

SOUTHWEST FLORIDA'S

# **Health & Wellness** MAGAZINE

December 2022

Lee Edition - Monthly

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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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# PROMISING MEDICAL BREAKTHROUGHS FOR PATIENTS WITH METASTATIC CANCER

By Dr. Arie Dosoretz

**A**s oncologists, we are constantly seeking better ways to treat patients. Our goals are to find and incorporate more effective approaches especially for patients and diseases that currently have limited options. We must continuously follow emerging research so that we can be as up to date as possible. In this article we will review some of the most recent developments in the field.

## **Trials Find SBRT Treatment Effective for Metastatic Cancer**

Metastatic cancer refers to cancer that has spread throughout one's body. According to the National Cancer Institute, metastatic cancer accounts for up to 90 percent of all cancer deaths in the United States on an annual basis.

One of the biggest challenges for patients living with metastatic cancer is having to remain on medications with debilitating side effects. Two recently presented trials demonstrated that a short course of radiation allows some patients to go on extended breaks from these medications.

Both trials deployed a five-day regimen known as stereotactic body radiation therapy, or SBRT. Each trial only included patients with oligometastatic disease, which means these individuals had a limited number of cancer sites present in their bodies.

The randomized "CURB" trial looked at patients with breast and lung cancer. It was discovered that using SBRT to target focused areas of disease led to patients' cancers progressing less rapidly. This was especially true for patients with lung cancer. The results of this study suggested that these patients could take a break from chemotherapy until there were signs of cancer progression.

The "EXTEND" trial shared similarities but focused on men with prostate cancer. This iteration of the study



found that adding focused radiation therapy to standard hormone therapy resulted in slowed cancer progression. This would allow men to take prolonged breaks from hormone therapy.

## **Breakthroughs in Managing Metastatic Cancer Pain**

Another significant challenge for some patients living with cancer is managing their cancer-related pain.

The typical treatment for pancreatic cancer-related abdominal and back pain uses a combination of narcotics along with an invasive procedure called a celiac plexus block. During the procedure, a needle containing an anesthetic medication is injected into abdominal nerves.

Dr. Yaacov Lawrence of Sheba Medical Center, located in Israel, recently demonstrated that targeting these same nerves with a single, focused radiation treatment (SBRT) can achieve the same goal completely non-invasively. Of the 125 patients he treated, over half showed an improvement in their pain levels and reduced their consumption of opioid pain medications.

Beyond pancreatic cancer, the mainstay of treatment for liver cancer, or hepatocellular carcinoma, is surgical removal. Patients who are not candidates for surgery usually just receive chemotherapy, which is often associated with a poor prognosis.

However, a recently reported, international and randomized trial called RTOG-1112 has just explored the effect of adding SBRT to chemotherapy for liver cancer patients. The results of this study revealed that the patients who received SBRT and chemotherapy lived significantly longer than those who received chemotherapy alone.

## **The Search Never Stops**

The studies highlighted above are just some examples of promising findings that will improve our ability to treat patients with cancer. Oncology as a field has made great strides, especially for patients with metastatic cancer. We will continue to search unrelentingly for better solutions and integrate these emerging approaches into our practices.



*Dr. Arie Dosoretz is a board-certified radiation oncologist at Advocate Radiation Oncology. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).*

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# Leg Pain and Vascular Disease

**L**eg pain can happen to people of all ages, and it feels different for each person. Your leg pain might feel like a dull ache that comes and goes, or it might be sudden and sharp. You could have leg pain only once in a while, or it might impact you daily. Because the symptoms and causes of leg pain vary so much, it only makes sense that treating leg pain is often tailored to fit the individual. Leg pain symptoms are caused by the leg muscles not getting enough blood. Whether you have symptoms depends partly on which artery is affected and to what extent blood flow is restricted.

## What causes leg pain?

It's important to see a doctor when the pain is severe or chronic. Depending on the cause of pain, treatment can vary wildly. The most common causes of leg pain are:

- Diabetic Neuropathy
- Fibromyalgia
- Deep Vein Thrombosis
- Shin Splints
- Ruptured Achilles Tendon
- Sciatica
- Varicose Veins
- Multiple Sclerosis
- Peripheral Artery Disease
- Shingles
- Stress Fractures
- Sprained Ankle
- Osteoporosis

The most common symptom of peripheral vascular disease in the legs is a pain in one or both calves, thighs, or hips.

- The pain usually occurs while you are walking or climbing stairs and stops when you rest. This is because the muscles' demand for blood increases during walking and another exercise. The narrowed or blocked arteries cannot supply more blood, so the muscles are deprived of oxygen and other nutrients.
- This pain is called intermittent (comes and goes) claudication.
- It usually is a dull, cramping pain. It may also feel like a heaviness, tightness, or tiredness in the muscles of the legs.



- Cramps in the legs have several causes, but cramps that start with exercise and stop with rest most likely are due to intermittent claudication. When the blood vessels in the legs are completely blocked, leg pain at night is very typical, and the individual almost always hangs his or her feet down to ease the pain. Hanging the legs down allows for blood to passively flow into the distal part of the legs.

## Treatment options

Depending on the severity of PVD, treatment includes changes in lifestyle, medications, or surgery to treat symptoms, stop the progression of the condition, and decrease the risk of heart attack or stroke.

## Lifestyle changes

Various lifestyle modifications may keep the peripheral vascular disease from progressing:

- Maintaining a healthy diet helps lower high cholesterol as well as lipid levels. A healthy diet also helps lower blood pressure. Both high cholesterol and high blood pressure are contributing factors in the progression of peripheral vascular disease.
- Engaging in regular exercise increases circulation and helps condition the muscles so that oxygen supplied from the blood can be effectively used.
- Quitting the habit of smoking eliminates a primary risk factor for the progression of PVD. It also lowers the risk of amputation (a complication of severe PVD).
- Obtaining treatment for medical conditions that contribute to PVD, such as high blood pressure, high cholesterol, and diabetes helps prevent the progression of PVD.

If help is needed with lifestyle modifications, meeting with a behavioral psychologist or nutritionist is beneficial.

## Medications

Lifestyle changes are sufficient for some cases of PVD. However, others require medication, such as antiplatelet agents (blood thinners) or medications to relax the blood vessel walls, to help increase blood flow. Medications for lowering cholesterol and increasing blood supply to the extremities may also be prescribed.

## Surgery

If the peripheral vascular disease is severe and blood flow in a blood vessel is blocked or severely restricted, surgery may be required. The various surgical procedures used to treat PVD include the following:

- **Angioplasty** — A catheter (long, hollow tube) is inserted into the affected blood vessel, increasing blood flow. Various types of angioplasty procedures can be performed to create a larger opening in the affected vessel, including balloon angioplasty (the balloon is temporarily inflated inside the vessel), atherectomy (blockage is shaved), laser angioplasty (blockage is vaporized by a laser), and a stent procedure (small coil is permanently placed in the vessel).
- **Vascular surgery** — A new pathway for blood flow is created, bypassing the affected vessel (using a blood vessel from another part of the body or a tube made of synthetic material).

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# HOW GIVING BACK IMPROVES MENTAL HEALTH

**N**owadays, the importance of one's mental health and emotional stability is a popular topic — and rightfully so. We are no longer living in a time of “suffering in silence.” It is “okay not to be okay” and ask for help. Living through a worldwide pandemic and the devastation and isolation that the collective has experienced has had lasting effects, and we must look for ways to improve our mental state when it is not doing well.

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

There are many ways to improve your mental health. Medical professionals will tell you that getting physical exercise, eating a healthy diet, getting quality sleep, and re-focusing your priorities all have a huge impact on both your physical well-being and mental well-being. They will also tell you that giving back to others is a key component to a healthier you.

## How does giving back benefit your mental health?

Iconic TV shows and Michelin-starred restaurants aside, America is known for its philanthropic, giving nature. When it comes to disaster or poverty relief, we are on the front lines fighting for those who cannot fight for themselves. Americans are giving their time and resources to meet the needs of those they don't even know.

## So, why do we do this? Are we just generous by nature? What impact does giving to others have on the giver?

Giving back has numerous benefits for the giver. Let's dive into some of them.

### Giving provides purpose

\*Ask a person suffering from depression why they feel depressed and one of the things they will mention is that they feel like their life has no purpose. Giving to someone or some cause gives us a connection and a sense that we are contributing to good in the world.\* (Many people feel down for various reasons, one of them being that they feel like their life has no purpose. Giving back to others or to a cause important to us offers a sense of connection and that we are contributing to a better world. While this won't necessarily cure feelings of depression or anxiety, it's one way to extend an empathetic hand to those who might be



in the same boat as you.) Sonja Lyubomirsky, a research psychologist at the University of California at Riverdale, in her book *The How of Happiness*, says that “being ... generous leads you to perceive others more positively and more charitably ... this fosters a heightened sense of interdependence and cooperation in your social community.”

### Giving shifts your focus

We live in a “me first” world right now. However, research shows that when we can find ways of taking the focus off ourselves, we can lead a more fulfilling life. \*People who suffer from loneliness and depression often close themselves off from the world and can't see outside of their own life. Volunteering in a soup kitchen or in disaster relief, for example, helps you see the world from a different perspective and often our problems don't seem so big after all.\* (When we're not feeling well, it's common to close ourselves off from the world and dwell on what's wrong. Spending time in your community, such as volunteering for a local charity, can expand your world view and help you see different perspectives on life.)

### Giving increases gratitude

Serving others, especially those who are enduring difficult circumstances, allows you to have an impact and potentially better their day. Serving others and putting a smile on their faces allows for gratitude in knowing you are making a difference in their lives, no matter how small. Serving others allows for gratitude in knowing that we have the means to give back to those in need.

Immersing yourself in your community to create a change around you has a ripple effect, both on you and those around you. Even small acts of kindness, like donating used clothes or providing meals to the homeless, can help us foster meaningful connections in ways we otherwise wouldn't have. When we connect with others and expand our relationships over time, our mental health can see positive changes that last.

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# DRINK RESPONSIBLY OR YOU COULD BE IN A PICKLE

By Joe Altepeter, DPM



**P**eripheral arterial disease (PAD) is a relatively common condition that affects over 200 million people worldwide, and involves narrowing of the arteries. As temperatures are cooling off in Southwest Florida, the competition on the pickleball court is heating up. And as the intensity of the match grows, so does the risk of injury. Despite the pickleball court being considerably smaller than a tennis court, the sport can require a significant amount of quick lateral movements and plyometrics, putting your feet and ankles at risk. While the majority of afflictions occur from the waist up, more than a quarter of all pickleball-induced ailments involve the lower extremities.

Arguably the most commonly injured structure would be the achilles tendon and its associated musculature, this is particularly true for the male participants. The achilles tendon is the strongest and largest tendon in the body and attaches two to three important muscles in the calf to the back of heel bone, the calcaneus. Sudden or progressively excessive stretch placed on the muscle group can be seen with lunges or falls (among other mechanisms), and can cause damage at a few different levels to varying degrees. The muscle, the tendon, their interface with each other (aponeurosis) and their connection with bone can all be affected. Symptoms can vary from sudden onset of a cramping or bruising sensation, swelling, difficulty to bear weight. To a more serious degree the structures may

tear more significantly or even completely, resulting in sudden onset of significant and sharp pain in the back of the calf or heel, that can be associated with an audible pop or snap. Some have described this sensation as being kicked or even shot. With a complete rupture of the tendon we would see significant difficulty walking and inability to point the foot downwards.

Another relatively common lower extremity injury can occur with a misstep or a fall would be an ankle sprain. Just as the achilles can involve damage at different levels, the lateral ankle can involve damage to different structures. The weakest ligament in the ankle connects the outside of the ankle to the top of the foot. When there is sudden inversion stress placed on the foot, or inward twisting of the ankle, this structure can be damaged, resulting in a low ankle sprain. Depending on the degree of damage, there could be fairly immediate swelling over the front ankle joint, pinpoint tenderness over the ankle joint, and difficulty putting weight on the foot. With the more advanced injuries there can even be damage to the joint surfaces within the ankle. With a similar mechanism of injury, particularly if there is low density or weakness of the bones, they could take the brunt of the force, resulting in fracture of the fifth metatarsal on the outside of the foot and/or the fibula on the outside of the ankle. Either of these injuries would make it exceedingly uncomfortable to bear weight on the foot.

A few preventative measures can be key for decreasing the likelihood of incurring an injury on the court. First, it is important to be prepared from a gear standpoint. Proper supportive shoes can help stabilize the feet and reduce certain injuries. Second, preparation from a physical standpoint is important. Ensuring appropriate dynamic stretching and warm up exercises are done before play and saving the static stretches for after the game are valuable for performance and recovery. Diversifying and gradually increasing demands of exercise regimens leading up to competitive seasons can help negate overuse injuries. And finally being realistic with the level of competition can prevent overexertion and accidents on the court.

These or any other pickleball related injuries experienced can have lasting effects. Soft tissue injuries have a tendency to linger and/or recur if they are not treated appropriately, and bony injuries increase the potential for arthritic changes within the afflicted joints. Seeking medical treatment as soon as possible is imperative for a more predictable and speedy recovery.

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

## Joe Altepeter, DPM, AACFAS

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



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# Life at The Terraces at Bonita Springs. It's Wellness. Well Done.

**T**hink of wellness programming at most retirement communities, and boxing classes aren't often top of mind. But at The Terraces at Bonita Springs, they are one of the most popular new fitness offerings – with additional classes already being added.

Is boxing a good workout for seniors? According to Jennifer Meisner, director of lifestyles at The Terraces, it is. "Not only is boxing a phenomenal form of cardiovascular exercise," she says, "but it also improves balance, posture and core strength, which can all be issues as we age."

Physical wellness programs, like the popular boxing classes, are just one component of the wellness-focused lifestyle residents enjoy at The Terraces. "Intellectual, social, emotional, spiritual and nutritional wellness are equally important in helping residents maintain their health, mental skills, and overall quality of life," says Jennifer. "And at The Terraces, we strive to incorporate all aspects of wellness and well-being into everyday life."

Seniors who embrace wellness often see significant benefits in longevity and quality of life. A wellness-focused lifestyle in retirement aids in overcoming issues like depression, reduced mobility, lack of independence, safety concerns, and countless other health issues related to aging.

Each day, residents at The Terraces have opportunities to make healthy lifestyle choices from all perspectives. Here's a glimpse of how wellness is incorporated into daily life:

## Education and Lifelong Learning

While diet and exercise are key components of wellness, there's much more to learn. The Terraces' regularly scheduled classes, workshops and lectures not only address the importance of healthy aging and how to do it, but they also help residents keep their minds active and sharp by encouraging them to explore their curiosity. "Residents love getting together in these relaxed social settings to learn and discuss new things," says Jennifer. "From classes and lectures on language, literature, art, music, ancient and near history, religion, and philosophy, we make sure residents have plenty of opportunities to enrich their minds, find joy in learning, and remain mentally fit."



## Social Activities

Daily social programs and organized activities promote engagement, connection and fellowship while reducing isolation and loneliness. The health risks associated with social isolation are comparable to the dangers of smoking and obesity and can increase mortality by up to 30%. The ever-changing monthly activity calendar at The Terraces is packed with opportunities to build friendships, discover new hobbies, and have a lot of fun. Field trips to local attractions, social hours, parties, dances, book and gardening clubs, and various craft classes are some of the residents' favorite activities.

## Fitness

Physical fitness is a key component of overall wellness and well-being at The Terraces. Each day, residents can participate in a variety of physical fitness classes, including strength and weight training, balance, mobility, chair yoga, swimming, water aerobics, water sports, walking clubs, boxing – and so much more – all designed to encourage and promote active living and good health.

## Healthy (and Delicious) Dining

What you eat matters. Good nutrition helps reduce disease risk and can often lead to improved functionality and a better quality of life. Good nutrition can significantly contribute to deterring the risk for dementia and other conditions such as osteoporosis, heart disease, diabetes, obesity, and immune-related diseases. So it's critically important to eat a balanced diet to maintain a healthy lifestyle – and the Terraces makes it easy. Our award-winning executive chef and culinary team carefully prepare healthy, delicious menus, selecting only the freshest ingredients. The team will always address specific nutritional needs – without sacrificing taste!

## Wellness Tips

By Wellness Coordinator Selena Marable

- **Drink at least half your weight in ounces.** For example, if you weigh 160 pounds, you should drink 80 ounces of water a day. This is essential in keeping the body hydrated, especially during physical activity.
- **Incorporate flexibility exercises into daily life.** It is important to stretch before exercising to warm up the muscles. Stretching can also lessen incidences of injuries.
- **Surround yourself with like-minded people.** This allows you to be your authentic self while enhancing social and interpersonal skills.
- **Say yes – and no.** Be confident enough to say yes, yet in the same sense, do not be afraid to say no and put yourself first.
- **Face your feelings.** Don't ignore or become a victim of emotions by not unraveling them. If you are feeling something, take a moment to understand why.

## Vitality

The Vitality Program at The Terraces promotes overall safety, wellness and independence throughout the entire continuum of care. Program highlights include:

- Daily check-ins and personal help buttons
- Vitality assessment and wellness plans
- Incident, hospital and rehabilitation center follow-ups
- Emergency information updates
- Assistance with community resources

## Where Wellness Is a Way of Life.

A boutique Life Plan Community in Southwest Florida, The Terraces at Bonita Springs embraces wellness-focused living in all aspects of daily life, whether a resident lives independently or in our assisted living, memory support or skilled nursing communities.

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# How to Discuss Long-Term Care and Diminished Capacity with Your Children

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

**L**ong-term care and diminished capacity are critical topics that every family must tackle. While these can be sensitive subjects to discuss, parents who provide their children with insight help secure the financial future of the entire family.

## *Recommendations for starting the conversation with your children*

**What are the events that would trigger a long-term care or diminished capacity plan?**

Have an open and honest conversation with your children about the life stages and events that would activate a plan to address long-term care needs or diminished capacity. Discuss specific health scenarios — for example, does your family have a history of degenerative illnesses, such as Alzheimer's?

**What are your long-term care preferences, and which option might be right for you?**

Be vocal with your children regarding your long-term care preferences, and inform your advisor of those preferences. Whether you choose in-home care, living with a relative or an assisted living facility, having the conversation now will ensure an easy transition later.

**Have you created the appropriate legacy and estate planning documents?**

Remember that some decisions require formal documents to be created—such as a will or a trust.

**Where are your important documents located? Are they all up-to-date?**

Important documents range from property deeds to credit card statements, from insurance policies to retirement plan information. Be sure you keep your important documents up to date, and talk to your children about how and when to access them.

**Who are your and your adult children's emergency contacts? Who has financial and healthcare power of attorney?**

Identify which of your children or family members should serve as your emergency contact, as well as who should hold the power to make financial and healthcare decisions on behalf of you and your adult children. Talk to them about your specific wishes in the event of a medical emergency or death.



**What are the ongoing financial responsibilities and priorities that your children will take on?**

Be specific about the recurring financial duties that your children must handle on your behalf. Consult with your advisor to create a detailed list of monthly, quarterly, and annual financial responsibilities. If you have specific goals— for example, college savings—now is the time to discuss.

**What are your preferences for communicating with and involving your advisor in financial decisions?**

Your financial advisor has a full view of your family's finances and plays an essential role in helping you plan for the future. Sit with both your children and your advisor to agree on the involvement and responsibilities of your advisor as you age.

**How often will you revisit this conversation?**

Work with your advisor to create a timeline and schedule regular financial touchpoints.

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

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# SETTING BOUNDARIES ON HOLIDAY STRESS

By Dr. Leonard A. Lado, MD, ABPN

**W**henver something is important to those we love, we direct our energy toward creating the perfect experience for them. But often there are elements out of our control — including finances, past and present relationships, health, and current events — that interfere with our vision of the perfect holiday season.

When we set high expectations, we can feel stressed and unhappy when we don't meet them. We may feel as if we have let down the people we love most. Realistic expectations are the key to happiness year-round, but especially during the busy holiday season. Make it a priority to spend time with those you love over focusing on the details.

Don't try to recreate 'perfect' holidays from years past. People change, and holidays can change right along with them. Make every season new and special in its way. Reflect on the "lessons learned" from dealing with the pandemic and bring that sense of meaning into the holiday time.

Don't take too much on yourself. It's a good idea to delegate and let people help. Ask your children to decorate the front yard with Christmas lights and give them free rein on how they want to do it. Ask your dinner guests to each bring a favorite dish over the holidays and share stories about those dishes. Enlist your partner's help in wrapping presents. Even if it's not done perfectly, it's something you can do together, and you'll be done in half the time.

Be gracious when dealing with uncomfortable events or relationships. We can only take responsibility for ourselves. Our friends, family, and loved ones also have this responsibility. We don't have control over their choices or if they don't choose what we think is "right." This is where grace comes in. Focus on the people, the relationships, and the time-limited nature of the holiday season.

Accept some moments of stress and negativity that can come up. It's not realistic to think that the holiday season will be completely stress-free. The reality is that life is going on around us all the time. When difficult situations arise, acknowledge your feelings, try to be patient with yourself and others, and refocus your mind on the bigger picture: what you're truly grateful for this holiday season.



During the holidays there is a desire to go above and beyond to make everyone else happy. Don't lose yourself by taking on too much. Making sure we are setting boundaries during the holidays can be good for maintaining our mental health and staying positive. Boundary setting entails taking ownership of what you can and cannot do and being able to no to the things that overwhelm and stress you.

Identify what you are comfortable with and stick to that. Put a calendar in a visible place and as those appointments and boxes start to fill in, prioritize what makes you and your family the happiest. Sounds easy enough, but how can we put boundary setting into practice? Open and honest communication early on can be the necessary step toward a happy holiday.

It can feel great to host grandparents, extended family, or friends during the holidays, but having visitors in your home can also throw your normal routine off schedule. Suddenly, your kids are getting more screen time than you'd typically allow, bedtime has shifted to an unseemly hour and the children are getting late-night treats from grandma. Parents will need to set boundaries with visitors. Sometimes you must set boundaries with your parents to keep the boundaries you have established for your children in place.

Talk with your guests ahead of time so there aren't any surprises when they arrive. Let them know what the schedule is going to look like and why that

is in place. Saying why something is important sometimes gets missed in the conversation but explaining the reasoning can help make sure the boundary is upheld. Think about what anticipated issues may come up so you can start talking about them. If your child is on a schedule, parents, and grandparents, and all guests in your home need to know up front and respect that boundary.

It's never too early to start teaching children how to set their own boundaries. On the note of hosting guests, just because someone is a relative or staying in your home does not mean physical touch boundaries change. Do not try to force things or tell children they must hug or kiss someone just because you do. Children need to be in control of their own bodies. Ensure your child understands what consent means and that they know you will support them if they don't want to hug someone. If a child isn't comfortable with a person, respect that and make sure they know you support them.

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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# NEOWAVES – FINALLY You Can Say Goodbye to ED

Alejandro Miranda-Sousa, M.D.

**O**ur office specializes in the treatment of Erectile Dysfunction through the use of low-intensity shock wave therapy. Our method is a scientifically proven, non-invasive procedure that uses focused sound waves to increase blood flow to the penis, optimizing erections, sensitivity and sexual performance.

## What Are Some of the Causes of Erectile Dysfunction?

Most men who suffer from ED have vascular issues that affect blood flow to the penis. By utilizing low-intensity focused sound waves, our method can repair aged blood vessels, stimulate the growth of new blood vessels and remove decades of micro-plaque that's been built up over time.

## Are There Any Side Effects or Pain Associated with the Treatment?

There are no side effects from our treatment. More importantly, it is completely painless, and non-invasive as well. Patients can resume their normal activities, including sexual activity following each treatment session.

## How Many Sessions Are Required for a Patient to Achieve Optimal Results?

Our office follows European protocol and guidelines, which based on a series of clinical studies and trials recommends a total of 6 sessions, over the course of six weeks. On average, patients will start noticing results after the third or fourth treatment.

## Is there a Difference Between Radial and Focused Shock Waves?

Absolutely. Radial Shock Waves are released into the tissue and radiate within, affecting a larger area than a Focused Shock Wave does, yet not penetrating as deeply as a Focused Shock Wave. As a result, Radial Wave therapy is more beneficial for treating superficial injuries and areas that benefit from tissue stimulation such as muscles



and backs. On the other hand, the energy delivery of a Focused Shock Wave is precisely controlled, the focal size is constant and penetrates a lot deeper than Radial Shock Waves do. Due to the purpose of our treatment being able to remove decades of micro-plaque, we must use a machine that uses high-frequency, focused energy that will do precisely that.

## How Does it Work and How Long Will the Benefits Last?

The Neowaves procedure breaks up plaque formation in blood vessels and stimulates the growth of new blood vessels in the penis. This process, called neurogenesis, increases blood flow to the penis, improves sexual function and enhances sensitivity in the penis. In addition, our procedure activates the growth of new nerve tissue in the penis. Effects from the treatment have been scientifically proven to last at least 2-3 years, although this can vary dependent of individual health and lifestyle habits.

## Is Your Equipment FDA Approved?

Yes! Our machine is FDA approved and uses state-of-the-art technology. More importantly, it is

a multi-purpose device that has been tested and proven to work in several other medical fields, including orthopedic medicine, urology, anti-aging treatments and wound healing.

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# Hormone Replacement Therapy (HRT) and Dementia

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

**H**ormone replacement therapy involves the supplementation of hormones, typically estrogen and/or progesterone, but testosterone may also be used. The type of hormone used will depend on the end-goal of the therapy. It's also possible for a combination of hormones to be administered during HRT, with application methods including tablets, gels, patches, or creams.

## Who Benefits from Hormone Replacement Therapy?

HRT is most commonly used for women going through menopause. Menopause is a transition every woman goes through where hormone levels change from what the body previously experienced.

The hormones estrogen and progesterone typically fluctuate on a monthly cycle, leading to a menstrual cycle. However, once women enter their 40s, their levels of estrogen and progesterone may begin to decline, resulting in irregular periods, hot flashes, and other symptoms of menopause. This time period, which lasts, on average, for seven years, is termed the perimenopause phase.

Following perimenopause is menopause, which has an average age of onset of 52 years and begins 12 months after someone's last period. It is at this point that the symptoms of menopause may increase. Once someone enters menopause, HRT can begin to help with the negative symptoms that they may be experiencing.

Some people may want to take HRT because they experienced the transition into menopause early. This can occur due to a variety of reasons such as:

- surgical removal of the ovaries, uterus, or both
- genetic or chromosomal factors
- cancer
- autoimmune disease
- smoking

While not every person who goes through menopause will need HRT, some people may experience distracting or troubling symptoms, which HRT can help with. This then allows them to go about their life and daily activities more easily.



Some of the symptoms of menopause that HRT may help with include:

- sleep problems
- night sweats and hot flashes
- vaginal dryness
- urinary problems
- mood changes
- osteoporosis
- irregular periods
- difficulty concentrating
- thinning hair

In addition to the symptoms of menopause, other studies have suggested that HRT may help reduce the risk of heart failure and heart attacks, improve muscle function, and prevent skin aging. However, these observations are still under scrutiny and require more research to confirm these benefits.

## Side Effects of HRT

Most of the side effects of HRT disappear after only a few weeks. They can include:

- headaches
- breast tenderness
- indigestion
- vaginal bleeding
- bloating
- depression
- mood changes
- migraines
- leg cramps
- acne
- nausea
- back or abdominal pain



However, one long-term side effect of HRT that you may commonly hear associated with HRT is that it increases the risk of developing dementia, which is a condition that causes memory loss and a decline in cognitive functioning. Let's take a closer look at the claims to this statement to see if there is any validity behind them.

## Can HRT Cause Dementia?

The answer to this question is not very straightforward. Let me explain. A study analyzed 84,739 women from Finland and found that, of the women who started HRT with both estrogen and progesterone before they turned 60, their risk of Alzheimer's disease was 17% higher than in women who did not have HRT. The risk is smaller, only 9%, in women who had a hysterectomy and then started estrogen HRT. In addition, these observations were only found in women who took HRT for longer than ten years.

The numbers have a wider range for women who start HRT after the age of 60, with a risk of Alzheimer's that is 15-38% higher. In addition, women in this group only need to be on HRT for 3-5 years before seeing these statistics.

Yet another study, the *Women's Health Initiative Memory Study*, found that undergoing HRT substantially increased the risk of developing dementia.

Between these two studies, it seems likely that HRT can increase the risk of dementia, right? Well, other studies have found conflicting evidence.



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A study of women in the UK found no increased risk of developing dementia with HRT usage. This study found that the percentage of women who developed dementia was the same no matter the dose, hormone type, or duration of HRT. The percentage of women who had used HRT with and without dementia was 14% for both groups, showing no increased risk. [3]

Other studies have found no relationship or even a decreased risk of Alzheimer's with HRT. So, the relationship between HRT and dementia requires further investigation to determine the true nature of these conflicting results.

### The Role of Hormones in Dementia

Dementia occurs in more women than men, and while the exact reasoning behind this is unknown, it is speculated that it has something to do with the hormone estrogen. As we know, during menopause, the amount of estrogen in a woman's body decreases. In comparison, men continue to produce the same amount of testosterone throughout their lives, which can be converted to estrogen by the body's brain cells. Meaning, women who have gone through menopause have lower estrogen levels in their brain than men who are the same age. Again, this may lead to the development of dementia, but not enough research exists to back it up.

However, if this is a cause of dementia, then reasoning would suggest that hormone replacement therapy would then be able to prevent dementia since it helps with the lack of estrogen. Evidence to support this is contradictory though, as we saw. Because of this, the relationship between HRT and dementia risk requires further investigation, including more inclusive observational studies and a deeper understanding of the role of hormones in dementia development.

### Final Remarks

While these conflicting results may seem concerning if you are considering HRT, there is no definitive proof that HRT causes dementia; we have only situational studies that set out with the goal of proving a link between HRT and dementia, possibly skewing the results in their favor. It is likely that these results are purely by chance or due to another factor not measured by the study.

Still, as with all treatments, it is best to talk to your doctor about the associated risks and potential side effects before beginning. HRT can be beneficial to some individuals, so you should not let the incomplete research sway you against HRT entirely, especially since there are many benefits to the treatment.

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
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# Mistletoe: It's not just for kissing under

**R**oot Causes is proud to announce that we are now offering Mistletoe injections and IV's to address various conditions Like Lyme and Epstein Barr, cancer treatment side effects, and several other conditions.

There is a lot of research on the effectiveness of mistletoe and various conditions and illnesses. We are working with Believe Big and we are excited to offer this therapy that is very well established in Europe and in integrative medicine in the US, and it is now becoming mainstream.

*The following information is provided by The American Cancer Society:*

## What is mistletoe?

Mistletoe is a semiparasitic plant that grows on trees, such as apple, oak, maple, elm, pine, and birch. It has been used for hundreds of years to treat medical conditions such as epilepsy, hypertension, headaches, menopausal symptoms, infertility, arthritis, and rheumatism.

Mistletoe is one of the most widely studied complementary and alternative medicine therapies for cancer. In Europe, mistletoe extracts are among the most prescribed therapies for cancer patients.

## Immunity Issues

With issues like Epstein Barr, Rheumatoid arthritis, and other autoimmune disorders, mistletoe helps to calm the immune system.

## Immunity Details

Adaptive and innate immunity are essential to how your body protects you against foreign invaders. Your adaptive immunity is within your tissues and has memory as to how if fought off infections and illnesses from the past. Your innate immunity is how well your body fights off a new infection by utilizing antimicrobial and host defense peptides. T Cells are lymphocyte immune cells or white blood cells that originate from our bone marrow and help fight off pathogens. These T Cells work directly with B cells to create y-shaped antibodies (immunoglobulin) that connect to the pathogen and destroy it. The problem is that many people have a weakened immune system that is not able to fight



off these pathogens. The other issues is that many of us are in a hyper-state of inflammation and our own antibodies start attacking our healthy organs and tissue. This is the basis of autoimmune dysfunction.1

Cytokines are a diverse group of small proteins that are secreted by cells for the purpose of intercellular signaling and communication. Specific cytokines have autocrine, paracrine, and/or endocrine activity and, through receptor binding, can elicit a variety of responses, depending upon the cytokine and the target cell. Among the many functions of cytokines are the control of cell proliferation and differentiation and the regulation of angiogenesis and immune and inflammatory responses. 2

## How are mistletoe extracts given?

At Root Causes Holistic Health & Medicine, mistletoe extracts are usually given by intravenous or IV Injection.

*If you are interested in mistletoe injections or other IV nutrients, please call us today at (239) 347-9234.*

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## Root Causes Holistic Health & Medicine

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



## Doreen DeStefano, NHD, APRN, DNP

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

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

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



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# Cervical Health... Make it Part of Your End of the Year Check Up

By Murilo Lima, M.D.

All women are at risk for cervical cancer. It occurs most often in women over age 30. Long-lasting infection with certain types of human papillomavirus (HPV) is the main cause of cervical cancer. HPV is a common virus that is passed from one person to another during sex. At least half of sexually active people will have HPV at some point in their lives, but few women will get cervical cancer.

Screening tests and the HPV vaccine can help prevent cervical cancer. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life.

## Risk Factors:

Almost all cervical cancers are caused by human papillomavirus (HPV), a common virus that can be passed from one person to another during sex. There are many types of HPV. Some HPV types can cause changes in a woman's cervix that can lead to cervical cancer over time, while other types can cause genital or skin warts.

HPV is so common that most people get it at some time in their lives. HPV usually causes no symptoms so you can't tell that you have it. For most women, HPV will go away on its own; however, if it does not, there is a chance that over time it may cause cervical cancer.

## Other things can increase your risk of cervical cancer:

- Having HIV (the virus that causes AIDS) or another condition that makes it hard for your body to fight off health problems (Immunosuppression).
- Smoking.
- Early onset of sexual activity.
- Using birth control pills for a long time (five or more years).
- Having given birth to three or more children.
- Having several sexual partners, or a high-risk sexual partner.

## The HPV Vaccine is the BEST way to reduce your risk:

The HPV vaccine protects against the types of HPV that most often cause cervical, vaginal, and vulvar cancers.



- HPV vaccination is recommended for preteens aged 11 to 12 years but can be given starting at age 9.
- HPV vaccine also is recommended for everyone through age 26 years, if they are not vaccinated already.
- HPV vaccination is not recommended for everyone older than age 26 years. However, some adults aged 27 through 45 years who are not already vaccinated may decide to get the HPV vaccine after speaking with their doctor about their risk for new HPV infections and the possible benefits of vaccination. HPV vaccination in this age range provides less benefit, as more people have already been exposed to HPV.

HPV vaccination prevents new HPV infections but does not treat existing infections or diseases. This is why the HPV vaccine works best when given before any exposure to HPV. You should get screened for cervical cancer regularly, even if you received an HPV vaccine.

## Yearly HPV Screenings are Important:

The Pap test and the HPV test can help prevent cervical cancer or find it early.

- The Pap test (or Pap smear) looks for precancers, and cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The HPV test looks for the virus (human papillomavirus) that can cause these cell changes.

## When to Get Screened:

You should start getting Pap tests at age 21. If your Pap test result is normal, your doctor may tell you that you can wait three years until your next Pap test.

## If You Are 30 to 65 Years Old

Talk to your doctor about which testing option is right for you:

- A Pap test only. If your result is normal, your doctor may tell you that you can wait three years until your next Pap test.
- An HPV test along with the Pap test. This is called co-testing. If both of your results are normal, your doctor may tell you that you can wait five years until your next screening test.

## If You Are Older Than 65

Your doctor may tell you that you don't need to be screened anymore if:

- You have had normal screening test results for several years, or
- You have had your cervix removed as part of a total hysterectomy for non-cancerous conditions, like fibroids.

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By Dr. Melissa Houston

**T**he year 2023 will be here in just a few weeks. How do you plan to start your New Year? It's a great time to finish things that you've started. Do you have college credits but for one reason or another, you didn't earn a college degree? Does the idea of spending years to graduate make you think that diploma and the career doors it could open for you, is just a dream?

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*Dr. Melissa Houston is the lead faculty for The Wheel bachelor's in organizational management degree at Hodges University.*



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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 RANG

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

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\*OFFER EXPIRES ON DECEMBER 31, 2022.

*Free cataract screening is conducted by a technician. Following your screening, it may be recommended to schedule a cataract evaluation, which would be conducted by a Quigley Eye Specialists ophthalmologist.*

\*A screening does not replace an exam with an optometrist or ophthalmologist. Evaluations are not free. Free screenings are limited to one per person. THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.



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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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Chief Medical Officer



**Lyndsay Henry, PhD**  
VP of Clinical Services



**Dr. H. Layman**  
Psychiatrist



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# CATARACTS: YOUR TREATMENT OPTIONS

By Duane Wiggins, M.D.

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

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

## What are the symptoms?

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

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

## How did I get Cataracts?

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

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

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

## How do I treat my Cataracts?

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

## About Quigley Eye Specialists

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



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

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

## What is an IOL?

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

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

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

## Which IOL is Best for Me?

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

## Cataracts with Astigmatism

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

## Laser Cataract Surgery

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

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

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

## References:

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



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[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).**



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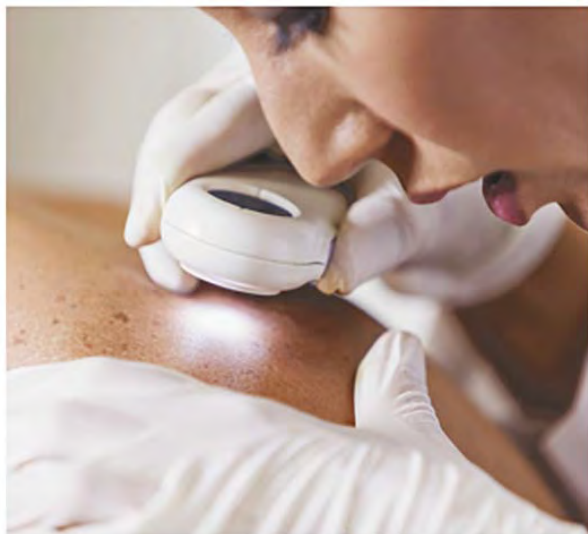


# Happy Holidays:

## Why it's Important to See Your Dermatologist This Season

By Joseph Onorato, MD, FAAD

**E**ven though it's the holidays and are schedules are packed a little more tightly, that's no excuse to put off your dermatology appointments.



Every hour a person dies of melanoma, and this year alone, over 76,000 new cases of melanoma will be diagnosed. On average skin cancer screenings take about 10 minutes, which could potentially save your life.

Along with the unfortunate diagnosis of melanoma, there are many other concerns and cancers that can be detected in your dermatologist's office with a thorough, proper, skin cancer screening. On a regular basis, you should have a screening at least once a year. And, because some forms of skin cancer grow very rapidly, if you are experiencing any new forms of lesions, bumps, moles that are of concern, you should schedule a dermatology appointment immediately.

Skin cancer is often on the scalp, ears, bottom of the feet and other areas that usually go undetected by patients. That is why it's imperative to see your dermatologist regularly. However, if you do notice changes in your skin, don't wait.

Make an appointment immediately, as skin cancer can proliferate rather quickly.

The symptoms to look for in moles or lesions are outlined in this simple acronym, ABCDE:

- A—Asymmetry
- B—Border Irregularity
- C—Color-Variiegated or a Halo Effect
- D—Diameter (>6 mm)
- E—Evolving

In Addition to the symptoms above, there are supplementary signs to look for, which include:

- A—Amelanotic (Pink or Red Lesion)
- B—Bleeding/Bump (Raised Lesion)
- C—Color Uniformity
- D—De Novo Development (A New Development <6mm)

Schedule your dermatology appointment now to make sure that you are maintaining healthy skin, and if anything is abnormal, getting an early diagnosis is critical for optimal treatment.

Schedule a consultation today at SWFL Dermatology Plastic Surgery & Laser Center online or by phone at 239-500-SKIN.

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SWFL Dermatology is an extension of All Island Dermatology Plastic Surgery MedSpa & Laser Center - a leader in providing skin care to its patients in the greater Garden City and Glen Cove communities in Long Island, NY since 1995.

We are proud to join the Southwest Florida community and welcome the opportunity to service its residents as well as all of its visiting snow-birds.

Our Mission is to establish and maintain a practice built on positive patient relations and patient satisfaction.

SWFL Dermatology is an Affinity Member of the Naples Zoo and is proud to support the Zoo in its endeavor to inspire people of all ages to respect, value and conserve wildlife and our natural world.

We are also a member of the Naples and Bonita Springs Chambers of Commerce and support their efforts to foster local business advancement in helping make Southwest Florida one of the best communities to live, work in, and visit.

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### Founder & Owner

**Joseph Onorato, MD, FAAD**

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

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# THE UNSEEN SIDE OF PTSD AND HOW MEDICAL MARIJUANA CAN HELP

**A**lthough PTSD is a psychiatric disorder routinely associated with wars, violent crime, and physical trauma — it's increasingly tied to natural disasters like Hurricane Ian, the COVID-19 pandemic, and even relationship breakups.

From increased sleep to reduced stress, medical marijuana is a leading treatment as the world navigates a changing environment. Read along as we discuss how medical marijuana can assist with the unseen side of PTSD to improve the lives of thousands of Floridians.

## What is PTSD?

PTSD (post-traumatic stress disorder) is a psychiatric disorder affecting over 3 million individuals annually.

The condition begins after a traumatic event, such as a soldier's experience on the battlefield or witnessing a violent crime. Overall, individuals who experience PTSD have flashbacks of the event, producing extreme sensations of anxiety, depression, stress, insomnia, and other adverse effects.

However, trauma is a broad experience and may encompass many different experiences. With a more comprehensive understanding of traumatic events, researchers find that many individuals are at increased risk of experiencing PTSD.

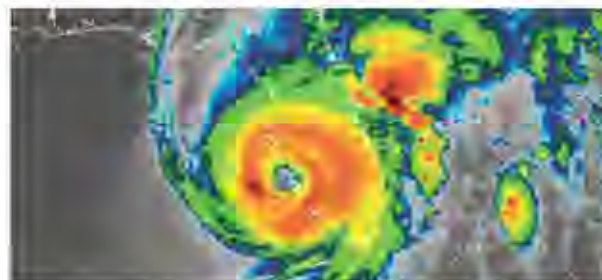
Below, we'll discuss three significant causes of PTSD that are not commonly associated with the psychiatric disorder.

## Natural Disasters and PTSD

Scientists sound the alarm as hurricanes, drought, fires, and flooding increase in severity and frequency.

As climate change alters the landscape and weather, it also negatively impacts individuals living in at-risk areas. For example, studies show destructive hurricanes leave not only destroyed communities but battered individuals with an increased likelihood of PTSD.

Whether an individual is hurt or not, viewing the destruction of a natural disaster is extremely stressful and can lead to trauma. However, as natural



disasters increase in frequency (i.e., fires, hurricanes, and tornados), individuals are at risk for chronic trauma, leading to prolonged feelings of PTSD.

From Hurricane Ian in Florida to the August Complex Fire in California, millions of individuals are at heightened risk for natural-disaster-related PTSD.

The figures found during studies are staggering: 30-40% of individuals who experience natural disasters have PTSD. In comparison, roughly 5-19% of the general population experienced PTSD unrelated to natural disasters.

Ultimately, the increasing rate of natural disasters caused by worsening climate change pushes more individuals toward PTSD. From physical environmental effects to psychiatric disorders, the world is experiencing a dual problem that may worsen as world leaders fail to implement sound climate-friendly policies.

## COVID-19 and PTSD

Another primary culprit for PTSD is the COVID-19 pandemic.

COVID reached every inch of the globe and left no stone unturned in its nearly three-year existence. With almost 7 million deaths and countless cases, COVID has affected the world's entire population.

One of the most concerning aspects of COVID-19 is its prevalence of increased chances of PTSD. Grief, illness, isolation, financial loss, and other stressors are the hallmark effects of COVID-19, and researchers are finding that 30% of individuals studied suffered from PTSD related to the pandemic.

Ultimately, the pandemic shows an unseen side of PTSD because it's occurring due to the overall results of COVID-19. Researchers are finding how deep the pandemic has reached regarding community exposure to PTSD, from school closures to long-term isolation.

## Relationship Breakups and PTSD

From a sudden breakup to a prolonged divorce, the end of a relationship can cause PTSD.

Relationship breakups produce feelings of anxiety, depression, and insomnia — core components of PTSD. Furthermore, PTSD can be exacerbated if the relationship is abusive, resulting in complex trauma. Traditionally, PTSD was attributed to direct traumatic events. However, researchers are finding high-stress emotional events such as the end of a relationship to fall into PTSD territory.

## How Medical Marijuana Can Assist PTSD

For years, anecdotal evidence from veterans pointed towards cannabis as a helpful substance for relieving PTSD symptoms.

Now, scientists have produced hard evidence that medical marijuana can, in fact, assist with PTSD. Research shows that multiple cannabinoids, such as THC, CBD, and nabilone (THC analog), improve quality of life by reducing PTSD-related symptoms.

## Medical marijuana and hemp are known to promote the following:

- Improved sleep
- Reduced stress
- Decreased anxiety and depression
- Increased social bonding
- Elevated mood

Although there are a few known side effects, such as dry mouth, headaches, and red eyes, the pros outweigh the cons.

Overall, medical marijuana is an effective and therapeutic substance that can relieve a variety of symptoms associated with PTSD. By alleviating multiple symptoms, individuals can start the path toward a life free from PTSD.

## Why PTSD Patients are Beginning to Try Medical Marijuana Compared to Traditional Antidepressants

Although traditional antidepressant and anti-anxiety treatments exist, many patients with PTSD do not want to consume pills that alter their brain chemistry. Due to this, medical marijuana has become a popular option for individuals with ongoing PTSD.



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# Shopping for the Best Incontinence Underwear?

There Might be a Better Solution

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

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

## What is Overactive Bladder?

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

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

You may be suffering from overactive bladder if:

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

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

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

## What is Axonics Therapy?

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

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

## What are the benefits of Axonics Therapy?

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

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

### Clinically proven results:

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

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

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\*50% or greater reduction in symptoms

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# SHOULDER PAIN & INJURIES CAN BE HEALED WITHOUT SURGERY

By Dr. Sebastian Klisiewicz, D.O.

## PLATELET RICH PLASMA (PRP) OR BONE MARROW STEM CELLS MAY BE THE ANSWER

**T**he shoulder is a complex joint with many moving parts. It has more mobility than any other joint in the body, and because of this it is vulnerable to injuries and chronic pain. Conditions such as tendonitis, rotator cuff tears and arthritis are common in the shoulder, often leading to pain, weakness and a limitation of function. Unfortunately, many people just bare the pain without seeking medical care. Often they are scared that surgery or medications are their only options. But there is another option, latest research has shown that Regenerative Medicine can heal the shoulder and stop the pain.

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

Traditional treatment for most shoulder conditions typically involves physical therapy, steroid injections or surgery. Physical therapy is a great first line treatment, but often it is inadequate by itself to treat many shoulder conditions. Steroid injections are frequently offered as the next step. Unfortunately, these only mask the pain and come with an array of unwanted side effects. Steroid injections can actually weaken the tendons and ligaments and increase the progression of tendon tears and arthritis. Surgeries such as a rotator cuff repair or a joint replacement are often offered as "the only option left". These are serious medical procedures with long recovery times and potentially serious complications. Luckily for shoulder pain sufferers, there is a new non-surgical option that is natural, safe and effective.

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

The shoulder, like all other tissues in our body, can heal naturally without surgery. It can do so with the right stimulus and a proper healing environment. Regenerative Medicine injections with Platelet Rich Plasma (PRP) or Bone Marrow Stem Cells are that stimulus that can start the healing process. When Regenerative injections are combined with physical therapy and proper nutrition, the torn tendons, ligaments and cartilage can actually heal. This can resolve pain and restore normal function, without surgery or other toxic medications!

PRP or Stem Cells can be thought of as a gift from your own body as they stimulate the body's natural immune system to help you heal. PRP is a solution



of concentrated platelets made by spinning your own blood in a centrifuge. The platelets are packed with growth factors that kick start the healing response. Stem cells are the "master orchestrators" of regeneration. They sense the environment and release growth molecules that stimulate tissue healing and decrease inflammation. The best and most studied stem cells for orthopedic conditions are safely obtained from the bone marrow of the pelvis. Unlike other "stem cell like" products, these are **real living cells** that come from your own body.

The choice of using PRP or Bone Marrow Stem Cells is based on the severity of the injury and other physiologic factors. These products are carefully injected into the injured area under ultrasound guidance. Once injected, they stimulate regeneration of tendons, ligaments and joint cartilage. This increases joint stability, decreases pain and improves overall function. Regenerative Medicine injections with PRP or Stem Cells don't just mask the symptoms, they heal the shoulder and provide long term results.

### An Integrated Team Approach Provides Best Results

The most effective way to treat shoulder pain and injuries is to combine Regenerative Medicine injections with specialized physical therapy and proper nutrition. The injections stimulate the healing, but specific therapeutic exercises and manual therapy support the healing process. A well-balanced diet that is rich in fruits, vegetables and high-quality proteins can also support tissue regeneration and decrease unwanted inflammation. Sometimes specific nutritional supplement may also be needed to prepare the body for the healing journey.

At Integrative Rehab Medicine, we specialize in non-surgical ways to heal the body. Our medical and therapy staff are highly trained in the most advanced Regenerative techniques to help you heal, eliminate pain and restore function. We are leading experts in the use of PRP and Bone Marrow Stem Cells in Southwest Florida. If you are tired of pain stopping you from living the life you want to live, schedule your consultation today and find out if PRP or Stem Cells can help you get your life back.

### 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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# Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

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

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

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

## The primary symptoms of PKD are as follows:

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

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

## PKD Treatment

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

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

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

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

## Associates in Nephrology

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

## Chronic Kidney Disease Program

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

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

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

## Services Provided

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

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

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

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# Game Changer:

## Allergy and Asthma Infusions and Injections at Sage

### Allergies and Asthma

Allergies and asthma are two of the most common chronic diseases in the United States. Asthma is a respiratory condition that causes the airway to narrow and makes breathing difficult. Asthma affects 1 in 13 Americans, as many as 6 million of those are under the age of 18. A wide range of factors can trigger symptoms for the 50 million Americans who live with indoor and outdoor allergies.

What many people may not realize is the link between the two conditions, which often occur together. If you experience either condition, you can benefit from learning about how they are related. Doing so will help you limit your exposure to triggers and treat your symptoms.

Many people experience one condition without the other, but allergies can either worsen asthma or trigger it. When these conditions are so closely related, it's known as allergy-induced, or allergic, asthma. It is the most common type of asthma diagnosed in the United States. It affects 60 percent of people with asthma.

Many of the same substances that trigger allergies can also affect people with asthma. Pollen, spores, dust mites, and pet dander are examples of common allergens. When people with allergies come into contact with allergens, their immune systems attack the allergens the same way they would a bacteria or a virus. This often leads to watery eyes, runny nose, and coughing. It can also cause a flare-up of asthma symptoms. Therefore, it can be helpful for people with asthma to closely watch the pollen count, limit time spent outside on dry and windy days, and be mindful of other allergens that may induce an asthmatic reaction.

Family history affects a person's chances of developing allergies or asthma. If one or both parents have allergies, it's much more likely that their children will have allergies. Having allergies such as hay fever increases your risk of developing asthma.

At Sage Infusion, we are committed to helping you have a better quality of life. These asthma and allergy injections and infusions are some of our best-performing treatments to improve your symptoms and allow you to get back in the game.



- **Tezspire (tezepelumab-ekko)** is an add-on, prescription maintenance treatment for patients aged 12 years and older with severe asthma. TEZSPIRE works to target and block the alarmins released by your lungs by asthma triggers. The treatment helps to proactively reduce the inflammation which can lead to asthma attacks. TEZSPIRE is an injection that's administered once every 4 weeks.

- **Xolair (omalizumab)** for subcutaneous use is an injectable prescription medicine used to treat moderate to severe persistent asthma in people 6 years of age and older whose asthma symptoms are not well controlled with asthma medicines called inhaled corticosteroids. A skin or blood test is performed to see if you have allergies to year-round allergens. Xolair treats nasal polyps in people 18 years of age and older when medicines to treat nasal polyps (nasal corticosteroids) have not worked well enough.

Xolair treats chronic idiopathic urticaria (CIU, chronic hives without a known cause) in people 12 years of age and older who continue to have hives that are not controlled with H1 antihistamine treatment. Xolair is given in 1 or more injections under the skin (subcutaneous), 1 time every 2 or 4 weeks.

- **Nucala (mepolizumab)** is an add-on, prescription maintenance treatment for patients 6 and older with severe eosinophilic asthma. NUCALA is a different kind of treatment for severe asthma. It's an injection you get every 4 weeks. When added to your current asthma medications, NUCALA may decrease airway inflammation that can cause severe asthma attacks. NUCALA targets eosinophils, one source of inflammation, so it treats more than just your symptoms of severe asthma. Eosinophils are a normal part of your immune system, but in higher numbers, they can cause inflammation. NUCALA helps reduce eosinophils in the blood, so it treats a source of severe asthma, not just the symptoms.

- **Fasenra** is an add-on maintenance treatment for patients 12 and older with severe eosinophilic asthma. Fasenra helps prevent severe asthma attacks

(exacerbations) and may improve breathing. Fasenra works differently from an inhaler or steroid. It is designed to target and remove eosinophils, a key cause of asthma. Fasenra has been studied in a robust clinical trial program in severe eosinophilic asthma and worked better than standard asthma treatments alone. Fasenra has been proven to reduce asthma attacks by up to 51% and lowers daily steroid use by 75%.

- **Prolastin-C** is an augmentation therapy that has been proven to effectively raise alpha1-antitrypsin protein levels in patients with Alpha-1. It is a concentrated form of the protein alpha1 antitrypsin that is purified from human plasma, the fluid part of your blood. Alpha1-antitrypsin deficiency (alpha-1) is a rare genetic disease often called "genetic COPD" because it can be passed down through families. If you have alpha-1, your body does not make enough alpha1 antitrypsin, a protein that protects your lungs. Prolastin-C involves a lifelong, weekly infusion that takes approximately 15 minutes when given at the recommended rate.

At Sage Infusion, we want you to breathe easier and provide you a serene and inviting environment to receive your treatments. Sage Infusion also eases your medical burdens by handling the care coordination process, including insurance authorization and patient progress updates. Our flexible scheduling meets our patient'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 private room.

With locations in Fort Myers, Clearwater, Orlando, Sarasota, Tampa, and The Villages (coming early 2023), Sage Infusion offers the best infusion and administration facilities in the Sunshine State. At Sage Infusion, we've reimaged 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 to get the care and support needed to maintain the best health possible.



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# C5 Nerve Masquerading as Shoulder Pain

By Dale Segal, MD

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

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

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

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



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

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

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



**Dale Segal, MD**

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

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

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# Caregiving: The Good and The Not-so Good

## The Role of a Caregiver

By Cynthia Perthuis, CDP, CADDCT, CSA

A caregiver is a person who takes care of someone who, because of an illness, disability, or injury, is experiencing difficulty in caring for him or herself. The scope of caregiving is virtually limitless. Caregivers can assist with or perform almost all of the activities of daily living. They pick up the mail and help get the bills paid. They give baths and change adult briefs. They deal with endless medical issues like searching providers, scheduling appointments, researching diagnosis, battling insurances, as well as organizing and administering medications. They cook and clean and provide meals. Most of the time, they do all of this with the hopes of making someone's life easier or better. It can be a 24/7 undertaking and the pay is either low or non-existent.

There is a high level of stress involved in taking care of another person. The stress can be both physical and mental. The demands of caregiving on the mind and the body can take their toll on even the most willing and devoted family member. However, trying to balance your needs with those of the person you are caring for is essential. Studies have shown that family caregivers suffer from depression quite often. In fact, 67% of caregivers die before the person for which they care. Additionally, studies also show that neglecting your own mental health will negatively affect your loved one.

**Here are some helpful tips to manage your own mental health:**

1. **Don't diminish your work and all that you do.** What you are doing makes a real difference in the life of your family member. You are giving them a tremendous gift. Embrace the importance of your role.
2. **Remain involved in the outside world.** Continue to do hobbies that you've always enjoyed. Stay connected to friends and other family members. You may not find the same amount of time as you used to, but even 30 minutes once a week can make a big difference in your own mental health.
3. **Celebrate the good days.**
4. **When the days are really hard, remember that it doesn't mean you're doing it wrong. It's just hard.**



5. **Control what you can and let the rest go.**

6. **Ask for help.** People want to help, but they don't always know how. Find something other people can do for you and then ask them. They may say no, or they may not do it exactly as you would like them to do, but you'll never know if you don't ask.

7. **Find someone to talk to.** You may need a counselor or just a close friend but be sure there is someone you can talk to about your situation.

8. **Treat yourself.** Go do something you enjoy when you have the opportunity. This might be 15 minutes of silence, going for a walk or watching your guilty pleasure. Whatever it is, treat yourself.

Caregiving is not just mentally taxing; it can also be physically taxing. Many caregivers (usually untrained) suffer from injuries from the physical demands of caring for an elderly family member. Until you've lifted a 180-pound adult who has fallen in the shower, you may not realize just how difficult it is. Even just helping someone get into and out of the bed or a chair can put strain on the caregiver's back and joints.

*"To understand the importance of a caregiver, think of health care as a three-legged stool. Family caregivers serve as one leg of the stool; professional caregivers (doctors, nurses, etc.) act as another; and the care recipient is the third leg. Without all three legs, health care cannot be as effective as it needs to be."*<sup>1</sup>

One great way to protect yourself from injury is investing in caregiving equipment. There is a lot of equipment available to help with tasks like transferring in and out of bed, on and off toilets, getting out of a chair, etc. but many families don't realize aide devices are available or they feel like they cannot afford it. Equipment like transfer boards, gait belts, or hydraulic lifts can reduce the physical strain on the caregiver's body as well as the person for which they care. Investing in equipment to help avoid injury is not a luxury, but a necessity at times.

**Here are some of our favorite caregiving equipment.**

1. Gait Belt
2. Life Sure Stand Pole
3. Stander Omni Tray Table
4. Positioning Bed Pad
5. Able Life Universal Standing Handle

Everyone at Senior Care Authority has been, or currently is, a caregiver to a family member. We understand the good, the bad and the ugly of caregiving. If you need expert advice navigating the care choices your loved one deserves, we are ready to assist you.

Sometimes families need help with navigating challenging transitions and a complex healthcare system. This can include facilitating essential conversations between family members, locating an assisted living community or skilled nursing facility, home care agency or caregiver selection, long distance caregiving, finding the right resources and learning how to access them, or regular visits to your loved one, providing you with "peace of mind" when you are unable to visit.

Having a someone on your care team, who is outside the emotional landscape of the family, can be a life saver. Imagine a go-to person you can turn to who will do the research, talk to providers, organize paperwork, or find those "needle in a haystack" resources. Senior Care Authority Advisors is ready to help. You and your Advisor can get to know each other and decide if working together is a good fit to meet your needs.

**For a free consultation, contact Senior Care Authority at 239-330-2133 or visit the website at [www.scanyfl.com](http://www.scanyfl.com).**

**References:**

1. "What is a Caregiver?" Johns Hopkins Medicine, [www.hopkinsmedicine.org/about/community\\_health/johns-hopkins-bayview/services/called\\_to\\_care/what\\_is\\_a\\_caregiver.html](http://www.hopkinsmedicine.org/about/community_health/johns-hopkins-bayview/services/called_to_care/what_is_a_caregiver.html).



# WHY NOT ASK SANTA FOR FIBROBLAST SKIN-TIGHTENING THIS YEAR SO YOU CAN START THE NEW YEAR WITH HEALTHIER AND YOUNGER-LOOKING SKIN?

**A**s we age, it is natural for the skin's elasticity to change due to the breakdown of collagen and elastin from sun exposure, aging, and genetics. Many women (and men) reach a certain age and begin to become unhappy with what they see in the mirror. They start to notice dark spots, fine lines, wrinkles, and maybe even a turkey neck that wasn't there before.

Is it possible to undo the damage that's already been done? Must I undergo surgery and a lengthy recovery to look and feel my best? Years ago, that seemed to be the only answer. Fortunately, today there are other options that are less invasive and less expensive, too. In fact, in the last few years, a treatment known as fibroblast has hit the market and it may be just the thing we've all been waiting for.

## What is fibroblast skin tightening?

Fibroblast is a non-surgical and non-invasive alternative to surgery, lasers, Botox, and fillers. It is used to tighten and improve the appearance of skin. It can eliminate excessive tissue that causes loose, sagging skin, lines, wrinkles, and even scars. Fibroblast utilizes plasma to instantly tighten and shrink loose skin.

Fibroblast treatments get their name from fibroblast cells found in the body that give structure to the skin. They play a large role in helping the skin heal its wounds and help to maintain firmness. A "plasma pen" is used to apply a high-frequency electric current to create micro-tears in the skin.



These micro-injuries activate the skin's natural repair response, encouraging the production of collagen, causing tissue to tighten, and breaking down proteins in the skin. In short, it uses plasma to trick the skin into regenerating itself naturally. The result is visible improvements in skin laxity and a decrease in lines and wrinkles almost immediately.

## What can I expect during fibroblast treatments?

The procedure will vary slightly depending on where the treatment is being applied, but the basic steps typically include:

1. Cleansing the skin and applying a topical anesthetic cream to numb the area. (There is usually a 30-minute wait time for the numbing cream to take effect.)
2. Treating the area with the plasma pen. The pen creates small arcs of micro-currents that make scab-like dots on the skin.
3. Your professional will remove the numbing cream and apply a cooling gel to minimize the tingling or burning sensation you might feel.

## What is recovery like?

The treated area will have small, scab-like dots. As the skin heals, it will appear flaky and dry. The patient can expect the skin to feel tender and appear a bit red for the first day or two. It is important that the scabs fall off naturally to prevent further damage to the skin. This usually takes place within 5-6 days after the treatment. After they fall off, it is normal to have pink dots as the skin continues to repair itself. Each patient will have a slightly different reaction, but most will experience at least some swelling which usually goes away within about 48 hours, while others may experience mild swelling for as long as 7 days.

## How long will the results last?

Skin will appear tighter immediately, while the final results may not be noticeable for a week or so. Once the skin has recovered completely, the results are permanent. The effects of fibroblast skin tightening do not revert. They are as permanent as surgery.

## Where do I sign up?

If you feel like Fibroblast Skin Tightening is right for you, contact VELO Med Spa at one of their two locations in Jensen Beach and Bonita Springs. Whether you are seeking to enhance your beauty needs or you wish to escape on your own for rejuvenation, VELO Med Spa provides the ideal environment for one's physical and mental renewal. From the beautiful aromas that scent the air to the sound of tranquil music, every detail sets the stage for a truly peaceful and relaxing experience.

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# Digital Dental X-ray Exams Lower Radiation Exposure

By Dr. Ricardo S. Bocanegra, DDS

Computers are a part of daily life. They also play an important role in our dental office. We use computers to track your appointments, treatment details and insurance records. We also use them to capture, store and transmit your dental x-ray images.

Many diseases of the oral cavity (which includes the teeth and surrounding tissues and bone) cannot be seen by the eye alone when the dentist visually examines your mouth. An x-ray exam may help the dentist see what is happening in areas that the eye can't see, such as:

- small areas of decay between the teeth or below fillings
- bone damage from a tooth infection (such as an abscess) or a cyst
- bone loss due to periodontal (gum) disease
- developmental defects
- some types of tumors
- the effects of trauma
- the position of unerupted teeth in children and adults

Finding and treating dental problems at an early stage can save time, money and unneeded discomfort and help prevent more serious health problems. X-ray images may be able to help the dentist detect damage and disease not visible during a regular dental exam.

Our practice uses digital x-rays because they have many benefits over film x-rays. Digital x-ray images can be simpler to make, provide enhanced pictures and can save time for the dental team. They also make it easier for us to show these images to you, our patient.

Digital imaging uses an x-ray machine like that used for traditional dental x-ray images made with film. But instead of using film in a plastic holder, digital images are made using a small electronic sensor that is placed in your mouth to capture the x-ray image.



## There are many benefits to using digital dental x-ray images.

- Digital x-ray images may require less radiation. Even though conventional dental x-rays required a small amount of radiation, digital x-rays use even smaller amounts making them safer and more appealing to those patients concerned with radiation exposure.
- When the digital x-ray image is exposed, it can be sent directly to a computer and viewed right away. For x-ray film to be exposed, a staff member must process it in special chemicals. This takes longer than simply viewing the x-ray on a computer screen.
- Digital x-ray images can be enlarged on the computer screen. This makes it much easier for you and the dentist to see the pictures. Traditional x-ray films are viewed actual size.
- Digital x-ray images can often be corrected without having to make another x-ray exposure.
- The dental office can print or copy your digital x-ray images. They can also be sent electronically to insurance companies, which may help claims get processed faster.
- Digital x-rays are environmentally friendly. They eliminate the need for film and film processing chemicals.

## Dental X-rays and Safety Concerns

The main concern about being exposed to radiation is the risk of getting cancer years later. Dental x-ray exams require very low levels of radiation exposure, which makes the risk of potentially harmful effects very small. Dental X-ray exams have radiation levels equal to 2 to 3 days of naturally occurring background radiation. For example, a set of bitewing x-ray images creates only a small fraction of the radiation you are exposed to when flying on an airplane. Chest and spine x-rays and CT scans have much higher levels of radiation.

Digital dental x-ray tools and techniques are designed to limit the body's exposure to radiation. Dental practices limit the area exposed during a dental x-ray exam by limiting the size of the x-ray beam to the size of the film or sensor being used and by using a leaded apron and thyroid shield that x-rays cannot pass through.

Our office is committed to the safety of our patients and their oral health. We invest in the latest digital x-ray technology to minimize the exposure of radiation to our patients. Dental x-ray exams are an important part of your oral health care, don't put them off because of unwarranted safety concerns. If you have any questions concerning how often dental x-rays exams should be performed or would like more information regarding the safety and benefits of digital x-rays please contact our office at 239-482-8806.

\*source: American Dental Association



Ricardo S. Bocanegra, D.D.S.

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# CBD OIL FOR DIGESTIVE HEALTH

If you struggle with poor digestive health or have issues like acid reflux or heartburn and the usual treatments aren't giving you relief, you may want to try cannabidiol (CBD). It is a natural approach that has been shown to aid in proper digestion.

## How does CBD affect digestion?

There are three main functions of the digestive system. They include food digestion, nutrient absorption, and waste elimination. Each plays an important role in a person's overall well-being. Food is broken down and then absorbed into the body as nutrients. These nutrients provide energy, aid in growth and in cell repair. Without them, the body cannot function.

The excretory system works in conjunction with the digestive system by ridding the body of waste. The nervous system and the immune system also play a role. For this reason, when a part of the digestive system is not functioning properly, it has a negative impact on the body's other systems as well.

Cannabinoids (CBD) can help treat a variety of digestive problems by working with the body's endocannabinoid system (ECS). This system helps the body to maintain balance by regulating different functions such as mood and appetite. It has three components: endocannabinoids, cannabinoid receptors, and enzymes. "Endocannabinoids act as neurotransmitters that bind with cannabinoid receptors. Enzymes break down the endocannabinoids once they fulfill their function. CBD binds with the cannabinoid receptors and functions like endocannabinoids."<sup>1</sup>



There are a number of digestive issues that have been shown to respond well to CBD use.

## Intestinal and stomach inflammation

CBD has been shown to be a powerful anti-inflammatory. Reducing inflammation in the intestinal tract results in better digestion and less pain and cramping in the abdomen.

Gastritis is the inflammation of the stomach lining caused by a bacterial infection, smoking, or overuse of pain medications. Symptoms of this condition include indigestion, burning stomach pain, vomiting, and nausea. Again, CBD has been shown to reduce inflammation and may therefore, alleviate this problem as well.

## Intestinal spasms

CBD helps to relax the intestinal tract and, therefore, reduces the spasms, such as cramps, bloating, and diarrhea, one may experience. Reducing these issues results in improved regularity.

## Corrected endocannabinoid deficiencies

Endocannabinoid deficiencies have been linked conditions such as IBS, celiac disease, or colorectal cancer. People who suffer from them may find relief

Source:

1. CBD Oil for Digestion - April 2022 - CBD Clinicals. (2019, October 21). Cbdclicinals.com. <https://cbdclicinals.com/cbd-for-digestion/>

through regular use of CBD since it can help correct endocannabinoid deficiencies by preventing their breakdown and prolonging their action.<sup>1</sup>

## Reduced Stress and Anxiety

CBD is widely used to help people control their stress and anxiety which are two problems that often create digestive issues. Those who suffer from stress and anxiety often experience symptoms such as vomiting, diarrhea, and constipation. By helping relieve stress, CBD is also helping to regulate the digestive system.

If you are looking for a trusted and reliable source of CBD products, visit Hemp Joi of SW Florida in Fort Meyers to find out more about how CBD may help you in your wellness journey.

## About Hemp Joi

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

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

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

## Where to buy CBD products

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# ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

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

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

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

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

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

### Knee Replacement Surgery is Permanent

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

### Physicians Rehabilitation's Knee Therapy Program Includes:

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

### Viscosupplementation

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

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

### PRP (Platelet-Rich Plasma)

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

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

### Physicians Rehabilitation

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



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# It's A Wonderful Life

By Pastor Timothy Neptune

**E**very year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is... who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.

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