

SOUTHWEST FLORIDA'S

Health & Wellness[®] MAGAZINE

March 2023

Lee Edition - Monthly

www.swfhealthandwellness.com

 **FREE**

 **PHYSICIANS REGIONAL
MEDICAL GROUP**

**PHYSICIANS
REGIONAL
HEALTHCARE
SYSTEM**

WELCOMES:

Ivo Drazenovic, M.D.


Board Certified in Family Medicine

**MARCH IS
MULTIPLE
SCLEROSIS
MONTH**

**HEARING & MEMORY
LOSS ARE CONNECTED**

**FUEL FOR
THE FUTURE**

NATIONAL NUTRITION MONTH

 **PHYSICIANS REGIONAL
MEDICAL GROUP**

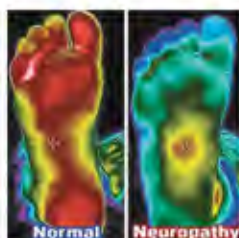
**TEN
TIMELY TIPS TO
GET FEET READY
FOR SPRING**

**CONFIDENCE
CHECK**

GARRAMONE PLASTIC
SURGERY'S ALL-IN-ONE
MOMMY MAKEOVER

**LEARN HOW
AGING AFFECTS
NUTRIENT
ABSORPTION**

END PAINFUL Neuropathy



Using Advanced Technology To
Stimulate Nerve Tissue

ANGIOGENICS™
Therapeutic Tissue Regeneration

ANGIOGENICS™ is a nonsurgical, non-drug treatment for chronic neuropathy, including Diabetic Neuropathy, Chemotherapy Induced Neuropathy and Spinal Neuropathy (Sciatica, Stenosis). It stimulates healing of damaged nerves in the hands and feet by increasing uptake of blood and oxygen. Over time the treatment helps your body grow new blood vessel and nerve cell connections and stimulates proper nerve activity. Over time these treatments help your body grow new blood vessels, nerve tissue, and halts loss of cartilage. Pain, numbness, tingling & loss of function can be helped with this approach and most patients feel improvement in as little as two weeks.



Straight to Health Center of Fort Myers, 5245 Big Pine Way, Suite 102. We are located just north of the Bell Tower Shops right across the street from the Crown Plaza Hotel in the Minton Building. Give us a call to reserve your appointment today! 239-202-0999

Dr. Danielle Zappile

Demand Better - Expect Better
Get Better

SWFL-Neuropathy.com



Class IV Diowave™ Laser



SANEXUS Electric Cell Signaling

If you are tired of constant chronic pain, weary from limited mobility, addictive pain medications, and done with the physical and emotional toll on your mind & body.

Call us NOW for your
\$59 New Patient consultation!
(Regularly \$229)

(239) 202-0999

No painful needles or expensive, invasive testing. Find out if you are a candidate for this treatment.

Dr. Zappile will test and grade your nerve damage to see if regeneration is possible. Dr. Danielle Zappile is a chiropractic Physician. She has been in practice since 2009.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED OR REDUCED FEE SERVICES, EXAMINATION OR TREATMENT.

This New Hearing Treatment Technology Just Restored My Ability to Hear Well in Noise!

Don't Buy a Hearing Aid Until You've Spoken with Me,
Your Fellow Senior, and Hearing Instrument Specialist



If you've been avoiding treating your hearing loss because you don't trust the hearing aids sales people or think that modern hearing aids are not affordable we should meet for a **FREE CONSULTATION!**

Here Are The **Top-3** Reasons I Treat My Own Hearing Loss:

1. Improve my hearing in noisy situations so I can keep enjoying social activities
2. Reduce my Risk of Cognitive Decline so I can keep working and living
3. Reduce Tinnitus "Ringing in Ears" Symptoms so I can sleep well and live better

Not Ready for an Appointment?

Learn More from America's Only Harvard Medical
and M.I.T. Trained Neuroscientist

Request Your **FREE** Copy Of
Dr. Keith Darrow's
Best Selling Book
"STOP LIVING IN ISOLATION"
By Calling Our Office



NÖBILE
HEARING AIDS

www.nobilehearing.com



Since 1967

Nobile Hearing Aids

231 Del Prado Blvd. S. Ste. 5

Cape Coral - Call 239-323-7389

John Nobile

HAS (Hearing Aid Specialist), BC-HIS, ACA

Like you, I struggle hearing in noise, when multiple people speak,
or trying to decipher modern day TV news.

SCAN CODE



FREE CONSULTATION FOR ALL SENIORS AND VETS FROM A VET!

CONTENTS MARCH 2023

- 6 Neuropathy Relief
- 7 Physicians Regional Healthcare System Welcomes Ivo Drazenovic, MD
- 8 Hearing and Memory Loss Are Connected
- 9 Fuel for the Future - National Nutrition Month 2023
- 10 Weathering the Storm: How a Senior Living Community Banded Together To Endure Hurricane Ian
- 11 Ten Timely Tips to Get Feet Ready for Spring
- 12 Dark Spots on Your Skin?
- 13 Confidence Check - Garramone Plastic Surgery's All-In-One Mommy Makeover
- 14 March is National Nutrition Month: Feed Your Veins
- 15 Improving Communication for Cancer Patients with Hearing or Language Impairments
- 16 The Long-Term Effects of Hormonal Birth Control
- 18 Do You Have A Weakened or Tight Pelvic Floor?

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

Southwest Florida's Health & Wellness Magazine can be found in over 1,000 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2022. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SWFL Health & Wellness Magazine. SWFL Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SWFL Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

Luxury
Resort-Style Living.

THE *Peace of Mind* OF LIFECARE

Save Thousands* When
You Deposit by March 31.

More of What You're Looking For

- Community designed to withstand hurricane-strength wind, situated 16 feet above sea level
- No worries about maintenance or future health care needs
- Well-appointed and brightly lit kitchen
- Screened-in terrace
- Personal, enclosed one-car garage
- Valet services
- Resort-style services and amenities all under one roof



Look Forward
to Peace of Mind
in 2023.

Call Today & Save.
239-204-3469



TAKE A CLOSER LOOK INSIDE!

Scan the code with your smartphone for a virtual tour.

The Terraces

— at Bonita Springs
A SantaFe Senior Living Community

26455 S. Tamiami Trail | Bonita Springs, FL 34134
TheTerracesAtBonitaSprings.com

Independent Living | Assisted Living
Memory Support | Skilled Nursing | Rehabilitation

Assisted Living Facility License #12265 | CDA #06075



*Save up to 5% on the entrance fee on select residence styles. Call for details.

- 19 How Can Yoga Help Patients with Parkinson's Disease?
- 20 Be a Paramedic in One Year
- 22 Healing Knee Pain with Regenerative Medicine
- 24 A New Way to Treat Treatment-Resistant Depression
- 26 New Technology to Resolve Symptoms from Neuropathy and Chronic Joint Pain
- 30 Learn How Aging Affects Nutrient Absorption
- 32 Does Medical Marijuana Help Reduce Chronic Pain?
- 34 Everyone Wants Peace of Mind
- 36 Are You Struggling with Urinary Incontinence?
- 37 Understanding Polycystic Kidney Disease
- 38 Multiple Sclerosis Month - Infusion Therapy Relieves Symptoms for Longer Periods of Time by Distributing Medication Directly Into Your Bloodstream
- 39 The Luck of the Irish: The Magic of Having a Power of Attorney
- 40 Health Insurance Important Dates!
- 41 A Holistic Approach to Heart Healthy Eating: Nourishing Your Body and Mind
- 42 Healthy Aging: What Does It Really Require?
- 43 CBD/Delta 8 for Better Sleep
- 44 Invisalign vs Braces: What's the Difference?
- 45 March is Pain Awareness Month: Hip Pain and Arthritis
- 46 Spiritual Wellness: Maintaining Healthy Friendships



www.swfhealthandwellness.com



Dr. Miranda-Sousa
Dr. Leo

We are **Committed** to going "above and beyond" for physicians and patients.

- Two locations close to you
- Cutting-edge, Superior, Diagnostic and Therapeutic Techniques
- Family-Centered Approach • Board Certified
- Clinical Excellence • Hours: 6:30-4pm
- Unmatched Accessibility

SERVICES INCLUDE:

Erectile Dysfunction & Low Testosterone

Urinary Incontinence

Enlarged Prostate (BPH)

Kidney Stones

Prostate and Bladder Cancer

Pelvic Floor Therapy

Urodynamics

Vasectomy (Non-Scalpel)

Inflatable Penile Prosthesis

Xiaflex Treatment (Peyronies)

Urolift

Vasectomy Reversals

Artificial Urinary Sphincters

FORT MYERS

12995 S. Cleveland Ave., Suite 184
Fort Myers FL 33907

CAPE CORAL

1206 Country Club Blvd.
Cape Coral, FL 33990

239.226.ASAP (2727) • Fax: 239.939.9876 • info@uroASAP.com
www.UrologyExperts.com



Neuropathy Relief

By Dr. Danielle Zappile

Peripheral neuropathy, a result of damage to the nerves located outside of the brain and spinal cord (peripheral nerves), often causes weakness, numbness and pain, usually in the hands and feet. It can also affect other areas and body functions including digestion, urination and circulation.

TYPES OF NEUROPATHY

Diabetic Neuropathy

Diabetic Neuropathy is a group of nerve disorders that are directly caused by diabetes. Although symptoms will vary between patients, the most common symptoms are sharp pain and numbness in feet, legs, hands, and arms, dizziness and weakness from a drop in blood pressure, and the loss of balance and coordination.

Reflex Sympathetic Dystrophy

Reflex Sympathetic Dystrophy (RSD), also known as Complex Regional Pain Syndrome, is a combination of symptoms affecting limbs, including burning or stabbing pain, tenderness, and swelling; discolored, shiny, or thin-looking skin with increased sensitivity to the area; and abnormal sweating patterns, increased nail and hair growth patterns, stiff joints, and coordination issues.

Chemotherapy Induced Neuropathy

Chemotherapy-Induced Neuropathy is a peripheral neuropathy caused by the drugs and chemotherapy used to treat cancer damaging peripheral nerves. The symptoms of this condition depend on what peripheral nerves have damage. Typical symptoms include tingling, numbness, vertigo, limited extremity usage, muscle weakness, sensitivity to cold and heat, blood pressure changes, and irregular urination patterns.

Post-Surgical Neuropathic Pain

Post-surgical neuropathic pain is nerve pain that develops from inflammation of the nerves caused by trauma during surgery. Symptoms may include; tingling or numbness, pins and needles sensations, weakness, and sharp or unsettling pain in the area where surgery occurred. If left untreated, the nerve pain may extend to other parts of the body and cause additional pain.

Brachial Plexus Neuropathy

Brachial Plexus Neuropathy happens when there is an injury near the network of nerves that extend from the spine to the shoulders, arms, and hands.

Symptoms can include; pain, lack of movement, and decreased sensation in the shoulders and arms. In most cases, symptoms are only present on the side of the body that sustained the injury.

Post-Herpetic Neuralgia

Post-herpetic neuralgia (PHN) is a condition that arises from complications of the shingles virus damaging the nervous system. The shingles virus itself will show up as blistering or rashes that emit a burning feeling. PHN symptoms can include; sharp, burning, throbbing, or stabbing pain, very itchy skin, sensitivity to temperature, or even numbness.

TREATMENT

There are a number of medication-free treatments available.



Horizontal Therapy

Hako-Med Horizontal Therapy combines all known forms of electromedical therapy into one breakthrough therapy. Horizontal therapy has been clinically proven to relieve pain and stimulate tissue repair effectively. This therapy boosts communication between cells in bone, muscle, ligament, or nerve tissue through electrical currents and chemical messengers. It is the only patented therapy that simultaneously uses both biochemical and bioelectric effects within the same tissue.

Electric Cell-Signaling

Sanexus RST is an Electric cell-Signaling device. Electric cell-Signaling Treatment (EcST) refers to the use of electronic signal energy waves produced by an ultra-high digital frequency generator (UHDfg). These therapeutic pulsed energy waves are comfortably and non-invasively delivered directly into the body's desired anatomical region. The Sanexus RST signal energy waves, along with associated harmonic resonance frequencies, are used to physiologically imitate, exhaust or block certain functions of the amacrine, somatic or sympathetic nerve fibers

for comprehensive patient treatment success. Even newer research involving electric signal energy waves with expanded and sweeping frequency at a quarter-tone scale rate are referred to as electric signal intonation (ESI).

Pulsed Electromagnetic Field Therapy (PEMF)

Devices that utilize PEMF technology emit electromagnetic waves at different frequencies to stimulate and encourage your body's natural recovery process. The idea is that pulses at low frequencies can pass through the skin and penetrate deep into the muscles, bones, tendons, and even organs. This process activates the cell's energy and promotes natural repair mechanisms. Depending on the extent of the tissue, PEMF can address a slight imbalance quickly and can provide more substantial change over time.

Class IV Laser Therapy

Class IV Laser Therapy involves using a handheld wand that emits specific wavelengths of light to accelerate cell generation. The visible red light releases frequencies to the focus area. These frequencies can promote healing by increasing the cell's energy levels and improving communication between tissue cells. Class IV laser therapy can be used as a stand-alone therapy or in junction with other therapies for optimal results.

Spinal Decompression

This FDA-approved technology relieves pain by expanding the space between the discs. During the procedure, patients don't experience any discomfort, but will feel their spine gently stretching. This movement causes a vacuum effect within the disc, drawing back displaced disc material to help relieve pressure on nerves and replenish the spine with essential nutrients, fluids, and oxygen to help heal the damaged disc.

Nutritional Therapy (with medical guidance)

Our nutritional therapy incorporates healthy eating guidelines, meal planning, an approved foods list, food journaling, and a nitric oxide boosting kit to support anti inflammation, regulate blood sugar levels, and increase blood circulation. These components work together to improve chronic diseases that cause a patient's peripheral neuropathy.

SWFL-Neuropathy.com

(239) 202-0999



1. Peripheral neuropathy (2022) Mayo Clinic. Mayo Foundation for Medical Education and Research. Available at: <https://www.mayoclinic.org/diseases-conditions/peripheral-neuropathy/symptoms-causes/syc-20352061>.

PHYSICIANS REGIONAL HEALTHCARE SYSTEM WELCOMES IVO DRAZENOVIC, MD

Physicians Regional Healthcare System is excited to welcome Ivo Drazenovic, MD, to their medical staff and newest location. Conveniently located at Physicians Regional - Springs Plaza off Bonita Beach Road, the new primary care clinic offers easy access and fantastic parking options. Dr. Drazenovic specializes in all aspects of primary care for both children and adults.

Primary Care doctors are key to help patients establish positive health outcomes and maintain good health equity. Specifically, family medicine doctors who diagnose and treat a wide range of ages starting from pediatric to senior health care. Establishing these deep-rooted relationships positively impacts your health care experience as the doctor is familiar with your medical history. Physicians are trained to diagnose, care and treat patients with extensive health concerns and collaborate with specialists to deliver individualized care. Additionally, they can help you remain healthy by providing preventive health information and answering questions regarding any concerns or issues.

Dr. Drazenovic is Board Certified in Family Medicine and Obesity Medicine. He specializes in all aspects of primary care for children and adults.

The preventative care services include:

- Child and adult health screenings
- Cancer screenings
- Women's health
- Immunizations
- Preoperative assessments
- Medicare wellness visits

He provides treatment for sports injuries, acute illnesses, mental health and chronic conditions: hypertension, diabetes, hyperlipidemia, osteoporosis, and arthritis. He also performs minor surgeries like laceration repairs, wound care, and skin biopsies.

In addition to preventative care and chronic conditions, Dr. Drazenovic specializes in obesity, weight loss management and pre and post bariatric surgery care. He says his practice philosophy is, "A strong emphasis in preventive care and patient education. I strive to educate my patients about their health and help them make informed decisions about their care".



A native Spanish speaker, Dr. Drazenovic received his Doctor of Medicine at Universidad Nacional Experimental Francisco de Miranda in Venezuela. He received his advanced training in family medicine through his residency at The Brooklyn Hospital Center in Brooklyn, New York. Additionally, his certifications include Diplomate of the American Board of Family Medicine and Diplomate of the American Board of Obesity Medicine licensure Florida and New York.

Dr. Drazenovic wanted to be a doctor out of natural curiosity and that he always felt a strong desire to help others and make a positive impact in their lives. Prioritizing empathy, he believes good communication skills are key attributes for patient care. "I think is very important for patients to clearly understand their diagnosis and treatment options in a way that is easy to understand. It is extremely important for patients to feel that someone understands and cares about their concerns and feelings" said Dr. Drazenovic.

Before relocating to Southwest Florida, he was an urgent care physician in Brooklyn, NY.



Dr. Drazenovic is now accepting new patients.

Dr. Ivo Drazenovic is located at Physicians Regional - Springs Plaza 8951 Bonita Springs Rd SE, Ste 310 Bonita Springs, FL 34135. For more information, call 239-920-4503 or schedule online at physiciansregionalmedicalgroup.com

PHYSICIANS REGIONAL MEDICAL GROUP

HEARING AND MEMORY LOSS ARE CONNECTED

By John Nobile - HAS (Hearing Aid Specialist), BC-HIS, ACA



Hearing Loss Affects the Brain

Hearing loss doesn't just mean an older adult needs to turn up the TV. It's been linked to a range of health problems, including dementia. The latest aging research not only shows the two are connected but also leads scientists to believe that hearing loss may cause dementia. If you have hearing loss, you have a greater chance of developing dementia, according to a 2020 Lancet commission report that lists hearing loss as one of the top risk factors for dementia.

Brain Strain and Social Isolation

Hearing loss can make the brain work harder, forcing it to strain to hear and fill in the gaps. That comes at the expense of other thinking and memory systems. Another possibility is hearing loss causes the aging brain to shrink more quickly. A third possibility is that hearing loss makes people less socially engaged, which is hugely essential to remain intellectually stimulated. If you can't hear very well, you may not go out as much, so the brain is less engaged and active.

Quantifying Hearing Loss's Impact

Hearing loss is estimated to account for 8% of dementia cases. This means that hearing loss may be responsible for 800,000 of the nearly ten million new cases of dementia diagnosed each year.

Studies from the National Institute of Health show an association between hearing impairment and dementia while supporting the hypothesis that hearing impairment contributes to cognitive dysfunction in older adults.

Reducing the Risk of Dementia

Johns Hopkins is leading a large National Institute on Aging study to see if hearing aids can safeguard seniors' mental processes. The study has multiple locations and has recruited nearly 1,000 people ages 70-84 with hearing loss. One group is provided hearing aids, while another group receives aging education. By early 2023, the study should provide definitive results on whether treating hearing loss reduces cognitive decline risk. In essence, we'll know whether the use of hearing aids can potentially reduce brain aging and the risk of dementia.

Other Effects on Health

Hearing loss has long-term effects on health. It's believed to increase the risk for falls and depression. It also leads to higher health care costs:

People with hearing loss have, over ten years, a 47% increased hospitalization rate. Hearing loss is associated with an increased risk of institutionalization, an increased risk for dementia, and increased health care costs overall for all ages.

In Summary

Individuals with hearing loss are at an increased risk for developing cognitive decline and dementia. New research finds that treating hearing loss is the single most modifiable risk factor for reducing the risk of dementia. While your risk increases with the degree of hearing loss, it is essential to note that even mild hearing loss can increase your risk by as much as 200%! If you or a loved one struggles to hear clearly, we can help reduce your risk of dementia in Cape Coral and Fort Myers, FL., with our 5-star-rated hearing care.

John Nobile, HAS, BC-HIS, ACA is a licensed hearing aid specialist and an ACA-certified audioprosthetologist who is also board-certified in hearing instrument sciences. With over 55 years of experience, he has transformed thousands of lives in Cape Coral

and Fort Myers, FL, by providing his patients with the gift of sound. He is also a former veteran committed to providing all veterans with free services.



Since 1967

NÖBILE
HEARING AIDS

www.nobilehearing.com

**FREE CONSULTATION
FOR ALL SENIORS AND
VETS FROM A VET!**

**Nobile Hearing Aids
231 Del Prado Blvd. S. Ste. 5
Cape Coral
239-323-7389**

FUEL FOR THE FUTURE

NATIONAL NUTRITION MONTH 2023

What is National Nutrition Month?

Each year during March, Registered Dietitian Nutritionists (RDNs) celebrate National Nutrition Month by promoting the importance of making informed food choices while developing both sound eating and physical activity habits.

This year, the theme of National Nutrition Month is "Fuel for the Future". The theme is based on the idea that eating well and taking care of our body can give us a better, healthier body in the present as well as the future. Our future health is dependent on our present nutrition in many ways. That is why it is important to make good nutritional choices daily and not wait for our bodies to start to break down and force us to make better choices.

Healthier diet, healthier future

A diet rich in fruits and vegetables has been scientifically proven to provide numerous health benefits, such as reducing your risk of several chronic diseases and keeping your body healthy. However, making major changes to your diet can sometimes seem very overwhelming.

Instead of making big changes, it may be better to start with a few smaller ones. And it's likely more manageable to start with just one thing, rather than all of them at once.

Small steps toward big changes

1. Choose water. Many studies have shown that drinking water can increase weight loss and promote weight maintenance. Additionally, drinking water before meals can reduce your appetite and make you feel full faster. Most importantly, choosing water instead of soda or juice helps to decrease sugar and calorie intake.

2. Change your fast-food restaurant of choice. Eating out doesn't have to be unhealthy. Look for fast food options with healthier choices than burgers, fried chicken, or pizza.

3. Try one new, healthy recipe per week. Deciding what to make for dinner can be frustrating and cause many of us to rely too much on tried-and-true



recipes that are simple and quick. Trying something new can be a fun way to add more diversity to your family's diet. It can also improve your nutrient intake and get your out of a rut.

4. Choose whole grains. Refined grains (i.e., white flour) have been associated with many health issues. Whole grains, on the other hand, have been linked to health benefits such as a decreased risk of type 2 diabetes, heart disease, and cancer.¹ They are also a good source of fiber, B vitamins, and minerals such as zinc, iron, magnesium, and manganese. (Make sure to check the label for whole grains and not a mixture of whole and refined grains.)

5. Skip ultra-processed foods. These are foods that contain ingredients that are significantly modified from their original form. They contain additives like added sugar, highly refined oil, salt, artificial sweeteners, and flavors. Studies show that these foods can contribute to obesity, type 2 diabetes, heart disease, as well as other chronic conditions.² These foods are generally high in empty calories and low in fiber, protein, and nutrients.

6. Eat more fruits and vegetables. Fruits and veggies are loaded with fiber, vitamins, and antioxidants. Studies show that people who eat plenty of fruits and vegetables tend to live longer and have a lower risk of heart disease, obesity, and other illnesses.³ Go for color and variety—dark green, yellow, orange, and red.

If you'd like to speak to a trusted professional about how nutrition can affect your life today and, in the future, contact the highly trained professionals at IntuneHealth. At IntuneHealth, we provide proactive, preventative care designed to keep you healthy. IntuneHealth takes the hassle out of health care by giving you direct access to your primary care physician, a personal care team coordinating all aspects of your care, and an all-in-one app to manage your health. With virtual, in-office, and in-home appointments, access to care is conveniently available when and where you need it. Schedule an appointment today to meet your new partner in health.

IntuneHealth™

A new approach to primary care for those with a Medicare Advantage plan.

(239) 790-1122 | IntuneHealth.com

11600 Gladiolus Drive, Suite C17
Fort Myers, FL 33908

1. Bjarnadottir, A. (2017) 25 simple tips to make your diet healthier, Healthline. Healthline Media. Available at: <https://www.healthline.com/nutrition/healthy-eating-tips>.

2. Gunnars, K. (2022) 28 health and nutrition tips that are actually evidence-based, Healthline. Healthline Media. Available at: <https://www.healthline.com/nutrition/27-health-and-nutrition-tips>.

3. Staff, A. (2017) PLATE POWER – 10 tips for Healthy Eating, The Nutrition Source. Available at: <https://www.hsph.harvard.edu/nutritionsource/2013/11/06/healthy-eating-ten-nutrition-tips-for-eating-right/>.

Weathering the Storm: How a Senior Living Community Banded Together To Endure Hurricane Ian

For Floridians, hurricanes aren't novel. It seems that in exchange for the glorious sunny days and warmth in the winter months, you must accept that, at some point, a hurricane could impact your city. On September 28th, Category 4 Hurricane Ian struck the southwestern coast of Florida, causing widespread damage.

So many people, including those who reside at The Terraces at Bonita Springs, were in the path of the storm. However, the emotions at the Florida senior living community weren't those of worry and stress, but instead were those of a calm and collected team of employees and residents who thrived despite this natural disaster. Thanks to strong leadership, a safety and preparedness plan, and an extraordinary group of staff and residents alike, The Terraces proved there couldn't have been a better place to weather the storm.

Planning and Prepping To Shelter in Place

"Hurricane preparedness is huge here," shares Executive Director of The Terraces, Michele Wasserlauf. "We have a detailed plan outlining everything the residents need to know, and we host resident meetings to keep these plans fresh in everyone's minds."

And off Wasserlauf and her team went, doing such things as visiting each residence to set refrigerators to low and pulling patio furniture indoors. Generators were topped off so full power would remain for the health care division and power sources would be available in independent living.

Additionally, some staff members brought their families to the community when they needed somewhere to shelter in place. This provided safety for them and ensured the staff would be there around the clock to care for residents. Wasserlauf emphasized, "Everyone watches out for one another and considers staff an extension of their family. We made room for everyone."

Everyone Under One Roof

One of the perks of living at The Terraces is that everyone is under one roof. During the hurricane, this meant everything to independent living resident Rita Weiss, whose husband was in skilled nursing at the time of the storm.

"I had a front-row seat to the amazing work the staff was doing in health services. There was full power from the generators, three meals a day, and I had 24-hour access to be with my husband," Weiss shares, "It was nice to be close to him during the worst of the storm. Until you experience it, you can't imagine how much of a blessing it is to have your spouse near you when they have different care needs."

The Terraces at Bonita Springs is a Life Plan Community where you have access to the full continuum of care should you ever need it. This provides comfort and security for residents and families alike.

An Impressive Outcome

The Terraces were built to endure up to 150 mph winds, and thankfully damage to the building was minimal. There was tremendous relief that there was no storm surge. Aside from some roof, fence, and tree damage, there was no severe damage, and power returned quickly.

The lasting impact, however, is showing up in the calls coming in after the storm. "We keep getting calls from seniors looking to move in. They heard from others how well-prepared we were, and many seniors are ready to leave behind the maintenance of their own home for the comfort and safety of our community," Wasserlauf elaborates, "Seniors know we'll give them the best care no matter the circumstances."

For senior living communities in Florida, emergency preparedness plans are essential but so are the incredible people who set them into motion. Weiss, who also serves as the president of the resident council, calculates that more than 7,000 man-hours were worked over the course of the storm to ensure every person had the best care possible. "It was so fun," continues Weiss, "to see residents' dogs playing with children of the staff members, and everyone spending time together and building new friendships."

Weiss shares, "This team and our residents are a cohesive unit that weathered the storm. It took all of us to make it happen, and I couldn't be more proud and thankful to live in such an exceptional community."

Get To Know The Terraces at Bonita Springs

The Terraces at Bonita Springs offers a full continuum of care, including independent living, assisted living, memory support and skilled nursing, and is prepared for what the future may blow your way. If you're ready to learn more about the comfort, security and happiness that comes with joining a Life Plan Community, please contact us to schedule a visit.



Join us for an electrifying afternoon!
Thursday, March 16 | 3 p.m.

The Terraces at Bonita Springs
26455 S. Tamiami Trail
Bonita Springs, FL 34134

Take a break from typical.

Come join us at The Terraces at Bonita Springs for an afternoon of good energy, featuring groundbreaking cars and earthshaking music.

Festivities begin with an outdoor cocktail reception featuring a variety of Teslas on display. Get a closer look at these innovative electric cars that run on clean energy while you fuel up on champagne with raspberries. We'll then enter the Performing Arts Center for an electrifying steel drum performance.

*Seating is limited. Valet parking will be available.
RSVP by Thursday, March 9.*

Are you interested in learning more about The Terraces at Bonita Springs? Schedule a community tour and private lunch or dinner today by calling 239-204-3469 or take a virtual tour right now!

The Terraces
at Bonita Springs
A SantaFe Senior Living Community





TEN TIMELY TIPS TO GET FEET READY FOR SPRING

By Dr. Lori DeBlasi

From slogging through snow, ice, and slush to being confined in heavy boots to fight the cold—if your feet could talk, what a tale of winter woe they might tell. You may be tempted to pull your sandals out of the closet and stuff your heaviest hosiery to the back of the sock drawer, but before you set your soles free to savor spring, some preparation is in order. Being cooped up in cramped footwear during winter months can cause feet to suffer from a variety of ailments, from dry, flaky skin and discolored toenails to pesky corns and unsightly calluses. Pampering your feet in preparation for warm weather can help feet look and feel their best when warmer weather calls for donning flip-flops and peep-toe shoes.

“Caring for your feet not only promotes good hygiene, but it can also alert you to any problem areas that may need attention before slipping into sandals this spring,” says Lori DeBlasi, DPM, a podiatrist at Family Foot & Leg Center and member of the American Podiatric Medical Association (APMA). “Plus, it’s a good way to relax and de-stress after a tiring winter. When your feet feel good, you’re more likely to feel good all over.”

APMA offers these 10 tips for getting your feet spring-ready:

- 1.** Start with a soak. Immerse your feet in warm water with Epsom salts, herbal soaks, or oils for at least 10 minutes.
- 2.** Use a pumice stone or foot file to gently remove thickened, dead skin build-up (calluses) around the pre-soaked heels and the balls and sides of the feet. Never use a razor, as it removes too much skin and can easily cause infection or permanent damage if used incorrectly.
- 3.** Eliminate dry, flaky winter skin on the soles, sides, and tops of the feet by using an exfoliating scrub.
- 4.** Massage a generous amount of emollient-enriched skin lotion all over your feet. The lotion hydrates the skin, and the massaging helps to promote circulation. “Be sure to remove any excess moisturizer from under your toenails or between toes,” Dr. DeBlasi adds. “Build-up in those areas can provide a breeding ground for bacteria.”



5. Use a straight-edged toenail clipper to trim nails to just the end of each toe to ensure nails don’t become curved or rounded in the corners.

6. Help lock in moisture by wearing a pair of poly-cotton blend socks at bedtime.

7. Forgo nail polish if your nails are not healthy. If you have healthy nails, remove polish regularly to keep them in top condition.

8. Wash your feet daily with soap and water. Dry carefully, paying extra attention to the areas between your toes.

9. Inspect last spring and summer’s footwear. Throw away any shoes or sandals that appear worn.

10. If any skin or nail problems exist, see a podiatrist for a medical diagnosis. Today’s podiatrists are physicians, surgeons, and specialists trained to diagnose and treat conditions that affect the foot, ankle, and related structures of the leg.

NOTE: This article is property of the American Podiatric Medical Association. Use of this article for any means of distribution, production, or promotion is strictly limited to APMA members in good standing. Any edits made to this document must be limited to the portions highlighted in yellow. Making changes to non-highlighted portions is strictly prohibited. Contact Kevin Hess with any questions at khess@apma.org.

Lori DeBlasi, DPM

Lori DeBlasi, DPM, is a podiatrist at Family Foot & Leg Center in Estero, FL. Call 239-430-3668 or visit www.NaplesPodiatrist.com to make an appointment. Visit www.apma.org to learn more about foot health and care.



21401 Corkscrew Village Lane,
Suite 4
Estero, FL 33928

(239) 430 - 3668 (FOOT)
www.NaplesPodiatrist.com

DARK SPOTS ON YOUR SKIN?

An Advanced Treatment Can Provide Clear, Glowing Skin

By Joseph Onorato, MD, FAAD

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

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

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

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

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

How it works

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

What can be treated with MedLite® C6?

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

How many treatments do I need?

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

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

Benefits of MedLite® C6

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

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

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

Services & Treatments Provided:

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

The staff at SWFL Dermatology Plastic Surgery & Laser Center is dedicated to providing the most personalized care by treating their patients like family. Each provider is committed to taking the time to understand the concerns and goals of the patient in order to provide the best-individualized care for that patient.

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

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

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

What's on YOUR Skin?

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

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



Founder & Owner

Joseph Onorato, MD, FAAD

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

Adult & Pediatric Dermatology

swfl DERMATOLOGY
Plastic Surgery & Laser Center
(239)-500-SKIN

SWFLDermatology.com
13800 Tamiami Trail N, Suite 112
Naples, FL 34110

COVID SAFE
We strictly follow CDC guidelines





CONFIDENCE CHECK

Garramone Plastic Surgery's all-in-one Mommy Makeover reunites women with their pre-baby selves by addressing multiple post-pregnancy body concerns.

RALPH R. GARRAMONE, MD, FACS

A woman's body image can decline with loss of breast volume, which can result in sagging, irregularly shaped, and droopy breasts. After pregnancy, localized abdominal stretching, excess skin, fatty deposits, and stretch marks may be the hallmarks of pregnancy, but they aren't irreversible," says Ralph Garramone, M.D., a board-certified cosmetic and plastic surgeon and founder of Garramone Plastic Surgery, where he's been helping women in the Fort Myers area get back to their pre-baby selves since 2002.



"While there's no denying the joy of pregnancy, child-birth, and nursing, the resulting physical changes can take a toll on a woman's body and psyche, which can result in decreased self-esteem. Every woman can have excellent body confidence," says Dr. Garramone.

In addition to offering a cache of face, breast, and body procedures, as well as skincare treatments with his team of award-winning, medically trained Aestheticians, the practice developed the Mommy Makeover for women of all ages who want to experience a single recovery instead of multiple downtimes from individual surgeries.

Patients coming in for this procedure, Dr. Garramone notes, usually have excess skin, stretch marks, and underlying fascia fatigue (the tough, muscular layer unresponsive to exercise). To address these issues, the Mommy Makeover may involve abdominoplasty, or a tummy tuck, and an array of breast surgeries to address individual concerns with attention to post-pregnancy problem zones simultaneously.

"We aim to give each patient the best results by listening to what bothers them most," says Dr. Garramone.

GREAT EXPECTATIONS

"Plastic surgery is a life-changing, personal experience," Dr. Garramone says, "and we take a detail-oriented approach to procedural explanations while providing realistic post-surgical expectations."

As for the procedure at the practice's state-of-the-art, accredited surgical facility, patients should plan on 2.5 to 4.5 hours for surgery with additional time spent in recovery.

According to Dr. Garramone, recovery isn't what it used to be 20 years ago. Dr. Garramone uses a long-lasting nerve blocker to aid in patients' discomfort; patients can expect to rest for approximately 10 to 14 days before returning to normal daily life, including work or at-home activities. Most patients are back to 90% of their normal daily activities within a month.

Having performed thousands of surgeries for adults and children throughout his career, Dr. Garramone approaches every case with familiar ease. Forever humble, he's received numerous accolades, contributes to many medical publications, and enjoys the creative aspect of his work. He feels it is an honor to use his skills to change lives for the better.

"It's an exciting field to work in because there's always some wonderful new technology on the horizon," he says.

AWARD-WINNING PLASTIC SURGEON



GARRAMONE

BOARD CERTIFIED PLASTIC SURGEON

239-482-1900 | Garramone.com

12998 South Cleveland Avenue | Fort Myers, Florida 33907

MARCH IS NATIONAL NUTRITION MONTH

Feed Your VEINS

Peripheral artery disease (PAD), diabetes, obesity, smoking, and Raynaud's disease are some of the many causes of poor circulation. Several foods have been shown to help improve blood flow and support heart health, including garlic, onions, beets, berries, citrus fruits, and leafy greens. Reduced blood flow can cause unpleasant symptoms, such as pain, muscle cramps, numbness, digestive issues, and coldness in the hands or feet.

In addition to those with poor circulation, athletes and active individuals may want to increase blood flow to improve exercise performance and recovery. Although medications often treat circulatory issues, eating certain foods can also improve blood flow.

Best foods to optimize blood flow:

Cayenne pepper gets its spicy flavor from a phytochemical called capsaicin.

Capsaicin promotes blood flow to tissues by lowering blood pressure and stimulating the release of nitric oxide and other vasodilators, or compounds that help expand your blood vessels. Vasodilators allow blood to flow more easily through your veins and arteries by relaxing the tiny muscles found in blood vessel walls. Research indicates that ingesting cayenne pepper increases circulation, improves blood vessel strength, and reduces plaque buildup in your arteries. Spicy peppers are frequently included in pain-relieving creams because they can encourage blood flow to the affected area.

Pomegranates are juicy, sweet fruits that are exceptionally high in polyphenol antioxidants and nitrates, which are potent vasodilators.

Consuming pomegranate as a juice, raw fruit, or supplement may improve blood flow and oxygenation of muscle tissue, which could significantly aid active individuals. A 2014 study of 19 active people found that consuming 1,000 milligrams of pomegranate extract 30 minutes before working out increased blood flow, blood vessel diameter, and exercise performance. Another study demonstrated that drinking 17 ounces of pomegranate juice daily during or before weight training reduced soreness, muscle damage, and inflammation in elite weightlifters.



Garlic is well known for its beneficial impact on circulation and heart health.

Studies suggest that garlic, specifically its sulfur compounds, which include allicin, can increase tissue blood flow and lower blood pressure by relaxing your blood vessels. Diets high in garlic are associated with better flow-mediated vasodilation (FMD), an indicator of blood flow efficiency. In a study of 42 people with coronary artery disease, those who consumed garlic powder tablets containing 1,200 mg of allicin twice daily for three months experienced a 50% improvement in blood flow through the upper arm artery compared to a placebo group.

Onions are an excellent source of flavonoid antioxidants, which benefit heart health.

Onion improves circulation by helping your arteries and veins widen when blood flow increases. Onions also have anti-inflammatory properties, boosting blood flow and heart health by reducing inflammation in veins and arteries.

Cinnamon is a warming spice with many health benefits, including increased blood flow.

Cinnamon improves blood vessel dilation and blood flow in the coronary artery, which supplies blood to the heart. Cinnamon can reduce human blood pressure by relaxing your blood vessels, improving circulation, and keeping your heart healthy.

Fatty fish like salmon and mackerel are excellent sources of omega-3 fatty acids.

These fats are especially beneficial for circulation because they release nitric oxide, which dilates your blood vessels and increases blood flow. Omega-3 fats also help inhibit the clumping of platelets in your blood, which can lead to blood clot formation. Fish oil supplements are linked to reduced high blood pressure and improved blood flow in skeletal muscle during and after exercise.

In a 2014 study of 10 healthy males, high doses of fish oil — 4.2 g daily for four weeks — significantly improved blood flow to the legs after exercise

Leafy greens like spinach and collard greens are high in nitrates, which your body converts into nitric oxide, a potent vasodilator.

Eating nitrate-rich foods may help improve circulation by dilating blood vessels, allowing your blood to flow more easily. In one study of 27 people, those consuming high nitrate (845 mg) spinach daily for seven days experienced significant improvements in blood pressure and blood flow compared to a control group. Research has observed that people following a traditional Japanese diet high in nitrate-rich vegetables like Chinese cabbage and spinach have a lower blood pressure than those who consume a diet low in vegetables.

The Vascular and Vein Center at Gulfcoast Surgeons is one of the first and most respected vein clinics in Southwest Florida. Our surgeons, Dr. Abraham Sadighi and Dr. Johan Escribano have performed thousands of vascular and vein surgeries over the past 28 years. We focus on diseases of the vascular system that can range from harmless but unattractive spider veins to dangerous conditions such as peripheral artery disease. Our caring and dedicated team will help you identify problems and offer the best treatment options for you at any of our three locations.

Call the Vascular & Vein Center at Gulfcoast Surgeons today at (239) 344-7061 to make an appointment with a vascular surgeon specializing in arteries and veins.



877-LEG-PAIN
gulfcoastsurgeons.com

Fort Myers 8010 Summerlin Lakes Dr., Ste. 100 Fort Myers, FL 33907
Cape Coral 1003 Del Prado Blvd., Ste. 303 Cape Coral, FL 33990

Bonita Springs
24301 Walden Center Dr., Ste. 102 Bonita Springs, FL 34134

IMPROVING COMMUNICATION FOR CANCER PATIENTS WITH HEARING OR LANGUAGE IMPAIRMENTS

By Dr. Graciela Garton

When a patient receives a serious medical diagnosis like cancer, it can trigger a flood of questions – how the disease progresses, what may stop its spread, how to cope with the emotions that accompany diagnosis and treatment, and what important healthcare decisions lie ahead.

For most, there are a variety of resources available where answers may be found. These include in-person support groups, online educational videos and conversations with one's own care team. Unfortunately, few are designed to help those with a hearing impairment or language barrier, including foreign language speakers. As a result, these individuals may struggle to navigate a healthcare system that is designed for those without communication challenges.

Studies report that patients with hearing or language impairments often have profound gaps in knowledge about their disease, medications, treatment options, procedures and risk factors. And yet, living with these unanswered questions can exacerbate the emotional distress that often accompanies a tough diagnosis.

Additionally, studies show that patients with hearing or language impairment commonly experience persistent breakdowns in communication with their health care providers. Sadly, many find that their providers will not accommodate their requests for ASL interpretation within clinical settings. Instead, patients are expected to practice lip reading or note taking for comprehension.

This sends the message that providers don't want to deal with them – and breaks federal law. Those with a hearing impairment are legally entitled to adequate language accommodations, thanks to provisions in the Americans with Disabilities Act (ADA).

Partnership Provides Access to Communication Resources

At Advocate Radiation Oncology, we know every patient deserves equal access to healthcare communication before, during and after a cancer diagnosis. As the region's premier locally-owned and operated radiation oncology practice, we are passionately dedicated to delivering compassionate care and ensuring that every patient's treatment experience is customized to their needs.

In order to deliver exceptional healthcare communication for all, Advocate Radiation Oncology is proud to partner with the Sally J. Pimentel Deaf and Hard of Hearing Center (DHHC).

The DHHC's mission is to empower Southwest Florida's deaf and hard-of-hearing citizens and their families through education, advocacy and community involvement. The center provides a wide range of services to those with hearing impairments, including support for family members, friends, neighbors, employers and coworkers.

- Sign Language Interpreting Services
- Free Telephone Equipment Loan Program
- Deaf Mentor & Education Program
- (ASL) American Sign Language Classes
- Information/Referral Services
- Outreach Presentations
- Employment Assistance
- Visual Communication Center
- Advocacy
- Adaptive Equipment Sales & Training



Through this partnership, DHHC and Advocate Radiation Oncology are closing the gap for patients with hearing or language impairment by reducing healthcare inequalities.

By connecting patients with the appropriate language assistance and accommodations, our provider-patient conversation can take place with clarity, comprehension and compassion. In this way, Advocate can ensure that the treatment experience is delivered with equal care for all patients.



About the Author

Dr. Graciela Garton is a board-certified radiation oncologist at Advocate Radiation Oncology. For more information, please visit AdvocateRO.com.



Spanish-fluent doctors and care staff

CAPE CORAL
909 Del Prado Blvd. S
Cape Coral, FL 33990
(239) 217-8070

BONITA SPRINGS
25243 Elementary Way
Bonita Springs, FL 34135
(239) 317-2772

FORT MYERS
15681 New Hampshire Ct.
Fort Myers, FL 33908
(239) 437-1977

PORT CHARLOTTE
3080 Harbor Blvd.
Port Charlotte, FL 33952
(941) 883-2199

NAPLES
1775 Davis Blvd.
Naples, FL 34102
(239) 372-2838



The Long-Term Effects of Hormonal Birth Control

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

When it comes to preventing pregnancy, hormonal birth control is one of the most popular options.

However, the uses of hormonal birth control often extend beyond just preventing pregnancy, with many women taking birth control to address skin concerns or provide menstrual relief. Despite its many uses, though, there are some risks associated with long-term hormonal supplementation.

The Mechanisms Behind Hormonal Birth Control

The ovaries naturally produce the hormones estrogen and progesterone, which are typically considered the female sex hormones because they appear in higher quantities in females.

When the body experiences higher than average amounts of estrogen and progesterone, it does not release an egg. Hormonal birth control uses this finding to prevent pregnancy. By increasing the amount of estrogen and progesterone in the body, the body does not release eggs which then means that there is nothing for sperm to fertilize.

Additionally, progesterone on its own can alter the cervical mucus, making it thick and sticky, which creates a barrier that is harder for sperm to pass on its way to the uterus.

The Hormones Released

Hormonal birth control will often release one (or more) of the three hormones: estrogen, progesterone, or progestin.

Estrogen

Estrogen is most often known for its role in developing and maintaining the reproductive system. When menstruating, rising estrogen levels cause the release of an egg and the thickening of the uterine lining. However, estrogen levels that are above average have the opposite effect,

The body also uses estrogen when forming female characteristics, such as breast tissue, which is often why too much estrogen may be connected to the development of breast cancer.



Progesterone

Progesterone is a hormone that prepares the endometrium for a potential pregnancy. It causes the lining to thicken, making it more likely to accept a fertilized egg. Additionally, progesterone stops the muscle contractions in the uterus that would cause it to reject the egg. If you do not become pregnant during ovulation, the corpus luteum breaks down, which causes progesterone levels to decline.

Despite its role in pregnancy, when progesterone levels are too high the body does not release an egg and creates a thick and sticky cervical mucus, two actions that help to prevent pregnancy.

However, progesterone is not absorbed well in pill form, so oral contraceptives often contain progestin instead.

Progestin

Progestin is a synthetic steroid hormone that has progesterone-like properties. It binds to the progesterone receptors in the body, creating effects similar to progesterone. This includes changing the lining of the uterus and preventing the lining from building up. Progestin also prevents the ovaries from releasing an egg.

Types of Hormone Contraceptives

There are many different types of hormonal birth control, lasting different amounts of time and utilizing different hormones.

Pills

The most common form of hormonal contraception is "the pill". Despite its single name, there are many different brands, each with their own amounts of estrogen and progestin. This is why some women may find that one brand produces more side effects than another.

This form of contraception must be taken every day.

Ring

The ring is worn inside the vagina, allowing the vaginal lining to absorb the estrogen and progestin released. Rings must be replaced on a monthly basis.

Patch

The patch also contains estrogen and progestin, but it is instead placed on the skin, and they are changed once a week.

Intrauterine Devices (IUDs)

While there are IUDs with and without hormones, those with hormones typically contain progesterone. They are inserted into the uterus by a doctor and last between 3 to 10 years, depending on the type.

Birth Control Shot (Depo-Provera)

The birth control shot contains progestin and is administered every 12 weeks by a doctor.

Implants

Implants are thin rods placed under the skin of your arm where they release progestin. They can last up to 3 years.

Side Effects of Hormonal Birth Control

Hormonal birth control has long been considered a staple in every woman's life, but the ugly truth is that it comes with many adverse side effects that women are not aware relate to the change in hormones.

Side effects of hormonal birth control can include:

- vaginal irritation
- headaches
- weight gain
- sore breasts
- acne
- mood changes
- nausea
- decrease libido

However, there are also long-term effects of taking hormonal birth control.

The Long-Term Effect of Hormonal Birth Control

Hormonal birth control, as the name suggests, works by altering your hormone levels, which are key messengers in your body.

This can cause the above side effects, which many women learn to live with as they continue taking hormonal birth control. However, taking hormonal birth control can also cause significant problems in the body when taken long-term. Since many people take hormonal birth control for the majority of their adult lives without a break, this long-term use can apply to many.

Mood Swings

Hormonal birth control can cause severe mood changes or even depression in those who take it.

This is because the body is constantly working to create a balance in its hormones. However, when taking hormonal birth control, you are introducing hormones that then cause a disruption, which can affect your mood. This is especially common in women who have already experienced episodes of depression.

Despite these connections, the effect of hormonal birth control on female well-being is drastically understudied. However, a 2017 study on a small group of healthy women did find that oral contraceptives significantly reduced their overall well-being.

High Blood Pressure

Some women may develop cardiovascular issues because of the increase in blood pressure that is experienced when on hormonal birth control. High blood pressure is often considered a silent killer because it is a risk factor for many cardiovascular issues, such as heart disease, heart attack, or stroke, but it does not show any symptoms until these conditions have developed.

Hormonal birth controls may increase your blood pressure because the hormones they give off can potentially narrow smaller blood vessels, which then causes blood pressure to rise. Birth controls with estrogen, in particular, are not recommended for those who already have high blood pressure.

Additionally, studies have found that hypertension can occur in those taking low- or high-dose estrogen contraceptives, so it is essential to be aware of your cardiovascular health before taking these birth controls and to monitor it regularly while taking them.

Increased Cancer Risk

There are certain cancers that are associated with lower incidence when taking hormonal birth control. Such as ovarian, endometrial, and colorectal cancer.

However, there is some evidence suggesting that hormonal contraceptives may increase the risk of breast and cervical cancer. This is because the hormones estrogen and progesterone, which are found in hormonal birth control, may stimulate the growth of some cancer cells.

The American Cancer Society (ACS) even states that those who take birth control pills are slightly more likely to develop breast cancer compared to those

who have never used them. However, being off the pill for at least 10 years completely reduces this high risk, showing that discontinuing hormonal birth control now can significantly help with your risk of developing cancer, and the sooner you discontinue it, the better.

Additionally, taking hormonal birth control for just 5 years can increase the risk of cervical cancer, and the longer you take hormonal birth control, the higher your risk becomes. Same as breast cancer, though, the risk of cervical cancer decreases by discontinuing the pill.

Blood Clots

Taking hormonal birth control can slightly increase your risk of blood clots.

A 2013 meta-analysis found that using oral contraceptives that contained both estrogen and progesterone increased the risk of a blood clot. Blood clots then increase your risk of heart attack or stroke, which can drastically impact your health.

The risk of blood clots is even higher if you have a history of heart disease, high blood pressure, or diabetes.

Migraines

Those with a history of migraines may find that they become worse when taking birth control pills, especially combination pills.

Dementia

While dementia is typically something that develops when someone is in their later years, long-term birth control may increase its risk.

Studies have found an increased risk of Alzheimer's disease and its associated dementia, in particular, in women who used estrogen-progesterone therapy for longer than 5 years, with the risk increasing in those who used it for more than 10 years.

Lowered Testosterone Levels

Studies suggest that long-term hormonal birth control use can reduce the amount of testosterone circulating in the body. A testosterone deficiency is often associated with a diminished well-being, loss of energy, mood changes (moodiness, depression, irritation), cognitive disturbances, declining muscle mass, and lower bone mass and density.

Alternative Methods of Birth Control

For those looking for a way to prevent pregnancy without taking hormones long-term, there are other methods.

One method is a non-hormonal IUD, which can last anywhere from 3 to 10 years. Male and female condoms are another option to protect pregnancy, with the additional benefit of preventing the spread of STIs.

For those looking for a natural option, the rhythm method involves carefully monitoring your menstrual cycle to avoid sex or use condoms on the days when you are fertile.

If you are overwhelmed by all the birth control options, meeting with your doctor is a great way to discuss all the options and choose the one that is best for you, ensuring you do not increase your risk for any health concerns while also preventing pregnancy.

References

- Zethraeus, N., Dreber, A., Ranehill, E., Blomberg, L., Labrie, F., & von Schoultz, B. et al. (2017). A first-choice combined oral contraceptive influences general well-being in healthy women: a double-blind, randomized, placebo-controlled trial. *Fertility And Sterility*, 107(5), 1238-1245. doi: 10.1016/j.fertnstert.2017.02.120
- Mir, D., Ardabilgazi, A., Afshariyanchlou, S., & Sachmechi, J. (2018). Malignant Hypertension in Association with Low Estrogen Dose Oral Contraceptives: Case Report and Review of Literature. *Cureus*. doi: 10.7759/cureus.2978
- Birth Control & Cancer: Which Methods Raise, Lower Risk. (2022). Retrieved 5 August 2022, from <https://www.cancer.org/latest-news/birth-control-cancer-which-methods-raise-lower-risk.html>
- Stegeman, B., de Bastos, M., Rosendaal, F., van Hylckama Vlieg, A., Helmerhorst, F., Stijnen, T., & Dekkers, O. (2013). Different combined oral contraceptives and the risk of venous thrombosis: systematic review and network meta-analysis. *BMJ*, 347(sep12 1), f5298-f5298. doi: 10.1136/bmj.f5298
- Vinogradova, Y., Denning, T., Hippisley-Cox, J., Taylor, L., Moore, M., & Coupland, C. (2021). Use of menopausal hormone therapy and risk of dementia: nested case-control studies using QResearch and CPRD databases. *BMJ*, n2182. doi: 10.1136/bmj.n2182
- Zimmerman, Y., Eijkemans, M., Coelingh Bennink, H., Blankenstein, M., & Fauser, B. (2013). The effect of combined oral contraception on testosterone levels in healthy women: a systematic review and meta-analysis. *Human Reproduction Update*, 20(1), 76-105. doi: 10.1093/humupd/dmt038
- Edlow, A. G., & Bartz, D. (2010). Hormonal contraceptive options for women with headache: a review of the evidence. *Reviews in obstetrics & gynecology*, 3(2), 55-65.



9250 Corkscrew Rd. STE 5, Estero, FL 33982
239-351-5663
info@sextys.com | drmelirvine.com

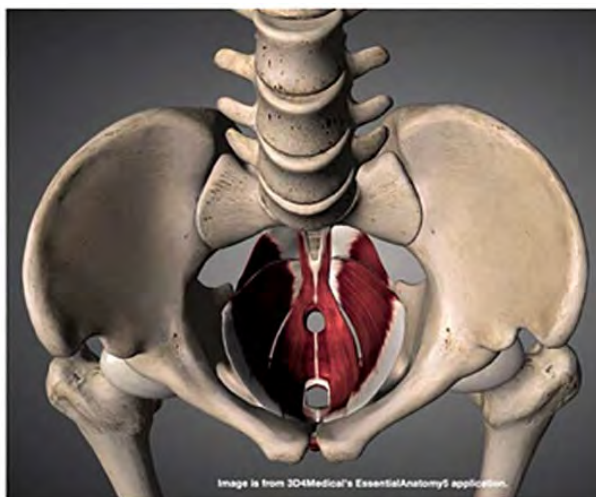
Do You Have A Weakened or Tight Pelvic Floor?

What You Should Know

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

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

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



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

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



Alejandro Miranda-Sousa, MD
Mark Leo, MD

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

Urology Experts

At Millennium Physician Group

FORT MYERS

12995 S. Cleveland Ave., Suite 184
Fort Myers FL 33907

CAPE CORAL

1206 Country Club Blvd
Cape Coral, FL 33990

HOW CAN YOGA HELP PATIENTS WITH PARKINSON'S DISEASE?

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

Dr. Gil had the opportunity to ask Shebani, Can Yoga Help Patients with Parkinson's Disease?

Shebani: I recently had a wonderful interaction with a chair yoga student who has Parkinson's disease. She excitedly came to me after class to share that she was overjoyed to experience stillness in her hands during our end-of-class meditation. She had been practicing regularly for over a month before she came to this point. Of course, experiences will vary from person to person.

Yoga can be a beneficial therapy for patients with Parkinson's disease in several ways:

1. Improving flexibility and balance: Parkinson's disease can cause stiffness and rigidity in the muscles, leading to balance issues and increased risk of falls. Yoga can help to improve flexibility, balance, and coordination, reducing the risk of falls and improving overall mobility.

2. Reducing stress and anxiety: Yoga can help to reduce stress and anxiety levels, which can be particularly beneficial for patients with Parkinson's disease who may experience anxiety related to their condition. Yoga can also help to promote relaxation and improve overall mental well-being.

3. Improving posture: Parkinson's disease can cause postural instability, which can lead to a hunched posture and other issues. Yoga can help to improve posture by strengthening the core muscles and encouraging a more upright posture.

4. Enhancing overall physical function: Yoga can help to improve overall physical function by promoting flexibility, strength, and balance. This can help patients with Parkinson's disease to perform activities of daily living more easily and with greater confidence.

5. Encouraging mindfulness and self-awareness: Yoga emphasizes mindfulness and self-awareness, which can be beneficial for patients with Parkinson's disease who may struggle with cognitive and emotional symptoms related to their condition. Practicing yoga can help to improve self-awareness and promote a greater sense of well-being.



Overall, yoga can be a beneficial therapy for patients with Parkinson's disease, helping to improve physical function, mental well-being, and overall quality of life. It is important to consult with a healthcare professional before beginning a yoga practice, especially if you have Parkinson's disease or any other health condition.

Parkinson's Disease Treatment Center of SWFL in partnership with Charlotte County Medical Society proudly presents...

2023 SWFL Parkinson's Disease Spring Symposium: WELLNESS

Friday, April 21, 2023

9:00 am to 4:00 pm • Kings Gate Golf Club
24000 Rampart Blvd, Port Charlotte, FL

Presentations:

"Nutrition in Parkinson's Disease"



Glorivel Koury de Ramos, M.D.

Medical Director, "RK Healthy Life"
Atlanta, GA, Diplomate, American Board of Internal Medicine, Diplomate, American Board of Obesity Medicine, Certified by American Board of Lifestyle Medicine

"Why Exercise is the Best Medicine for Parkinson's Disease"



Ramon A. Gil, M.D.

Diplomate, American Academy of Psychiatry and Neurology Diplomate American Board of Internal Medicine Medical Director, Parkinson's Disease Treatment Center of SWFL

Breakout Sessions:

"Yoga as Part of Your Treatment"

Shebani Abdunour, Yoga Therapist

"Dance Therapy for PD" by Sarah Latotskyy, Patricia De L'Ossa, RPT and Sergio Valdivia, RPT

"Fitness" by Jay Woods

"Rock Steady Boxing and Pedaling for PD" by Lisa Heid, Christy Barfield, RSB, Tabatha Stepensky, RSB, and Terri Hughes, PFP from the Punta Gorda YMCA

About

Shebani Abdunour

Shebani (shi-ba-nee) is a naturally outgoing and enthusiastic Yoga Instructor who loves improving people's lives. She is an entrepreneur and former yoga studio owner. She has been teaching yoga for over a decade in Florida cities including Miami, Port Charlotte, Punta Gorda, North Port, Boca Grande, Sarasota and Fort Myers. She has worked in numerous other industries and has experience in research, real estate, marketing, customer service, hospitality and sales industries. She has a Bachelor's degree in Biology from Florida International University. She has lived in and traveled to different countries, however she is a Floridian at heart. She lives in Fort Myers with her husband who is an Attorney. She loves teaching yoga, exploring the outdoors with her dog Kali, working out and eating healthy (most of the time). She received her yoga teacher's certification by participating in a four-month residential "yogic studies" course that she took in India at Bihar school of yoga 2007-2008. She completed her Trauma Informed YTT in November of 2022. She has acquired well over 300 hours of Yoga teacher training. she is always looking for more opportunities to share her passion of yoga and well-being.



Parkinson's Disease
Treatment Center
OF SOUTHWEST FLORIDA

For more info or to register
contact Jennifer at Dr. Gil's Office:
Phone (941) 743-4987 | Fax (941) 743-4486
office@parkinsonsfl.com



4235 Kings Hwy Unit 102, Port Charlotte, FL 33980
415 Commercial Ct., Suite E, Venice, FL 34292
5272 Summerlin Commons Way, Suite 603,
Fort Myers, FL 33907

SPONSORED IN PART BY:





BE A PARAMEDIC IN ONE YEAR

By Dr. Jeff Ziomek, EMS Program Director, Hodges University

Rain or shine. First thing in the morning or in the middle of the night. Weekends and holidays. They are there to help us when we're at our worst. When we're sick or injured. They answer the call. From the young to the young at heart, we all know their number: 9-1-1.

They are paramedics.

It all starts with a passion for helping others. For a career as a Florida paramedic, your first step is to become an Emergency Medical Technician (EMT). That's where you'll learn the foundational skills needed. As a matter of fact, you can start with us at Hodges University and graduate from our EMT training course in just seven weeks.

With your EMT skills in hand, you can graduate from our paramedic program in just one year and take the NREMT exam for your license. Our paramedic program is flexible with daytime classes two days a week, plus clinical rotations and field internships. There are also opportunities to receive financial aid. When you graduate, you'll also have 42 college credits. Someday, you may want to return and get those last 18 credits for an associate degree. If you are thinking that moving up the ranks and into administration is something you want to do, a college degree, along with your experience, will help.

Being a paramedic means you have the knowledge and skills to provide advanced life support before your patient reaches the hospital. When it comes to helping others, every second counts.

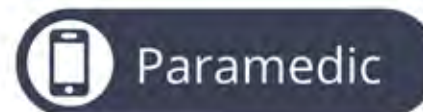


If you're wondering if being a paramedic is for you, there are a few things you can consider. You should be someone that likes to problem-solve. Your patient may not be able to communicate with you, so you'll have to figure out the best way to treat them. You must also have compassion for others and enjoy working in a team environment.

Communicating clearly with your patients, your colleagues, and the patient's family is essential. While you don't need to be the strongest person, you need a certain amount of physical fitness in order to successfully and safely move and transport patients from the scene, into the ambulance, and then from the ambulance into the hospital emergency room.

As a paramedic, the rewards are many. You'll build a special sense of family with your colleagues. The most satisfying aspect is helping people when they need you the most. You could be responding to someone who's having difficulty breathing, a mother in labor, or a car accident. You could work at a scene with other agencies, like the fire department and law enforcement.

What you do makes a difference, and your patients and their families will remember that.



HODGES
UNIVERSITY
Stay Near. Go Far.

239-938-7744 | Hodges.edu

PUT YOUR BEST FOOT FORWARD

FAMILY FOOT & LEG CENTER

COMMON CONDITIONS

FOOT & ANKLE PAIN	WOUNDCARE
INGROWN TOENAILS	SPORTS INJURY
MORTONS NEUROMA	BUNIONECTOMY
PLANTAR FASCIITIS	HEEL PAIN

SAME DAY APPOINTMENTS

Serving Southwest Florida Since 2005!

Naples. Marco Island. Estero. Cape Coral. Fort Myers. Port Charlotte.

CALL TODAY!

239-430-3668 (FOOT)
NAPLESPODIATRIST.COM

Joe Altepeter, DPM, AACFAS
1645 Colonial Blvd
Fort Myers, FL 33907



WE KEEP YOU WALKING



HEAL YOUR KNEE PAIN WITH BONE MARROW STEM CELLS

NON-SURGICAL TREATMENTS OF COMMON KNEE CONDITIONS:

- ☑ Knee Arthritis
- ☑ Tendonitis
- ☑ Meniscus Injury
- ☑ Laxity & Instability
- ☑ Ligament Sprains
- ☑ Others

CUTTING-EDGE REGENERATIVE MEDICINE TREATMENTS

- ☑ Bone Marrow Stem Cells
- ☑ Regenerative Physical Therapy
- ☑ Platelet Rich Plasma (PRP)
- ☑ Cold Laser Therapy
- ☑ Prolotherapy
- ☑ Acupuncture



DR. SEBASTIAN KLISIEWICZ, D.O.
Regenerative Medicine Specialist
Board Certified in Physical
Medicine & Rehabilitation

ARE YOU A CANDIDATE?
CONTACT US TODAY FOR A CONSULTATION



LOCATED NEXT TO ESTERO COMMUNITY PARK

239-687-3199
9250 Corkscrew Rd, #15 Estero FL 33928
855-398-9437 • www.IRehabMed.com

BEAUTY, WELLNESS & SEXUAL HEALTH



*Dr. Mel Irvine, DNP and Clinical Sexologist
specializes in sexual medicine and beauty
in Naples, Estero and Fort Myers Florida Areas.*

FOR HIM

Self-discovery and improvement for him
covering a wide range of topics tailored to
men's sexual health and enhancement.

FOR HER

Self-discovery and improvement for her
covering a wide range of topics tailored to
women's sexual health and enlightenment.

239-351-5663

info@sextys.com | drmelirvine.com
www.youtube.com/watch?v=vR5BgNltKmc

9250 Corkscrew Rd. STE 5, Estero, FL 33982





HEALING KNEE PAIN WITH REGENERATIVE MEDICINE

The Alternative to Surgery and Medications

By Dr. Sebastian Klisiewicz, D.O.

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

The "Old" Standard Treatment for Knee Pain

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

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

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

The New Frontier of Non-Surgical Knee Care

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

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

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

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

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

An Integrated Team Approach Provides Best Results

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

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



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

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

If you are looking to heal your knee pain without surgery, schedule a consultation today! We look forward to helping you with your healing journey.

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

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

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



**INTEGRATIVE
REHAB MEDICINE**

TREATING PAIN, INJURIES & FUNCTIONAL IMPAIRMENTS

9250 Corkscrew Rd, #15 Estero, FL 33928
(239) 687-3199 | www.iRehabMed.com



Enhance
Your
Beauty

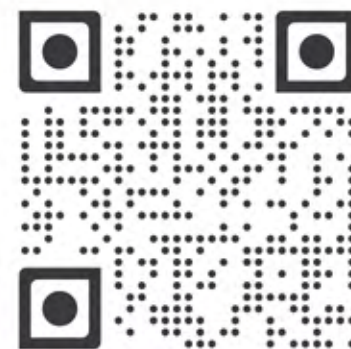


JUVÉDERM® Lip Injectables

Now **\$550**
(\$100 Savings)

Offer valid 3/1/23 - 3/31/23, on select products.

Promo Code: **LIPS**



239-333-1450
TheQMedSpa.com

675 Piper Blvd, Unit B, Naples, FL 34110 | 9407 Cypress Lake Dr., Suite C, Fort Myers, FL, 33919

A New Way to Treat Treatment-Resistant Depression

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

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

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

What is Ketamine Therapy and What is it Used to Treat

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

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

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

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

How Ketamine is Offered and Administered

WhiteSands Recovery & Wellness administers Ketamine therapy in two ways:

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

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

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

Efficacy of Ketamine Therapy in Treatment of Depressive Disorders

Or

How Effective is Ketamine Therapy?

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

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

Ketamine has shown to:

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

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

Pricing

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

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

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

Location

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



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



Lyndsay Henry, PhD
VP of Clinical
Services



Dr. H. Layman
Psychiatrist



WhiteSands
RECOVERY & WELLNESS

14150 Metropolis Ave., Fort Myers, FL 33907
1-239-237-5473 | <https://whitesandtreatment.com>

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

WE ARE **VAIN** ABOUT OUR **VEINS**



MEET OUR DOCTORS:

Johan Escibano, MD, FACS, RPVI
Abraham Sadighi, MD, FACS

The team at the Vascular & Vein Center at Gulfcoast Surgeons is vain about veins so much that our patients love to show off our work! We perform cosmetic procedures to treat and eliminate unsightly and painful varicose veins and spider veins, along with more complex medically necessary procedures for other circulatory conditions. Place your trust in our expertise to make you look and feel your best again!

As always, patient safety and well-being is our top priority. Therefore, we continue to do our part by following CDC guidelines.

Call 877-LEG-PAIN to schedule an appointment.

GulfCoastSurgeons.com   

Fort Myers | Cape Coral | **Bonita Springs**

VARICOSE VEINS | SPIDER VEINS | ROSACEA | PERIPHERAL ARTERY DISEASE | DEEP VEIN THROMBOSIS | CAROTID ARTERY DISEASE

NEW TECHNOLOGY TO RESOLVE SYMPTOMS FROM NEUROPATHY AND CHRONIC JOINT PAIN



NEUROPATHY CAUSES

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

TESTIMONIALS

I have been a patient of Dr. Larry Johnson for over ten years for different low back and various joint pains. However, last year I started to suffer with pain and tingling in both of my legs and feet that would keep me from sleeping. Dr. Johnson explained to me that I was dealing with neuropathy and he could help to resolve my pain with a laser light therapy machine that he has used many times before for my condition. After six treatments, my pain was starting to go away and was finally gone after a few more treatments. I have always relied on Dr. Johnson to help me for any problems I have encountered over the years and I have always recommended him to my family and friends. Shirley W.

I travel a lot as a Realtor in Lee County, and also very active with physical activities. On a couple of occasions in the past, my feet would burn and hurt with walking and riding my bike. I was referred to Dr. Johnson by my father who had been a patient for several years. He used a light therapy treatment that eliminated my pain. I have always been very happy with the care I have received and the staff are very knowledgeable, caring and friendly. I would recommend his clinic to anyone suffering with any type of pain. Cathy S.

When I first came to Dr. Larry Johnson's office everyone was very friendly and made me feel so welcomed. I could hardly walk, but after a couple weeks of vitamin injection and Sanexas treatments I improved dramatically. I now recommend him to everyone. Ken F.

I came to Dr. Larry Johnson at the end of November 2022 with severe pain on my right knee. I was not able to walk without a walker because the pain was so bad. After receiving Sanexas treatments, along with Chiropractic care, I was able to walk without any assistance in about 3 weeks. I am still receiving weekly treatments and I have seen big improvements. I am very pleased with the results and I continue to feel better every day. Thank you to Dr Larry and his amazing staff. Tomi B.

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.

TESTIMONIAL

A few years ago, I began to lose the feeling in my feet. This progressed into a pain so severe it interfered with my ability to walk. When my wife told Dr. Johnson about my condition, he called me into his office and said, "David, you know I can treat that." Actually, I didn't know he treated neuropathy, and besides that, I was cynical. My understanding was that the success rate for reversing neuropathy is abysmal. The reality was I didn't think he... or anyone else, for that matter, could do anything about it. But Dr. Johnson and I have been friends for twenty-eight years, so telling him I didn't think he could ease my pain was not an option.

Well, surprise for me the old cynic. From the very first treatment, the result was so dramatic that because of my disbelief, I did not say a word to anyone. Not a comment until I knew this treatment was the real deal. I started to experience relief, and by the end of the third week, I was asymptomatic.

Your milage may vary, but that's how my body responded. Now, I am able once again to walk my dog two to five miles a day, five days a week. Great staff. Thanks for all your care.
David R.

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



SPECIFIC TEST FOR NEUROPATHY SYMPTOMS

Population that should be tested with TM-Flow



Autonomic neuropathy and vascular dysfunction risk group in the USA

50+

Population over 50 years old with cardiovascular risk factors

(Hypertensive, Overweight, Smoker, Diabetic)

70+

Everyone older than 70

OVER 45 MILLION PEOPLE

Both Treatments Covered by Medicare Plans and most commercial insurances



HANCOCK HEALTHCARE GROUP

Providing multi-disciplinary treatments for various painful conditions as well as weight loss, body contouring, neuropathy and hair loss.

DR. LARRY JOHNSON

DR. MAIRELIS DE LA CRUZ HERNANDEZ

1510 Hancock Bridge Pkwy, Unit 6
Cape Coral, FL 33990

(239) 574-5559

hancockhealthcaregroup.com

swfl DERMATOLOGY

PLASTIC SURGERY & LASER CENTER



PROUD
SPONSOR
**NAPLES
ZOO**
OF CARIBBEAN GARDENS



239-500-SKIN (7546)

Adult & Pediatric Dermatology

- Welcoming New Patients
- New York Trained
- MOHS Surgery
- Brown Spot Removal
- Accepting most Florida & New York Insurance Plans including Florida Blue and GHI



Joseph Onorato, MD, FAAD



Jacqueline Thomas, D.O.



Renee Jakymec, PA-C

What's on YOUR Skin?
swfldermatology.com

13800 Tamiami Trail N, Suite 112 • Naples, FL 34110

SW Florida's Premier Board Certified Urogynecology Practice

FEMALE PELVIC MEDICINE & RECONSTRUCTIVE SURGERY



Specializing in the treatment of:

- Urinary & Fecal Incontinence
- Overactive Bladder
- Complex Pelvic Disorders
- Cosmetic Gynecology
- Pelvic Organ Prolapse
- Recurrent Urinary Tract Infections
- Heavy Bleeding
- Emsella



JOSEPH GAUTA, MD



NICOLE HOUSER, PA-C



MACKENZIE HUDSON, PA-C

(239) 449-7979

www.FloridaBladderInstitute.com

1890 SW HEALTH PKWY., SUITE 205
NAPLES, FL

ASSOCIATES IN NEPHROLOGY

PROVIDING COMPREHENSIVE KIDNEY CARE AND TRANSPLANT SERVICES IN SOUTHWEST FLORIDA FOR OVER 40 YEARS



Neetu Malhotra, MD

Our multidisciplinary team provides treatment for kidney disease with follow up care, as well as kidney transplant services. 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.

**Now Accepting
New Patients
(ages 18 and older)**

239.939.0999
associatesnephrology.com
Most major insurances accepted.

CAPE CORAL
1320 SE 8th St
Cape Coral, FL 33990

FORT MYERS
7981 Gladiolus Dr
Fort Myers, FL 33908

LEHIGH ACRES
3400 Lee Blvd, #112
Lehigh Acres, FL 33971

BONITA SPRINGS
9550 Bonita Beach Rd, 108
Bonita Springs, FL 34134

Providing comprehensive kidney care & transplant services since 1984.

GOT SEMAGLUTIDE? ...we do!

MEDICAL MANAGED WEIGHT LOSS



HANCOCK HEALTHCARE GROUP

NEW PATIENTS BEING ACCEPTED

**Patients can easily lose up to
20 lbs or more in 3 months!**



SEMAGLUTIDE

Semaglutide is an FDA-approved Injection medication that's been proven to help overweight adults lose weight and keep it off. By mimicking Glucagon-Like Peptide-1 (GLP-1) in the body, Semaglutide can increase Insulin secretion and slow down gastric emptying-or, how fast your stomach empties food. This can suppress your appetite-so you feel full longer - helping you eat less and lose weight in the process.

Semaglutide trial results showed overweight or obese adults receiving weekly Semaglutide had a mean weight loss of 14.9% at 68 weeks. In this same study, nearly 70% of participants were able to achieve a 10% weight loss threshold by taking Semaglutide without dieting. 32% of participants lost at least 20% of their Initial weight. We add B12 to energize and add an additional boost.

This is a successful medically managed weight loss program.

SEMAGLUTIDE WEIGHTLOSS MEDICATION:

Once a week tiny injection!

Same active Ingredients as

WEGOVY / OZEMPIC / RYBELSUS / TRULICITY

It is sold under the brand name Wegovy, or Ozempic but it is available as a generic under the name semaglutide.

On average, GoodRx lists the retail price at \$2,262.84, while the lowest GoodRx price is \$1,319.41 Per Month.

**OUR PRICE IS \$295 PER MONTH - WHICH INCLUDES
1 INJECTION PER WEEK!**

DR. LARRY JOHNSON

DR. MAIRELIS DE LA CRUZ HERNANDEZ

1510 Hancock Bridge Pkwy, Unit 6, Cape Coral, FL 33990

(1 Block West of Del Prado Blvd. on Hancock Bridge Pkwy)

CALL TODAY!!!

(239) 574-5559 Se habla Español

Visit: **www.hancockhealthcaregroup.com** for detailed information.



LEARN HOW AGING AFFECTS NUTRIENT ABSORPTION

By Dr. Doreen DeStefano, NhD, APRN, DNP

Many things can disrupt our ability to absorb nutrients from food and supplements, such as an overgrowth of gut bacteria, IBS, or microbiome imbalance. However, as we age, the stomach acids make it very difficult to absorb nutrients, even more so than when we were younger.

If you've ever noticed that when you're fighting a virus such as a cold, and you're taking extra vitamin C and herbal supplements for viral infections, they may not work as well as they did when you were younger, or perhaps it takes you a week or two to feel yourself again, when it would normally only take a few days, this can be due to absorption issues in the gut.

Now, more than ever, we realize how important it is to stay healthy and have a thriving immune system.

Nearly 80% of our immune system is stored within the gut. When the gut lining is damaged, toxins, antigens, undigested food particles, and bacteria can leak through the intestinal lining and bloodstream. When this happens, your immune system tries to overcompensate and works in overdrive to attack the toxic substances in the blood. It can also exacerbate the immune system and turn it against the body, causing it to attack itself because it confuses its own cells with foreign substances; this is called molecular mimicry. This type of immune response is known to cause and intensify illness and autoimmune disorders.

IV nutrients can help with numerous conditions, including boosting the immune system.

Instead of attempting to go through the stomach and digestion process, which can significantly break down the effectiveness of nutrients, IV therapy administers essential nutritional supplements directly into the bloodstream.

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

A few examples of IV treatments are Alpha Lipoic Acid, Chelation, Glutathione, High-Dose Vitamin C, Meyer's Cocktail, and Magnesium. These IV treatments help with countless issues from asthma,



arthritis, diabetes, cholesterol, hormonal disorders, and so much more. Glutathione is one of the most potent antioxidants and is a master at detoxifying and healing the body.

IV therapy can target each patient's specific needs; however, seeing a reputable, experienced practitioner is critical.

IV Therapy Benefits

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

Functional medicine is integrative medicine that focuses on a complete look at a person's lifestyle, genetics, environmental, and social factors concerning their overall health condition.

A key component of functional medicine is IV therapy. This type of treatment option, administers high dose vitamins, minerals, amino acids, and other essential nutrients to fight disease, eliminate symptoms, and alleviate associated effects.

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

Doreen DeStefano, NhD, APRN, DNP

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

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

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

Learn more about unique and effective therapies with Doreen DeStefano.



12734 Kenwood Lane, Ft Myers, FL 33907 #56
239-425-2900 | www.rtcausesmd.com

Now in Fort Myers!

Have a Medicare Advantage plan? We're a primary care provider with a new approach to healthcare for older adults. Experience the IntuneHealth difference:

- A doctor who coordinates every aspect of your care—including specialty care
- In-person visits, virtual appointments, and in-home care when needed
- Preventive care that keeps you healthy



Learn more or become a patient today:
(239) 790-1122 | IntuneHealth.com



Personalized Care for Every Patient

Advocate Radiation Oncology is Lee County's local partner in the fight against cancer, bringing world-class radiation treatment closer to home. Our evidence-based approach, innovative technology, and compassionate care ensure that every patient's treatment experience is customized to their needs with the goal of most effectively treating an individual's cancer while minimizing side effects. Our team of board-certified radiation oncologists have decades of experience and have trained at some of the nation's most prestigious institutions. We put patients first, always.

Spanish-fluent doctors and care staff



Cape Coral
909 Del Prado Blvd. S
Cape Coral, FL 33990
(239) 217-8070

Bonita Springs
25243 Elementary Way
Bonita Springs, FL 34135
(239) 317-2772

Fort Myers
15681 New Hampshire Ct.
Fort Myers, FL 33908
(239) 437-1977

DOES MEDICAL MARIJUANA HELP REDUCE CHRONIC PAIN?

According to the CDC, over 50 million adults live with chronic pain in the United States.

Chronic pain is a high-impact condition that decreases the quality of life and increases the prevalence of psychiatric issues, such as depression and anxiety. However, medical marijuana has been extensively researched by scientists worldwide to answer the question: *does medical marijuana help reduce chronic pain?*

Below, we'll discuss everything you need to know about medical marijuana and how it works with your mind and body to assist with various forms of chronic pain.

What is Chronic Pain and How Does Medical Marijuana Help?

Chronic pain is defined as pain that persists for more than 12 weeks and can be caused by various conditions such as arthritis, fibromyalgia, and nerve damage.

Medical marijuana, also known as medical cannabis, is a treatment option that has been gaining attention in recent years for its ability to relieve chronic pain.

One of the main active compounds in medical marijuana is tetrahydrocannabinol (THC), which is responsible for its pain-relieving properties. THC binds to receptors in the brain and spinal cord, known as CB1 receptors, which are involved in pain perception. When THC binds to these receptors, it can reduce the sensitivity to pain and increase the release of natural pain-relieving chemicals in the body.

Another active compound in medical marijuana is cannabidiol (CBD), which has also been found to be effective in reducing chronic pain. Unlike THC, CBD does not bind to CB1 receptors; instead, it interacts with other receptors in the body, such as the vanilloid receptor (TRPV1), which is involved in the perception of pain.

Studies Reveal How Medical Marijuana Reduces Chronic Pain

A review of studies published in the Journal of Clinical Pharmacology in 2018 found that medical marijuana can effectively reduce chronic pain caused by conditions such as neuropathy, fibromyalgia, and rheumatoid arthritis.



The review included 29 studies involving more than 2,500 patients and found that, on average, medical marijuana reduced chronic pain by 30%.

Another study published in the European Journal of Pain in 2017 found that medical marijuana can effectively reduce chronic pain caused by nerve damage. The study included 57 patients and found that those who received medical marijuana significantly reduced pain compared to those who received a placebo.

Lastly, a study published in the Journal of Pain in 2016 found that medical marijuana can effectively reduce chronic pain caused by conditions such as multiple sclerosis. The study included 48 patients and found that those who received medical marijuana significantly reduced pain compared to those who received a placebo.

Overall, these three medical studies are only a drop in the bucket regarding medical marijuana research.

What are the Best Medical Marijuana Strains for Chronic Pain?

If you live in a state that allows medical marijuana — you'll notice everything is sold under a medical banner.

However, not all cannabis strains are created equal. With this in mind, you'll want to search for specific marijuana strains geared toward chronic pain relief. To the surprise of many, it's not the highest THC content you should seek — it's the terpene content.

Below, we'll dive into the basics of terpenes and how they can assist you in finding the best medical marijuana strain for chronic pain.

How to Use Terpenes to Find the Best Medical Marijuana Strains for Chronic Pain

Terpenes are a class of organic compounds found in many plants, including cannabis.

Although terpenes are responsible for the unique aroma and flavor of different cannabis strains — they have a hidden characteristic that's catapulted them in importance among medical marijuana patients.

Some studies have shown that certain terpenes, such as caryophyllene and linalool, have anti-inflammatory and pain-relieving properties. These terpenes interact with the body's endocannabinoid system, which helps regulate pain, inflammation, and other physiological processes.

Should You Consume Medical Marijuana for Chronic Pain?

Chronic pain is a life-altering condition that forces individuals to choose — to take prescription medication or try medical marijuana.

The downsides of prescription painkillers are:

- Increased risk of dependency/addiction
- Overdose
- Sedation
- Nausea
- Depression

Alternatively, medical marijuana is not linked to dependency or overdose risk. Furthermore, medical marijuana sold in Florida is natural and lab-tested, making it a much less risky option for reducing chronic pain.

Ultimately, it's your decision to consume medical marijuana for chronic pain. From consulting your primary physician in Florida to contacting a medical marijuana doctor, you'll gain everything you need to make an informed decision.



COMPASSIONATE
HEALTHCARE OF FLORIDA

WWW.FLMMJHEALTH.COM

Call for Appointments (833) 633-3665

It is your journey. We are here to help **you** get there.

The team of professionals at Key Private Bank provides wealth management and customized services including:

- Investment management
- Financial planning
- Insurance management
- Customized financing
- Trust and estate planning
- Credit and banking

Key Private Bank



Key Private Bank is part of KeyBank National Association. Bank and trust products are provided by KeyBank. Member FDIC and Equal Housing Lender. Investment products are:

NOT FDIC INSURED • NOT BANK GUARANTEED • MAY LOSE VALUE • NOT A DEPOSIT • NOT INSURED BY ANY FEDERAL OR STATE GOVERNMENT AGENCY

Key.com is a federally registered service mark of KeyCorp. ©2022 KeyCorp. 220815-1680362



To learn more, contact:

Amy Rohde, CFP®, CFTA
Senior Relationship Manager
at 239-659-8812 or
amy_rohde@keybank.com



Brian Ostrowski, CWS
Relationship Manager
at 239-659-8816 or
brian_ostrowski@keybank.com

Visit key.com/getthere.

ACHIEVE VIBRANT HEALTH AND LONGEVITY
Protect your body and your brain with cutting edge integrative therapies.

ROOT CAUSES
Holistic Health & Medicine

239-425-2900
www.rtcausesmd.com

Natural Hormone Replacement

- Infusions of vitamins, minerals and fluids
- Advanced Anti-aging Solutions
- Bio Identical Hormone Therapy for Men & Women
- Thyroid & Adrenal Hormone Evaluation
- Functional Medicine Evaluations
- Genetic Testing for Nutrition and Drug Metabolism

CALL FOR SPECIAL PACKAGE PRICING TODAY!

12734 Kenwood Ln #56, Fort Myers, FL 33907

Become a
PARAMEDIC
in **ONE YEAR!**

- Learn from Outstanding Faculty with Extensive EMS Experience
- Earn 42 College Credits and Sit for NREMT Exam
- FDOH Approved
- Financial Aid Available
- Limited Enrollment – Apply Today!

HODGES UNIVERSITY
Stay Near. Go Far.

Admissions@Hodges.edu | www.hodges.edu
239-938-7744 | Hablamos Español

Hodges University is an equal access, equal opportunity organization.



Everyone Wants Peace of Mind

Find out how Peace of Mind eases the transition into senior living.

By Cynthia Perthuis, CDP, CADDCT, CSA

Everyone knows transitions, good or bad, cause stress. As a young adult moving away to college or a middle-age adult transitioning into a new career, stress abounds. In the past five years, Senior Care Authority has supported close to 10,000 families as they navigated the aging process. We've helped our clients determine when it's no longer safe for them to drive, how to age in place in their own home, and knowing when and how to move into a senior living community. This experience has taught us two things:

1. Moving into a senior living community is a difficult and emotional process.
2. Everyone needs more help than they think they'll need, regardless of the circumstances around the move.

Moving into a senior living community is difficult.

It may seem easy to look for senior living communities, however, that is just one piece of the puzzle. There is an unseen emotional journey seniors and their families go through. As stated by one of our clients, Marion, "My family and I were going 100 different directions until we met our care advisor. She was able to narrow down the options for us and concentrated on my personal needs." Even Marion, who self-initiated the move into a senior living community and had her family's support found the process overwhelming.

The move can also be hard on family members, especially when loved ones live out of the area. One of our clients, Joseph*, lives in Florida, but his family lives in three different states. Joseph has an independent spirit, but a body that can't quite keep up with him. He was adamant he did not want to go to assisted living, but agreed after getting lost and being on a Silver Alert on two separate occasions.



Everyone needs more help than they think they will.

I share the realities of senior aging because I want you to be prepared. But most importantly, I want you to know *there is help*. Because we know that everyone needs more help than they think, regardless of the circumstances, Senior Care Authority created *Peace of Mind*.

Peace of Mind is a service we provide to help our clients ease the stress of leaving their former home and adjusting to a new one. We bridge the gap between the life they knew and help them build their new life. For example, in Joseph's case, it's not feasible for his family to visit him every week. His Peace of Mind Advisor visits him once a week. They have lunch together, listen to his favorite music, and share stories about "the good 'ole days." As a result Joseph is less lonely and anxious. His family is also less anxious and are comforted that all of Dad's needs are being met. With the help of his Peace of Mind Advisor, Joseph has been able to make new friends in the community and "the good ole days" stories have become a group activity. Every visit, his advisor takes a photo of him and sends it to his family so they can also rest easier knowing Joseph is cared for, safe, and transitioning well to his new life.

In the case of Suzette* her family lived locally. Suzette was cared for by her Godson, Brian*, as the rest of her family had passed away. Brian lived and worked five miles from Suzette. He wanted to be with Suzette more, but his life was hectic. He was finishing his masters and he had a young family of his own. Brian reached out to us because he wasn't sure Suzette

was adjusting well. He did not feel equipped to help and felt intimidated when talking with the staff. In the two months we worked with Suzette, we were able to be an extra set of eyes for both the staff and Brian, facilitating communication between all parties. For example, Suzette liked a specific cream in her coffee. Brian didn't know this, and Suzette didn't ask the community to get it for her. But, her Peace of Mind Advisor noticed her looking longingly at the cream but never using it. After some probing, we learned Suzette liked a specific type of cream in her coffee. We shared the information with the community and they were happy to provide it. Brian also brought some for the small refrigerator in her room.

This kind of support is simple, yet has a tremendous impact on people's lives. Everyone wants to feel seen and heard. *Peace of Mind* does that.

In a nutshell, *Peace of Mind*:

- Eases the stress of the move-in by providing extra support, verifying post-move in needs and wants and helps set realistic expectations between the resident, family and staff.
- Provides an extra set of eyes on your loved one. We are skilled at reading between the lines, noticing subtle changes, asking the right questions and will report back to you.
- Most simply, we are there when you can't be.

If you're interested in a high touch solution to meet your needs – and your loved ones—call Debra Hussey at (239) 330-2133 or email her at debra@seniorcareauthority.com or visit our website www.scanyfl.com

**names have been changed to protect client's privacy*



Senior Living and Care Solutions

Parkinson's Disease Treatment Center of SWFL in partnership
with Charlotte County Medical Society proudly presents...

2023 SWFL Parkinson's Disease Spring Symposium: WELLNESS

April is Parkinson's
Disease Awareness Month

Friday, April 21, 2023

9:00 am to 4:00 pm • Kings Gate Golf Club
24000 Rampart Blvd, Port Charlotte, FL

Presentations:



"Nutrition in Parkinson's Disease"
Glorivel Koury de Ramos, M.D.
Medical Director, "RK Healthy Life"
Atlanta, GA, Diplomate
American Board of Internal Medicine
Diplomate, American Board of Obesity Medicine
Certified by American Board of Lifestyle Medicine



**"Why Exercise is the Best Medicine
for Parkinson's Disease"**
Ramon A. Gil, M.D.
Diplomate, American Academy of
Psychiatry and Neurology Diplomate
American Board of Internal Medicine
Medical Director, Parkinson's Disease
Treatment Center of SWFL

Breakout Sessions:

"Yoga as Part of Your Treatment"
Shebani Abdunour, Yoga Therapist

"Dance Therapy for PD" by Sarah Latotskyy,
Patricia De L'Ossa, RPT and Sergio Valdivia, RPT

"Fitness" by Jay Woods

"Rock Steady Boxing and Pedaling for PD" by
Lisa Heid, Christy Barfield, RSB, Tabatha Stepensky, RSB,
and Terri Hughes, PFP from the Punta Gorda YMCA

Sponsored in Part by:



GET YOUR MEDICAL MARIJUANA CARD TODAY!



- No Medical Records - No Problem
- Maximum Orders
- All Methods
- No Additional Fees
- Same Day Purchasing for Florida Residents

100's of Conditions Qualify

Find an alternative to addictive and ineffective
pharmaceuticals today with medical cannabis.



COMPASSIONATE HEALTHCARE OF FLORIDA

Call for Appointments (833) 633-3665
www.flmmjhealth.com

NO RISK GUARANTEE
Convenient Locations in Naples & Cape Coral

Southwest Florida's Health & Wellness Magazine



On the Web

SwfHealthAndWellness.com



On Facebook

[facebook.com/
healthandwellnessmagazine](https://facebook.com/healthandwellnessmagazine)



On Twitter

twitter.com/SWFHealthMag



In Your Inbox

Receive our monthly
newsletter. Sign up online

Providing information
that will promote living a healthy, well-balanced lifestyle.

Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.



ARE YOU STRUGGLING WITH URINARY INCONTINENCE?

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

Yes or No:

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

THE TRUTH: WHAT YOU NEED TO KNOW

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

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

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



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

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

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

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

#3 It's not always incontinence.

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

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

#4 There are numerous incontinence treatment options.

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

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

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

- Bladder Retraining
- Emsella (Kegel chair)
- Pelvic Floor Rehabilitation including Kegel Exercises, physical therapy and electrical stimulation
- Laser and Muscle Therapy
- Biofeedback
- Botox Bladder Injections
- Pessary Vaginal Device
- Injections including Botox and bulking procedures
- Outpatient Surgery
- Surgery for Organ Prolapse / Dropped Bladder Repair
- Axonics® Sacral Nerve Stimulation

At the Florida Bladder Institute, you will experience a thorough approach to the evaluation and treatment of pelvic organ prolapse, bladder and lower urinary tract disorders, bowel and gas incontinence, bleeding, pelvic pain and menopause. Our compassionate and expertly trained team will guide you along the way using state-of-the-art technology in our comfortable and private setting.



Joseph Gault, MD



Mackenzie Hudson, PA-C



Nicole Houser, PA-C



239-449-7979

www.FloridaBladderInstitute.com

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



Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

Chronic 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 possibly a 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
- Injections of Aranesp for Anemia related to Kidney Disease
- Kidney Transplant Services: Patient and Donor Evaluations, Post-Transplant Follow-up Care
- Lupus Nephritis
- Nephrotic Syndrome
- Pyelonephritis
- Polycystic Kidney Disease
- Recurring kidney stones
- Renal Failure
- Renal Insufficiency

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

ASSOCIATES IN NEPHROLOGY

239-939-0999

www.associatesnephrology.com

Most major insurances accepted.

FORT MYERS

7981 Gladiolus Dr
Fort Myers, FL 33908

CAPE CORAL

1320 SE 8th St
Cape Coral, FL 33990

BONITA SPRINGS

9550 Bonita Beach Rd, 108
Bonita Springs, FL 34134

LEHIGH ACRES

3400 Lee Blvd, #112
Lehigh Acres, FL 33971

MULTIPLE SCLEROSIS MONTH

Infusion therapy relieves symptoms for longer periods of time by distributing medication directly into your bloodstream.

Multiple Sclerosis (MS) is caused by your immune system attacking the myelin surrounding the nerves in your brain. It is thought that specific types of B cells and T cells in your body are drivers of the attack. B cells play a central role in MS development as they activate the immune system in multiple ways, which includes recruiting T cells to attack neurons. In MS, infection-fighting white blood cells cause inflammation in the brain and spinal cord, damaging the myelin sheath that normally protects our nerve cells. When this damage occurs, the nerves cannot function properly, and the symptoms of MS occur. MS can affect almost anyone, and it is a long-term condition.

Until recently, scientists focused on T cells as a primary target in treating MS. Many scientists now agree that B cells and T cells play essential roles.

Over fifteen medications, often called disease-modifying agents, have been approved by the Food and Drug Administration (FDA) for use in MS. Generally, all these medications aim to reduce the frequency of relapse, the activity seen on MRI scans, and disease progression. Each medication has its own side effects and risks, and how patients respond to each varies greatly.

Treatment for MS via infusions have higher bio-availability since it mixes directly into your bloodstream. There are currently three infusions that MS experts highly recommend.

Brumvi

As of January 2023, the FDA has approved Brumvi for treating relapsing multiple sclerosis (RMS), including clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults. Brumvi (Ublituximab-xiiy) is the first anti-CD20 monoclonal antibody approved for individuals with RMS that can be administered as a 1-hour intravenous (IV) infusion after the starting dose. The starting dose consists of 150 mg of Brumvi administered in 4 hours, followed by an infusion of 450 mg administered in 1 hour on day 15. Afterward, the drug is administered in the 450-mg dosage in 1 hour every 24 weeks.



Ocrevus

Ocrevus is a prescription medicine used to treat adults with Primary Progressive MS (PPMS) and relapsing forms of MS, including clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease. Ocrevus is a twice-yearly infusion. The first dose will be split into two treatments for a total of three infusions for the first year. Ocrevus works by targeting specific types of B cells. As with any treatment, it's essential to talk with your doctor to determine if Ocrevus is right for you.

Tysabri

Tysabri is a prescription medicine used to treat relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease.

In a 2-year study of 627 people treated with Tysabri versus 315 people taking placebo, Tysabri was significantly more effective in slowing the progression of physical disability evaluated over a period of twelve weeks, reducing the formation of new active brain lesions and reducing the number of relapses.

Sage Infusion Can Help

At Sage Infusion, we provide expert patient-centered infusion care in a contemporary boutique environment. Sage Infusion eases your medical burden by handling the care coordination process, including insurance authorization and patient progress updates. Our flexible scheduling meets our patient'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 private room.

With locations in Fort Myers, Clearwater, Orlando, Sarasota, Tampa, and The Villages, Sage Infusion offers the best infusion and administration facilities in the Sunshine State. At Sage Infusion, we've reimagined patient care. From a quick start, to upfront pricing and financial assistance, to compassionate care by our clinical experts in a serene environment, you will experience infusion therapy like never before. Sage Infusion accepts most insurance providers and will complete your prior authorization process so you can focus on getting better.



(239) 533-5962 | sageinfusion.com

8880 Gladiolus Drive, Suite C-200
Fort Myers, FL 33908

THE LUCK OF THE IRISH

THE MAGIC OF HAVING A POWER OF ATTORNEY

By Kelly L. Fayer, P.A.

St. Patrick's Day is a time to celebrate luck and good fortune. While some may believe that luck is entirely random, there are steps that can be taken to increase the likelihood of good fortune. One of these steps is having a power of attorney.

A power of attorney is a legal document that grants someone the authority to act on your behalf in financial, legal, and medical matters. This document can be crucial in ensuring that your wishes are carried out if you become incapacitated or unable to make decisions on your own.

The magic of having a power of attorney is that it allows you to avoid the guardianship court process. Guardianship court can be a lengthy, expensive, and emotionally draining process. Even spouses can be required to go through the court process if there is no power of attorney in place.

When someone becomes incapacitated without a power of attorney, their loved ones must go through guardianship court to be appointed as their guardian. This process involves hiring an attorney, filing a petition with the court, and attending multiple court hearings. The court will ultimately decide who will be appointed as the guardian, and this decision may not align with the wishes of the incapacitated person or their family. In addition to being a stressful and costly process, guardianship court can also be emotionally taxing.



Family members may disagree about who should be appointed as the guardian, and the court's decision can create tension and conflict within the family.

Having a power of attorney in place can avoid all of these issues. When someone becomes incapacitated and has a power of attorney, the designated agent can step in immediately and begin making decisions on behalf of the incapacitated person. There is no need to go through the court process, and the agent can act in accordance with the wishes of the incapacitated person.

Not only does having a power of attorney avoid the guardianship court process, but it also allows for greater control and flexibility in decision-making.

When someone becomes incapacitated, decisions must be made quickly and efficiently. With a power of attorney in place, the designated agent can make decisions immediately, without waiting for court approval. This can be especially important in medical situations, where time is of the essence.

Having a power of attorney can also provide peace of mind. Knowing that there is someone who can step in and make decisions on your behalf if you become incapacitated can be a great comfort. This document can ensure that your wishes are carried out, even if you are unable to communicate them yourself.

In summary, having a power of attorney is a crucial step in ensuring that your wishes are carried out if you become incapacitated. This document can avoid the guardianship court process, provide greater control and flexibility in decision-making, and provide peace of mind. So, as we celebrate the luck of the Irish this St. Patrick's Day, consider taking steps to increase your own luck and fortune by creating a power of attorney.

The Law Office of Kelly L. Fayer, P.A. was established to serve members of our community. Whether you need assistance now or are planning for the future, it would be a privilege to help you. We strive to provide quality service while offering personal attention to each of our clients.

The Law Office of Kelly L. Fayer, P.A.
12601 World Plaza Lane, Suite 2
Fort Myers, FL 33907
(239) 415-3434
FAYERLAW.NET



Cynthia Perthuis, CDP, CADDCT, CSA
Owner of Senior Care Authority of New York and Southwest Florida.

Has supported over 10,000 families across the US.

239-330-2133

cynthia@seniorcareauthority.com

- Eldercare Consulting
- Placement Assistance
- Advocacy
- Beyond Driving With Dignity



Senior Living and Care Solutions
www.scanyfl.com



**DEDICATED TO
PROTECTING
YOUR ESTATE**



KELLY L. FAYER, P.A.
ATTORNEY AT LAW

STRIVING TO PROTECT YOU, YOUR ASSETS,
YOUR FAMILY & YOUR LEGACY.

12601 World Plaza Lane, Suite 2
Fort Myers, FL 33907, US

(239) 415-3434 | fayerlaw.net

- ESTATE PLANNING (WILLS, TRUSTS, POWERS OF ATTORNEY, LIVING WILLS)
- PROBATE
- TRUST ADMINISTRATION
- GUARDIANSHIP
- MEDICAID PLANNING



Health Insurance IMPORTANT DATES!

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



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

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

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

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

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

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

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

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

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

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

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

To learn more about your options call to schedule an appointment contact: Logical Insurance Solutions for all your insurance needs, we I am licensed in 30 states.

**Logical
Insurance
Solutions USA**

239.362.0855

**www.Logicalinsurance.com
info@Logicalinsurance.com**

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

A Holistic Approach to Heart Healthy Eating: Nourishing Your Body and Mind

When it comes to heart health, many of us focus solely on what we eat. While a heart-healthy diet is undoubtedly crucial, a holistic approach to heart health considers not only the food we consume but also our overall lifestyle, emotional wellbeing, and social connections. In this article, we will discuss how a holistic approach to heart healthy eating can help you nourish your body and mind.

Start with a Heart-Healthy Diet

A heart-healthy diet is the foundation of a holistic approach to heart health. Focus on eating a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid processed foods, saturated and trans fats, added sugars, and excess salt.

Eating a rainbow of fruits and vegetables is an easy way to ensure you're getting a variety of nutrients. Try to include different colors in each meal and snack, such as leafy greens, red bell peppers, purple cabbage, and yellow squash. Whole grains like brown rice, quinoa, and whole-wheat bread provide fiber, vitamins, and minerals, while lean proteins like chicken, fish, beans, and tofu help build and repair tissues. Healthy fats from sources like nuts, seeds, avocado, and olive oil can help reduce inflammation and protect against heart disease.



Make sure to stay hydrated by drinking plenty of water, herbal tea, and other non-sugary beverages. Limit your intake of alcohol and caffeine, which can dehydrate you and put additional stress on your heart.

Manage Stress and Emotions

Stress and emotions can have a significant impact on our heart health. Chronic stress can raise blood pressure and increase the risk of heart disease, while negative emotions like anger, depression, and anxiety can also affect heart health. To manage stress and emotions, consider incorporating relaxation techniques like meditation, yoga, or deep breathing exercises into your daily routine. Regular exercise is also an effective way to reduce stress and improve mood.

Take Care of Your Mental Health

Mental health is an essential component of overall health and wellbeing. If you're struggling with anxiety, depression, or other mental health concerns, don't hesitate to seek help. A mental health professional can provide support and guidance on managing symptoms and improving your quality of life.

Stay Connected with Others

Social connections can play a vital role in heart health. Isolation and loneliness can increase the risk of heart disease, while strong social support can improve heart health and reduce the risk of heart disease. Make time for social activities and prioritize relationships with loved ones.

Incorporate Mindful Eating Practices

Mindful eating is an approach that encourages us to pay attention to our food, eating habits, and sensations while eating. Mindful eating can help us become more attuned to our body's signals of hunger and fullness, making it easier to make healthy food choices and avoid overeating. To practice mindful eating, try eating without distractions like TV or phones, savor each bite, and take breaks during meals to check in with your hunger and fullness levels.

A holistic approach to heart healthy eating is about nourishing your body and mind, not just filling your stomach. By focusing on a heart-healthy diet, managing stress and emotions, taking care of your mental health, staying connected with others, and incorporating mindful eating practices, you can support your heart health and overall wellbeing. Remember, every small step counts towards a healthier heart and a happier life.

The Greatest Wealth is Health

The key to staying healthy includes good preventive care.

MCC Wellness Group

239-270-5863

mccwellnessgroup.com

6120 Winkler Rd - Suite G
Fort Myers, FL 33919




sage infusion
Fort Myers

8880 Gladiolus Drive,
Suite C-200
Fort Myers, FL 33908



*Affordable, Convenient,
and Expert Infusion Care*


sageinfusion.com 239-533-5962



MCC
MY CHOICE CARE

WELLNESS GROUP

IV THERAPY • PREVENTIVE MEDICINE • AESTHETICS



239.270.6863 | MCCWELLNESSGROUP.COM

6120 Winkler Road - Suite G - Fort Myers, FL 33919

HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

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

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

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

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

Regenerative Medicine

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



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

Viscosupplementation

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



6150 Diamond Centre Ct Bldg.100, Fort Myers, FL 33912
413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
5668 Strand Ct., Naples, FL 34110
3417 Tamiami Trail, Unit A., Port Charlotte, FL 33952
855-276-5989 | www.PhysiciansRehab.com

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

CBD/Delta 8 for Better Sleep

Cannabidiol (CBD) and delta-8-tetrahydrocannabinol (delta 8) are two compounds found in the cannabis plant that have gained popularity in recent years for their potential to improve sleep quality. In this article, we will discuss the benefits of these compounds and how they can be used to achieve better sleep.

Cannabidiol (CBD) is a non-psychoactive compound found in the cannabis plant that has been shown to have a number of health benefits, including improved sleep quality. CBD works by interacting with the endocannabinoid system, a network of receptors in the body that regulates various functions, including mood, appetite, and sleep. By interacting with these receptors, CBD can help to regulate the sleep-wake cycle and improve sleep quality.

Studies have shown that CBD can reduce the time it takes to fall asleep, increase the duration of sleep, and improve the overall quality of sleep. CBD may also help to reduce symptoms of insomnia, such as difficulty falling asleep and waking up frequently during the night. Additionally, CBD has been shown to have anxiolytic effects, which can help to reduce stress and anxiety, and thus improve sleep quality.

Delta-8-tetrahydrocannabinol (delta 8) is another compound found in the cannabis plant that has been shown to have a number of health benefits, including improved sleep quality. Delta 8 produces a small psychoactive effect but considerably less than Delta 9.

MARCH IS BETTER SLEEP MONTH



Like CBD, delta 8 interacts with the endocannabinoid system, but it does so in a different way. Delta 8 has been shown to have an anxiolytic effect, which can help to reduce stress and anxiety and improve sleep quality. Additionally, delta 8 has been shown to have an effect on the sleep-wake cycle, helping to regulate it and improve overall sleep quality.

When used together, CBD and delta 8 may have a synergistic effect on sleep quality, providing even greater benefits than when used alone. By interacting with the endocannabinoid system in different ways, CBD and delta 8 can help to regulate the sleep-wake cycle, reduce stress and anxiety, and improve sleep quality.

It is important to note that not all CBD and delta 8 products are created equal. It is important to choose products that are third-party tested and have been shown to contain the amount of CBD and delta 8 listed on the label. Additionally, it is important to choose products that are free from contaminants, such as heavy metals, pesticides, and bacteria.

CBD and delta 8 are two compounds found in the cannabis plant that have the potential to improve sleep quality. By interacting with the endocannabinoid system, these compounds can help to regulate the sleep-wake cycle, reduce stress and anxiety, and improve sleep quality. When used together, CBD and delta 8 may have a synergistic effect on sleep quality, providing even greater benefits than when used alone. If you are looking to improve your sleep quality, consider incorporating CBD and delta 8 into your routine and speak with a healthcare provider to determine the best approach for your individual needs.

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 therapy industry, that kept getting requests from clients to use CBD oils because of their natural healing properties.

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

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



No Drugs. No Surgery.
Simply Relief from Knee Pain.

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.

**PHYSICIANS
REHABILITATION**
SPECIALIZING IN BACK, NECK & JOINT PAIN

www.PhysiciansRehab.com

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

We are Medicare providers and accept most insurance plans.

Stem Cell Therapy | Orthopedics | Osteoarthritis Treatments | Physical Therapy | Platelet Rich Plasma | Spinal Decompression

**6 LOCATIONS SERVING FLORIDA
(855) 276-5989**

6150 Diamond Centre Court, Bldg. 100, Fort Myers, FL 33912
413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
3417 Tamiami Trail, Unit A, Port Charlotte, FL 33952
5668 Strand Court, Naples, FL 34110
The Villages 733 CR 466, Lady Lake, FL 32159
The Villages 4076 E SR 44, Wildwood, FL 34785

**FREE SAMPLES
TRY BEFORE YOU BUY!**

**Make every day Hemp Day
with our Premiere
Product Line-Up!**

• DELTA 8 THC • TOPICALS
• EDIBLES • MASSAGE
• PET CBD • SLEEP • CBD FLOWER
• FLAVOR ME TINCTURES

**(239) 676-0915
hempjoi.com**

9011 Daniels Pkwy #103
Fort Myers, FL 33912

Exclusive Newsletter Discounts!

\$10 off a purchase of \$50

Redeemable in store (with coupon)
or use discount code **HealthWellness**
at www.hempjoi.com for the discount online.

Invisalign vs Braces: What's the Difference?

By Dr. Ricardo S. Bocanegra, DDS

Both Invisalign braces and the older traditional brace are intended to improve the alignment of your teeth to produce a straighter smile and smile and better oral health. While traditional braces have been used by orthodontists and dentists for decades, Invisalign is a newer concept intended to meet the needs of modern people. Invisalign has pros and cons like any other treatment but these are for the patient to decide upon.

Though there are some similarities between the Invisalign and braces, there are probably more differences.

Here are a few:

- **Clear vs Visible:** While Invisalign aligners are made from see-through BPA-free plastic, which renders them virtually invisible to other people, traditional braces are made from metal wires and elastic bands. This makes them more visible which can cause anxiety for some patients.

- **Convenience:** Invisalign braces can be removed from the mouth whenever necessary though guidelines suggest patients should wear their trays for 20 - 22 hours per day. In contrast, traditional braces cannot be removed as they are stuck to teeth by wires.

- **Treatment Length:** The Invisalign process is substantially shorter than the usual treatment period for traditional braces. Because of how Invisalign works, patients only have to wear the trays for 6 to 18 months whereas traditional braces have an average time of 2 years.



- **Cost:** The baseline cost for Invisalign braces tends to be higher than traditional metal braces, though the upper costs are not significantly different. Ceramic braces are usually more expensive. Speak to one of our dentists for an exact guide to Invisalign cost.

Who is Invisalign Suitable For?

Invisalign is suitable for almost anyone wanting to improve their smile or arrange their teeth in a more orderly fashion.

- **Teens:** The Invisalign can help correct most misalignments in teenagers' teeth. Invisalign braces are ideal for teens because they use clear aligners to achieve a glowing smile and improved dental health. This is particularly useful as teenage years are so often fraught with self-consciousness. With shorter treatment times and easier use, Invisalign is an ideal treatment for teenagers who want that winning smile.

- **Adults:** More and more adults are choosing correctional dental work and taking control over their own health. Invisalign is ideal for adults who want flexibility with their alignment procedure and want to achieve that improved smile without using a highly-visible metal brace.

Patients needing corrective work on their back teeth may not be suitable for Invisalign. To get a professional opinion on the suitability of yourself or a family member for the Invisalign treatment, simply contact our dental office in Fort Myers, FL at 239-482-8806.



Ricardo S. Bocanegra, D.D.S.

Porto Fino Dental

6805 Porto Fino Cir., Fort Myers, FL 33912

239-482-8806

www.portofinodental.org



Andrea Hayes MD

Board Certified Endocrinologist

239-641-8199

naplesdiabetesconcierge.com

Andrea Hayes offers personalized diabetes and endocrinology care in the Naples, Fla. area on a concierge basis.

WHAT WE TREAT:

- Diabetes/pre-diabetes
- Thyroid disease
- Low testosterone
- Obesity
- Metabolic Syndrome
- General Endocrine Disorders



PORTO FINO DENTAL
family, cosmetic, & restorative dentistry



Healthy smiles from our dental family to yours!

Ricardo S. Bocanegra D.D.S.

(239) 482-8806

www.portofinodental.org

6805 Porto Fino Cir. Ft Myers, FL

MARCH IS PAIN AWARENESS MONTH

HIP PAIN AND ARTHRITIS

By Orthopedic Specialists of SW Florida

Hip pain is a common complaint, and it can be caused by a variety of conditions, including arthritis. Arthritis is a term used to describe inflammation in a joint, and it can cause pain, stiffness, and limited mobility. There are many types of arthritis, but osteoarthritis and rheumatoid arthritis are two of the most common forms that affect the hips.

Osteoarthritis is a degenerative joint disease that occurs when the cartilage that cushions the bones in a joint wears down over time. This can cause the bones to rub together, leading to pain, stiffness, and limited mobility. Osteoarthritis of the hip is more common in older individuals and in those who have a family history of the condition. It is also more common in people who have suffered a hip injury or have a high-impact job or lifestyle.

Rheumatoid arthritis is an autoimmune disorder that causes inflammation in the joints. It can affect multiple joints in the body, including the hips, and it can cause pain, stiffness, and limited mobility. Unlike osteoarthritis, rheumatoid arthritis can occur at any age and affects both men and women equally.

There are several treatments available for hip pain and arthritis, including non-surgical and surgical options. Non-surgical treatments include physical therapy, medications, and lifestyle modifications. Physical therapy can help to strengthen the muscles



around the hip and improve flexibility, reducing pain and improving mobility. Medications, such as non-steroidal anti-inflammatory drugs (NSAIDs) and pain relievers, can help to relieve pain and reduce inflammation. Lifestyle modifications, such as losing weight, can also help to reduce the symptoms of hip pain and arthritis.

Surgical treatments for hip pain and arthritis include joint replacement surgery and hip resurfacing. Joint replacement surgery involves removing the damaged joint and replacing it with an artificial joint. Hip resurfacing involves reshaping the hip joint to reduce friction and pain. Both joint replacement surgery and hip resurfacing are highly effective in relieving pain and improving mobility, but they are typically only recommended for individuals who have severe hip pain and arthritis that cannot be relieved with non-surgical treatments.



Hip pain and arthritis can be debilitating conditions that affect millions of people worldwide. There are many treatments available, including non-surgical and surgical options, as well as alternative therapies. If you are experiencing hip pain and arthritis, it is important to speak with your healthcare provider to determine the best treatment plan for your individual needs. With proper treatment, it is possible to relieve pain and improve mobility, leading to a better quality of life.

Orthopedic Specialists of SW Florida strives to provide exceptional quality of care to patients with musculoskeletal needs. Our staff of fellowship-trained physicians remains at the forefront of orthopedic medicine, and serves as an educational resource for the Southwest Florida community.

Call to schedule your appointment today.

Orthopedic Specialists of SW Florida
239-334-7000 | www.osswf.com
 2531 Cleveland Avenue, Suite 1
 Fort Myers, FL 33901

Logical Insurance Solutions USA
239.362.0855

Save Money. Gain Peace of Mind.

We specialize in:
MEDICARE Plan Options
 Medical Insurance for Individuals / Families
 Employer Health & Wellness Benefits

We are contracted with most insurance companies and our services are **FREE** to you!



Other services but not limited to:

- Homeowners
- Flood Insurance
- Life Insurance
- Long Term Care
- Disability Insurance
- Travel Insurance
- Pet Insurance
- Supplemental Policies
- Dental & Vision Plans

Make the logical choice and contact us today for all your insurance needs.

2161 McGregor Boulevard
 Suite C, Fort Myers, FL 33901
 info@logicalinsurance.com
239.362.0855
 www.LogicalInsurance.com
 Family Owned and Operated Since 2007.

SPECIALIZED CARE FOR EVERY JOINT IN THE BODY

Start Your Journey Today
Get Back to What You Love

Orthopedic Specialists OF SW FLORIDA

SPECIALTIES

- Foot & Ankle • Hand
- Wrist & Elbow • Hip
- Knee • Shoulder • Spine

239-334-7000
www.osswf.com

Call to schedule your appointment today.
 2531 Cleveland Avenue, Suite 1, Fort Myers, FL 33901

Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do **NEED** friends.

Solomon, the wisest man that ever lived said, *"As iron sharpens iron, so one person sharpens another."* Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, *"A man who has friends must himself be friendly..."* Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."



You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

www.venturenaples.com



WhiteSands
RECOVERY & WELLNESS

**Now offering Ketamine Therapy for
Depression, Anxiety & PTSD**



239-237-5473

“Your mental health is our priority!”

**Most major insurance plans accepted
Financing options available**

EMSCULPT^{neo}®

BODY SCULPTING

FAT ELIMINATION

MUSCLE BUILDING



EMFACE[®]

LESS WRINKLES

MORE LIFT

NEEDLE-FREE

AWARD-WINNING PLASTIC SURGEON

GARRAMONE

BOARD CERTIFIED PLASTIC SURGEON

239-482-1900 | Garramone.com

12998 South Cleveland Avenue | Fort Myers, Florida 33907

