### Sensory nerve damage



Unusual sensations



Pain from light touch



Burning



Tingling



Numbness



Balance problems

### Motor nerve damage



Muscle cramping



Twitching



Reflex abnormalities

### Autonomic nerve damage



Excess sweating



Getting full quickly



Heat intolerance



Impotence



Orthostatic hypotension (dizziness or fainting after standing up)

## SAFE, EFFECTIVE, NON-INVASIVE TREATMENT

### neoGEN-Series®



The neoGEN-Series® system is a state-of-the-art, technically-innovative medical device for producing electric cell signaling energy waves (EST and ESI). The system is used to successfully treat circulatory issues, all types of acute and chronic pain, long-term (intractable) pain and drug-resistant pain. The neoGEN-Series® also offers specific-parameter signaling for efficacious neuro-muscular reeducation, muscle strengthening and relaxation of muscle spasm activity.

### WHAT IT TREATS

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

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

### HOW MANY TREATMENTS

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



## NEUROPATHY CAUSES

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



# WHAT IS THE TM-FLOW SYSTEM?

Artery and autonomic nerve dysfunction or damage can occur due to complications from smoking, being overweight, having chronic metabolic diseases - such as diabetes, hypertension, hepatitis, thyroid dysfunction and/or aging.

## TM-FLOW REPORT OVERVIEW ASSESSMENT

Patient Name: (Actual Patient)  
Gender: Male Height: 5' 8"  
DOB: 2/9/1952 Weight: 194 lbs  
Age: 70 BMI: 29.4  
Physician Name: Mairelis De La Cruz  
Clinic or Hospital: Hancock Healthcare  
Address: 1510 Hancock Bridge Pkwy  
Referral:

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



### 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

### ASSESSMENT COLOR CODE

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

### CLINICAL CONTEXT

Tingling in the toes  
Numbness  
Hypothyroidism  
Anti Lipidemic 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

*Mairelis De La Cruz Hernandez*

CMR = Cardiometabolic Risk

## SPECIFIC TEST FOR NEUROPATHY SYMPTOMS

Population that should be tested with TM-Flow



Autonomic neuropathy and vascular dysfunction risk group in the USA

**50+** Population over 50 years old with cardiovascular risk factors  
(Hypertensive, Overweight, Smoker, Diabetic)

**70+**

Everyone older than 70

OVER 45 MILLION PEOPLE

Both Treatments Covered by Medicare Plans and most commercial insurances



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# UNMASKING TESTOSTERONE

By Dr. Melissa (Mel) Irvine, DNP - Clinical Sexologist - Specializes in Sexual Medicine and Beauty

**T**estosterone replacement therapy, a vital treatment for restoring balance to declining hormone levels, is being vastly underused. Besides the stigma surrounding hormone replacement therapy, one of the primary reasons for this is that many people have undiagnosed low testosterone levels because their doctors fail to run all the important tests.

The traditional method for detecting testosterone levels measures the total testosterone in the blood. However, this provides only a portion of the information about testosterone and, therefore, provides only a tiny snippet of information about someone's health.

In order to fully understand someone's hormone levels, it's important to look deeper than the total testosterone level, especially if their symptoms suggest there's something that you're missing.

## Total Testosterone Vs. Free Testosterone

Your total testosterone levels are the amount of testosterone found in the blood. However, this can be broken up further.

Around 98% of testosterone is bound to albumin or sex hormone binding globulin (SHBG), and these are called "bound testosterone."

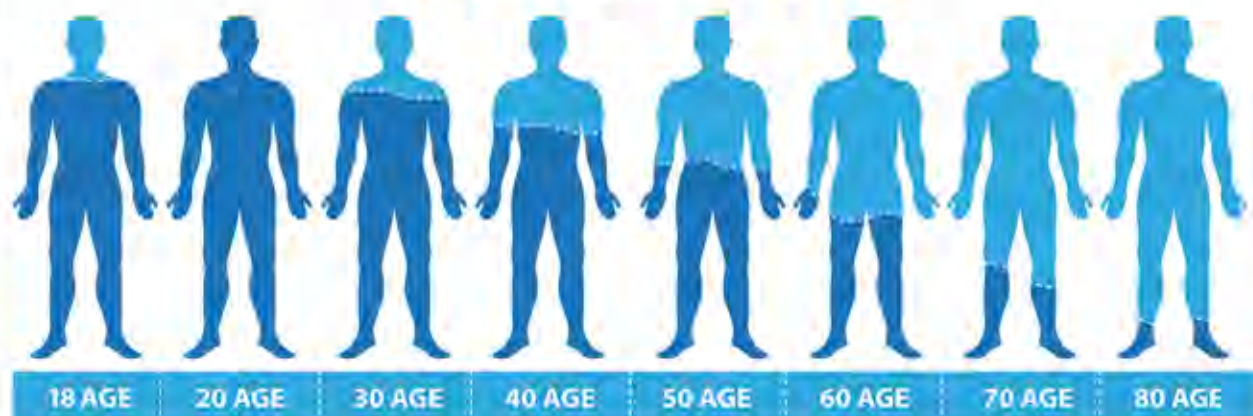
The remaining 2% of testosterone is referred to as "free testosterone" because it is unbound. It is this free testosterone that is responsible for many of the actions we associate with testosterone, including secondary sex characteristics like a deep voice and body hair.

Free testosterone is also what enters specific cells and promotes reproduction, such as in the muscles and bones.

## The Problem with Total Testosterone

Most providers will use a total testosterone test to gauge testosterone levels in the body, but this doesn't consider that only the free testosterone is what contributes to the symptoms commonly associated with low testosterone. Those with excessive bondage to albumin or SHBG may show normal total testosterone levels, but low free testosterone.

## TESTOSTERONE LEVEL



For example, a young male patient with total testosterone levels of 300-500 may be brushed aside since their testosterone levels fall within the normal range. Yet, a closer investigation shows that their free testosterone is below 10 when most men thrive on levels well into the double digits.

The same is shown with women, who have normal total testosterone of 20, but may have free testosterone as low as 0.01.

When doctors fail to listen to their patient's symptoms and further explore their hormone levels, patients continue struggling to accomplish their everyday tasks.

It comes as no surprise that sleep problems, anxiety, depression, low energy, low libido, brain fog/difficulty concentrating, weight gain, and mood changes are becoming more common. These symptoms result from hormone imbalances, and too many doctors are not adequately measuring hormone levels.

## A Rise in Symptoms

As doctors continue to avoid addressing hormone levels, there has been an understandable rise in preventable symptoms.

Just looking at testosterone, low levels have been reported with symptoms such as:

- anger
- anxiety
- hostility
- overall irritability
- depression

Low testosterone can also increase stress levels, which then impacts cardiovascular health.

These symptoms make it challenging to enjoy daily life, vastly decreasing someone's quality of life.

By remedying low testosterone levels, we not only improve those characteristics that we typically associate with testosterone, such as libido, muscle mass, and bone mass, but we also have a way to improve the well-being of patients that are mentally suffering because their body cannot produce enough of the hormones that they need to be happy and calm.

These patients may find that they don't need anti-depressants or anti-anxiety drugs, but instead, an evaluation of their hormone levels to see if there are any imbalances.

## Using Testosterone to Monitor Overall Health

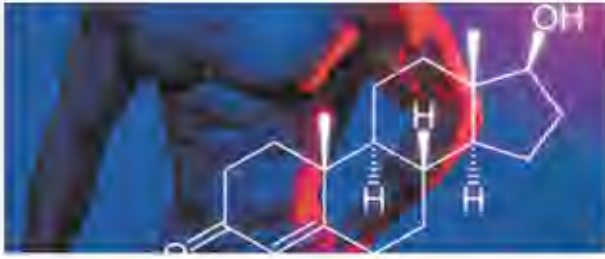
Testosterone levels can also provide valuable insight into a patient's health.

For example, testosterone levels can decrease for many reasons, not just age. In fact, in many cases, it might not be age itself that causes testosterone to decline, but the changes in health that occur with age.

Some whole-body factors that can cause a decrease in testosterone include:

- high blood pressure
- high cholesterol levels
- using illegal drugs
- being overweight or obese
- using anabolic steroids
- drinking excessive amounts of alcohol





By detecting low testosterone levels, a doctor may then be able to determine if it is caused by any of these conditions and what the patient can do to address it and improve their overall health. Hormones are interrelated with many body processes, and properly measuring hormones is the only way to take full advantage of this connection.

### Hormone Therapy: Getting to the Root of The Problem

Hormone therapy is typically passed aside in favor of other medications.

However, patients may be prescribed multiple medications to address their symptoms, but they only act as a band-aid. To truly find relief and get off these unnecessary medications, it is necessary to address the root of the problem, which in many cases is hormonal.

Additionally, gaining control over someone's hormones can help to prevent other health conditions from occurring. For example, having low testosterone increases the risk of type 2 diabetes. By balancing testosterone levels, the risk of developing this disease will lessen.

It's important to look even further, too. A patient has low free testosterone, but why? Is it genetic, or is there an underlying medical condition? Asking these questions offers a way to determine what might be affecting someone's hormone levels and can result in a solution that actually fixes the problem instead of mitigating symptoms.

### An Individualized Approach

Your hormones are the most important players in regulating body processes, yet society has created a stigma surrounding hormone replacement therapy that labels it as dangerous and risky.

The problem isn't hormone replacement therapy; the problem is the "one size fits all" mentality that has been applied to it.

Testosterone replacement therapy is becoming more popular but is also too "cookie cutter"; most people who are prescribed it are given similar dosages and treatments. However, hormones are not the same as antibiotics, they are much more individualized to the patient, and these treatments should reflect that.

When you give every patient similar hormone dosages, it's understandable why some of these adverse side effects are happening. Doctors and scientists are trying to find a standard dosage amount, but there is nothing standard about the hormone levels in a patient's body or how their body uses these hormones.

Some people might need more hormone therapy, while others need very little. Some patients' bodies may quickly accept the hormone therapy, while others may not, requiring a higher dose or other intervention. As doctors, these are the considerations that must be made, yet too many are stuck on a one-path mind.

### Addressing the Risks

For many doctors and patients, HRT is often seen as a risky and unfavorable option because of the adverse side effects that can occur, so let's address this.

One of the most cited risks of HRT is the increased risk of cancer. However, research shows that this is not always the case, and for some patients, testosterone replacement therapy actually reduces cancer risk.

For example, in a 2019 study on trans men undergoing testosterone therapy, their risk of breast cancer was lower than the risk of breast cancer in cisgender women.

Prostate cancer is the most commonly diagnosed cancer in males, and in the past, research suggested that testosterone therapy increased the risk of prostate cancer. However, new research is showing that this relationship is more complex.

Studies have shown that a male's baseline testosterone level can relate to the risk of prostate cancer, with some studies reporting that higher testosterone levels lead to higher risk and other studies saying the opposite. In short, other factors are likely at play here besides just testosterone levels.

Several trials regarding men on testosterone therapy also showed no higher risk of prostate cancer, and this was seen in studies that had follow-up times of 3 months, 3 years, and 20 years.

Even more, several studies have reported success in using testosterone replacement therapy as a treatment after being diagnosed with prostate cancer. They have shown no difference in recurrences between those on testosterone therapy and those without it.

This idea that HRT is a dangerous treatment that can cause cancer is an antiquated view that recent studies do not support. It is time to stop avoiding a treatment that can provide genuine benefits to patients because of outdated resources.

Even more, in studies where HRT may have increased cancer risk, the authors report that the increased risk is often very minimal, and the benefits offered by treatment far outweigh this slightly increased risk.

### Making The Most of Testosterone

Considering how vital our hormones are for our body, they are often overlooked in regard to treatment. Testosterone, in particular, is a sex hormone that many do not realize plays a much larger role in both the male and female body, and its supplementation can help address many of the problems someone might be experiencing.

Not only that, but taking the time to fully understand a patient's testosterone levels and going beyond "total testosterone" provides a clearer picture of their health. By ignoring a patient's symptoms because the first blood test shows that everything is normal, the doctor is doing a disservice to their patient's well-being.

Each patient is different, and because of this, their hormone levels (and what level produces certain side effects) are going to differ. It's time that we stop chasing "normal" numbers because patients are more than a number, and they need doctors that look beyond the result of one test.

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# A HEALTHY LIFE IS WITHIN REACH FOR MEN & WOMEN

By Valerie Sorge, NMD, PhD

## Anti-Aging & Alternative Medicine

We all have blind spots in our awareness. We all want to feel like someone is watching our back. At Vidaful Medicine, we believe our assessment tools and practical solutions can help YOU!

We begin with a compassionate assessment of your body's needs, deficiencies, and strengths through a physical exam, medical history and health questionnaire, urine test, and blood test covering over eighty individual reports.

Our specialized analysis of the data is to mark in time how your various organ systems are performing on a graded scale between functionality and dysfunction. By determining which direction your body is currently moving, disease and health are predictable and improvement is attainable with modified energy and attention. Our recommendations are then individually qualified by your unique personal attributes and directed intelligently toward definitive improvement.

We empathize that becoming more aware of ourselves can be more challenging at particular mile markers throughout the lifecycle. Effective functional testing is the first and most necessary step to slow inevitable decline and move you with hope toward intentional progress. We understand and want to offer the good news of solutions that really work for you.

How well you take care of your body is a major component in how long you live. Traditional medical practices primarily focus on reactive medicine by offering drugs. Alternative medicine can aid in making you more happy and healthy with long term positive effects. Vidaful seeks to improve health through IV therapy, Regenerative Therapy, Hyperbaric Chambers, Ozone Therapy, Colonics and other alternative therapies without the use of drugs. We're committed to blending the best of traditional medicine with the fundamentals of naturopathic principles. We have formed compelling therapies designed to prevent undue aging and circumvent disease while promoting the patient experience of balanced health. Here are just a few of the services we provide:

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Revitalize your body quickly and efficiently by infusing the cells in your body with powerful nutrients. Through Nutrient IV Therapy, these nutrients



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## Prolozone Therapy

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Your blood carries this oxygen throughout your body, stimulating the release of substances called growth factors which promote healing. Hyperbaric oxygen therapy involves breathing pure oxygen in a pressurized room. Hyperbaric oxygen therapy is most known for treatment for decompression sickness, a hazard of scuba diving. Conditions treated with hyperbaric oxygen therapy at our clinic include: accelerating the healing of orthopedic injuries, improving the results of PRP, cell transplant procedures, prolotherapy and other regenerative injection treatments for various neurologic conditions.

## Colon Hydrotherapy

If you have never considered doing a colonic until now, let's consider some of the most basic advantages. Colon hydrotherapy is all about effectively eliminating toxins from your body so as to clear the proverbial road to digestive wellness and vibrant health.

This concept of eliminating toxins from your body has commonly been called "detoxification". This is not a new concept throughout ancient history and many forms of detoxification have been practiced such as fasting, sweating, modified diets, juicing, herbal usage, deep breathing, exercise, and even colon irrigation techniques.

## Hormone Therapy - Bio-identical Hormone Replacement Therapy

Learn about our hormone replacement therapy services, what it does, why we do it, who is it for, and more. Bio-identical hormone restoration therapy is restoring hormone levels in a patient to balanced physiological levels of a more youthful age. In bio-identical hormone replacement therapy (BHRT), hormones are biologically identical to human hormones on a molecular level, which helps the body accept the hormone more effectively and avoid side effects commonly experienced with synthetic hormones.

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# Low Testosterone Is the Gateway to Poor Health

## What You Should Know About Your Treatment Options

By Alejandro Miranda-Sousa, M.D.

**A**s we age, both men and women will start to experience symptoms of hormonal imbalance. For men, this is called andropause. The symptoms for males and females are very similar, but for most men, as they age and their hormonal testosterone levels begin to decline, they will experience a lack of energy, low libido, loss of muscle, weight gain, decreased mental focus, hair loss, and low metabolism.

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

### Why Testosterone?

Men should have 50 times more testosterone than estrogen. An enzyme called aromatase that converts male to female hormones regulates the balance. If everything is functioning normally, there is a normal ratio of male to female hormones or testosterone to estrogen, but when hormonal imbalances occur, it's imperative to treat with hormonal therapy.

### Low Testosterone Can Lead To:

- Heart Disease
- Metabolic Syndrome
- Depression
- Diabetes
- Obesity
- Cognitive Decline
- Lack of libido

### Benefits Of Testosterone Replacement Therapy (TRT)

Men with low testosterone may experience many benefits after starting an appropriate replacement therapy. Some of these benefits include:

- Improved sexual drive
- Improved ability to achieve and maintain an erection
- Increased muscle mass and body composition
- Increased strength

**Coupling TRT and NeoWaves has helped many men turn back the clock.**

### NEOWAVES

EDSWT (Erectile Dysfunction Shock Wave Therapy) was officially accepted by the European Association of Urology (EAU) as the gold standard for treatment of Erectile Dysfunction in the EAU 2013 guidelines on Male Sexual Dysfunction.

NeoWaves performs Low-Intensity Shock Wave Therapy, which is a scientifically proven, non-invasive procedure that uses low frequency sound waves to increase blood flow to the penis and optimize erections, sensitivity, and sexual performance. NeoWaves utilizes high frequency, low intensity sound waves to improve blood flow to the penis. The sound waves repair aged blood vessels, stimulate the growth of new blood vessels and remove decades of micro-plaque. NeoWaves uses a specific protocol designed to optimize efficacy, safety, and results.

More than 80% of Erectile Dysfunction (ED) issues are caused by poor blood flow.\* NeoWaves performs a protocol to specifically treat ED, as well as to enhance sexual performance. Our procedure is based on a large series of clinical studies showing a greater than 75 percent success rate in treating Erectile Dysfunction (ED).

Unlike some traditional Low-Intensity Shockwave Therapy, the acoustic NeoWaves therapy is virtually painless. There may be a sense of tingling in penis during treatment, but very little measurable discomfort. Many patients experience enough results from NeoWaves therapy that they are able to stop their current prescription medications.

### Here is why NeoWaves is a better option:

- Enhances Your Erections
- Drug & Surgery Free
- Sexual Performance Improvement
- Non-Invasive Therapy
- Increased Sensation
- Long-Lasting Results
- Treats Erectile Dysfunction
- Discrete In-Office Procedures

NeoWaves therapy does not require any invasive surgical procedures, limiting risk and discomfort. NeoWaves therapy definitely allows you to continue your day as usual. No need to plan for any downtime after treatment.



### WHAT ARE THE BENEFITS OF NeoWaves therapy?

All NEOWAVES treatment procedures are supervised by certified men's health professionals.

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**No Need for Medication**

**No Need for Surgery**

**Zero Downtime**

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# HEALING KNEE PAIN WITH REGENERATIVE MEDICINE

## The Alternative to Surgery and Medications

By Dr. Sebastian Klisiewicz, D.O.

**K**nee pain is common and potentially disabling. It is often caused by injuries from falls and sporting activities or by wear and tear from years of repetitive use. The supporting structures such as the muscles, tendons and ligaments are often the victims of injury along with the deeper structures such as the meniscus and joint cartilage. If these are left untreated, the joint eventually degenerates leading knee osteoarthritis. This is generally marked by chronic pain, swelling and stiffness, and at times a feeling of the knee "giving out".

### The "Old" Standard Treatment for Knee Pain

The standard "old school" treatment for most knee conditions typically involves anti-inflammatory medications, physical therapy and steroid injections. And if that doesn't work, surgery is offered as the only other option. Unfortunately, these treatments are not benign.

When anti-inflammatory medications are used regularly, they can cause serious damage to the stomach and kidneys. Steroid injections also come at price. They can temporarily mask the pain, but can cause an array of unwanted side effects such as increased blood sugars, weight gain and increased risk of infections. Worse yet, repeated steroid injections can actually damage the joint cartilage and increase the likelihood of ending up with a knee replacement.

Luckily for knee pain sufferers, there is a new non-surgical option that is natural, safe and effective for most knee conditions.

### The New Frontier of Non-Surgical Knee Care

The knee, like all other tissues in our body, can heal naturally without surgery if given the right stimulus and a proper healing environment. Regenerative Medicine Injections such as Prolotherapy, Platelet Rich Plasma (PRP) or Stem Cells can be that stimulus that starts the healing process. And when combined with physical therapy and proper nutrition, Regenerative Medicine can actually heal the tendons, ligaments and cartilage. This can resolve pain and restore normal knee function, all without the need for surgery or toxic medications.

Regenerative Medicine Injections work by stimulating the body's natural healing response. Prolotherapy is a type of Regenerative treatment that uses injections of a natural dextrose solution to heal and strengthen loose and injured ligaments. This can improve the stability and function of the knee joint, thus providing pain relief.

Platelet Rich Plasma (PRP) and Stem Cells are a gift from your own body to help you heal. PRP is a solution of concentrated platelets taken from your own blood. The platelets are packed with growth factors that kick start the healing response. Stem cells are the "master orchestrators" of healing and regeneration. They release growth molecules that regulate the immune response, decrease inflammation and stimulate tissue healing. The best and most studied stem cells for orthopedic conditions are safely obtained from the bone marrow of the pelvis.

Many research studies have shown that Regenerative Medicine Injections are safe and effective at providing long term results. In long-term studies, patients with mild to moderate knee arthritis have significantly improved for many years after a series prolotherapy or PRP injections. Other studies have shown that about eighty percent of patients with severe osteoarthritis who underwent bone marrow stem cell injection into to the knee joint were able to avoid surgery when followed for 5 years.

The choice of using Dextrose Prolotherapy, PRP or Bone Marrow Stem Cells is based on the severity of the condition. These products are carefully injected into the injured area under ultrasound guidance, then the body starts the repair process. This may take weeks to months, but it can provide real long term results.

### An Integrated Team Approach Provides Best Results

The best way to heal injuries and treat chronic knee pain is to combine the above Regenerative Medicine Injections with personalized physical therapy, laser therapy and proper nutrition.

At Integrative Rehab Medicine, we educate our patients on nutritional support for optimal healing.



A well-balanced diet rich in fruits, vegetables and high-quality proteins as well as specific nutritional supplements are used to prepare the body for healing.

We complement our Regenerative injections with personalized physical therapy that may include manual therapy, muscle strengthening, balance training, and or bracing protocols. We also incorporate state of the art energy modalities such as low-level laser and pulsed electromagnetic field therapy to expedite the healing process.

If you are looking to heal your knee pain without surgery, schedule a consultation today! We look forward to helping you with 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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# When the Market Is Volatile, Why Is it Important to Have a Financial Plan?

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

**M**arkets 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](mailto:amy_rohde@keybank.com).

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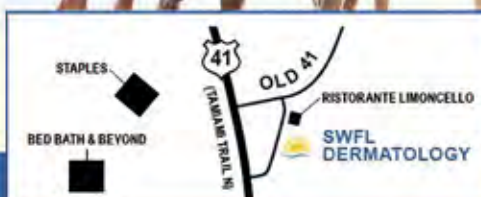


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# A New Way to Treat Treatment-Resistant Depression

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

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

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

## What is Ketamine Therapy and What is it Used to Treat

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

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

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

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

## How Ketamine is Offered and Administered

WhiteSands Recovery & Wellness administers Ketamine therapy in two ways:

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

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

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

## Efficacy of Ketamine Therapy in Treatment of Depressive Disorders

Or

## How Effective is Ketamine Therapy?

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

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

## Ketamine has shown to:

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

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

## Pricing

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

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

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

## Location

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



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# ARE YOU STRUGGLING WITH URINARY INCONTINENCE?

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

## Yes or No:

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

## THE TRUTH: WHAT YOU NEED TO KNOW

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

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

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



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

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

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

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

**#3 It's not always incontinence.**

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

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

**#4 There are numerous incontinence treatment options.**

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

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

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

- Bladder Retraining
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- Biofeedback
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# National Care Givers Appreciation Month

**N**ovember is National Family Caregivers Month and is a time to recognize and honor family caregivers across the country. Celebrating the family and friends who care for elderly and disabled loved ones enables all of us to raise awareness of caregiver issues, recognize their dedication, and increase support and resources for family caregivers.

At Sage Infusion, we know how valuable caring for a loved one can be, and we know how difficult it is to focus on yourself while caring for someone with a chronic condition. Here are ten tips for caregivers.

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Caregiving is hard work so take respite breaks often.
6. Watch out for signs of depression and don't delay getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it's up-to-date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!

One of the toughest jobs a caregiver must complete is to navigate the health insurance options and financial decisions for their loved one. Choosing a health plan and benefits can be a scary decision. Infusion drugs can be the biggest medical expenditure for the year for some patients. At Sage Infusion, we have a team of financial coordinators and intake specialists to help you make those decisions. We can walk you through the cost options when choosing a Medicare Advantage or Medicare Supplement plan based on the cost of the specific drug your doctor prescribes. There is also a **COST CALCULATOR** on our website.



*Designated space for caregivers at Sage Infusion Ft Myers.*

Sage Infusion provides financial transparency to help patients and caregivers make informed choices about their healthcare. We show you a cost estimate in black and white of what your co-pay for your infusion drug will be with various healthcare plans. This allows the patient and caregiver to shop for the best drug price. The cost of the exact same drug can vary greatly between different providers (Medicare, Medicare Advantage and private insurance). You want to shop for the lowest price drug option so that your responsibility (co-pay) will be lower. You also want to make sure the health coverage you choose covers the infusion drug your doctor prescribes and know what percentage is covered.

Where your infusion is given may also change the price a healthcare policy is willing to cover. At Sage Infusion, we will be upfront and honest about the price of your chosen drug, your co-pay, and if we can service your infusions at one of our locations. Sage Infusion prides itself on helping patients and caregivers make the best financial choices while also offering the best team of, nurse practitioners, physician assistants and support staff to service your infusions in our relaxing, comfortable environment. At Sage Infusion, not only do our patients get the very best care during their treatments, we also provide respite for caregivers during this time as well with a space specifically dedicated for them with wi-fi, refreshments, and comfy chairs.

At Sage Infusion, we provide expert patient-centered infusion care in a contemporary boutique environment. Sage Infusion eases your medical burden by handling the care coordination process, including insurance authorization and patient progress updates. Our flexible scheduling meets our patient and caregiver's needs with extended hours. Day, night, and weekend appointments are available. Our physician assistants and nurse practitioners follow

the National Infusion Center Association guidelines and our proprietary clinical protocols. Sage Infusion offers a variety of comforting amenities and patients can choose to receive treatment in the open lounge or a semi-private room.

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- Osteoporosis
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- Multiple Sclerosis (MS)
- Anemia
- Gout
- Alzheimer's Disease
- Atherosclerotic Cardiovascular Disease (ASCVD)
- Postherpetic Neuralgia (PHN)
- Psoriatic Arthritis (PsA)
- Ulcerative Colitis (UC)
- Plaque Psoriasis (Ps)
- Chronic inflammatory demyelinating polyradiculoneuropathy (CIDP)
- Diabetic Peripheral Neuropathy (DPN)
- Heterozygous Familial Hypercholesterolemia
- Type I Gaucher Disease
- Neuromyelitis optica spectrum disorder (NMOSD)
- Myasthenia Gravis (MG)
- Amyotrophic Lateral Sclerosis

With locations in Fort Myers, Clearwater, Orlando, Sarasota, Tampa, and The Villages (coming early 2023), Sage Infusion offers the best patient care, caregiver experience and infusion and injection administration facilities in the Sunshine State. At Sage Infusion, we've reimagined patient care. From a quick start to upfront pricing and financial assistance, to compassionate care by our clinical experts in a serene environment, you will experience infusion therapy like never before. Sage Infusion accepts most insurance making it as easy as possible for patients and caregivers to get the care and support needed to maintain the best health possible.



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By Neetu Malhotra, MD

# Stress Management

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

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

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



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

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

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

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

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

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

# 5 Ways Invisalign® Clear Aligners Can Improve Your Smile and Your Life



## INVISALIGN, ORTHODONTIC ADVICE

Invisalign® is a household name in the world of clear aligners, and there's a good reason for that. In fact, there are five good reasons!

### Can Improve Your Smile and Your Life

However, before we dive into the benefits of Invisalign® for kids, teens, and adults, it might be a good idea to give a general overview of how this treatment works.

With Invisalign® (or any other clear aligner brand), we will start by taking a 3D scan of your mouth. Once we have that, we can create personalized aligner trays that fit your mouth. You'll wear each tray for about two weeks, then you'll switch to the next one in the series. Each tray is slightly different, and they work by slowly guiding your teeth to the correct position in your mouth.

Because Invisalign® is integrated with 3D technology, we are actually able to show you what your future smile will look like! Our patients absolutely love this feature. Want to hear more great things about Invisalign clear aligners? Read on!

### Five Benefits of Invisalign® Clear Aligners

#### 1. Boost Your Confidence

Invisalign® aligners are more aesthetically pleasing and less noticeable than braces. Since they are clear, you can smile with confidence for photos and special occasions. Adults who have public-facing jobs love the fact that they can get their dream smile without a mouth full of metal braces.

However, it's not just ideal for adults! Teenagers often opt for Invisalign® (there's actually a version made specifically for teenagers called Invisalign Teen®) and younger kids can also get a more confident smile with the Invisalign® First option.

#### 2. Eat Whatever You Want!

One of the biggest advantages Invisalign® has over metal braces is the lack of dietary restrictions. With metal braces, there's a list of foods you have to avoid because they're too sticky or hard. When you consider that most people have braces for at least two years, that can be a real bummer, especially if you're being asked to give up your favorite foods!



With Invisalign® clear aligners, you can simply take your tray out whenever you want to eat something that's sticky or otherwise potentially damaging to the aligner trays. While we recommend keeping your aligners in for at least 22 hours per day, you definitely can still remove them here and there when you want a special treat.

#### 3. Take Care of Your Smile

Easily Oral hygiene is so much easier with Invisalign® too, because you can take the aligners out to brush and floss normally rather than having to navigate around brackets and wires! This leads to healthier teeth once your orthodontic treatment is done, which is always a win.

#### 4. Less Pain, More Gain

A straight smile doesn't have to mean pain and discomfort. With traditional orthodontic appliances (like metal braces), the sensitive cheek and gum tissue can get irritated, and whenever the braces



are tightened or adjusted, there can be soreness or pain for a few days. Not so with Invisalign® clear aligners!

The aligner trays gently shift your teeth into place and because you're getting new trays every few weeks, the movement is subtle enough that you shouldn't feel any discomfort.

#### 5. Fewer (and Faster) Check-Ups

No one wants to spend more time in the orthodontist's office. We totally get it! For adults, more appointments means you have to take time off work and possibly commute across town. This lost time (and money) adds up! For kids, taking time off school is never convenient.

Invisalign® allows you to enjoy more time between your orthodontic appointments, and your appointments will take less time. That's a huge win, especially for those with busy schedules!



Have you been thinking about improving your smile with Invisalign® clear aligners? Maybe you simply have questions that you would like to ask before making a decision. Either way, the team at Porto Fino Dental is here to help! Schedule your consultation today.

You may reach us at 239-482-8806 or email us at [info@portofinodental.org](mailto:info@portofinodental.org)

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# Loss of Balance is Not a Normal Part of Aging

By Dale Segal, MD

There is a misconception that loss of balance is a normal part of aging. This is not true. While decreased strength and agility occurs with physiologic aging, progressive loss of balance can be a sign of a serious underlying health problem.

Loss of balance or gait instability is one of the most common symptoms of cervical myelopathy. Cervical myelopathy refers to damage to the spinal cord that is caused by neural compression or spinal stenosis. Cervical myelopathy is most commonly caused by age-related degenerative changes to the cushioning discs and supporting ligaments between the bones (i.e., vertebrae) of the cervical spine. These degenerative changes (alternatively referred to as "degenerative disc disease," "spondylosis," or "arthritis") can create bulging discs, bone spurs, ligament thickening, and even unstable motion between the vertebrae, all of which may then lead to a narrowing of the space available for the spinal cord, otherwise known as "cervical stenosis." Myelopathy occurs when the stenosis is significant enough to compromise normal spinal cord function.

Patients with cervical myelopathy commonly complain of unsteadiness when walking. Other common complaints are loss of hand dexterity; for example, difficulty buttoning shirts or opening jars and bottles. Cervical myelopathy is a common and frequently underdiagnosed medical condition which tends to occur in adults over 60 years of age. Cervical myelopathy can be difficult to diagnose because it is not always associated with neck and



arm pain. In addition, early, milder stages of myelopathy can present with subtle loss of function that may mistakenly be attributed to "getting older," when in fact it is due to spinal cord compression and resulting nerve damage.

While balance loss is one of the most common symptoms of cervical myelopathy, not all balance loss is caused by cervical myelopathy. Deconditioning and natural physiologic aging can result in loss of flexibility and agility. Having a fitness routine that includes core muscle strengthening is paramount to maintaining balance and healthy posture. Cardiovascular training and yoga are excellent for promoting balance health and well-being.

If loss of balance develops suddenly, is progressively worsening or is associated with loss of hand dexterity, neck pain, arm pain or hand numbness then it is important to seek evaluation from a spine specialist. An MRI will be ordered to ensure that there is no evidence of cervical myelopathy. If left untreated cervical myelopathy can cause permanent impairment. However, if cervical myelopathy is identified and treated in a timely manner, it can result in significant improvement in quality of life.



## Dale Segal, MD

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

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

Call to schedule your appointment today.

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# HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

### Regenerative Medicine

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



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

#### Viscosupplementation

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



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

#### PRP (Platelet-Rich Plasma)

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

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

#### Physicians Rehabilitation

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



# IS BLEPHAROPLASTY RIGHT FOR YOU?

**B**lepharoplasty, commonly known as eyelid surgery, is a medical procedure to correct "droopy" eyelids. It can be performed on the the upper and/or lower eyelid. This plastic surgery involves removal of skin, muscle, and often fat that may be causing the eyes to sag.

## Upper lid blepharoplasty

What causes the upper eyelid to droop or sag (eye ptosis) with age?

- Decreased production of collagen and elastin
- Detached fibers that connect the muscles of the eye causing it to open and close
- Accumulated fat in the upper eyelid
- Drooping eyebrow (brow ptosis)

When any or all of these factors is present, plastic surgery may be not only desirable aesthetically, but also could be medically necessary since too much sagging can affect your field of vision. Identifying the cause of the sag is important in determining the appropriate surgical procedure necessary.

## Lower lid blepharoplasty

The lower lids are also prone to the same sagging as the upper eyelids. With age, our skin becomes thinner and the connective and soft tissues under the eye can sag and appear like bags under our eyes. Accumulation of fluids may also be to blame. Again, identifying the cause of the sag is important in knowing which procedure is needed.

## Who should undergo blepharoplasty?

Many of the patients who opt to have blepharoplasty do so for cosmetic reasons. Although sagging



around the eyes is a normal part of aging, it can make a person feel like they look older than they should. If this is a concern, eyelid surgery can correct the bags and sags.

Some patients undergo blepharoplasty for more than just cosmetic reasons. For many, their drooping eyelid affects their vision and makes looking up difficult. In these cases, the procedure may be covered by insurance since it is deemed medically necessary.

## What is the procedure for blepharoplasty?

Eyelid surgery is an outpatient procedure that usually takes about two hours. It requires general anesthesia for most people. The surgeon will usually also inject a numbing agent into the eyelids before beginning.

Upper eyelids are usually taken care of first. The plastic surgeon will make a small slit in order to remove excess skin, muscle, or fat. With the lower lids, usually fat is removed and a small amount of skin to get rid of the under-eye bags.

## What are the risks and side effects of blepharoplasty?

As with any surgery, there is likely to be pain or discomfort following the procedure. Your doctor will likely advise you to take ibuprofen and use ice packs to alleviate the pain. Many patients report tightness around the eyes, as well as swelling and bruising.

Some will experience excessive tears and sensitivity to light for a week or two after their surgery. Usually within two to three days the patient can read and somewhere between weeks 1 and 2, can return to work and normal activities.

The risks are minimal but may include blurred or double vision, dry eyes, or difficulty closing the eyes completely. These conditions are usually not permanent and last for a relatively short time. Of course, there is a risk of vision loss, but it is quite rare.

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Unchanged these his last 16 years of practice is Attorney Smith's flat fee model of Estate Planning, including \$75 Wills. He continues to be available free of charge to speak to your church or social club on a wide range of topics, including charitable giving, estate planning for Florida residents, and homestead and tax planning. The previous year's radio content can be found and streamed at [www.AttorneyPatrickSmith.com](http://www.AttorneyPatrickSmith.com).

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# USING CBD TO HELP MANAGE ANXIETY

Occasional feelings of anxiety and panic are nothing to be alarmed about. Nearly everyone will experience these unwanted feelings at some time or another. However, when the frequency and intensity of your anxiety begin to interrupt your day-to-day life, it may be time to get help. While avoiding certain places and situations may be helpful, sometimes it is impossible. That's when having something to help calm your fears and worries can be beneficial.

Cannabidiol (CBD) is a cannabinoid from the Cannabis sativa plant. It, along with tetrahydrocannabinol (THC), has been researched extensively and has been shown to bind to cannabinoid receptors in the brain. CBD, unlike THC, does not produce a "high" and offers a variety of health benefits. Among those benefits is the treatment of anxiety.

## Benefits of CBD

CBD acts on opioid and glycine receptors in the body. These receptors are mostly found in the central and peripheral nervous systems. They regulate pain in the body. It also acts on the neurotransmitter serotonin, which helps us feel good in general. Low serotonin levels are closely associated with depression and may also cause anxiety.

## Research has shown that some of the benefits of CBD can include:

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

Conventional medicines generally used to treat low serotonin are called serotonin reuptake inhibitors (SSRI). Their common trade names are Zoloft and Prozac. These are only available by prescription. However, some studies have shown that instead of using SSRIs to treat anxiety, some patients may be able to manage their condition with CBD instead. (Always speak to your doctor before making any changes to prescribed medications.)

## How to use CBD for anxiety

Since CBD has not yet been given clear FDA guidance, the best way to use CBD for anxiety varies from person to person. Someone may find that a certain type and certain dosage works, while the same type and dosage has little effect on someone else. A bit of trial and error may be necessary in order to reach optimal effectiveness. (This is also true with conventional medicines too, so no need to be alarmed.)

## The following are some of the forms in which CBD is available:

- Vapes heat CBD oil giving off an inhalable vapor.
- Flowers (dried hemp plants) can be smoked.
- Gummies are chewable and sweet like the popular candies.
- Oils and tinctures are consumed orally usually from droppers.
- Sprays can be sprayed into the mouth, usually under the tongue.
- Capsules or tablets are taken orally.
- Creams and gels are absorbed through the skin.

Again, trying different types and doses may be necessary. For example, you may find that vaping is more effective than gummies while another may find smoking to be most effective. Trying the different types will help you find what is right for you.

Usually the effects of oral CBDs, such as gummies or capsules, are felt within 30 minutes or a little more. Smoking or vaping usually has a more immediate effect.

The various forms can be used throughout the day to relieve anxiety. Some find it helpful to take them in the morning with breakfast.

## 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.

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# The Great American Smokeout Challenge: Why Your Cardiologists Wants You To Quit

**Dr. Joseph Freedman MD, MBA**

**M**ost people are familiar with the negative effects that smoking has on your lungs and the increase in cancer related diseases, but often times are unaware of the damage that smoking does to your cardiovascular health.

Smoking cigarettes and other forms of tobacco causes toxic chemicals to enter your lungs and travel throughout your body. All smoking, no matter how long you've done it, or how much in quantity you've smoked, affects your heart negatively and causes damage. But the good news is, no matter how long or how much you've smoked, quitting will benefit you immensely. It's never too late to stop smoking.

**Smoking correlates to the following heart and vascular issues:**

- Causes inflammation in the arteries
- Increases heart rate
- Causes sticky plaque buildup in your arteries (both coronary & peripheral)
- Raises LDL (bad cholesterol)
- Lowers HDL (good Cholesterol)
- Blood vessel walls become stiff and damaged
- Creates abnormal heart rhythms
- Increases blood pressure
- Creates undue stress on your heart
- Causes blood to thicken
- Lowers oxygen levels in blood

The chemicals in the smoke are what cause atherosclerosis (arterial plaque). These chemicals negatively affect cholesterol levels and fibrogen levels, which is a blood-clotting agent. These disturbances can lead to stroke, aortic aneurysms, peripheral vascular disease, heart attack and abdominal aortic aneurysms just to name a few.



**Realistic advice to help you quit smoking:**

1. Take the 'Great American Smokeout Challenge' this month (November 18th)
2. Plan ahead. Talk to your doctor now about smoking cessation programs, treatment options and medications.
3. Get rid of all tobacco & lighters
4. Clean your home and car if they smell like smoke or have remnants of nicotine
5. Let your family and friends know that you're quitting
6. Find a new hobby to stay busy
7. Avoid the same old routine that allowed you the convenience of smoking
8. Keep track of the money you save, write it down every day and make a tally
9. At the end of each week that you continue to not smoke, treat yourself to something you like.
10. Don't give up! It's not easy, but it's worth it to quit.

By quitting smoking you reduce your risk of coronary heart disease, stroke and cardiovascular disease.

**Statistics According to the U.S. Department of Health and Human Services:**

- Within 20 minutes of quitting, your heart rate will decrease
- Within 12 hours of quitting, the carbon monoxide levels in your blood will decrease to normal
- Within 3 months of quitting, your risk of a heart attack decreases, and your lungs will begin to work better
- After 1 year, your added risk of coronary artery disease is half that of someone who smokes
- After 5 years, your risk of stroke is the same as that of a nonsmoker
- After 10 years, your lung cancer death rate is about half that of someone who smokes
- After 15 years, your risk of coronary artery disease is the same as that of a nonsmoker

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If you or someone you know needs to have a cardiology consultation, are concerned about your risk factors, or are experiencing symptoms of chest discomfort, shortness of breath or other related issues, please contact them 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.*



# What's Your Diet?

By Pastor Roger P. Felipe

**W**eight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living

longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.



McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



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