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Unraveling the Mystery of Nerve Pain: Radiculopathy vs. Neuropathy

By Dr. Danielle Zappile

magine feeling a sudden, sharp pain shooting down your arm or leg, accompanied by numbness or tingling. If you or someone you know has experienced this kind of nerve pain, you might have experienced radiculopathy and/or neuropathy. Despite sharing similar symptoms, these nervous system conditions are distinct, and understanding the differences between them is crucial. Let's dive into the world of radiculopathy and neuropathy, shedding light on their similarities and differences, and exploring how healthcare professionals approach these conditions.

Radiculopathy: Unraveling the Nerve Root Culprit

Picture your spine as a superhighway of nerves connecting your brain to the rest of your body. Radiculopathy is like a traffic jam on this highway, occurring when a spinal nerve root becomes compressed, irritated, or inflamed. This nerve blockade can lead to pain, numbness, weakness, or altered sensations along the nerve's pathway. Common causes for radiculopathy include herniated discs, spinal stenosis, and foraminal stenosis. Depending on the affected region, radiculopathy can strike the neck (cervical), mid-back (thoracic), or lower back (lumbar).

Neuropathy: A Journey into the Realm of Peripheral Nerves

While radiculopathy focuses on spinal nerve roots, neuropathy can encompass various conditions that affect the peripheral nerves – the nerves branching out from the brain and spinal cord. The causes of neuropathy are vast, ranging from diabetes, alcohol abuse, and vitamin deficiencies to autoimmune diseases and chemotherapy. Neuropathy can effect a single nerve (mononeuropathy) or cast a wider net, affecting multiple nerves (polyneuropathy).

The Common Ground: Symptoms and Diagnostic Tools

Now that we've explored the distinct territories of radiculopathy and neuropathy, let's take a look at the common ground they share:

1. Symptoms: Both conditions can cause pain, numbness, tingling, weakness, and altered sensations in the affected areas. This overlapping array of symptoms can blur the lines between the two conditions, making them difficult to differentiate.



2. Diagnostic Tools: To help untangle this web of symptoms, nerve conduction studies and electromyography (EMG) serve as valuable allies for diagnosing both radiculopathy and neuropathy. These tests delve into nerve function, helping to pinpoint the location and severity of the problem. Simpler test can be performed in a doctor's office for faster identification of underlying causes.

The Great Divide: Anatomical Location, Causes, and Symptom Distribution

As we venture further into the realms of radiculopathy and neuropathy, we encounter key differences that set them apart:

- Anatomical Location: While radiculopathy lies within the spinal nerve roots, neuropathy roams the peripheral nerves. This distinction becomes crucial when considering imaging studies like MRIs for radiculopathy and nerve testing and grading for neuropathy.
- Causes: Radiculopathy typically arises from mechanical issues affecting the spinal nerve roots, whereas neuropathy boasts a broader array of causes, including metabolic, toxic, and hereditary factors.
- 3. Symptom Distribution: Radiculopathy generally follows a specific pattern, aligning with the affected spinal nerve root. In contrast, neuropathy often adopts a more diffuse or "stocking-glove" distribution, particularly in polyneuropathy cases.

Treatment Strategies: A Personalized Approach

Treating radiculopathy and neuropathy requires a tailored approach, taking into account the underlying cause, severity, and duration of symptoms.

For radiculopathy, conservative treatments include pain management, VAX-D spinal decompression, and activity modification. In more severe cases, epidural steroid injections or surgery may be necessary. Neuropathy treatment focuses on symptom management with medications targeting pain, such as anticonvulsants or antidepressants. Addressing the underlying cause, like better blood sugar control for diabetic neuropathy, is essential. HakoMed Horizontal therapy or Sanexas RST and lifestyle modifications can also help improve function and reduce symptoms.

Conclusion: Embracing the Body's Natural Healing Powers

Radiculopathy and neuropathy, while distinct conditions with overlapping symptoms, require a deep understanding of their differences in causes, anatomical involvement, and symptom distribution to ensure accurate diagnosis and appropriate treatment. Healthcare providers rely on a combination of history-taking, physical examination, and diagnostic tests to differentiate between these conditions.

As more individuals embrace the body's natural ability to heal, many are turning to complementary therapies alongside conventional treatments. By tailoring treatment strategies to the specific cause and severity of radiculopathy or neuropathy and incorporating natural healing approaches, patients can achieve better outcomes and an improved quality of life. Empower yourself with knowledge about these conditions and take an active role in your journey towards optimal health and wellness.

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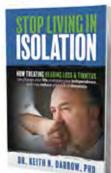
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MAY IS BETTER HEARING AND SPEECH MONTH

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

ay is a special month in the United States for those who care about communication and the senses. It is designated as Better Hearing and Speech Month, which provides an opportunity to raise awareness about communication disorders and the importance of speech and hearing health. This month-long celebration is a great opportunity to educate people about communication disorders, promote hearing and speech health, and support individuals with communication challenges.

The American Speech-Language-Hearing Association (ASHA) established Better Speech and Hearing Month in 1927 to raise awareness about communication disorders and the importance of early detection and intervention. Since then, it has become a popular annual event that promotes education, awareness, and advocacy for individuals with speech, language, and hearing disorders.

Communication disorders affect millions of Americans, both young and old. They can range from mild to severe and can significantly impact an individual's quality of life. Communication disorders can manifest in different ways, including difficulty with speech production, stuttering, difficulty understanding or using language, voice disorders, and hearing loss.

Hearing loss is one of the most common communication disorders and affects about 48 million Americans, according to the National Institute on Deafness and Other Communication Disorders (NIDCD). Hearing loss can be caused by various factors, including aging, exposure to loud noise, genetics, certain medications, and illnesses. If left untreated, hearing loss can lead to social isolation, depression, and cognitive decline. That's why early detection and intervention are critical in managing hearing loss and preventing further damage.

Speech and language disorders can also have a significant impact on an individual's ability to communicate effectively. These disorders can affect a person's ability to produce or understand speech, use and comprehend language, and engage in social interactions. Speech and language disorders can be caused by various factors, including neurological conditions, developmental delays, trauma,



and environmental factors. Early detection and intervention are also crucial in managing speech and language disorders and improving communication skills.

Better Hearing and Speech Month provides an opportunity to raise awareness about these communication disorders and promote hearing and speech health. It is a time to celebrate the successes of individuals with communication challenges and to support their ongoing journey to better communication.

There are several ways to get involved in Better Hearing and Speech Month. Here are a few ideas:

- 1. Spread the word: Use social media to share information about Better Speech and Hearing Month, including facts and resources about communication disorders, hearing and speech health, and early detection and intervention.
- Get screened: Encourage family and friends to get screened for hearing and speech disorders.
 Many healthcare providers offer free or low-cost screenings during Better Speech and Hearing Month.
- 3. Support advocacy efforts: Contact your elected officials and urge them to support legislation that improves access to hearing and speech services, particularly for underserved populations.
- 4. Educate others: Host a workshop or webinar to educate others about communication disorders and the importance of hearing and speech health.
- 5. Donate to a hearing and speech organization: Consider donating to a hearing and speech organization that supports research, advocacy, and services for individuals with communication disorders.

Better Hearing and Speech Month is a great opportunity to raise awareness about communication disorders and promote hearing and speech health. By working together, we can improve access to early detection and intervention services, support individuals with communication challenges, and empower them to communicate effectively and confidently.

If you or a loved one are struggling to hear clearly, we can help! We are located in Cape Coral and Fort Myers, FL., with our 5-star-rated hearing care. Call Nobile Hearing Aids today at 239-323-7389 for more information.

John Nobile, HAS, BC-HIS, ACA is a licensed hearing aid specialist and an ACA-certified audioprosthologist 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.



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Treatment Options for Varicose Veins

aricose veins are swollen, twisted veins that often appear blue or purple, and can cause discomfort, pain, and cosmetic concerns. Varicose veins are caused by a malfunction in the valves of the veins. Veins are responsible for carrying blood back to the heart from the rest of the body. The veins in the legs have to work against gravity, which means that they have to rely on the contraction of the leg muscles to help push the blood back up to the heart. To prevent blood from flowing backward, veins have one-way valves that close after the blood has passed through them.

However, when these valves become weak or damaged, they cannot close properly, and blood begins to flow backward and pool in the veins. This causes the veins to become enlarged, twisted, and distorted, leading to the appearance of varicose veins.

Several factors can contribute to the development of varicose veins, including age, gender, family history, obesity, pregnancy, hormonal changes, and a sedentary lifestyle. As people age, the valves in their veins may weaken, making them more susceptible to varicose veins. Women are also more likely to develop varicose veins than men due to hormonal changes that occur during pregnancy, menstruation, and menopause. Obesity can increase the pressure on the veins, making it more difficult for the valves to function correctly. Finally, a sedentary lifestyle can also contribute to the development of varicose veins, as it leads to poor circulation and weak leg muscles.

While varicose veins are not always a serious medical condition, they can cause discomfort, pain, and cosmetic concerns. It's important to consult a healthcare provider if you experience any symptoms of varicose veins, such as swelling, pain, or itching. A healthcare provider can recommend the best treatment plan based on the severity of the condition and the patient's overall health.

The best treatment plan for varicose veins depends on the severity of the condition, the patient's age and health, and their personal preferences. Here are some common treatment options for varicose veins:



- 1. Lifestyle changes: Making some simple lifestyle changes can help prevent varicose veins from getting worse or recurring. These include regular exercise, maintaining a healthy weight, avoiding prolonged standing or sitting, and wearing compression stockings.
- 2. Sclerotherapy: This is a minimally invasive procedure that involves injecting a solution into the affected veins to cause them to collapse and eventually fade away. Sclerotherapy is effective for smaller veins but may require multiple treatments.
- 3. Endovenous laser treatment (EVLT): This procedure involves using a laser to heat and seal off the affected vein. EVLT is effective for larger veins and is typically done on an outpatient basis.
- 4. Radiofrequency ablation: This is a similar procedure to EVLT, but it uses radiofrequency energy to heat and seal off the affected vein.
- 5. Surgery: In severe cases, surgery may be necessary to remove the affected veins. This is typically done as a last resort when other treatments have failed.

To prevent varicose veins from recurring, it's essential to maintain a healthy lifestyle, wear compression stockings as prescribed, and follow your doctor's instructions after treatment. Regular exercise, avoiding prolonged standing or sitting, and maintaining a healthy weight are crucial to preventing the development of new varicose veins. It's also important to manage any underlying medical conditions that can contribute to the development of varicose veins, such as high blood pressure or diabetes.

In conclusion, the best treatment plan for varicose veins depends on the severity of the condition and the patient's personal preferences. Lifestyle changes, sclerotherapy, endovenous laser treatment, radiofrequency ablation, and surgery are all viable options for treating varicose veins. To prevent varicose veins from recurring, it's important to maintain a healthy lifestyle, wear compression stockings, and follow your doctor's instructions after treatment.

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INGROWN TOENAILS

By Dr. Lori DeBlasi

ngrown toenails most commonly affect the big toenail but can occur on any toenail. It can occur in one or both nail edges. An ingrown toenail may present at any age, but most commonly it affects teenagers and young adults. The prevalence of ingrown toenails is as high as 2.5 to 5%. Incidence peaks in adolescents and young adults. There is a male predominance with the male/female ratio of approximately 2 to 1.

Factors contributing to ingrown toenails:

- Improper trimming cutting your nails too short
- Trauma to the nail stubbing your toe, having an object fall on your toe or engaging in activities that involve repeated pressure on the toes, such as kicking or running
- Genetic predisposition the tendency for ingrown toenails is inherited for many
- · Poor foot hygiene
- Tight fitting shoes wearing shoes that are tight or short
- Tight fitting socks wearing socks that are tight or short
- Fungal nail infections

Presentation:

Mild ingrown toenails present with nail-fold swelling, redness, and pain with pressure to the affected nail. More severe cases can show drainage or extra growth of the nail border that often bleeds. In rare cases, the bone under the nail can get a bone infection requiring IV antibiotic and/or surgery.

Treatment:

Minor ingrown nails can be treated by soaking, placing cotton under the leading edge, trimming, and applying antibiotic creams.

If an ingrown is more severe, with swelling, redness, pus/drainage, or extra skin growth, then an in-office nail procedure is recommended. These do require local anesthesia to perform. An infection will be addressed with an oral antibiotic for 7-10 days. The antibiotic addresses the infection component and does not remove the offending nail border. Typically, the offending border is removed to allow for



healing of the border. If there is extra skin growth, this will be removed too. The nail border will grow back out over the course of several months. If a patient gets recurrent ingrown toenails of the same border of the same nail, despite avulsion of the border, a matrixectomy of the border is considered. With a matrixectomy, the nail cells are killed with use of a chemical, either sodium hydroxide or phenol. The result of a matrixectomy is a straight edged side of the nail and a narrowed nail. The offending curved nail border should not grow back.

Homecare for both an avulsion and a matrixectomy consists of soaking and use of a topical antibiotic cream with a bandage until heling occurs. Due to the inflammatory reaction from the chemical, this procedure does take longer to heal than an avulsion.

Prevention of an ingrown toenail:

 Trim your toenails straight across - don't curve your nails around the edges

- Keep toenails at a moderate length don't cut them too short
- Wear shoes that fit properly with a high and wide toe box
- Wear protective footwear such as steel-toed shoes

Lori DeBlasi, DPM

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



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PREPARE FOR ALLERGY SEASON WITH THESE 5 TIPS

pring is finally here! We all look forward to this time of year-flowers in bloom, warmer weather, and longer days mean more sunshine. Unfortunately, many people associate spring (and other seasons) with something less than enjoyable: allergies. Allergy season can be a real burden for many, leaving people sneezing, coughing, and having itchy eyes, all while trying to enjoy springtime.

Fortunately, you can take steps to prepare and minimize your symptoms. Here are five tips to help you get through allergy season.

Know your allergies

The first step is to make sure that you visit an allergist to get tested. Knowing what allergies trigger you can help you be more prepared since not all allergies are the same. Some people may be allergic to different outdoor allergies, such as mold, pollen, grass, trees, or even mosquitoes. People also have varying levels of severity for their allergies. For instance, someone may be very allergic to grass but only slightly allergic to pollen. Once you know what triggers your allergies, you can take steps to actively avoid them or reduce your exposure.

If you're not sure what you're allergic to, pay attention to when and where your symptoms occur. Do they get worse during certain times of the day or when you're in certain environments? Keep a journal of your symptoms and try to identify patterns. You can also try an elimination diet to see if certain foods trigger your allergies.

Start allergy medication early

If you know you're prone to allergies, consider getting a head start on taking your medication before you experience symptoms. You can begin this two to four weeks before your allergy season starts. You can also help relieve allergy symptoms with over-the-counter antihistamines, such as loratadine or cetirizine, which help with sneezing, itching, and a runny nose. Nasal sprays like fluticasone or mometasone can also help you reduce inflammation and congestion.



However, talking to your doctor before starting any new medications is important, especially if you have other medical conditions. If your allergies are severe or not responding to over-the-counter medicines, your doctor may prescribe stronger medication or even allergy shots. Allergy shots can help your body build immunity to specific allergens over the course of time, eventually reducing your sensitivity to them.

Keep your environment clean

Another way to reduce exposure to allergens is to keep your environment extra clean. This includes your home, car, and your workplace.

- · Regularly vacuum carpets and upholstery.
- Use an air purifier to filter out allergens in the air.
- · Get rid of scented cleaning products or air fresheners that can irritate your lungs and trigger your allergies.
- · Wash bedding and curtains regularly in hot water.
- · Use unscented detergent.
- Do not hang your freshly washed clothes outside
- If you have furry friends in your home, try to keep them out of your bedroom and off furniture.

Practice good hygiene

Maintaining good hygiene can help reduce your exposure to allergens, which can minimize your allergic reactions.

- · Wash your hands regularly to remove allergens from your skin.
- Take a shower or bath before you go to bed to remove any pollen or allergens that may have lingered throughout the day.
- · Avoid rubbing your eyes, nose, or face, as this can irritate your symptoms and spread allergens.
- · If you spend time outdoors, consider wearing a mask and sunglasses to filter out pollen and other allergens.

Contact IntuneHealth today

If you suffer from allergies and need support, contact IntuneHealth today. At IntuneHealth, we provide proactive, preventive primary care designed to keep you healthy. We can recommend a trusted allergist, and we will coordinate your care with them so you don't have to.

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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

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 prac-tice 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 underly-ing 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 athome 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 publica-tions, 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.

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MAY IS SKIN CANCER AWARENESS MONTH

Remember the most effective way to prevent the development of skin cancer is through an early examination by your Dermatologist.

Did you know that skin cancer is the most common form of cancer in both men and women in the U.S.?

ith an estimated 5 million new skin cancer cases diagnosed annually it far exceeds the total combined number of diagnoses of breast, prostate, lung and colon cancer. In fact, 1 in 5 Americans will be diagnosed with skin cancer by the age of 70. On average, one American dies every hour from skin cancer.

However, when caught early, skin cancer is highly treatable. Even melanoma, which is the most fatal form of skin cancer, has a cure rate of almost 100% when treated early.

7 Things You Need To **Know About Skin Cancer**

1. Sun Exposure increases the risk of skin cancer

Many people consider continuous sun exposure to be harmless because they believe the worst thing that can happen to them is sunburn, which heals after a couple of days. However, what most people don't realize is that ultraviolet radiation (UV rays) from the sun adversely alters their skin cells and greatly increases the risk of cancer in the long run. The American Academy of Dermatology (AAD) recommends wearing protective clothing in the sun and using a sunscreen with a Sun Protection Factor (SPF) of 30 or higher.

2. Using sunscreen is not enough

Although applying sunscreen to your skin minimizes the negative effects of the sun, habitually using it doesn't guarantee you won't develop skin cancer. In fact, the sun is only one of the factors associated with developing skin cancer. In addition to UV rays, toxins, cigarettes and a poor diet could also contribute to the development of skin cancer.

5. An infection can cause skin cancer

Other possible causes of skin cancer are chronic injuries and swelling that occur from severe burns and infections. If the skin that protects the inner part of the body has a serious condition, the risk of developing malignant cells increases significantly.

6. Perform a skin self-exam for early detection

A skin self-exam can help you find skin cancer early when it is most treatable. Examine your body (front and back) in front of a mirror, looking at your elbows, forearms and the back of your upper arms. Closely check your feet, the spaces between your toes and your soles. Lastly, with a hand mirror scan your back, the back of your neck and your buttocks.

7. The "ABCDE" rule to identify skin cancer

The sudden appearance of brown spots on the skin and abnormalities in moles are the most obvious sign of possible skin cancer. However, there's a method that can help you discern whether the moles or spots that appear on your skin are a cause for cancer.

KNOW YOUR ABCDE's



is for ASYMMETRY

If you draw a line down the middle of the mole, you will find that each half of a melanoma doesn't match in size.



The edges of early Melanoma are quite likely to be irregular, crusty or notched.



Healthy moles are uniform in color. A variety of colors, especially black, white and/or blue is worrying.



Melanomas are usually larger in diameter than 6 millimeters, although they may



is for EVOLVING

When a mole begins to change in size, shape, color, or features or develops symptoms like itching, tenderness or bleeding, this points to danger.



What's on YOUR Skin?

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Founder & Owner Joseph Onorato, MD, FAAD

Dr. Onorato has over 25 years of experience practicing dermatology and is board certified. He serves as SWFL Dermatology's medical director,

encouraging his team to provide the best skin care services in the area. He focuses on general dermatology and dermatological surgery including laser treatments, chemical peels, and injectable fillers.

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Innovative Treatment Improves Quality of Life

LASENE REDUCES COMPLICATIONS OF PARKINSON'S DISEASE, EARLY STAGES OF ALZHEIMER'S, AND BRAIN TRAUMA

he human brain is a marvel of nature, possessing incredible abilities that continue to astound scientists and researchers. Its remarkable complexity and versatility enables us to perceive, think, reason, remember, and create. Despite the casual use of words like "awesome" and "amazing" by some, they are entirely appropriate when discussing the brain. Its true wonder lies in its capacity to regulate and coordinate countless physiological and cognitive processes in our bodies.

"Most of the medical society would tell you we know very little about the inner brain," stated Charles Lindsey McAlpine, CEO and COO of LASENE, Naples. "It's only through recent technological advances that we can look to ways of helping the brain achieve even its simplest needs of sleep and memory."

The company, LASENE, provides laser technology and proprietary advanced treatments for fostering functional improvement in patient's living with Parkinson's, Alzheimer's, brain trauma, and other neurological degenerative ailments. They bridge the gap between the world's finest laser technology and advanced treatment protocols to improve quality-of-life by reducing the many complications of these diseases.

"In coming years, we will all live longer, which is great, but the HOW we live is just as important." McAlpine said. No one really wants to live long and not properly function, do they? So being involved with a therapy that allows for the best quality of life, and clearer thinking is very exciting.

"I went through my original program over a year ago. I recently went to my neurologist and my Doctor continues to see the improvement I saw throughout my treatment and after. I would highly recommend LASENE to anyone seeking a better quality of life." -Patient Karen



The company's mission is to bring the best of technologies and protocols together for the sole purpose of reducing the suffering associated with neurodegenerative and neuromusculoskeletal conditions, and to bring people back to a more active and productive life.

"I have found a treatment that has really helped me, LASENE. They have improved my Quality of Life and I am back to doing what I love....I highly recommend it, go do it."

- Patient Judy

Watching the aging process with my own father, who suffered with dementia and early stages of Alzheimer's, was sad to witness, It was tough seeing a bright, happy, articulate person lose those functions," McAlpine said. Being involved with the solutions that LASENE offers would have certainly benefited him, but now the ability to share those positive results with others is a gift.

LASENE does not promise a cure for degenerative complications. However, over a typically six-month care program, the company can provide laser technology and methodology to rehabilitate areas of nerve, muscle and skeletal systems that are affected

by these neurological ailments. Through the company's proprietary methodology, a patient can experience a significant reduction or remission in a variety of quality of life symptoms specific to their condition.

"Results are what the overwhelming majority of the patients who come to LASENE experience," McAlpine said. "We see hugely positive results that quickly resonate into all parts of their lives. The individual therapy itself is noninvasive, painless, and brief. Most patients say 'I had some initial fear, but wow I wish I'd have done this sooner.'

"I was diagnosed with advanced symptoms of Parkinson's disease in 2015. Symptoms included shuffling gate, severe forward posture, muscle rigidity, loss of voice projection and volume, tongue and mouth tremors, whole body tremors, right hand severe tremors, constipation, insomnia, nightmares, low energy, decreased libido and erectile dysfunction, and brain fog. I began Lasene in June 2022. Light changes began to surface during the first 30 days. Now I have normal gate and posture, no mouth tremors, no body shaking, only a slight right-hand tremor that occurs a couple of times a day, restored sleep, no nightmares, normal bowel movements, restored libido and sexual function, voice projection restored, no more brain fog." Dr. DL

"Sleep is the most impressive and consistent progress patients report. Their sleep patterns and quality of sleep. We measure this both objectively through sleep tracking devices and subjectively through interviews and medical observation." We have many patients that also see a reduction in their tremors, an improvement in their walk/gait, and an improvement to their mood and cognitive ability.

Working with the amazing and awesome human brain brings rewards to those at LASENE and the patients they work with.



239-374-2574 | www.lasene.com

15930 Old 41 Rd., Suite 400, Naples, FL 34110

Overactive Bladder

By Alejandro Miranda-Sousa, M.D. and Mark Leo, M.D.

he bladder's function is to collect urine from the kidneys and expels it when it is full. It acts much like a reservoir for urine. Overactive bladder is characterized by a group of four symptoms: urgency, urinary frequency, nocturia, and urge incontinence. When the bladder is overactive, urgency to empty the bladder may feel overwhelming and more frequent. Most of the time, a person cannot control the strong desire to urinate and the number of times they feel like they must empty their bladder during the day increases. The desire can be so intense, there's not much time to get to the bathroom and urine may leak out uncontrollably. The condition is usually the result of miscommunication between the brain and the bladder. The person's bladder squeezes frequently or without warning and the brain signals to the bladder that it is time to squeeze and empty, but the bladder isn't full. As a result, the bladder starts to contract. This causes a strong urge to urinate.

Some risk factors for overactive bladder include obesity, caffeine, and constipation. Poorly controlled diabetes, poor functional mobility, and chronic pelvic pain may worsen the symptoms. This condition is more common in women, especially when associated with loss of bladder control but it can also occur in men.

The cause of overactive bladder (OAB) is unclear, and multiple causes are associated with this condition. It is often associated with overactivity of the detrusor muscle. It is also possible that the increased contractile nature originates from within the urothelium (the lining of the bladder wall) and lamina propria (also part of the lining) and abnormal contractions in this tissue. Overactive bladder can be categorized into two different variants: "wet" (i.e., an urgent need to urinate with involuntary leakage) or "dry" (i.e., an urgent need to urinate but no involuntary leakage). Wet OAB is more common than dry.

The diagnosis of OAB can be made clinically with a full history from the patient, a bladder voiding diary and urodynamics. Cystoscopy can also aid in the diagnosis to rule other abnormalities of the



bladder. Additionally, a urine culture may be done to rule out infection which can sometime mimic or increase symptoms of OAB.

Treatment for OAB can start with lifestyle modifications such as fluid restriction, avoidance of caffeine and other bladder irritants, and pelvic floor muscle exercise and physical therapy. Biofeedback is used to reduce the frequency of accidents resulting from poor bladder control. This method is aimed at improving the person's control over the time, place and frequency of urination.

Several anticholinergic medications are frequently used to treat overactive bladder. ß3 adrenergic receptor agonists (e.g., mirabegron), may be used, as well. Within the appropriate setting, both anticholinergic drugs and ß3 adrenergic receptor agonists may be used in combination to improve symptoms of OAB. PTNS (peripheral tibial nerve stimulation), Interstim (sacral nerve stimulation) and Botox (Botulinum toxin A) are also treatment options done when lifestyle modification and oral medication have failed.

Living with OAB can be difficult. For this condition, you're likely to start by seeing your primary doctor. After your initial appointment, you may be referred to a Urologist. Some things to keep in mind prior to seeing and during your urological evaluation is: keeping a bladder diary for a few days,

days, recording when, how much and what kind of fluids you consume. Tell your doctor how long you've had your symptoms and how they affect your day-to-day activities. Note any other symptoms you're experiencing, particularly those related to your bowel function. Let your doctor know if you have diabetes, have a neurological disease, or have had pelvic surgery or radiation treatments. Make a list of all the medications, vitamins or supplements you take. With appropriate diagnosis and treatment, OAB is a common condition that can be mitigated by various options. Every patient's clinical course may be different. Overactive bladder is a common condition but luckily, there are several ways to improve the symptoms for better quality of life.



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



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Memory Matters

By Amy Hoffmann Schenk, RN, BSN, MS Ed, Community Engagement Lead

Izheimer's disease impacts more women than men. Two-thirds of those with Alzheimer's are women! On Mother's Day, many families are coping with mothers, grandmothers, aunts, and sisters who are living with Alzheimer's disease.

According to the Alzheimer's Association 2023 statistics, over 6.7 million people have Alzheimer's disease in the United States. That is roughly the same number of people as the entire state of Indiana. The total number of Alzheimer's patients in the US is expected to almost double by the year 2050 to 13 million people.

In 1903, some 120 years ago, Dr. Alois Alzheimer identified changes in the brain of a 51-year-old woman named Auguste Dieter. After Ms. Dieter died, her brain was examined. Dr. Alzheimer, a psychiatrist, and neuropathologist, identified amyloid plaques and neurofibrillary tangles in Ms. Dieter's brain tissue. These changes in the brain became identifiers of what is now known as Alzheimer's disease.

There are many myths and misconceptions about Alzheimer's disease. While we still have much to learn, we have disproven the following myths.

MYTH: If you live long enough, you will get Alzheimer's disease. Alzheimer's disease is not normal aging. While age is the greatest risk factor for developing Alzheimer's disease, not everyone who lives past a certain birthday will develop it. There are age-related changes in our memory and cognition as we age, but Alzheimer's is not a given.

MYTH: The only way to conclusively diagnose Alzheimer's disease is by autopsy. Alzheimer's is a neurological disorder affecting memory, thinking, and behavior, and it is the most common cause of dementia in older adults. Diagnosing Alzheimer's

References:

Maslow, K. https://www.als.org/national/documents/report_earlyonset_summary.pdf.

The Alzheimer's Association: https://www.alz.org/alzheimers-dementia/facts-figures

NIH:

https://www.nia.nih.gov/health/11-myths-about-alzheimers-disease



disease involves a comprehensive evaluation, including a medical history, physical examination, and various tests to assess cognitive function. The diagnostic process typically involves the following steps:

- 1. Medical history and physical examination: The doctor will ask the patient about their symptoms, medical history, and family history of Alzheimer's disease or other neurological disorders. They will also conduct a physical examination to rule out other possible causes of memory problems, such as infections or tumors.
- Cognitive testing: The doctor may perform a series of tests to assess the patient's cognitive function, such as memory, language, problem-solving, and attention. These tests may include the Mini-Mental State Examination (MMSE) or the Montreal Cognitive Assessment (MoCA).
- 3. Brain imaging: Imaging tests such as magnetic resonance imaging (MRI) or computed tomography (CT) scans can help identify structural changes in the brain associated with Alzheimer's disease, such as hippocampus shrinkage.
- 4. Blood tests: Blood tests can help rule out other conditions that may cause memory problems, such as thyroid disease, vitamin deficiencies, or infections.
- 5. Neuropsychological testing: This type of testing can provide a more detailed assessment of the patient's cognitive abilities and help differentiate Alzheimer's disease from other forms of dementia.
- 6. Genetic testing: Genetic testing may be recommended in certain cases to determine if the patient has a genetic mutation that increases their risk of developing Alzheimer's disease.

MYTH: Alzheimer's and dementia are the same things. Alzheimer's disease is a type of dementia. Dementia is a collection of symptoms, such as impaired thinking, challenges with memory, confusion, difficulty in reasoning, and changes in personality and demeanor. Alzheimer's is the most common type of dementia, but there are other types as well. Some of these other types of dementia include vascular dementia, dementia with Lewy bodies, and frontotemporal dementia.

MYTH: Only people in their 70s and older get Alzheimer's disease. In many instances, early symptoms of Alzheimer's appear when one is in their mid to late 60s. Some people start to show symptoms of Alzheimer's disease as early as 30. When symptoms begin between ages 30 and 60, it is considered younger-onset Alzheimer's. While early onset is much less common, it is a growing concern in the USA. According to the Alzheimer's Association:

"Newly analyzed data from the Health and Retirement Survey (HRS) indicates that there may be as many as half a million Americans under age 65 with dementia or cognitive impairment at a severity level consistent with dementia. Combining this with data from other studies, the Alzheimer's Association calculates that there are between 220,000 and 640,000 people with early onset Alzheimer's or related dementia in the U.S. today."

What can you do if you are concerned about your memory or the memory of someone you know? The first thing to do is to consult your healthcare practitioner. Having a baseline memory screen is a sound practice and can be done in your health care practitioner's office. In addition, the Neuropsychiatric Research Center of Southwest Florida offers free memory screens. All you need to do is contact the office at 239-939-7777. Most times, memory issues are a result of other factors. Lack of sleep, extreme stress, other medical conditions and even depression can cause memory issues, so getting things checked out is important!

At the Neuropsychiatric Research Center, we offer many cutting-edge clinical studies that are focused on addressing memory issues. Have a concern about your memory?



Contact NPRC at 239.939.7777 today.

How To Choose the Right Retirement Community for You

hat older adults want in retirement is different: Some may want to live an active lifestyle, and some may want to prepare to settle down and relax. Others may want a mix of both, with a plan in place for any health care changes in the future. They find it all at The Terraces at Bonita Springs.

What are you waiting for? Let The Terraces help you find a community that is perfect for you today.

Beginning Your Search

To get you started on the right foot, it's important to define what you want in a community. This can be done by creating a wish list. Your preferred community should match your preferences and as many points on your wish list as possible.

Then, begin gathering key information about communities in your area. Once you determine which communities offer what you're looking for, make a list of those you'd like to tour.

What Matters When Searching for a Retirement Community

Deciding on a community to call home is a major decision that should be carefully considered. It's important to do your research and really evaluate what matters most prior to selecting your retirement lifestyle.

Types of Retirement Living and Levels of Care

Many older adults choose a retirement community that offers a range of living options. From independent living and personal care to assisted living and memory care, these services offer family members and older adults alike peace of mind. The Terraces offers independent living, assisted living, memory support and more.

Floor Plans

Floor plan options matter, but remember, a smaller residence does not mean a smaller lifestyle! The Terraces offers spacious one-bedroom residences with plenty of things to do outside your door. In fact, the whole community is your home with everything you're looking for all under one roof.



Value, Predictability and Security

Life Plan Communities provide access to support through every level of care required. Those offering LifeCare contracts ensure you can protect your future, assets and finances. The Terraces, a Life Plan Community with a LifeCare contract, offers the best value in the area.

Nonprofit or For-Profit Status

Nonprofit communities, like The Terraces, don't have to appease stakeholders. This allows them to put money back into the community, investing it in what residents would like to see.

Services and Amenities

Your distance away from services and amenities can impact how much you use them. The Terraces' services and amenities are all under one roof, making it even easier to access them.

The Look and Feel

Go ahead, choose your retirement community based on its look and feel. At The Terraces, our beautiful, Tuscan-style community is sure to wow you.

Private Spaces

Your residence isn't the only private space you may have access to. The Terraces also offers screened-in lanais and personal, enclosed garages.

Extra Perks

Don't discount the extra perks and benefits that can make a large difference in your retirement lifestyle. At The Terraces, our valet service is one of our most loved features.

Safety

Safety is more than just grab bars in the shower and adequate lighting. At The Terraces, it means hurricane safety. With our community close to the beach, it's been designed to withstand hurricanestrength wind and is situated 16 feet above sea level. During hurricanes, we resume life as normally as possible - even holding happy hours.

Take a personalized tour of luxury retirement in Bonita Springs.

Come experience the vibrant lifestyle at The Terraces in Bonita Springs, FL, for yourself. With top-tier hospitality you won't find anywhere else in Southern Florida, all your retirement dreams are sure to be exceeded. Schedule a tour today to discover how you can live worry-free with exceptional services and amenities and the promise of on-site health care if needed.



Join us for next event on May 10 at 3 p.m. Call for more details!

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

Join us for an immersive experience with The Murder Mystery Company that is filled with excitement, fun, and audience participation!

Space is limited. Valet parking will be available. Please RSVP by Wednesday, 5/3/2023.

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!







MAKE A DIFFERENCE AS A NURSE

By Dr. Nashat Abualhaija, Ph.D., MSN, RN, Nursing Program Director at Hodges University

hen we need them, they are there. From that first breath to the last, they are there. Nurses are the professionals that patients interact with the most. Nurses provide the expert care that patients need and deserve, and that care extends to the patient's family. As a matter of fact, the American Nurses Association states that nurses are indispensable when it comes to safeguarding public health.

Nurses learn that their profession is a balance of art and science. The art is their ability to assess a patient's emotional state. The science is, of course, is the assessment of a patient's physical state. Patients need to be treated as an individual, looking at them as a whole, and not just their physical ailment.

In the past few years, there has been a national spotlight on the shortage of nurses. In the state of Florida, the Florida Hospital Association predicts there will be a shortage of almost 60,000 nurses in the state by the year 2035. In the Southwest Florida region, there are currently 726 openings for registered nurses (RNs).

The Institute of Medicine's (IOM) 2010 report stated that there is a need to increase the percentage of nurses with a bachelor's of science in nursing (BSN) degree to 80 percent by the year 2020. The research showed that nurses with a BSN degree means patients have better clinical outcomes and a lower mortality rate.

Why?

The American Association of Colleges of Nursing (AACN) released "The Impact of Education on Nursing Practice" in 2014 that found that nurses with a BSN have increased skills in communication, leadership, professional integration as well as research and evaluation. This extra knowledge and expertise leads to better patient care.

As a matter of fact, the Veterans Administration (VA) has enacted a policy that requires RNs to have a BSN in order to be considered for promotion beyond entry level, and all branches of the United States Armed Forces now require a BSN or higher to practice as an active duty RN. Additionally, many healthcare facilities have begun requiring RNs to have a BSN for entry level nursing positions.

Nurses who have their BSN degree can see both increases in hourly pay rates faster than those with an associate degree, and they will have a better and faster track of pursuing senior positions, including nurse managers, nursing directors, and other leadership roles.

At Hodges University, we have a BSN program that is designed to educate, train, and graduate nursing students in four semesters. Our students have the advantage of learning from professionals in the field, and applying what they learn in our modern simulation labs, and in clinical rotations. They graduate with their bachelor's degree, fully prepared to take the NCLEX exam for their RN.

Hodges University is also designing an accelerated, online RN-BSN program for RNs that want and/or need their BSN degree. It can be completed in one year. Our plans are to launch this in the Fall of 2023, pending approval from our regional accreditor, SACSCOC.



Infusion Therapy An Effective Treatment Option for Osteoporosis

steoporosis is a condition that weakens the bones, making them fragile and prone to fractures. It affects millions of people worldwide, with women being more susceptible to it than men. The condition often develops slowly over the years and may go unnoticed until a bone fracture occurs. However, with the advancements in medical technology, various treatment options are available for managing osteoporosis. One such option is infusion therapy, which involves the administration of medications directly into the bloodstream.

Paragon Healthcare is a leading provider of infusion therapy services for 20+ years, and they offer several medications to help treat osteoporosis. These medications include Prolia, Zoledronic Acid, Evenity, and Boniva. These drugs work by increasing bone density, reducing the risk of fractures, and improving overall bone health.

Prolia is an injectable medication that belongs to a class of drugs known as monoclonal antibodies. It works by inhibiting the activity of osteoclasts, which are cells that break down bone tissue. By reducing the number and activity of osteoclasts, Prolia can increase bone density and reduce the risk of fractures. The medication is administered once every six months and is suitable for postmenopausal women with osteoporosis.

Zoledronic Acid is another infusion therapy medication that is used to treat osteoporosis. It belongs to a class of drugs known as bisphosphonates, which work by inhibiting bone breakdown. Zoledronic Acid is administered once a year and can significantly reduce the risk of fractures in patients with osteoporosis.

Evenity is a newer medication that is used to treat osteoporosis in postmenopausal women. It works by increasing bone formation and reducing bone resorption. Evenity is administered as a subcutaneous injection once a month for twelve months. Clinical trials have shown that Evenity can significantly increase bone density and reduce the risk of fractures in patients with osteoporosis.

Boniva is another bisphosphonate medication that is used to treat osteoporosis. It works by slowing down the breakdown of bone tissue and increasing



NORMAL BONE DENSITY



OSTEOPOROSIS

bone density. Boniva is administered as a once-amonth tablet or as an injection every three months. It is an effective medication for preventing fractures in patients with osteoporosis.

Infusion therapy offers several advantages over other treatment options for osteoporosis. For example, infusion therapy medications are administered directly into the bloodstream, which allows for rapid and efficient delivery to the bones. This means that patients can experience faster results and may require fewer doses than they would with oral medications. Additionally, infusion therapy medications are often more potent than oral medications, which can lead to better outcomes for patients.

Another advantage of infusion therapy is that it is generally well-tolerated by patients. While some patients may experience side effects such as fever, headache, or muscle pain, these side effects are typically mild and short-lived. Infusion therapy also allows for more consistent dosing, which can help to ensure that patients receive the proper amount of medication each time.

In conclusion, infusion therapy is a highly effective treatment option for osteoporosis. Paragon Healthcare offers several infusion therapy medications, including Prolia, Zoledronic Acid, Evenity, and Boniva, that can significantly improve bone density, reduce the risk of fractures, and improve overall bone health. Infusion therapy offers several advantages over other treatment options, including more efficient delivery to the bones, more consistent dosing, and fewer side effects. If you or a loved one is living with osteoporosis, consider speaking with a healthcare provider about whether infusion therapy may be a suitable treatment option.



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NEW TECHNOLOGY TO RESOLVE SYMPTOMS FROM NEUROPATHY AND CHRONIC JOINT PAIN



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, techni-



cally-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 ot 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.

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Changes in Food Nutritional Value Over the Years

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

f there is one important thing we know about food, it's that different foods offer different types of nutrients. Even more, various foods provide different levels of these nutrients, which is why having a balanced and varied diet is always the best choice for supplementing your body with these crucial vitamins and minerals.

However, nutritional deficiencies continue to increase, affecting the overall health and well-being of all of us, even those who eat a varied diet. This causes us to question why these nutritional deficiencies are becoming more prominent, and what we can do about it.

A Decline in Nutrition

Nutrient deficiencies continue to rise in individuals, with a 2017 report citing that 31% of Americans are at risk of at least one vitamin deficiency, a number they expect to continue increasing.

According to the CDC, the most common vitamins and minerals associated with deficiency include:

- Vitamin B6
- -Iron
- Vitamin D
- Vitamin C

Even more, this risk of deficiency increases for women, those from low-income households, non-Hispanic blacks, and those who are underweight or obese.

Why Is This Decline Occurring?

There may be many reasons contributing to this decline in nutrients seen in the food that we eat, all stemming from the growing process.

First, it helps to look at the soil used to grow the food, as this is the primary source of nutrients for the foods we eat. Fruits and vegetables require fertile and biodiverse soil to achieve their maximum nutritional value, yet the quality of soil used to plant food has rapidly declined.

The blame for this declining soil quality can partly lie on current farming practices, which place a greater priority on increasing farming yield and less on preserving good nutrition.

In fact, around a third of the soil in the world has already degraded, which can occur from deforestation, farming techniques that are chemical heavy, and global warming. The second cause, in particular, directly relates to the farmer's use of petrochemical fertilizers, fungicides, and herbicides.

These chemicals have allowed farmers to increase their yields, but the consequence is evident in the decreasing amount of topsoil remaining for future food growth. Some areas even estimate that there are only 60 years of topsoil left, which poses a rapidly approaching problem for the future of agriculture.

In addition to the quality of soil, how plants are being grown also affects the amount of nutrients they are able to absorb. High planting density has become a more prevalent practice, which refers to the planting of multiple crops in a specified area. While this increases crop yield, it causes the crops to have weaker roots, inhibiting how many nutrients they can absorb from the soil. This then decreases the nutrients they offer us when we consume them.

Combining weak roots that cannot absorb a lot of nutrients with nutrient-depleted soil leads to food with much lower nutrient profiles.

But just how significant is this decline in nutrient value? Pretty big, with reports that the average vegetable found in the store has a nutritional value of 5%-40% less than that same vegetable 50 years ago. In addition, six nutrient levels that have declined substantially come from the 13 most important nutrients found in fruits and vegetables. So, almost half of the essential nutrients your body needs to function properly are significantly less than they should be.

This means that meeting the nutrient value of one cup of vegetables in the 1960s may now require 3 cups of that same vegetable, all because their nutrient value is less. Not only does this mean that you get fewer nutrients eating the same amount of food, but if you want to meet your daily nutrient goals, you may need to overeat, which increases caloric intake and can contribute to weight gain.

Farming Changes to Address Nutrient Decline

While it can seem discouraging that such a significant nutrient decline has occurred, there are ways to combat this and increase the nutritional value of fruits and vegetables. Alternative practices to conventional agriculture, which shift the focus from maximizing yield to producing higher quality food, are becoming more widely understood, which offers a chance to improve nutritional food value.

Two of these alternatives include organic and regenerative agriculture. However, the most challenging step for farmers is first moving away from conventional practices, and this is because this shift requires changes in machinery, financial allocation, and time requirements.

Organic farming avoids pesticides, synthetic fertilizers, and GMOs. Since soil degradation results from the overuse of chemicals in farming, organic farming has the potential to stop this decline.

Taking things a step further, regenerative farming builds upon organic farming by also utilizing methods that help the soil heal, increasing its nutritional composition and thus producing food with higher nutritional levels.

Some of the tactics used in regenerative farming

- low-till/no-till methods
- composting
- cover cropping
- rotational grazing
- crop rotating

Many of these methods help reduce soil disturbances, allowing the soil to become more blodiverse.

Why Do We Need These Nutrients from Food?

Many of the nutrients we gain from food are necessary for specific processes in the body, but cannot be produced by the body itself. These are called essential vitamins and minerals because the only way your body can obtain the nutrients it needs to complete these processes is by ingesting them through the food you eat.

These processes, controlled by various vitamins and minerals, can include:

- fighting infections
- making bones strong
- healing wounds
- regulating hormones
- store energy
- protect vision
- maintain water levels



our food is not as nutrient-dense, the important functions in your body start to become less effective. This may mean that your energy levels decline, or your hormones become imbalanced. The body is a system that requires balance for all areas to function correctly, which is why a decline in nutrients can snowball into other areas of the body, causing various symptoms and problems.

Because of this connection between nutrients and body functionality, it is vital to ensure that you are getting enough essential vitamins and minerals each day.

How Can You Increase Nutritional Intake?

Now that we know the extent to which food nutritional levels have declined within the past few decades, it is only natural to wonder about what you can do to ensure you get enough nutrients each day to allow your body to function properly. Listed below are some options.

Support Alternative Farming Methods

The best way you can support alternative farming methods that are helping to combat the declining nutritional value of food is by purchasing food grown by these farmers.

When you show support for these farmers and the methods they use, which are often more expensive or time-dependent, you ensure that the farmers see a benefit for the changes they have made, which can encourage other farmers to take on these methods as well.

Eat A Varied Diet

Even though there has been a decline in nutritional value available from certain foods, it is still important to try and get as much of your daily nutrient amounts from the food you eat. Even more important is focusing on a varied diet, as this helps to increase your likelihood of getting all the different vitamins and minerals you need.

As we discussed before, different foods offer different nutritional profiles; one may be high in calcium, while another is high in vitamin C. By eating a variety of foods, instead of always eating the same ones, you ensure that you also get a range of vitamins and minerals.

Try a Dietary Supplement

Taking a supplement should always come second to eating a more varied diet because the body can absorb vitamins and minerals more easily from food than from a supplement. That being said, if you eat a

balanced diet and are still noticing nutritional deficiencies, it is always helpful to talk to your doctor about taking a supplement to help your body meet

A report found that those who do not take dietary supplements were at the greatest risk of any type of deficiency, showing the powerful potential for supplements to bridge the nutritional gap you may be facing.

The Importance of Nutrients

Receiving enough vitamins and minerals from the food you consume is crucial for properly supporting your body and ensuring it can function correctly. However, the amount of nutrients found in the foods we eat is declining due to farming practices such as high crop density and soil degradation.

Alternative farming methods are increasing in popularity and use, offering the potential to increase the nutritional profile of fruits and vegetables to those seen decades ago. This will then help you meet your nutritional needs with less food.

Currently, you can help improve your nutritional profile by eating a varied diet and supporting any remaining deficiencies (which your doctor can help you find) through dietary supplements. To see improvements in the long run, start supporting farmers who use alternative practices now so that we can build a future where food has higher nutritional profiles.

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FINDING RELIEF FROM ARTHRITIS PAIN WITH MEDICAL CANNABIS

A rthritis is a widespread chronic condition, causing inflamed and painful joints that make daily tasks feel impossible.

For those who find traditional treatments inadequate, medical cannabis presents a promising alternative. It's no wonder it's rapidly gaining popularity among Floridians as a viable option and alternative to traditional pharmaceuticals.

By harnessing the power of state regulated and lab-tested medical marijuana products, patients can access various selections that could help them find the relief they need to go about their daily lives more easily.

What is Arthritis?

Arthritis is a condition that causes inflammation in the joints, leading to stiffness, pain, and reduced mobility.

It can occur in any joint, including the hands, knees, hips, and spine. There are over 100 forms of arthritis, with osteoarthritis and rheumatoid arthritis being the most common.

Ultimately, arthritis can occur at any age or sex and is the leading disability among Americans — especially women.

Conventional Treatments for Arthritis

Several treatment options are available for arthritis, including medication, physical therapy, and surgery.

Medications, such as nonsteroidal anti-inflammatory drugs (NSAIDs), can help reduce joint inflammation and pain. However, they may cause side effects such as stomach upset, heartburn, and increased risk of heart attack or stroke.

Furthermore, many arthritis patients are prescribed narcotic options to reduce pain. However, powerful painkillers that contain opioids are extremely addictive and have led to increased overdose-related deaths nationwide.

Outside of medication, physical therapy can help improve joint flexibility and strengthen the muscles around the affected joint, while surgery may be necessary in severe cases. Physical therapy is the least invasive of the two primary conventional treatments compared to pharmaceutical pain medication and over-the-counter NSAIDs.



Medical Cannabis as an Alternative Treatment for Arthritis

Medical cannabis is becoming increasingly popular among arthritis patients as an alternative treatment option nationwide.

Medical marijuana contains cannabinoids, which interact with the body's endocannabinoid system to reduce inflammation and pain. Medical cannabis is available in various forms, including dry herb (flower), concentrate (extract), tinctures, edibles, and vape cartridges, and can be obtained with a prescription or recommendation from a certified cannabis doctor.

Cannabinoids and Arthritis

Cannabinoids, such as THC and CBD, have been shown to have anti-inflammatory and analgesic properties.

They work by interacting with the body's endocannabinoid system, crucial in regulating pain and inflammation. Research has shown that medical cannabis can help reduce pain and inflammation in arthritis patients, leading to improved quality of life.

A recent study found that cannabis use was associated with significant reductions in pain and improved sleep quality in patients with chronic pain, including those with arthritis. Another study published in the European Journal of Pain found that topical application of CBD reduced pain and inflammation in rats with arthritis.

The Power of Terpenes: Reducing Arthritis Inflammation and Pain with Medical Marijuana

Terpenes are natural compounds found in various plants, including cannabis.

They are responsible for the plant's aroma and flavor; recent studies suggest they may also have medicinal properties. Terpenes work in synergy with other cannabinoids like CBD and THC to produce various therapeutic effects, including pain and inflammation relief.

In the case of arthritis, terpenes found in medical marijuana can help alleviate pain and reduce inflammation. One terpene, particularly beta-caryophyllene, has shown significant promise in reducing inflammation and pain. It binds to CB2 receptors, primarily found in the immune system, and has anti-inflammatory effects.

Another terpene, limonene, has also been shown to have anti-inflammatory properties. It can help reduce inflammation and pain by modulating the body's immune response, which is often the cause of arthritis symptoms. Limonene is also a potent antioxidant, which can help protect the joints from oxidative stress.

Moreover, myrcene, another terpene found in medical marijuana, has been shown to have analgesic and anti-inflammatory effects. Myrcene can help reduce pain by inhibiting the production of prostaglandins responsible for inflammation and pain. It also enhances the permeability of the blood-brain barrier, allowing other cannabinoids to pass through and produce their therapeutic effects.

The Importance of Finding the Right Dosage for Maximum Relief

Finding the correct dosage of medical cannabis is crucial for arthritis patients to experience the maximum benefit.

It is recommended to start with a low dose and gradually increase it until the desired effect is achieved. In Florida, medical marijuana patients can access various products that can help them find their correct dosage that gives the greatest relief with minimal psychoactive effects.

It's important to note that different consumption methods will affect the onset time and duration of effects. Inhalation methods like vaporizing and smoking produce almost immediate results but don't last as long as edibles.

Overall, finding the right dosage and method of consumption is a crucial step in the medical marijuana journey. By working with a healthcare professional or medical marijuana doctor and experimenting with different products and dosages, patients can experience temporary relief from arthritis.



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In Celebration of May as Mental **Health Awareness Month**

By Margaret Mouracade, MD

ay is associated with Maia, the goddess of spring and growth. It is in this spirit that I as a nephrologist wish to write about the topic of Mental Health as May is deemed as National Mental Health Awareness Month. As a physician closing in on her 26th year of practice, I can attest to the need for all healthcare providers to appreciate and to grow in their ability to recognize the importance of mental health wellness and to incorporate in their practice a means to address. Mental Health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how well we handle stress, relate to others and how we make choices. For us in the healthcare field, our ability to engage our patients in partnerships as well as to motivate them to embrace change and to adopt new lifestyle habits relies heavily on the state of their mental health.

Data from 2020 reported by NAMI (National Alliance on Mental Health) showed that in the United States, 1 in 5 adults (21% or 52.9 million people) experience mental illness. Furthermore, 1 in 20 adults (5.6% or 14.2 million) experience serious mental illness. NIHM (National Institute of Mental Health) defines serious mental illness as a mental, behavioral or emotional disorder resulting in serious functional impairment, which substantially interferes with or limits one or more major life activities. This is a disease that we find rooted in our youth, noting that data reviewed from 2016 showed that between the ages of 6-17 that 1 in 6 (16.5% or 7.7 million) experienced a mental health disorder. Data reviewed showed that 50% of lifetime mental illness begins by age 14 and 75% by age 24. Suicide is the 2nd leading cause of death among those aged 10-14. As a physician who also has board certification in addiction medicine, I found it quite noteworthy that 6.7 % (17 million people) were identified as experiencing a co-occurring substance disorder and mental illness. In adults anxiety far leads as the most prevalent mental illness with 19% experiencing (48 million) the next prevalent is depression at 8.4% (21 million) and rounding out the top 3 would be PTSD at 3.6% (9 million).



Raising awareness that mental health illness should be treated like any other chronic disease entity is paramount. Similar to other chronic diseases. mental health illness has genetic propensity as it can be found in families as well as its manifestation in terms of severity often can be related to environmental factors as well as coexistence of other illness/conditions. Like other chronic diseases there can be periods of stability /dormancy and then flares can occur if triggered. Its treatment, like most other chronic diseases, is best appreciated when an integrative approach is taken with a combination of optimization of self -care, therapeutic endeavors and/or pharmacologic interventions. NAMI reports that the average delay between onset of mental illness and treatment is 11 years. In 2020, 46.2 % of US adults with mental illness received treatment while 64.5% of those with serious mental illness were treated. Data reviewed from 2016 showed that 50.6% of youths aged 6-17 with mental illness received treatment.

The impact of mental illness can be appreciated in that depression raises the risk of developing cardiovascular and metabolic diseases by more than 40% than the general population. Depression has been recognized as a leading cause of disability worldwide. Substance use disorder has been identified in 32% of those with mental illness. High school students with significant symptoms of depression

are more than twice as likely to drop out compared to their peers. Some date collected from the Department of Corrections show that 37% of adults incarcerated have a diagnosed mental illness and that 70% of youth in the juvenile justice system have mental illness. Mood disorders are the most common cause of hospitalization for those under 45 years of age in the US excluding pregnancy and birth.

It is my hope that I have helped raise awareness of the need to address Mental Health and to appreciate the need to seek treatment and care like any other health issue. Treatment must be provided in a holistic, integrative and respectful manner. A state of wellness can be attained when an individual is provided a nurturing and restorative environment in which the skills and knowledge can be learned and gained to navigate through life and its challenges.

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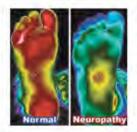
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Dr. Danielle Zappile is a chiropractic physician, she has been in practice since 2009.

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

Yes or No:

- . Do you often have an uncomfortable or uncontrollable urge to urinate?
- · Do you have frequent urination during the day?
- · When you get the urge to go, do you make it to the bathroom on time?
- . Do you wake up to urinate 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 Gauta 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

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.

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By Dr. Doreen DeStefano, NhD, APRN, DNP

egenerative medicine offers much promise for those suffering from several disease states harnessing our own natural healing properties to achieve a better quality of life. Stem cells are cutting edge in regenerative medicine.

Stem cells are naive cells that have the ability to divide indefinitely. They may functionally change into any cell in our body and can integrate into any target tissue. Stem cells are "undifferentiated" cells, which allows them to develop into another type of cell that is required to repair or replace damaged tissue. Stem cell therapy has the potential to repair tissues that are too damaged to heal on their own. Stem cells may be able to stimulate the formation of various tissue types. Stem cell therapy is in the spectrum of cutting-edge therapeutic techniques that may be able to naturally heal the cause of many conditions rather than masking the symptoms. Stem cell therapy might stimulate and accelerate your own body's natural ability to heal itself.

Stem cells at Root Causes

Mesenchymal Stem Cells are also known as marrow stromal cells. MSCs can differentiate into a variety of cell types. While autologous stem cells are harvested (collected) directly from the patient, allogeneic stem cells are collected from a donor.

Umbilical cord blood-derived cellular allograft tissue are cutting-edge technologies that have potentially led to the most potent and vibrant form of stem cells. Cord blood regenerative medicine products may contain primitive undifferentiated stem cells and additional growth factors which may be beneficial for repair, growth and healing. The release of growth factors is thought to aid in the formation of new blood vessels, activation of endogenous stem cells and growth of cells and tissue.

Umbilical cord stem cells contain mesenchymal stem cells (MSCs) that are believed to come from safe, reliable hospital sources. As no potentially risky or painful surgery is required, extraction of umbilical cord blood is possibly the least invasive and safest option of sourcing stem cells. Cord blood stem cells are strictly screened in compliance with FDA and cGMP (Current Good Manufacturing Practice) standards, are believed to be high-quality.



and sold in standardized concentrations. The naturally occurring balance of cytokines and growth factors are thought to make umbilical cord blood a great resource for allograft tissue geared towards bone growth and tissue regeneration, and patients may enjoy safe, non-surgical treatments in the amount of time for a traditional office visit.

How do stem cell IV's work?

Stem cells may repair the body by dividing to replenish cells that are damaged by disease, injury, or normal wear. Your body has the natural ability to heal itself with stem cells and other derivatives. As you get older, the number of stem cells in your body is greatly reduced and they become not as efficient. Stem cells have emerged as a potential element of regenerative medicine therapies. They may also have immune-modulation properties which could help control pain & inflammation in the body. Potential benefits of regenerative medicine therapies may include that they have natural healing properties, increase blood flow, are minimally invasive, are an outpatient treatment, have no downtime, are non-steroidal, are safe and effective, promote soft tissue growth and have no adverse reactions.

What benefits does stem cell therapy offer?

Stem Cell therapy may be an option for those looking for an alternative to surgery or potentially total joint replacement. Regenerative medicine therapy can potentially stimulate your body's own stem cells to proliferate and target damaged cells in your body and repair or replace them. Want to avoid surgery and downtime? Do you suffer from any type of pain, injury, autoimmune disorder, or dementia? Simply want the benefits of stem cells and exosomes with anti-aging benefits? Then regenerative medicine therapies might be an option for you!

Are stem cell injections safe?

Regenerative medicine therapies are non-surgical procedures that take a minimal amount of time, are thought to have faster recoveries, and are completely natural and not require pain medications. Regenerative medicine therapies use stem cells and their derivatives to potentially help heal, regenerate tissue and decrease inflammation to improve your quality of life.

Am I a candidate for stem cell therapy?

You may be a good candidate for stem cell therapy if you have been suffering from a wide range of disorders and want to improve your quality of life. Regenerative medicine is thought to be the easiest non-invasive method to improve your quality of life. If you have already tried conventional treatments, stem cell therapy is a potentially safe and effective option. Call to schedule a consultation to determine if stem cell therapy is right for you.

- · Arthritis & osteoarthritis
- · Chronic muscle pain
- · Runner's knee, Golfer's elbow, Tennis elbow
- · ACL tear
- Carpal tunnel syndrome, Torn ligaments, Tendonitis, Sprains
- Injury induced knee, shoulder, hip, or neck pain
- All types of auto immune including MS, Rheumatoid Arthritis
- · All types of dementia including Alzheimers,
- · Parkinson's
- · Antiaging and general health enhancement
- · Post covid

The stem cell therapy procedure

Stem cell treatment at Root Causes is a simple, in-office procedure. Preceding your stem cell treatments, you will meet with Dr. DeStefano, APRN, to discuss your medical history and treatment expectations to determine whether or not stem cell therapy is suitable for your condition.

If she determines that it is, Dr. D will gently and strategically administer the stem cells and exosomes into the tissue or intravenously, depending on the application. Full regeneration may take several months. Results will vary depending on your age, general health, pain level, diet, lifestyle and aftercare.

Next month we'll discuss stem cells with exosomes and application with various types of dementia and long Covid.



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A New Way to Treat Treatment-Resistant Depression

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

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

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

What is Ketamine Therapy and What is it Used to Treat

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

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

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

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

How Ketamine is Offered and Administered

WhiteSands Recovery & Wellness administers Ketamine therapy in two ways:

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

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

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

Efficacy of Ketamine Therapy in Treatment of **Depressive Disorders**

Or

How Effective is Ketamine Therapy?

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

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

Ketamine has shown to:

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

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

Pricing

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

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

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

Location

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



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Dr. S. Mann, M.D. Lyndsay Henry, PhD VP of Clinical Services



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

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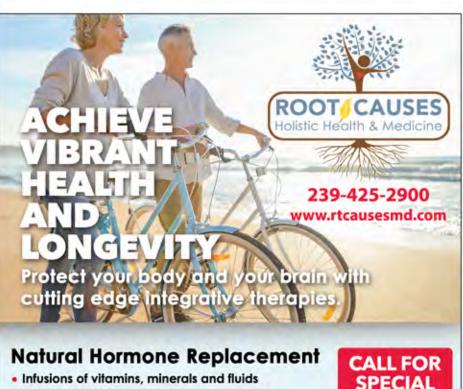
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The Best Non-Surgical Treatment for Arthritis YOUR OWN STEM CELLS!

Dr. Sebastian Klisiewicz, D.O.

What is Arthritis?

Osteoarthritis is a degenerative condition of the joints affecting millions of people worldwide. Those suffering from arthritis can experience joint pain, swelling and or stiffness. The most commonly affected joints are the knees, hips, and shoulders, but other areas such as the spine, feet and hands can also be affected

With osteoarthritis, the joint cartilage is broken down which can result in inflammation, pain and stiffness to that area. Reasons for this breakdown can include loose ligaments, weak muscles, as well as overuse or trauma.

Typical Treatments for Osteoarthritis

Unfortunately, many of the standard treatments for arthritis come with significant risks and side effects. Anti-inflammatory medications such as ibuprofen and Advil can help decrease pain and inflammation, but can cause serious complications such as kidney failure, stomach ulcers and increased risk of heart attack.

Steroid injections into arthritic are also commonly used. If repeated, steroid injections can speed up the process of joint degeneration and cartilage breakdown, accelerating the need for a joint replacement.

Joint replacement is generally the last line treatment for severe arthritis that is not adequately managed with the above therapeutic options. This is an invasive procedure that, even when done correctly, has significant risks including infection, blood clots, nerve injury, and malfunction of the prosthesis.

Stem Cells, a New Treatment Option

Luckily for arthritis sufferers, stem cell procedures offer a natural and effective treatment for osteoarthritis.

Stem cells are the "master orchestrators" of healing and regeneration. Through the release of signaling molecules and growth factors, stem cells regulate the local immune response, decrease inflammation, and stimulate tissue healing. Stem cells can also replace injured cells, recharge old and tired cells and stimulate the production of necessary proteins. Through these mechanisms, stem cells can significantly improve the health and function of an arthritic joint.



Multiple scientific studies on knee arthritis have shown that bone marrow stem cell injections can significantly reduce pain, decrease inflammation and most importantly improve function. Best of all, in many patients, these effects were shown to last for many years.

Bone marrow stem cells are real living cells that are derived from the self, unlike many other "fake" stem cell products on the market. In 2019, Dr. Lisa Fortier from Cornell University published a study testing multiple amnionic fluid products that are sold as "stem cells". Her findings showed that there were no living cells in any of these products nor did they contain any significant amounts of growth factors.

The only place to get living stem cells that are programmed to heal your tissues is from your own body, such as the bone marrow of the pelvis.

Maximizing Your Stem Cells Results

At Integrative Rehab Medicine we offer a comprehensive treatment program to maximize your results.

We educate our patients on specific nutritional support for optimal healing. A well-balanced diet rich in fruits, vegetables and high-quality proteins as well as specific nutritional supplement are used to prepare the body for healing.

We complement our stem cell injections with a personalized physical therapy program which can 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 improve the healing process.

The whole joint and surrounding structures need to be treated. Joint strength and stability can also be maximized through prolotherapy injections to the surrounding ligaments prior to and after the stem cell procedure.

At Integrative Rehab Medicine, we specialize in treating arthritis with bone marrow stem cells. Dr. Sebastian and our team of highly trained professionals are pioneers in non-surgical Regenerative Medicine treatments for arthritis and other musculoskeletal conditions. Our Integrative Advantage™ is the most comprehensive arthritis treatment in Southwest Florida. Arthritis patients now have a safe and effective options to eliminate symptoms, improve function and regain quality of life.

DR. SEBASTIAN KLISIEWICZ, D.O.

Board Certified in Physical Medicine and Rehabilitation

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

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



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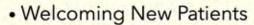
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Rheumatoid Arthritis and Gum Disease: What You Need to Know

By Dr. Ricardo S. Bocanegra, DDS

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

Fast Facts

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

Controlling gum disease inflammation may help improve rheumatoid arthritis symptoms.

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

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



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

Brushing and flossing can

Gum Disease and Rheumatoid Arthritis: The Inflammation Link

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

Treating One Condition May Improve the Other

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

Dental Care for People With Rheumatoid Arthritis

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

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



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CRYOTHERAPY: A PROMISING APPROACH TO

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nflammation is a natural response of the immune system to injury or infection. However, chronic inflammation can contribute to the development of various diseases, including anabolic and autoimmune diseases. Anabolic diseases are caused by the excessive growth of tissues, while autoimmune diseases occur when the immune system attacks healthy cells and tissues. Both types of diseases can lead to chronic inflammation, which can result in pain, swelling, and other symptoms. Cryotherapy is a relatively new therapeutic approach that has been shown to reduce inflammation in various conditions, including anabolic and autoimmune diseases.

Cryotherapy is a treatment that involves exposing the body to extreme cold temperatures. The most common form of cryotherapy is whole-body cryotherapy (WBC), which involves standing in a chamber that is cooled to temperatures below -100°C for 2-3 minutes. During this time, the body's surface temperature drops rapidly, triggering a range of physiological responses that are thought to have therapeutic benefits.

One of the key benefits of cryotherapy is its ability to reduce inflammation. Inflammation is a complex biological process that involves the activation of various immune cells and the release of inflammatory molecules. In anabolic and autoimmune diseases, this process becomes dysregulated, leading to chronic inflammation. Cryotherapy has been shown to modulate this process by reducing the production of inflammatory molecules and promoting the release of anti-inflammatory molecules.

In a study published in the Journal of Sports Science and Medicine, researchers investigated the effects of WBC on markers of inflammation in athletes. The results showed that WBC significantly reduced levels of inflammatory markers, such as IL-6 and TNF-alpha, in the blood. These findings suggest that cryotherapy may be an effective approach to reducing inflammation in athletes and other individuals who engage in high-intensity exercise.

In addition to reducing inflammation in athletes, cryotherapy has also been shown to be effective in reducing inflammation in patients with autoimmune diseases. A study published in the European



Journal of Applied Physiology investigated the effects of WBC on patients with rheumatoid arthritis, an autoimmune disease that causes chronic inflammation of the joints. The results showed that WBC significantly reduced pain and stiffness in the joints, as well as levels of inflammatory markers in the blood.

Another study published in the International Journal of Rheumatic Diseases investigated the effects of WBC on patients with ankylosing spondylitis, a chronic inflammatory disease that affects the spine and joints. The results showed that WBC significantly reduced levels of inflammatory markers in the blood and improved pain, stiffness, and mobility in the joints.

The exact mechanism by which cryotherapy reduces inflammation is not fully understood. However, it is thought to involve the activation of the body's natural anti-inflammatory pathways, including the release of endorphins and the activation of the parasympathetic nervous system. Additionally, the extreme cold temperatures may reduce blood flow to inflamed tissues, which can help to reduce inflammation.

Despite the promising results of cryotherapy in reducing inflammation in anabolic and autoimmune diseases, more research is needed to fully understand its therapeutic potential. It is also important to note that cryotherapy should be used as a complementary therapy and not as a replacement for conventional treatments.

Cryotherapy is a promising approach to reducing inflammation in anabolic and autoimmune diseases. It has been shown to reduce levels of inflammatory markers in the blood, improve pain and stiffness in the joints, and promote the release of anti-inflammatory molecules. While more research is needed, cryotherapy has the potential to become a valuable addition to the treatment of chronic inflammatory conditions.



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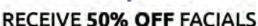
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ARE YOU SUFFERING FROM LONG COVID SYMPTOMS? WE CAN HELP!

By Nadine "Deanie" Singh, APRN - Founder & CEO

ome who have been infected with COVID-19 continue to experience long term health issues including chronic fatigue, muscle weakness, change of smell or taste, cardiac and respiratory illnesses, such as heart failure, chronic obstructive pulmonary disease, and blood clots. Patients also suffer from depression or anxiety from job loss, deaths of family members or friends or from dealing with their own health issues due to infection. We were recently awarded an American Rescue Plan Act Grant (ARPA) through the United Way of Lee County for our Health Improvement with Care (HIWC) program. This program is for individuals suffering from Long Covid symptoms. Call to see if this program is right for you. Let us help you create a personal medical management plan to help improve your symptoms and quality of life.

Premier Mobile Health Services' mission is to provide access to quality healthcare services to the medically vulnerable and those who are most at risk of developing and experiencing long term illnesses and hospitalization. We assist underserved and underinsured individuals of all races, ethnicities, religions, and lifestyles without stigma, prejudice, or borders. Patients without health insurance and with income below 200% of the Federal Poverty Guidelines pay nothing for care. Those who do not meet income guidelines receive significantly reduced rates. The homeless, victims of human trafficking and domestic violence receive free care. We also accept insurance, Medicare, and Medicaid.

Founded in 2018, we are a 501(c)3 organization based in Fort Myers, FL. As Founder and CEO, I am an Autonomous, Registered, Board-Certified Nurse Practitioner with over twenty years of nursing experience in various health practices.

While pursuing my master's degree, I wrote my dissertation about owning a mobile medical clinic after retiring. A few years later, while working in the hospital, I found that many young African American males were on dialysis and many others had chronic, preventable diseases that could have been avoided with earlier medical care. With a sense of urgency to care for the vulnerable, I bought my first mobile medical clinic with my personal savings from eBay. Premier now operates 2 mobile medical clinics and a walk-in clinic. The mobile clinics are a vital part of our operation and currently travel to 8 underserved communities.



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High Blood Pressure: How to Prevent and Manage It

igh blood pressure, also known as hypertension, is a common medical condition that affects millions of people worldwide. It occurs when the force of blood pushing against the walls of your arteries is consistently too high, leading to increased strain on your heart and blood vessels. Over time, this can cause damage to your organs and increase your risk of heart disease, stroke, and other serious health problems. As an internal medicine doctor, I often see patients with high blood pressure and the good news is that there are many things you can do to prevent and manage this condition.

One of the most important things you can do to prevent high blood pressure is to maintain a healthy lifestyle. This includes eating a balanced diet that is low in sodium, saturated fats, and added sugars, and high in fruits, vegetables, whole grains, and lean proteins. Additionally, regular physical activity is key to reducing your risk of high blood pressure. Aim to engage in at least 150 minutes of moderate-intensity exercise, such as brisk walking, per week. If you have a sedentary job, take frequent breaks to stand up, stretch, and move around.

Another important factor in preventing and managing high blood pressure is maintaining a healthy weight. Being overweight or obese can increase your risk of high blood pressure, so it is important to maintain a healthy weight through a combination of healthy eating and regular exercise. If you are overweight or obese, losing even a small amount of weight can make a big difference in lowering your blood pressure.

If you have already been diagnosed with high blood pressure, there are several things you can do to manage it. The first step is to work with your doctor to develop a treatment plan that is tailored to your individual needs. This may include medications to lower your blood pressure, such as diuretics, ACE inhibitors, or calcium channel blockers. It is important to take these medications exactly as prescribed, even if you feel fine, as they can help prevent serious complications down the road.



In addition to medications, there are lifestyle changes you can make to help manage your blood pressure. These include:

- Eating a healthy diet that is low in sodium, saturated fats, and added sugars, and high in fruits, vegetables, whole grains, and lean proteins.
- Engaging in regular physical activity, such as brisk walking, cycling, or swimming.
- Maintaining a healthy weight through a combination of healthy eating and exercise.
- Quitting smoking, as smoking can raise your blood pressure and increase your risk of heart disease and other health problems.
- Limiting your alcohol intake, as excessive drinking can raise your blood pressure and increase your risk of heart disease and other health problems.

It is important to note that managing high blood pressure is an ongoing process that requires regular monitoring and adjustments to your treatment plan as needed. This is why it is important to work closely with your doctor and to attend regular follow-up appointments to monitor your blood pressure and make any necessary changes to your treatment plan.

High blood pressure is a common medical condition that can have serious consequences if left untreated. However, there are many things you can do to prevent and manage this condition, including maintaining a healthy lifestyle, taking medications as prescribed, and working closely with your doctor to develop a personalized treatment plan. By taking these steps, you can help reduce your risk of serious health problems and enjoy a healthier, happier life.



Daniel Stanciu, MD

Dr. Stanciu is certified in Internal Medicine by the American Board of Physician Specialties as well as the American Board of Internal Medicine and has been practicing medicine since 2003. Dr. Stanciu earned his medical degree from the

University of Medicine and Pharmacy in Timisoara, Romaina. He completed his resident training in internal medicine at Wyckoff Heights Medical Center in Brooklyn New York.

Prior to coming to Axel Health Primary Care, Dr. Stanciu practiced as an internal medicine hospitalist. He is passionate about providing comprehensive, holistic, integrative care. By providing concierge services, Dr. Stanciu has the opportunity to spend an unlimited amount of time with each client to ensure an individualized plan of care that meets each clients' healthcare goals. He is currently working on his functional medicine certification. Dr. Stanciu enjoys educating each client regarding the best approach to health screenings, risk assessments, early treatment, and appropriate interventions. In his free time, Dr. Stanciu is athletic and enjoys multiple sports and spending time with his family.



Joel Pelissier, MD

Dr. Pelissier is certified in Internal Medicine by the American Board of Internal Medicine and has been practicing medicine since 1996. Dr. Pelissier completed his residency training at Brookdale University Hospital and Medical Center. He

also had the opportunity to study abroad receiving further training in France and Spain. He has been providing medical services to the Fort Myers Community for over 10 years and is passionate about providing comprehensive, integrative care and working with patients to ensure they obtain their healthcare goals. Dr. Pelissier is also a Certified Medical Examiner for the Department of Transportation (DOT). He is passionate about medical education and is a board review question writer for the Society of Hospital Medicine. Dr. Pelissier is fluent in Haitian Creole, French, English, and Spanish. He is also conversational in Portuguese. In his free time Dr. Pelissier enjoys spending time with his daughter, his family, exercising, and reading.



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Loss of Balance is Not a Normal Part of Aging

By Dale Segal, MD

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

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

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



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

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

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



Dale Segal, MD

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

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

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Advocating for Yourself, The Caregiver At Home

Three Free Ways You Can Have Your Own Back as a Caregiver.

By Cynthia Perthuis, CDP, CADDCT, CSA

dvocating for yourself is hard. It's likely you've learned to advocate for yourself at different times and in different situations. If you were passed over for a promotion perhaps you learned to fight for your career by building a stronger professional network. In relationships you learned to advocate by knowing your value or communicating boundaries. Have you considered how you can advocate for yourself as a caregiver? Here are three free, but not always easy, ways you can advocate for vourself.

1. Give Up Control.

Caregivers have very little control. You can influence. But, you cannot control. You know this especially if you have a family member with dementia who has reached I-don't-want-to-shower stage. The temptation is to force them to shower by laying down rules like, "You have to take a shower 3 times a week!" In your mind this may feel right and logical; others may agree. However, trying to control everything another person does or does not do adds more stress to your life. Often, the rules you make are not always best for the person you're trying to control...er...help. So stop.

Instead, when you feel the stress of forcing people or situations to go the way you think they should, stop. Take a breath. Ask yourself, "What is really important?" Is the shower the most important thing? Does "clean" have to happen in a shower? Can it happen with personal aide products? Is the shower more important than your loved one feeling connected and supported? Most likely, the answer is no. When your loved one feels connected and supported they are more likely to comply. When you try to control everything you usually end up alienating yourself which ultimately puts more stress on you.

2. Stop Comparing.

Comparison is tricky. When you see someone else's success it can prompt you to look at your situation differently. To continue the shower scenario... Perhaps you are scrolling through Facebook and you see someone in one of the Dementia Caregiving Groups showing how they



had Shower Success! by making the shower more inviting for their loved one. You see a picture that shows their bathroom lit with candles and in the corner there is a small electric heater warming the bathroom so mom does not get cold and there is a beautiful teak shower chair for her to sit on. Seeing this photo sparks a memory of your mom's love of lavender body wash and you buy some which makes showering more pleasurable for her. This is not comparing. It is an example of being open to learning from other people.

The dark side of comparison occurs when you start to say things like, "Why is it always harder for me?" or, "My friend can always get her mom to eat!" When you see yourself as less than or inferior to someone else, you will then feel inferior and then you will act inferior.

3. Go Neutral.

Let's take the shower example one step further. The minute you hear yourself saying things like, "I can never get my mom to take a shower!" or, "She always makes things so hard," stop yourself. Notice your language. Do you see how inflammatory it is? Instead of going down the dark road of comparison, change your language and go neutral. Instead say, "Mom is not showering today." Stop the sentence there. Take all the heat and comparison out of your words until you get to just the bare facts. "Mom did not shower today."

When you look at things through this lens you are not the problem. Your mom is not the problem. There is no problem. There is only the fact that your

mom did not shower today. Taking the heat and comparison out of your words is a great way to advocate for yourself because it removes stress from the situation. Problems come when you tell yourself a story around the situation. My mom did not shower so people will think I am a bad caregiver. If you are worried about what other people will think, you are comparing. Stop. Take the heat out of the words. Go neutral.

As a caregiver, remind yourself of what Brene Brown says, "If people aren't in the arena and they haven't gotten their butt kicked, you're not interested in what they have to say or what they think about you." People who have gone through the caregiving journey or are in the caregiving arena today know how hard it is. They know what long days and nights are like. They do not care that your mom did not shower today. They have your back. Now it is time for you to have your own back.

Next month we will share Advocating for Yourself, The Caregiver, at Work. Stay tuned!



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CBD: A Promising Treatment for Rheumatoid Arthritis

heumatoid arthritis (RA) is a chronic autoimmune disorder that affects millions of people worldwide. It causes inflammation and swelling in the joints, which can lead to pain, stiffness, and difficulty in mobility. There is no known cure for RA, and traditional treatments often come with unpleasant side effects. However, CBD, a compound found in the cannabis plant, has shown promise in the treatment of RA.

CBD is a non-psychoactive compound that interacts with the body's endocannabinoid system (ECS). The ECS is a complex system of receptors and neurotransmitters that regulate many physiological functions, including pain and inflammation. CBD binds to these receptors, reducing inflammation and pain signals in the body.

Studies have shown that CBD can be effective in the treatment of RA. A 2006 study found that CBD could reduce inflammation and pain in animal models of arthritis. Another study from 2015 found that CBD could reduce joint inflammation and improve mobility in human subjects with RA. These findings suggest that CBD could be a promising treatment option for RA patients.

One of the benefits of CBD is its lack of serious side effects. Unlike traditional RA medications, which can cause liver damage, gastrointestinal problems, and other serious side effects, CBD is generally well-tolerated. This makes it a safe and attractive treatment option for RA patients who may be wary of traditional medications.



CBD also has the advantage of being available in many different forms. Patients can choose to take CBD in the form of oils, capsules, or topicals. Topicals are particularly useful for treating RA, as they can be applied directly to the affected joints for localized relief.

However, it's important to note that CBD is not a cure for RA. While it can be effective in reducing inflammation and pain, it does not address the underlying cause of the disease. RA patients should always work with their healthcare provider to develop a comprehensive treatment plan that includes both traditional medications and alternative therapies like CBD.

There are also some potential drawbacks to using CBD for RA. First, it can be expensive, as it is not typically covered by insurance. Second, the quality and purity of CBD products can vary widely, making it difficult for patients to know what they're getting. Third, CBD can interact with some medications, so it's important for patients to consult with their healthcare provider before adding CBD to their treatment regimen.

CBD shows promise as a safe and effective treatment option for RA. It can reduce inflammation and pain without the serious side effects associated with traditional medications. However, it's important for RA patients to work closely with their healthcare provider to develop a comprehensive treatment plan that includes both traditional medications and alternative therapies like CBD. Patients should also be aware of the potential drawbacks of using CBD, including cost, quality concerns, and possible drug interactions. With careful consideration and guidance from their healthcare provider, RA patients can determine whether CBD is a viable treatment option for them.

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 massotheraphy 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.







KNOW THE BENEFITS OF GUARDIANSHIP IN FLORIDA AND WHAT'S IMPORTANT

By Kelly L. Fayer, P.A.

uardianship is a legal arrangement where an individual, known as a guardian, is appointed to make decisions for someone who is unable to make decisions for themselves. In Florida law, guardianship can be established for both minors and adults who are incapacitated. Although attorneys recommend establishing durable powers of attorneys to prevent the necessity of guardianship, there are many benefits to having a guardian appointed, particularly in the state of Florida.

The Benefits of Guardianship in Florida Law

There are several benefits to establishing guardianship in Florida law. Firstly, guardianship provides legal protection for those who are unable to make decisions for themselves. This can be particularly important for minors or adults who have a disability or illness that affects their decision-making ability. By having a guardian appointed, they can be assured that their best interests are being taken care of, and that important decisions are being made in their best interest.

Secondly, guardianship can help to ensure that a person's assets are protected. This is particularly important for minors or adults who are unable to manage their own finances. By having a guardian appointed, their finances can be managed in a responsible and transparent manner, and they can be protected from financial abuse or exploitation.

Thirdly, guardianship can provide peace of mind for family members and loved ones. By appointing a guardian, family members can be assured that their loved one is being well cared for, and that important decisions are being made in their best interest. This can be particularly important in cases where family members are unable to provide care themselves, either due to distance or other reasons.

When Do We Want to Be in Court?

While guardianship can be established outside of court in certain circumstances, there are many cases where court involvement is necessary. In Florida law, court involvement is required for the establishment of guardianship for minors and for adults who are incapacitated.



For example, if an unethical person is stealing from a person....their love ones can go to court to stop that process. Also, a guardian can void a contract someone enters into. An agent named in a power of attorney cannot do that. Guardianships are helpful if there is a difficult family dynamic because it offers transparency by the requirements of annual reporting and people who are not guardians can also be given HIPAA authorizations and the ability to maintain a relationship with the person in need of the guardianship.

For minors, court involvement is required when parents are unable to provide care or make decisions for their child. This can occur in cases where parents are deceased, incapacitated, or have had their parental rights terminated. In these cases, the court will appoint a guardian to make decisions for the child, including decisions related to education, healthcare, and living arrangements.

For adults who are incapacitated, court involvement is required to establish guardianship. In Florida law, an adult is considered incapacitated if they are unable to make decisions for themselves due to a physical or mental condition. In these cases, a court-appointed guardian can be appointed to make decisions related to healthcare, finances, and living arrangements.

The Importance of Having a Declaration of Preneed Guardian

While guardianship can provide many benefits, it is important to have a plan in place for who will act as a guardian in the event that one is needed. This is where a declaration of preneed guardian can be helpful.

A declaration of preneed guardian is a legal document that allows an individual to designate who they would like to act as their guardian in the event that they become incapacitated. In guardianship proceedings, the courts will not consider an individuals durable power of attorney or designation of health care surrogate when determining who will act as guardian. The only document that will be considered as evidence is the declaration of preneed guardian.

By having a declaration of preneed guardian in place, individuals can ensure that their wishes are respected and that the person they trust is appointed as their guardian. This can help to provide peace of mind for both the individual and their loved ones, and can make the process of establishing guardianship smoother and less stressful.

In Florida, guardianship can provide many benefits, including legal protection, asset protection, and peace of mind for family members and loved ones. When court involvement is necessary, having a declaration of preneed guardian can help to ensure that an individual's wishes and best interests are protected.

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Sclerotherapy: **Treating Varicose and Spider Veins**

aricose and spider veins are common conditions affecting millions of people. They are often considered a cosmetic concern, but they can also cause discomfort, pain, and swelling. Fortunately, there are several treatment options available, including sclerotherapy. Sclerotherapy is a minimally invasive procedure that involves injecting a solution into the affected veins to shrink and, eventually, eliminate their appearance. It has been used for decades and is considered a safe and effective treatment for both varicose and spider veins.

One of the main causes of varicose and spider veins is poor circulation, which can be caused by a sedentary lifestyle, obesity, pregnancy, or hormonal imbalances. Therefore, a preventive approach to treating these conditions should include lifestyle modifications that improve circulation, such as regular exercise, a healthy diet, elevating your feet, wearing compression stockings, and avoiding prolonged sitting or standing. Additionally, the risk of getting spider veins and varicose veins increases with age and if you are female.

When considering sclerotherapy, an important thing to consider is selecting the right treatment provider. Sclerotherapy should only be performed by a licensed and experienced healthcare provider. The provider should also take the time to evaluate the patient's medical history and any underlying



conditions that may affect the treatment. Speaking to your provider will help you understand your options to help you decide whether sclerotherapy is the best option for you.

While sclerotherapy works well for many people with varicose veins and spider veins, there are some who are not eligible for sclerotherapy for various reasons. Some of these being if you are pregnant, breastfeeding, have an active deep vein thrombosis or blood clot, or are non-ambulatory. Before the procedure, your provider will decide if you are a good candidate for sclerotherapy.

During the sclerotherapy procedure, the provider will inject a solution, either a saline solution or a chemical solution, into the affected veins using a very fine needle. The solution irritates the lining of the veins, causing them to collapse and eventually fade from view. The procedure usually takes thirty minutes to an hour and does not require anesthesia. The number of treatments will depend on the quantity, how large, and the location of the veins to be treated. If multiple treatments are necessary, following appointments will be scheduled about a month apart.

After the procedure, the patient may experience some mild discomfort, swelling, or bruising, but these symptoms usually subside within a few days. The patient should also wear compression stockings for a few days following the procedure to aid in healing and improve the results. This procedure does not require any downtime besides avoiding high impact exercises and heavy lifting for a few days following the procedure. Patients are encouraged to get back to normal activity and mild exercise right away.

It is important to schedule regular follow-up visits with the provider to monitor the progress of the treatment and address any concerns or complications. In some cases, as previously addressed, additional sessions may be necessary to achieve the desired results.

Sclerotherapy is a safe and effective treatment for varicose and spider veins and a preventive approach is necessary to address the root causes of the condition and ensure the best possible outcomes to reduce the chance of new spider veins and varicose veins forming. By making lifestyle modifications, choosing the right provider, and maintaining overall wellness and self-care, patients can achieve long-lasting results and improve their overall health and well-being.

> The Greatest Wealth is Health The key to staying healthy includes good preventive care.

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TOP 4 Reasons Chefs for Seniors Might Be The Right Choice For You

#1 Shopping is Challenging

In light of our global pandemic, shopping has proven to be challenging for all ages, but if you have an underlying medical condition or are over 65, the risk of infection has become a significant concern. Along with COVID-19, shopping at the grocery store heightens the risk of other communicable illnesses such as the flu or the common cold.

In addition to these concerns, many seniors find it taxing or may not be able to drive themselves safely to the store due to mobility issues, diminished eyesight, cognitive issues, or other aspects that might make driving, parking, shopping, walking, or calculating a genuine challenge.

#2 Cooking is Becoming Difficult or Dangerous

Perhaps you used to love cooking, or maybe you've never been keen on whipping up a meal. Some individuals find that following a recipe and cooking can be difficult, time-consuming, or in some cases, dangerous.

If you'd prefer to have someone else make your meals out of convenience, or you'd rather not unintentionally burn or overcook your food, many people feel the same way. This is especially true for seniors who no longer need to cook for an entire family and those that have issues with getting around easily or are developing neurodegenerative disorders.

#3 You or Your Loved one Need Special Meals (Low Sodium, Low Fat, etc.)

Have you or your loved one undergone a heart procedure, stroke, or been diagnosed with diabetes? If so, you know the importance of following a strict diet that will help manage and sustain your disease and longevity.

Many people find it challenging to understand which foods are best and how to prepare those foods so that they are delicious and appetizing.

#4 You Want Nutritious Food Without the Hassle

Combining all of the reasons that so many seniors could benefit from a chef-prepared meal is easily identified in the previously mentioned issues and conditions. You want to eat the healthiest meals possible, meals that are good for your body, and that taste amazing so that it's easy to stick to eating the way you know you should. That's where Chefs for Seniors can help.

Chefs for Seniors

Chefs For Seniors is a welcomed answer for many that want nutritious, flavorful foods custom-prepared right in the comfort of your home by a licensed chef that not only provides gourmet-style meals, but also compassionate companionship. They also have specialty meals for low sodium, low fat, and other dietary needs.

- · Find peace of mind knowing personal chefs will handle the shopping and cooking
- · Feel healthy and rejuvenated with meals for seniors that fit your diet
- · Truly affordable and much less expensive than eating out
- · All personal chefs are servsafe licensed, undergo background checks, and are fully

The company's local professional chefs prepare affordable meals for the week in the home using the freshest ingredients, while offering a fun interactive experience. Chefs for Seniors is a private meal preparation service which specializes in providing companionship with the chefs preparing the meals in the home of the client. Clients select meals from a regional menu which can be customized to the client's dietary preferences and needs. The process aims to be an affordable option for seniors who may want fresh home-cooked meals, but who may be physically unable to cook the meals for themselves.

Professionally Prepared Meals and Clean Up!

Chefs for Seniors offers rotating menu options, which includes select Chef creations inspired by the region. Clients select their desired meal in advance, allowing the chef to shop and prepare the meals on the designated cooking day. Chefs prepare the meals between two to two and a half

hours. And an added benefit is that after the meal is prepared and stored according to the client's preferences, the chefs clean before leaving the house.

Your chef will bring their own "toolbox" with pots, pans, knives, and utensils into the home. You don't need to have anything on hand except an appetite and working appliances!

Cost and Insurance Coverage

The price of our services are region-specific and depends on your individual needs. Our goal is to provide an affordable solution that seniors can use long-term. We offer three different service packages to meet a variety of needs: Standard, Custom, and Non-Standard.

Some Long Term Health Insurance Policies may cover certain in-home services like Chefs For Seniors.

Multiple Meals During Visit

During a 2-hour home visit, your personal chef will prepare 4 different entrées and 10-12 individually-packaged servings of meals. The exact number of servings depending on your appetite and the types of meals ordered and serving sizes can be adjusted with your chef.

Most clients have their personal chef visit their home every week, although some choose to schedule services every 2 weeks or 2x per week. We can work within your budget, appetite, and needs.

Special Diets

We can accommodate most dietary concerns and diets. Our chefs and menus are particularly well-suited for low-sodium, diabetic friendly, gluten-free, Kosher, and renal diet meals. We also take inspiration from the DASH Diet (Dietary Approach To Stopping Hypertension), when designing our weekly menu rotations. Our Custom Package is well suited for clients with less common diets or dietary concerns.

For any questions, please contact Chefs For Seniors at 239-776-1758.



chefsforseniors.com

Phone: 239-776-1758 Email: bill.springer@chefsforseniors.com

ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

What is Osteoarthritis (OA) of the Knee?

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

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

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

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

Knee Replacement Surgery is Permanent

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

Physicians Rehabilitation's Knee Therapy Program Includes:

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

Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis. Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, and is covered by Medicare and most insurances.

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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



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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.

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.

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, I am licensed in 30 states.



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We do not offer every plan available in your area.

Any information we provide is limited to those plans we do offer in your area. Please contact

Medicare.gov or 1-800-MEDICARE to get information on all of your options.

WHAT TO CONSIDER WHEN PURCHASING A DAMAGED PROPERTY

By Robert Nardi, Broker/Owner

uyers in February 2023 had more choices to select properties than in the past. Overall inventory increased 131.4 percent to 2,835 properties from 1,225 properties in February 2022. Broker analysts reviewing the February 2023 Market Report by the Naples Area Board of REALTORS® (NABOR®), which tracks home listings and sales within Collier County (excluding Marco Island), attribute some of the rise in inventory to Hurricane Ian as many Sellers placed their damaged properties for purchase. February's median close price is the same as January's closed sales price of \$600,000. The gap in sales activity year over year continues to close thanks to continued confidence in the Naples real estate market.

Overall pending sales in February decreased 16.8 percent to 1,241 pending sales from 1,480 pending sales in February 2022. Overall closed sales in February fell 17.2 percent to 682 closed sales from 824 closed in February 2022. In addition, showings decreased by 15 percent in February to 36,574 showings from 43,032 showings in February 2022.

The NABOR® February 2023 Market Report compares single-family home and condominium sales (via the Southwest Florida MLS), price ranges, and geographic segmentation and includes an overall market summary. NABOR® sales statistics are in chart format. If you wish to receive a copy, please send an -mail to Robert@NardiRealty.com.

What does this mean?

Our inventory continues to rise, which gives potential Buyers a more comprehensive selection. However, even though the amount is increasing, it is partially populated by damaged properties from Hurricane Ian that the Sellers have never remedied. They figured that season would be the right time to throw them onto the market. However, Buyers need to investigate the property and the community to evaluate if this property would be a good fit for them.

In dealing with damaged property, you must determine if the Sellers have paid all hurricane assessments to the condominium or homeowners' association. You should request minutes of the board meetings, call the association directly, and ask to speak with someone who manages that association. You'll also want to investigate what the association is responsible for. An association will often be accountable for any drywall damage if it is a condominium. Therefore, receiving a copy of the Bylaws would be crucial before you make an offer on the property.

Lastly, it would be best to determine where the Seller stands regarding an insurance payout. If they received their payout, please consider this when making your offer. In addition, if they have yet to be paid out and are going to be, you may want to negotiate with them to see if they would be willing to assign any insurance monies to you as the Buyer.







And speaking of insurance, you'll need to determine what insurance will cost you concerning hurricanes, wind, and floods. Since Hurricane Ian, the insurance cost has risen significantly; therefore, you may want to use an insurance broker to shop around to get several different insurance quotes. Lastly, since the property is in a damaged state, it will be a challenge for you to obtain a mortgage. You may have to go to a "hard money lender," but you'll pay a much higher interest rate.

All of these are essential factors to consider when purchasing a damaged property.

Seasonal Rentals

Many people this year rented from January 1 through March 31, 2022. With Nardi Realty, we give the current renters "first right of refusal." If they pass, the condominium or home will be available next year. If you are considering renting for next year, contact my Rental Administrator, Sheri Martin, at 239-571-6189 or email her at sheri@teamonesource.com. You'll have a better opportunity to "nab" the rental before they fill up.

Happy Spring to all!

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Slowing the Pace of Your Life

By Pastor Timothy Neptune

emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule-you start with your heart.

The Apostle Paul said this about contentment. "I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 121 know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13 I can do everything through him who gives me strength, Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: 'But godliness with contentment is great gain.' For we brought nothing into the world, and we can take nothing out of it. 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

Contentment means this: I don't need more in order to be happy.

I'm not waiting for more in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need more in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having more will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, 15 Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions." Luke 12:15

If you find yourself making statements like this:

- My life is a rat race.
- . I don't know how I'm going to get it all done.
- I am just so exhausted.
- . I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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

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