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FROM DOC BAKER TO MODERN HOSPITALS

The Quest for Personal Touch in Healthcare

In the tapestry of medical history, the relationship between mainstream medicine and alternative therapies has been interwoven with threads of understanding, skepticism, competition, and integration. The ebb and flow of these two worlds is not merely a contemporary phenomenon; it has historical underpinnings that shed light on our current healthcare landscape.

Imagine, if you will, a time not too long ago when the local doctor was not just a medical professional but also a pillar of the community. Think of Dr. Baker, the quintessential physician in Walnut Grove, who knew every patient's history without needing electronic charts or a string of specialists. Dr. Baker didn't just treat diseases; he knew the human stories behind them.

During such times, a visit to the doctor was not a rushed affair confined to sterile white rooms. It was an experience. The doctor had the luxury of time, listening intently to the tales of woe, understanding not just the ailment but the entire being. Such physicians had the unique advantage of diagnosing not just through clinical symptoms but by weaving together the narrative of the patient's life.

But as with everything, time and progress brought change. The industrialization and urbanization of society led to a surge in populations. Medical advances were meteoric, with new technologies, drugs, and treatments emerging rapidly. Medicine shifted from the home visits of Dr. Baker to vast hospitals and specialized institutions. This progression was undoubtedly beneficial, making treatments more efficient and specialized, but it had a cost. The intimacy and deep understanding of the patient-doctor relationship started to wane. The era of personal touch was being replaced by quick diagnostics and treatment plans.

Modern-day healthcare, especially in bustling cities, often paints a picture of hurried doctors moving from one room to another, barely sparing a few minutes per patient. The scenario of a patient visit, where a physician has barely three minutes to look at you or your chart, is not an exaggeration but a reality many face. The corporatization of healthcare, with decisions often made in boardrooms rather than by individual physicians, has led to a factory-like approach to treating patients.

Patients began to feel unheard, their narratives reduced to mere codes on insurance forms. They became numbers in a system, rather than individuals with unique stories and needs. It was in this space, where mainstream medicine was leaving gaps, that alternative therapies found their niche. Alternative medicine, encompassing practices ranging from homeopathy to chiropractic, offered what modern medicine seemed to lack - a listening ear. These therapies, often rooted in ancient traditions, place significant importance on the holistic well-being of the individual. Here, patients found practitioners willing to spend time understanding their ailments, looking beyond the symptoms to the underlying causes.

It's crucial to note that this is not to discredit the undeniable successes and advances of mainstream medicine. From eradicating diseases to surgical innovations, modern medicine has given us longer and healthier lives. But the heart yearns for connection, understanding, and being seen as more than just a collection of symptoms. That's the realm where alternative therapies have stepped in.

The drift towards alternative medicines also has another dimension - empowerment. With mainstream medicine becoming increasingly inaccessible to many due to high costs or convoluted insurance processes, alternative therapies offer control. They provide the patient with the power to be proactive about their health, often emphasizing preventive measures and lifestyle changes.

While skeptics remain, and it's essential to approach any form of treatment with caution and research, the crux of the matter is choice. Patients today are no longer content with being passive recipients of care. They want to be active participants, understanding their health and the choices available to them.

In this evolving landscape, the ideal future might be one of integration. A world where the precision and advancements of mainstream medicine blend seamlessly with the holistic and patient-focused approach of alternative therapies. As patients, we don't necessarily want to choose between Doc Baker and a state-of-the-art hospital. We want the best of both worlds.



In conclusion, the dance between mainstream medicine and alternative therapies is an ongoing one. It's a dance of progress, of understanding, of listening, and most importantly, of healing. It's a reminder that while medicine evolves, the core of healthcare should always remain the same - the well-being and dignity of the individual.



Dr. Danielle Zappile has been a chiropractic physician since 2009 and has helped thousands of patients achieve their health goals.

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In times when you feel like a whisper lost in the din, or when other treatments seem to falter, fear not, for there remains a beacon of hope. Dr. Danielle Zappile, reminiscent of the attentive and compassionate approach of our beloved Dr. Hiram Baker, grants you the invaluable gift of time. With a meticulous eye, she delves deep, seeking the very roots of your ailment and keeping you informed along the way, all the while offering genuine health CARE. So, if you yearn for the comforting embrace of old-world medical attention combined with the marvels of modern technology, entrust yourself to the capable hands of Dr. Zappile. We like to call her "Doc Z". Alongside her dedicated team at Straight To Health Center, she presents a heartfelt and, dare I say, almost nostalgic alternative to your health concerns with the most innovative technologies.

Have You Been Considering a Facelift?

RALPH R. GARRAMONE, MD, FACS

As a plastic surgeon, I take great pride in empowering my patients with newfound self-confidence. Over the course of my career, I've witnessed firsthand how facelifts can significantly elevate self-esteem. Nonetheless, it's evident that facelifts remain one of the most misconstrued procedures in the realm of plastic surgery. To shed light on the reality of facelifts, here are some key insights that debunk common myths and misconceptions:

A FOCUSED APPROACH: Contrary to popular belief, a facelift doesn't address the entire face. Instead, it primarily targets the cheeks and the jowls. For comprehensive facial rejuvenation, additional procedures for areas like the eyes, brow, forehead, and neck may be combined with the facelift.

ROOT CAUSES OF AGING: The sagging we observe in aging faces is not solely caused by aging facial muscles. Rather, it primarily involves the downward shifting of the fibrofatty layer between facial muscles and the skin. This results in deep lines around the mouth, diminished cheek volume, and the development of jowls that obscure the jawline. Additionally, thinning skin and the loss of elasticity play a significant role. In the neck, however, sagging muscles contribute to the formation of bands from the chin to the base of the neck.

NATURAL RESULTS: A successful facelift should yield a natural, rejuvenated appearance, not a conspicuously tightened or unnatural look. The goal is to impart a rested, softer aesthetic, with smooth and well-contoured jawlines and necks, effectively shaving off years from the patient's appearance.



Client before and after a comprehensive rejuvenation journey featuring a Facelift, Liplift, Necklift, and Facial Fat Grafting on cheeks and lips

photos provided

ADDRESSING VERTICAL LIP LINES: Vertical lines above the lip are best treated with non-invasive methods like Botox, dermal fillers, laser treatments, or chemical peels. In some cases a surgical lip lift can rejuvenate the upper lip to eliminate signs of aging.

COMPLEMENTARY TREATMENTS: Post-facelift, patients may still require non-surgical treatments to address skin texture, wrinkles, and volume loss. Techniques such as Botox, fillers, laser treatments, medical-grade skincare, micro-needling, and fat grafting can be employed to ensure comprehensive facial rejuvenation.

THE DECISION TO UNDERGO A FACELIFT: If sagging skin or prominent lines are adversely affecting your self-esteem, or if other minimally invasive procedures no longer suffice, a facelift could be the optimal solution. Age isn't a limiting factor for considering this procedure.

RECOVERY AND LONGEVITY: Contrary to misconceptions, the recovery period after a facelift is typically manageable, with minimal discomfort for most patients. Stitches are typically removed within a week, and individuals can comfortably resume normal activities within approximately two weeks. While no guarantees can be made, the results of a facelift generally last for many years, and maintaining these results can be facilitated by sun protection, a balanced diet, and quality skincare regimens.

In essence, a facelift, when executed with precision and complemented by appropriate post-procedural care, can significantly enhance both the physical appearance and emotional well-being of patients, ultimately fostering a greater sense of confidence and self-assurance.

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THE SILENT CONNECTION

Exploring the Profound Effects of Diabetes on Hearing Health

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

Diabetes and Hearing Loss: An Overlooked Association

Diabetes is a chronic condition that affects millions of people worldwide. Characterized by elevated blood sugar levels, it can lead to a myriad of health complications, from heart disease to kidney problems. But one lesser-known consequence of diabetes is its link to hearing loss. This article explores the intriguing connection between diabetes and hearing impairment, shedding light on the hidden effects that often go unnoticed.

The Diabetes Epidemic

First, let's understand the gravity of the diabetes epidemic. According to the International Diabetes Federation, approximately 463 million adults were living with diabetes in 2019, and this number is projected to rise to 700 million by 2045. The impact of diabetes extends far beyond its association with high blood sugar levels; it reaches into multiple facets of health and wellbeing, including hearing.

The Biological Connection

So, how do diabetes and hearing loss intersect at a biological level? Research has shown that prolonged exposure to high blood sugar levels can damage the delicate blood vessels and nerves in the inner ear. This damage, in turn, impairs the ear's ability to transmit sound signals effectively to the brain. Moreover, the small blood vessels in the cochlea, a vital part of the inner ear, can become compromised, reducing blood flow and leading to hearing loss.

Types of Hearing Loss in Diabetes

Diabetes-related hearing loss can manifest in two primary forms: sensorineural and conductive. Sensorineural hearing loss is the most common, affecting the inner ear or auditory nerve. It often results in difficulty hearing soft sounds and understanding speech, particularly in noisy environments. Conductive hearing loss occurs when sound waves cannot reach the inner ear due to issues with the ear canal or the middle ear. Diabetes can exacerbate conductive hearing loss by causing complications such as ear infections.

Risk Factors and Progression

Several factors can influence an individual's risk of experiencing diabetes-related hearing loss. The



duration of diabetes plays a crucial role, with long-term, uncontrolled diabetes increasing the likelihood of hearing impairment. Additionally, age and genetic predisposition can compound the risk. It's essential for those with diabetes to be aware of these risk factors and to regularly monitor their hearing health to catch any issues early.

The Emotional Impact

Hearing loss, regardless of its cause, can have a profound emotional impact on individuals. People with diabetes who develop hearing loss may experience feelings of isolation, depression, and frustration. Communication difficulties can strain relationships and affect one's overall quality of life. It's crucial to recognize these emotional consequences and seek appropriate support and treatment.

Prevention and Management

While there is no guaranteed way to prevent diabetes-related hearing loss, there are steps individuals with diabetes can take to minimize their risk. Maintaining good blood sugar control is paramount. Regular check-ups with healthcare providers can help monitor and manage diabetes effectively. Additionally, protecting the ears from excessive noise and avoiding smoking can contribute to hearing health.

Treatment Options

For those already experiencing diabetes-related hearing loss, there are treatment options available.

Hearing aids are a common solution that can significantly improve one's ability to hear and communicate. Cochlear implants may be considered for severe cases. Early diagnosis and intervention are essential in maximizing the effectiveness of these treatments.

Diabetes is a multifaceted condition that affects various aspects of health, and its link to hearing loss should not be underestimated. The damage to blood vessels and nerves in the inner ear can lead to significant hearing impairment. Understanding the risks, prevention strategies, and available treatments is crucial for individuals living with diabetes. By addressing the connection between diabetes and hearing loss, we can better support those affected and improve their overall quality of life.

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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The Silent Threat: DIABETES AWARENESS AND ITS IMPACT ON VASCULAR HEALTH

Diabetes Awareness and Vascular Health: A Silent Epidemic

Diabetes is often referred to as a silent epidemic, affecting millions of people worldwide. It's a chronic condition that disrupts the body's ability to regulate blood sugar, leading to a host of health complications. While most individuals are aware of the link between diabetes and problems like high blood sugar and kidney disease, the connection between diabetes and vascular health is less understood. In this article, we will explore the critical relationship between diabetes and vascular health and discuss the importance of raising awareness about this often-overlooked aspect of diabetes.

Understanding Diabetes: A Brief Overview

Diabetes is a complex metabolic disorder that comes in two primary forms: type 1 and type 2 diabetes. In both types, the body's ability to regulate blood sugar (glucose) is compromised. This can result in high blood sugar levels, which, over time, can lead to a wide range of health issues. For the purpose of this article, we'll primarily focus on the impact of diabetes on vascular health, which encompasses arteries, veins, and blood vessels throughout the body.

The Silent Threat to Vascular Health

Diabetes can silently wreak havoc on the vascular system. This threat is often overlooked because the symptoms of vascular damage can be subtle, and many people with diabetes are more concerned about immediate issues such as blood sugar control. However, the long-term effects of diabetes on vascular health are undeniable and should not be underestimated.

1. Atherosclerosis and Vascular Disease: One of the most severe consequences of uncontrolled diabetes is atherosclerosis, the narrowing and hardening of arteries due to plaque buildup. People with diabetes are at a significantly higher risk of developing vascular disease, which can lead to various complications, including strokes and heart attacks.

2. Peripheral Artery Disease (PAD): Diabetes can damage the blood vessels that supply the legs and feet, leading to a condition known as PAD. Symptoms include leg pain and reduced blood flow, which can result in slow-healing wounds and, in severe cases, amputations.



3. Diabetic Retinopathy: The blood vessels in the eyes are also vulnerable to damage from diabetes. Diabetic retinopathy can cause vision problems and even blindness if left untreated.

4. Kidney Disease: The kidneys rely on a network of tiny blood vessels to filter waste from the bloodstream. Diabetes can damage these vessels, leading to kidney disease or failure.

5. Neuropathy: Diabetes-related nerve damage can affect the blood vessels that supply nerves, resulting in neuropathy, which causes numbness, tingling, and pain in the extremities.

Raising Diabetes Awareness: Why It Matters

Raising awareness about the link between diabetes and vascular health is crucial for several reasons:

1. Early Detection: Diabetes-related vascular damage can be subtle, and many people may not recognize the signs until complications arise. Awareness campaigns can encourage regular check-ups and early intervention.

2. Lifestyle Changes: Diabetes can often be managed through lifestyle modifications like a healthy diet and exercise. Increased awareness can motivate individuals to adopt healthier habits and reduce their risk of vascular complications.

3. Empowering Patients: Informed patients are better equipped to manage their condition and make decisions about their health. Diabetes awareness empowers individuals to take charge of their well-being.

4. Reducing the Economic Burden: Diabetes and its vascular complications impose a significant economic burden on healthcare systems and individuals. Raising awareness can lead to early intervention, ultimately reducing healthcare costs.

5. Promoting Research and Innovation: Public awareness can stimulate research and development in the field of diabetes treatment and prevention, potentially leading to better outcomes for those affected.

Diabetes awareness is not just about monitoring blood sugar levels; it's also about understanding the broader implications of this chronic condition on vascular health. The silent threat that diabetes poses to our blood vessels and overall well-being cannot be ignored. By raising awareness about these connections, we can empower individuals to make informed decisions, seek early intervention, and ultimately reduce the impact of diabetes on vascular health. Diabetes awareness isn't just a matter of knowledge; it's a matter of life and limb.

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GUARDING YOUR VISION: THE ESSENTIAL GUIDE TO DIABETIC EYE CARE

Diabetes is a chronic condition that affects millions of individuals worldwide. While managing blood sugar levels is a top priority, it's crucial to recognize that diabetes can also have a significant impact on your eye health. Diabetic eye care is a vital aspect of overall diabetes management, and in this article, we will explore the key aspects of safeguarding your vision.

Diabetic Retinopathy: A Growing Concern

Diabetic retinopathy is a common eye condition among people with diabetes. Over time, high blood sugar levels can damage the blood vessels in the retina, the light-sensitive tissue at the back of the eye. This can lead to vision problems and even blindness if left untreated. Regular eye examinations are the first line of defense against diabetic retinopathy. The American Diabetes Association recommends annual eye check-ups for people with diabetes to catch any signs of retinopathy early.

Lifestyle Choices and Blood Sugar Control

Maintaining stable blood sugar levels is essential in preventing and managing diabetic eye complications. Healthy lifestyle choices play a crucial role in this aspect. A balanced diet, regular exercise, and proper medication management are all essential in controlling diabetes. By adhering to your healthcare provider's recommendations, you can significantly reduce the risk of eye complications.

The Importance of Regular Eye Exams

Regular eye examinations are the cornerstone of diabetic eye care. These exams can detect diabetic retinopathy and other eye conditions early, allowing for prompt treatment. If you have diabetes, don't skip your annual eye check-ups, even if your vision seems perfectly fine. Early detection and intervention can prevent further vision loss.

Medication and Treatment Options

If diabetic retinopathy is detected, there are various treatment options available, depending on the severity of the condition. These may include laser therapy, anti-VEGF injections, or surgery. Your ophthalmologist will determine the most suitable treatment based on your specific situation. It's crucial to follow through with the recommended treatment plan and attend all follow-up appointments.

Blood Pressure Management

High blood pressure is often a companion to diabetes and can exacerbate diabetic eye complications. Controlling your blood pressure through medication and lifestyle changes is crucial in preserving your vision. Regular check-ups with your healthcare provider can help you manage both your blood sugar and blood pressure effectively.

Protecting Your Eyes Daily

Aside from medical interventions, there are everyday steps you can take to protect your eyes. Wear sunglasses with UV protection to shield your eyes from harmful sun exposure. Manage your blood sugar levels consistently to reduce the risk of diabetic eye issues. Additionally, it's essential to quit smoking if you're a smoker, as smoking can worsen eye problems associated with diabetes.

Dietary Choices for Eye Health

A diet rich in certain nutrients can benefit your eye health. Antioxidants, such as vitamin C and E, zinc, and omega-3 fatty acids, can support your retinal health. Incorporate foods like leafy greens, citrus fruits, nuts, and fish into your diet to promote healthier eyes. Always consult with a healthcare professional or a registered dietitian for personalized dietary advice.

Technology and Advancements

The field of diabetic eye care has seen significant advancements in recent years. Telemedicine and digital retinal imaging are making it easier for individuals to receive eye care, especially in remote or underserved areas. These technologies allow for early detection and monitoring of diabetic retinopathy, ensuring that patients receive timely care.

The Bottom Line

Diabetic eye care is a crucial aspect of managing diabetes and preserving your vision. By maintaining stable blood sugar levels, attending regular eye exams, and following your healthcare provider's recommendations, you can reduce the risk of diabetic retinopathy and other eye complications. Remember that your eyes are precious, and with the right approach, you can protect your vision and enjoy a higher quality of life, even while managing diabetes.



Len Brown, O.D.
Optometric Physician

Dr. Len Brown is a board-certified optometric physician who has been practicing in Southwest Florida for over 40 years, providing unsurpassed eye care to patients in Lee and Collier counties. At Center For Sight, he offers primary eye care services including vision testing, contact lens fittings, eyewear prescriptions, pre and post-operative eye care and the diagnosis and treatment of eye disorders.

Dr. Brown earned his Doctor of Optometry degree at Southern College of Optometry in Memphis, Tennessee. He is currently a member and past President of the Southwest Florida Optometric Association, Logistics Chairman for the SECO International Education Committee of the Southern Council of Optometrists, and previous Examiner for the Florida State Board of Optometry.

Within his local community, Dr. Brown is a member and past President of the Rotary Club of Cape Coral, has served as the chairman of the Caloosa District of the Southwest Florida Council of the Boy Scouts of America. His interests include boating, flying, motorcycling and drag racing.

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SIMPLE DAILY DIABETIC FOOT CARE, DIET AND ACTIVITIES

By Dr. Lori DeBlasi

With the observance of National Diabetes Month in November, Dr. Singh reminds residents with diabetes that following simple foot care tips can reduce their risk of toe, foot or leg amputations.

People with diabetes are 10 times more likely to have a lower limb amputated than people without diabetes, according to the American Diabetes Association. Dr. Singh says the disease can cause poor blood circulation and nerve damage in the feet, making them vulnerable to developing ulcers, infections, deformities and brittle bones.

- Inspect feet daily for injuries that could lead to dangerous ulcers.
- Gently wash feet in lukewarm (not hot!) water.
- Moisturize feet, avoiding the area between the toes.
- Never trim corns or calluses; this can lead to serious infections.
- Inspect the inside of shoes before wearing.

People with diabetes must always be vigilant and see a foot and ankle surgeon at the first sign of trouble. Early treatment can keep diabetic foot problems from progressing, and reduce the risk of amputations.

Eating Healthy and Physical Activity

Nutrition and physical activity are important parts of a healthy lifestyle when you have diabetes. Along with other benefits, following a healthy meal plan and being active can help you keep your blood glucose level in your target range. To manage your blood glucose, you need to balance what you eat and drink with physical activity and diabetes medication, if you take any. What you choose to eat, how much you eat, and when you eat are all important in keeping your blood glucose level in the range that your health care team recommends.

Becoming more active and making changes in what you eat and drink can seem challenging at first. You may find it easier to start with small changes and get help from your family, friends, and health care team. Eating well and being physically active most days of the week can help you: keep your blood glucose level, blood pressure, and cholesterol in your target ranges; lose weight or stay at a healthy weight; prevent or delay problems associated with diabetes; feel good and have more energy

- **Food** - The key to eating with diabetes is to eat a variety of healthy foods from all food groups, in the amounts your meal plan outlines.
- **Vegetables**
 - **Nonstarchy:** includes broccoli, carrots, greens, peppers, and tomatoes
 - **Starchy:** includes potatoes, corn, and green peas
- **Fruits**—includes oranges, melon, berries, apples, bananas, and grapes
- **Grains**—(at least half of your grains for the day should be whole grains) includes wheat, rice, oats, cornmeal, barley, and quinoa such as bread, pasta, cereal, and tortillas
- **Protein** - lean meat, chicken or turkey without the skin, fish, eggs, nuts and peanuts, dried beans and certain peas, such as chickpeas and split peas, meat substitutes, such as tofu
- **Dairy—nonfat or low fat** - milk or lactose-free milk if you have lactose intolerance, yogurt, cheese

Eat foods with heart-healthy fats, which mainly come from these foods: oils that are liquid at room temperature, such as canola and olive oil, nuts and seeds, heart-healthy fish such as salmon, tuna, and mackerel, avocado. Use oils when cooking food instead of butter, cream, shortening, lard, or stick margarine.

Limit fried foods and other foods high in saturated fat and trans fat, foods high in salt/sodium, sweets, beverages with added sugars. Drink water instead of sweetened beverages. Consider using a sugar substitute in your coffee or tea. If you drink alcohol, drink moderately—no more than one drink a day if you're a woman or two drinks a day if you're a man. If you use insulin or diabetes medicines that increase the amount of insulin your body makes, alcohol can make your blood glucose level drop too low. This is especially true if you haven't eaten in a while. It's best to eat some food when you drink alcohol.

When should I eat? Some people with diabetes need to eat at about the same time each day. Others can be more flexible with the timing of their meals.

Depending on your diabetes medicines or type of insulin, you may need to eat the same amount of carbohydrates at the same time each day. If you take "mealtime" insulin, your eating schedule can be more flexible.

Weight-loss planning - If you are overweight or have obesity, work with your health care team to create a weight-loss plan. To lose weight, you need to eat fewer calories and replace less healthy foods with foods lower in calories, fat, and sugar. If you have diabetes, are overweight or obese, and are planning to have a baby, you should try to lose any excess weight before you become pregnant. Learn more about planning for pregnancy if you have diabetes.

Physical Activity - Physical activity lowers blood glucose levels, lowers blood pressure, improves blood flow, burns extra calories, improves your mood, can prevent falls and improve memory in older adults, and may help you sleep better.

Even small amounts of physical activity can help. Experts suggest that you aim for at least 30 minutes of moderate or vigorous physical activity 5 days of the week. Be patient. It may take a few weeks of physical activity before you see changes in your health.

Be sure to drink water before, during, and after exercise to stay well hydrated. The following are some other tips for safe physical activity when you have diabetes.

Prevent low blood glucose—Because physical activity lowers your blood glucose, you should protect yourself against low blood glucose levels, also called hypoglycemia. You are most likely to have hypoglycemia if you take insulin or certain other diabetes medicines, such as a sulfonylurea. Hypoglycemia also can occur after a long intense workout or if you have skipped a meal before being active. Hypoglycemia can happen during or up to 24 hours after physical activity.

Planning is key to preventing hypoglycemia. For instance, if you take insulin, your health care provider might suggest you take less insulin or eat a small snack with carbohydrates before, during, or after physical activity, especially intense activity. You may need to check your blood glucose level before, during, and right after you are physically active.

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 www.NaplesPodiatrist.com.



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How to Find the Best Value on LifeCare

When you're looking for a retirement community that's going to provide you with the care you need and an engaging lifestyle, a continuing care retirement community (CCRC) that offers a Type A LifeCare contract may be the answer you're looking for. But how do you find the best value on LifeCare?

The best way to look at the value of LifeCare is to look at everything the community has to offer. In addition to care services, you may also want to consider the community's amenities and services. When you visit a vibrant and robust community with a lot of goings-on, you'll know that living there will mean there's always something exciting to look forward to.

What Does LifeCare Offer?

When you have a LifeCare contract, you have access to the different levels of care offered at the community. This could be assisted living, or long-term care like memory care or skilled nursing. These costs as well as housing, services, and amenities are included in your contract.

While you may not need the care when you move into the community, you have peace of mind knowing that if your health needs change, you will have access to the care you need with no additional financial costs.

LifeCare Costs at The Terraces at Bonita Springs

The cost to live at The Terraces at Bonita Springs has decreased – making this the optimal time to make the move to senior living. Give us a call all to learn about our new contract options that lower the cost of residency.

Excellence in Independent Living

The best part of independent living at The Terraces at Bonita Springs is that everything is under one roof. You don't need to walk to different buildings to get to your next favorite activity – you're already in the right place. Check out our activities calendar to see how many fun things happen daily at The Terraces.

In addition to all kinds of fun activities to join, you'll also experience our first-rate amenities and services.

Amenities at The Terraces at Bonita Springs are all for you to enjoy every day no matter what you're in the mood to do. You can take advantage of amenities like:



- The indoor and outdoor pool and spa
- Tennis and bocce courts
- Putting green
- Outdoor BBQ area
- Therapeutic massage
- Performing Arts Center
- Creative arts studio
- Library
- Business center
- Billiards/game room

You'll also have access to a number of services all designed to provide you with a maintenance-free, healthy, and happy life. Some of our services include:

- LifeCare health services
- Wellness programs
- 24-hour security
- Weekly housekeeping
- Chef-prepared meals
- Social events

There's even more to enjoy at your residence. Every apartment home has a screened in lanai so you can enjoy the sunshine and the view any time you want. Live Your Life at The Terraces at Bonita Springs

For the best value on LifeCare, come for a tour of The Terraces at Bonita Springs, and learn about our active independent living lifestyle.

JOIN US FOR OUR NEXT EVENT!

Wednesday, November 8 | 3 p.m.

Planning a move to a retirement community?
There's a lot to unpack, SO LET'S GET TO IT!

Make your next move the best move when you join us for an event packed to the brim with professional advice from Felicia Saraceno, REALTOR® & Partner Naples Paradise Living and Robin Thurston, CEO of Turn Key Senior Transitions & Design.

While you're here, get a taste of our lifestyle. As a luxury Life Plan Community with a Type A LifeCare contract, The Terraces offers engaging, service-rich living complemented by available on-site health care services and protection for your nest egg.

Space is limited. Valet parking will be available.
Please RSVP by Wednesday, November 1.

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

The Terraces
at Bonita Springs
A SantaFe Senior Living Community



MEMORY MATTERS

By Amy Hoffmann Schenk, RN, BSN, MS Ed, Community Engagement Lead Neuropsychiatric Research Center of SW Florida

November is Alzheimer's Awareness month. It is also national family caregiver's month. Family caregivers play a critical role in providing support, physical and emotional care for those living with Alzheimer's disease or another dementia. The majority of individuals who have Alzheimer's disease or another dementia live at home. According to the Alzheimer's Association, unpaid caregivers, including family friends and neighbors, provide an estimated 18 billion hours of care. That care, provided by approximately 11 million unpaid caregivers, is estimated to be valued at \$339.5 billion. That is a staggering number. To understand the impact on caregivers, let's review some facts about Alzheimer's disease.

According to the Alzheimer's Association, there are over 6.7 million Americans living with Alzheimer's disease, with that number projected to increase to 13 million by the year 2050. One in three seniors dies with Alzheimer's disease or another dementia.

Alzheimer's disease does discriminate:

- Approximately 2/3 of individuals with Alzheimer's are women
- Black Americans are about twice as likely as White Americans to have Alzheimer's disease or another dementia
- Hispanic individuals are one and a half times more likely to have Alzheimer's disease or another dementia
- Approximately 1 in 9 people 65 years of age and older have Alzheimer's disease

Alzheimer's disease is a public health crisis, and the numbers of those with the disease are continuing to grow. Do you know the number one risk factor for Alzheimer's disease? It is age. 73% of individuals with Alzheimer's are over the age of 75.

As mentioned previously, the vast majority of those providing care and support for those with Alzheimer's disease are family members, friends and neighbors. Anyone who has ever been a caregiver likely knows that while it can be rewarding, it can also be challenging.

Let's take a look at caregiving, who the caregivers are, the emotional and physical impacts of caregiving and also provide some tips for caregivers. One thing to consider is that most of us will become caregivers or need caregiving at some point in our lives, so this is nearly universal experience. What is the typical profile of a caregiver? According to the Alzheimer's Association and the National Institute of Health, here are some common characteristics:

- Most are middle aged, with 30% of caregivers being over the age of 65
- Approximately 2/3 of caregivers are women, and specifically for dementia caregivers, 1/3 are daughters
- Twenty five percent (25%) are individuals who are considered to be the "sandwich" generation, meaning not only are they caring for an aging parent, but also have at least one child
- Caregivers providing care for those with dementia have higher levels of stress hormones.

In addition to these facts, research has shown that caregivers are likely to neglect their own health issues. According to the NIH, caregivers report lower levels of physical activity, poorer nutrition and sleep. In addition, sleep disturbances, as well as heart disease, anxiety, depression and challenges with memory and paying attention have all been reported in research. Research has shown that caregivers of individuals with Alzheimer's disease or other dementias have greater levels of physical and mental distress than other caregivers.

What do caregivers need? A number of things may make this journey a bit easier. It's important to know of the resources and assistance available to help. They need emotional and hands on assistance with caregiving. They need to be acknowledged and appreciated for their role in caregiving. They need time for self-care and breaks from their caregiving responsibilities.

Here are some tips from the NIH for those providing caregiving to another:

- **Do your best to get organized**, make notes, keep important caregiving information in one place, and create a daily routine

• **Accept help.** Many times, caregivers hear "let me know if I can help" or "call me if you need anything". Create a list of things that you can let others do for you. If they ask, you will have your list ready. Things like picking up prescriptions, groceries, helping with household tasks, spending time with your loved one when you run errands may be places to start. Create a running list of things that if you did not have to do, would make your life easier. Let others help!

- **Follow up with your own health needs** with your primary care provider
- **Consider joining a support group** which is a place where others in your situation can provide solutions, support and a sense of community
- **Do the best you can to eat healthy** and get in some moderate exercise
- **Take a break** to do something you enjoy. Call a friend, read a book, sit outside to enjoy nature, keep up with a fun hobby. Invest in yourself

Most importantly, give yourself grace and forgiveness. You are doing the best you can. Know that your efforts are appreciated.

If you are worried about changes in your memory, mood and/or others are noticing changes, it's essential to contact your primary care provider for a health assessment. There are simple depression screenings that can be conducted in your health care provider's office. If you are concerned about your memory, connect with the experienced team at the Neuropsychiatric Research center at 239-939-7777. We have a proven track record of helping individuals and families navigate memory related challenges. Remember, you're not alone on this journey. #MemoriesMatter.

References:
Alzheimer's Facts and Figures Report | Alzheimer's Association
Caregiving | National Institute on Aging (nih.gov)



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BLADDER CANCER

What You Need to Know

Bladder cancer is extremely common. In fact, it is the 5th most prevalent cancer, and it's unfortunately on the rise. There are several risk factors associated with bladder cancer, although anyone can be affected by its devastating diagnosis.

Bladder Cancer Risk Factors

- History of smoking (smoking causes 4-7 time increase in the risk)
- Obesity
- Processed foods
- Chemicals and Toxins (fertilizers, insect repellants, hair salon fumes, rubber, paints fungicides, etc.)
- Caucasian
- 55 plus years of age
- Chronic UTI (urinary Tract Infections)
- Prior kidney stones
- Bladder infections
- Certain diabetic medications

Bladder Cancer Symptoms

- Blood in urine (orange, pink or red)
- Frequent urination
- Changes in urine flow
- Urinating several times per night
- Painful urination
- Pain in kidney areas of lower back
- Swollen legs
- Painful pressure in pelvic and rectal region
- Sensations of urination with little to no elimination

If you have any of the symptoms listed above, it's imperative that you see a urologist immediately. Bladder cancer can be particularly life-threatening if not caught in the early stages.

What is Bladder Cancer and How is it Treated?

Bladder cancer usually forms in the urothelium layer of the bladder. Upon diagnostic testing, tumors are discovered in the bladder. Most of these tumors are considered low-grade, which is, fortunately, easier to treat. The low-grade tumors take on the appearance of a small broccoli floret



and are typically cut out and removed completely. In the office, Dr. Miranda-Sousa uses a cystoscopy, which is a flexible scope that is inserted into the bladder to check for any signs of cancer. If the tumors are in a low stage, non-papillary, and they haven't grown through the bladder wall, they can usually be removed fairly easily.

CT scans and ultrasound technology are other viable imaging systems to show intricate detail of the bladder and the type of cancer that has invaded the patient's urothelium or beyond.

Chemotherapy may be necessary to kill any residual roots or cancer cells that could not be removed during the procedure. Immunotherapy shows promising results in warding off recurring types of cancer. Individuals that have had bladder cancer have a 50% chance of recurrence. Therefore, it's imperative that patients are monitored every three months for up to two years after their initial diagnosis and treatment.

Staying Healthy

There are certain things that people can do to prevent bladder cancer. The number one thing is to stop smoking now. Because smoking is one of the most hazardous risk factors for bladder cancer, along with several other diseases and cardiovascular disorders, it's critical to stop smoking at once. The second thing is to protect yourself from chemicals and toxins. If you work in a factory or other business that has high levels of fumes, please wear protective gear at all times. Changing your diet to a more organic chemical free lifestyle is very helpful in warding off bladder cancer. It's also important to drink plenty of water and to eat a diet rich in vegetables and fruits. Incorporating a nutrition plan like the Mediterranean diet is a good idea for many different health reasons.

The urologists at Urology Experts are highly-qualified, skilled experts in the area of urinary and bladder disorders, pelvic floor prolapse, prostate cancer, along with many other related disorders. Dr. Alejandro Miranda-Sousa is the author and co-author of multiple research and clinical peer-reviewed medical articles. He received the Best Abstract Award from the American Urological Association in 2007 and is Fellowship Trained in Urodynamics and Neurourology. Dr. Sousa and his staff are ready to answer any of your urological questions and concerns, as they treat all of their patients with the utmost of care.



Alejandro Miranda-Sousa, MD

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



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Health Insurance – Important Dates!

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

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

MEDICARE – Annual Enrollment Period October 15-December 7th, 2023, for January 1st, 2024, effective. Medicare Advantage – Part C & Part D Prescription Plans

Most of the plans in your area have made many changes and things you might not notice, especially important, are your doctors still in network, what tier are your medications and maybe the tier changed, copays, coinsurance. What extras are the plans offering? Maybe you need extra dental, vision, hearing aids. Many plans include some wonderful extra benefits, but it is also particularly important to know how to use the benefit and if they work for you. If the insurance company, you are with comes up with a better plan they will NOT switch you to it automatically. Your insurance agent should be making you aware of a better option. It is illegal for a insurance person to call you regarding Medicare, do not talk to someone you have not given permission to call. Ask them for their National Producer number and report them to Medicare for a unsolicited call.

CMS has made many rules for 2024 Medicare season. If you want to enroll or review your plan over the phone, 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 authorizes us to talk to you about 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 2024. Part D after you, the plan and the pharmaceutical company paid \$8,000 you no longer have a cost for your medications for the rest of the year.

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

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

MARKETPLACE - Obama Care/Affordable Care Act – open enrollment starts November 1st- December 15th for January 1st effective. December 16th to January 15th will have February 1st, 2024, effective. The website is HealthCare.gov, your local insurance agent can help you through the maze. The government also changes each year what how much you can earn to receive subsidy to help lower your cost for insurance. Many people are not aware that they do not need to forgo having health insurance and there are affordable options for them. Insurance is not just about the price of the premium but particularly important the network of doctors, hospital, etc. that you can have access to. Be careful carriers that are selling in your area might not have a good network, so the price might be right but if your hospital and your doctors are not in their network that is a problem. So always check the network!

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

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

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

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

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Revolutionizing Medical Treatment: Harnessing the Power of Umbilical Stem Cells with Biogenix

By Dr. Doreen DeStefano, NHD, APRN, DNP

In the realm of regenerative medicine, the utilization of umbilical stem cells through Biogenix has emerged as a groundbreaking therapeutic approach. These remarkable cells have the potential to address a wide array of medical conditions, and their administration, either intravenously or by injection, is proving to be a game-changer in the field. In this article, we delve into the innovative use of umbilical stem cells via Biogenix for the treatment of various conditions, shedding light on the promises and possibilities of this cutting-edge medical breakthrough.

Umbilical Stem Cells:

Nature's Healing Powerhouses

Umbilical stem cells are an abundant source of undifferentiated cells found within the human body. These cells are renowned for their incredible versatility and ability to transform into a variety of cell types, making them a potential solution for numerous medical conditions. When harnessed through Biogenix, these stem cells are processed and administered to patients to stimulate the body's natural healing mechanisms.

Intravenous Administration:

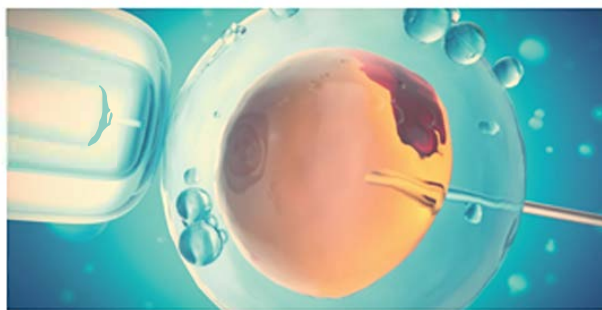
A Systemic Approach to Healing

One of the key methods for delivering umbilical stem cells via Biogenix is intravenous administration. This method involves injecting stem cells directly into the patient's bloodstream. The systemic distribution of these cells allows them to reach various parts of the body, which is particularly beneficial for conditions with systemic or multiple organ involvement. This approach holds promise for conditions like autoimmune disorders and neurodegenerative diseases.

Injection Delivery:

Targeted Healing for Specific Conditions

In addition to intravenous administration, Biogenix offers the option of delivering umbilical stem cells through injections. This targeted approach is well-suited for conditions that require localized treatment. Whether it's joint pain, orthopedic injuries, or skin conditions, the precise injection of stem cells can offer a more direct and effective solution.



The Biogenix Advantage:

Quality and Safety

Biogenix, as a leader in the field of regenerative medicine, places a strong emphasis on the quality and safety of the umbilical stem cells they provide. These cells are meticulously screened and processed to meet the highest standards, ensuring that patients receive the best care possible. Moreover, Biogenix adheres to strict ethical guidelines, making sure that these cells are sourced responsibly.

Conditions Treated with Umbilical Stem Cells

The potential applications of umbilical stem cells via Biogenix are vast and continue to expand as research progresses. Some of the conditions that have shown promise with this innovative approach include:

- 1. Orthopedic Injuries:** Stem cell injections can help repair damaged cartilage, ligaments, and tendons, providing relief to individuals suffering from conditions like osteoarthritis.
- 2. Autoimmune Disorders:** Intravenous administration of umbilical stem cells may help modulate the immune system and reduce inflammation in conditions such as multiple sclerosis and rheumatoid arthritis.
- 3. Neurodegenerative Diseases:** Stem cells have shown potential for slowing the progression of diseases like Parkinson's and Alzheimer's, offering hope to patients and their families.
- 4. Cardiovascular Diseases:** Umbilical stem cells may contribute to cardiac tissue regeneration and improved heart function in patients with heart disease.
- 5. Skin Conditions:** Stem cell injections are being explored as a treatment for various skin conditions, including scars and burns, with the aim of improving skin quality and appearance.

The Future of Regenerative Medicine

The use of umbilical stem cells through Biogenix marks a significant step forward in regenerative medicine. As research continues to uncover new applications and refine treatment protocols, the possibilities for utilizing stem cells in healthcare are truly exciting.

In conclusion, the application of umbilical stem cells with Biogenix, whether through intravenous administration or injection, has the potential to transform the way we approach medical treatment. The regenerative power of these cells offers hope to countless individuals battling various conditions, and as science and technology progress, the future holds even more promise. With Biogenix leading the way, the healthcare landscape is on the cusp of a remarkable transformation that could redefine the boundaries of what is medically possible.

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



Doreen DeStefano, NHD, APRN, DNP

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

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

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



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KEEPING YOUR SKIN HEALTHY, VIBRANT AND YOUTHFUL

By Joseph Onorato, MD, FAAD

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

Skin Cancer

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

Skincare OTC Vs. Medical-Grade

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

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



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

Injectables Can Reduce the Appearance of Aging

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

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

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

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

What's on YOUR Skin?

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

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



Founder & Owner

Joseph Onorato, MD, FAAD

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

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EXPLORING THE POTENTIAL BENEFITS OF MEDICAL MARIJUANA IN ALZHEIMER'S DISEASE

Alzheimer's disease is a progressive neurological disorder that affects around 6.5 million people in the United States, causing cognitive decline, memory loss, and impaired daily functioning. The CDC projects this number to triple to 14 million Americans by 2060. Since more than 70% of those affected are 75 years and older, as the population ages, finding effective treatments for Alzheimer's has become a critical area of research and exploration. One avenue that has gained attention in recent years is the potential use of medical marijuana to alleviate symptoms and possibly slow down the progression of the disease.

Understanding Alzheimer's Disease

Alzheimer's disease is characterized by the accumulation of abnormal proteins in the brain, primarily beta-amyloid plaques and tau tangles. These buildups disrupt communication between nerve cells and lead to their eventual death, resulting in cognitive decline and memory loss. Current treatments aim to manage symptoms and improve the quality of life for affected individuals, but there is no cure for Alzheimer's disease. Since 1995, the onset of Alzheimer's Disease has increased while other forms of dementia have decreased. Alzheimer's is the most common cause of dementia and results in a decline of thinking, memory, behavior, and social skills over time. In advanced stages, Alzheimer's can result in death and is currently the 5th leading cause of death for those over the age of 65. Although a lot is still unknown about Alzheimer's Disease, there is likely more than one factor that causes its progression. The top risk factors for the disease are prior family history of Alzheimer's and age.

The Endocannabinoid System and Alzheimer's

The endocannabinoid system (ECS) is a complex network of receptors, cannabinoids, and enzymes present throughout the human body, including the brain. This system plays a vital role in various physiological processes, such as appetite, pain sensation, mood, and memory. Research has shown that the ECS may be dysregulated in Alzheimer's patients, prompting interest in using cannabinoids to modulate this system and potentially mitigate the progression of the disease.



Cannabinoids and Their Potential Therapeutic Effects

Cannabinoids are the chemical compounds found in marijuana that interact with the ECS. Although there are over 100 natural occurring cannabinoids in medical cannabis, two primary cannabinoids of interest are delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD). THC is psychoactive and responsible for the medicated feeling or "high" associated with marijuana, while CBD is non-psychoactive and has shown promise for its potential therapeutic effects.

Potential Benefits of THC

Symptom Management: THC may help manage symptoms such as agitation, anxiety, and sleep disturbances, common in Alzheimer's patients. THC has also shown strong therapeutic potential for the treatment of neuronal inflammation and neurodegenerative diseases such as Alzheimer's.

Appetite Stimulation: THC can stimulate appetite, potentially aiding in weight maintenance, which is a concern in advanced Alzheimer's stages.

Potential Benefits of CBD

Neuroprotective Properties: CBD has shown neuroprotective effects, potentially protecting brain cells from the neurodegenerative process seen in Alzheimer's.

Anti-inflammatory Effects: CBD possesses anti-inflammatory properties that may help reduce neuroinflammation associated with Alzheimer's disease. CBD additionally has shown significant improvement in the neuropsychiatric symptoms of Alzheimer's patients.

Research and Clinical Studies

Research on the use of medical marijuana in Alzheimer's is still in its infancy, and more rigorous clinical trials are needed to establish its safety and efficacy conclusively. It was found in some studies that its use can increase cell survival, protect against oxidation stress, reduce ROS progression, reduce lipid peroxidation and stimulate neurogenesis of the hippocampus. Preliminary studies and anecdotal evidence suggest potential benefits in symptom management and slowing disease progression, but further investigation is essential.

Conclusion

Medical marijuana holds promise as a potential adjunctive treatment for managing symptoms and potentially slowing the progression of Alzheimer's disease. The cannabinoids THC and CBD may offer therapeutic effects, including symptom relief and neuroprotection. However, extensive research, clinical trials, and regulatory considerations are necessary to better understand the efficacy, safety, and appropriate dosing of medical marijuana for Alzheimer's patients. As the field of medical cannabis research continues to evolve, there is hope for leveraging its potential to improve the lives of those affected by this devastating neurodegenerative disease who currently do not have a large number of options available to them.



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DIABETES AND NEUROLOGY:

The Unseen Impact on Brain Health

When we hear the word "diabetes," our thoughts often drift toward blood sugar management, dietary changes, and diligent monitoring of what we consume. However, what might come as a surprise to many is that diabetes has a profound impact on our brain health. It's a connection that is often underestimated and under-treated, yet it plays a significant role in our overall well-being.

Diabetes and Brain Health: A Complex Relationship

Diabetes, both type 1 and type 2, is a complex condition that affects multiple systems in the body. One of the lesser-known aspects of this condition is its intricate relationship with neurological health. Here are some essential points to consider:

1. Increased Risk of Stroke: For those with diabetes, the risk of stroke is not just elevated; it is doubled. This alarming statistic underscores the importance of managing diabetes effectively to reduce the risk of this life-altering event.

2. Greater Risk of Dementia: Another startling connection between diabetes and neurology is the increased risk of dementia. Research has shown that individuals with diabetes are more likely to develop cognitive impairments and neurodegenerative conditions like Alzheimer's disease.

Taking Control of Your Brain Health

While the connection between diabetes and neurology may seem daunting, there are several proactive steps you can take to protect your brain health.

1. Maintain a Healthy Weight: Achieving and maintaining a healthy weight is vital in diabetes management. It can significantly reduce the risk of complications, including those affecting your brain.

2. Follow a Healthy Eating Plan: Adhering to a balanced, diabetes-friendly diet can help stabilize blood sugar levels and positively impact brain health. Minimize the consumption of white flour, white sugar, and hydrogenated fats in your diet.



3. Engage in Regular Exercise: Physical activity is a key component of diabetes management. Aim for at least 30 minutes of exercise five times a week, incorporating a mix of aerobic, strength, flexibility, and balance exercises.

4. Monitor Your Blood Sugar: Consistently monitoring and managing your blood sugar within recommended levels can have a direct impact on your brain health and reduce the risk of neurological complications.

5. Take Medication as Prescribed: If your healthcare provider has prescribed medication to manage your diabetes, ensure you take it as directed. Consistency in medication is crucial for maintaining optimal blood sugar control.

Nurturing Your Brain: Beyond Diabetes Management

Beyond these fundamental diabetes management strategies, you can take additional steps to protect and enhance your brain health:

- Include protein in every meal to support brain function.
- Control portion sizes to manage caloric intake effectively.
- Embrace a well-rounded exercise routine that combines various forms of physical activity.
- Challenge your brain with cognitive exercises like puzzles, games, or learning new skills, such as playing a musical instrument.

Lasene Neural Therapeutics: A Beacon of Hope

In the quest to safeguard your brain health while managing diabetes, it's essential to have a reliable ally. Lasene Neural Therapeutics understands the complexities of neurological deficits and offers solutions designed to improve your quality of life. Their commitment to enhancing neurological well-being can provide much-needed support and guidance on your journey.

In conclusion, diabetes is not just about blood sugar – it extends its influence into the realm of neurology. The risks of stroke and dementia are significant concerns for those with diabetes. However, by proactively managing your diabetes, following a healthy lifestyle, and seeking the right support, you can protect and enhance your brain health. Remember, your brain deserves as much attention as your blood sugar levels in your pursuit of a healthier, happier life.

About Us

Lasene is bridging the gap between the world's finest Therapeutic Light Treatments technology and proprietary advanced treatment protocols for rapid management of chronic pain and functional restoration of quality-of-life metrics for our patients living with Parkinson's, sleep disorders, deterioration of executive function, and other neurological degenerative ailments.

Lasene is part of a series of research-based protocols focusing on the world of pain management and neurological restoration. From our discoveries, we pioneer the strategies to deliver safe, affordable, and effective care to assist those in need.

As the founders of Lasene, our 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 our patients back to a more active and productive life.



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Ketamine Health Centers:

HELPING PATIENTS REDUCE STRESS WITH SGB

The Stellate Ganglion Block (SGB) is a medical procedure for managing pain-related conditions and certain neurological disorders. It involves the injection of local anesthetics, such as Lidocaine and Ropivacaine, into the stellate ganglion, a cluster of nerve cells located in the neck on either side of the voice box (larynx), at the level of the sixth cervical vertebra. Two nerve blocks are used, one at the C6 and the second at the C4.

Indications:

- SGB is commonly used to treat the upper extremities' complex regional pain syndrome (CRPS).
- It can also be considered in managing neuropathic pain, vasospastic disorders, and conditions like post-traumatic stress disorder (PTSD).

How it Works:

- During the procedure, a trained medical professional typically uses ultrasound to locate the stellate ganglion accurately.
- A local anesthetic is injected into this nerve cluster.
- The medication temporarily blocks or modulates the nerve signals in the region, which can help reduce pain and improve blood flow.

Procedure Details:

- The procedure is usually performed on an outpatient basis.
- You may be asked to fast for several hours before the procedure.
- It's essential to inform your healthcare provider about any allergies or medical conditions you have.

Effectiveness:

- The effectiveness of SGB can vary from person to person. Some individuals experience significant mental health and pain relief, while others may have more modest results.
- It is often combined with other treatments and therapies, depending on the underlying condition.

Post-Procedure Care:

- You might experience temporary numbness or weakness in the upper extremity on the side where the block was administered.
- Follow your healthcare provider's instructions for post-procedure care, which may include restrictions on certain activities.

Seek Medical Advice:

- If you are considering a Stellate Ganglion Block, it is essential to consult a qualified medical provider.
- Discuss your symptoms, medical history, and treatment options thoroughly with your healthcare professional.

According to Dr. Raul Cruz, Medical Director at the Miami and West Palm Beach locations: *"The SGB procedure has really been a game changer for our patients at KHC. It is a highly effective, safe, quick, and fast-acting procedure used synergistically with our ketamine infusions to provide a robust Body (SGB) and Mind (Infusions) solution to PTSD symptoms, where other modalities may only scratch the surface. It will take an overactive fight or flight response that has become deranged and normalize it in minutes and hours, providing relief for months. There is nothing else that comes close to its speed and effectiveness."*

The Administration of Ketamine Infusions

Ketamine infusions are administered in a controlled medical setting to ensure patient safety and optimize therapeutic outcomes. The dosage, frequency, and duration of ketamine therapy vary based on the specific condition being treated, the individual's response, and the healthcare provider's recommendations. Patients typically remain awake as they receive the medication intravenously (IV).

Ketamine infusions have transcended their role as an anesthetic agent, offering newfound hope and healing for individuals battling treatment-resistant psychiatric conditions and chronic pain disorders.

Their rapid onset of action and efficacy have revolutionized treatment approaches, especially for those who have exhausted conventional therapies.

Begin Your Recovery Journey Today!

What Our Patients Are Saying

"The KHC team really cares about every single person that walks in the doors. From the moment I walked in, I felt welcomed and relaxed! The facilities are beautiful and the people are so kind & professional. I highly recommend Ketamine Health Centers and am so grateful for their work."

- Francesca T.

"I did my first treatment in January of 2019, and it was life changing to say the least. The staff is spectacular, and this place was essential on my road to mental health recovery. You can view my testimonial on the Instagram page for the ketamine health centers. Truly grateful, thank you so much!!"

- Juan C.

"So grateful for the entire team at Ketamine Health centers! They all genuinely care about their patients. What they have done for my brother and our family is priceless. No better group of people to help someone you love through a crisis."

- Janelle M.



KETAMINE HEALTH CENTERS

As the leading provider of IV ketamine infusion therapy in Florida, we aim to provide relief and offer hope to those suffering from treatment-resistant conditions. We are one of the very few centers specializing in ketamine infusion therapy, with a team of both mental health and certified anesthesia professionals to help our patients on their journey to recovery.



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In addition to ketamine infusion therapy, our centers have multiple treatment options designed to help you regain control and start living again. Considering your health, our practical and minimally invasive therapies are available for various conditions.

At **Ketamine Health Centers**, our goal is for our patients to succeed. We want you to be happy and healthy. Our mission is to help depression, fibromyalgia, and post-traumatic stress disorder sufferers, as well as recovering substance abusers, to regain balance in their lives.

With years of medical experience, knowledge, and prior ketamine application, our team of qualified medical experts can provide patients with life-changing, holistic treatments.

Check out our YouTube channel to see what we have to offer and how we can help you.

<https://www.youtube.com/watch?v=OmTvhURAuzIs>

***Ketamine Health Centers** is affiliated with **Irwin Naturals Emergence** as a mental health and chronic pain provider. We are collaborating with the nutritional supplements company to address the mind-gut connection.



Dale Alice Block, LMFT

Dale Alice Block, Licensed Marriage and Family Therapist, Clinical Director of Ketamine Health Centers

After graduating from the University of Rhode Island with a masters in MFT, Ms. Block completed three years of post-graduate study in clinical supervision and management, culminating in the AAMFT Qualified Supervisor designation. Her clinical experience and supervision of other professionals spans 30+ years. She has established and supervised multiple programs, both inpatient and outpatient, including trauma focused care programs, addiction facilities, loss and bereavement programs, neurodiverse support programming, spiritual healing programs, general counseling and currently all clinical aspects of the counseling and alternative services at Ketamine Health Centers across the state.



Raul Cruz, MD, Medical Director

Dr. Cruz is a Certified Diplomate of the American Board of Anesthesiology and has been a licensed, practicing anesthesiologist for 15 years. Dr. Cruz has had extensive experience in both the academic and private practice settings including teaching, operating room and practice management, and direct patient care.

Dr. Cruz has been involved in the full spectrum of anesthesia practice ranging from procedural medicine and all the surgical sub-specialties, including level 1 Trauma and Burn surgery; as well as anesthetic management in Obstetrics and Psychiatry. During his 15 years in practice, Dr. Cruz has developed an expert knowledge in the use of and delivery of IV ketamine to treat burn patients, as well as those with acute and postoperative pain. He has had success treating patients with comorbid depression, anxiety, and/or PTSD using ketamine infusions in the hospital setting, while also using it as an anesthetic, an analgesic, and as a sedative.

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Hormones and Depression

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

Your hormones play an essential role in regulating many bodily functions, such as development, metabolism, and reproduction, but their influence can also extend to your mood. However, since hormones help to keep your mood regulated, an imbalance in hormones can negatively impact your mood, potentially causing symptoms of depression.

If hormones are the cause of your depression, finding the underlying cause of your hormonal imbalance, addressing it, and returning your hormone levels to their ideal range may help relieve your depressive symptoms.

Symptoms of Depression

Depression is a mental illness that affects the way you think, how you feel, and how you act. It is most commonly associated with feelings of sadness and/or a loss of interest in the activities that once brought you joy. If left untreated, depression can affect your work and personal life while also leading to physical and emotional problems.

Depression can present differently in everyone, and what one person may experience often differs from what another does. That being said, the following are some possible symptoms of depression:

- irritability
- persistent feelings of anxiousness or sadness
- difficulty sleeping
- frustration or restlessness
- loss of interest in hobbies or usual activities
- feeling pessimistic or hopeless
- appetite changes
- difficulty focusing
- fatigue or lack of energy
- physical aches and pains
- suicidal thoughts

As you can see, depression is not an entirely mental dilemma; it can manifest with physical concerns.

There are many potential causes of depression, including medical conditions (e.g., a brain tumor, vitamin deficiency, thyroid problems) or personal circumstances (e.g., a death in the family). In some cases, depression may even result from imbalanced hormones.

Imbalanced Hormones

If there is one thing that your body prioritizes, it is balance. It requires balance in order to function correctly, and if there is a problem in your body, it can often be tied back to imbalance, such as an imbalance in your bacterial microbiomes, immune cells, or even hormone levels.

Some factors that commonly affect hormone levels include birth control, menopause, or pregnancy. When these conditions alter your hormone levels, they can also affect certain neurotransmitters responsible for your mood.

Not just women have to worry about hormonal imbalance, though. A drop in testosterone, which is present and used by those of both genders, although notably more prominent in males, can affect your mood and cause symptoms such as:

- increased anxiety
- depression
- low sex drive
- increased irritability
- reduced energy levels

In short, both genders can be susceptible to hormone troubles and changes in mood.

Causes of Hormonal Depression

Aptly named, depression that results from hormonal imbalances is called hormonal depression. Let's explore some hormonal imbalances, their causes, and how they can lead to depression.

Low Testosterone

While both males and females use testosterone, the effects of low testosterone can be more dramatic in males since their body requires significantly more testosterone.

Those with low testosterone may experience erectile dysfunction, reduced lean muscle mass, low sex drive, fatigue, irritability, and loss of body or facial hair. In some individuals, depression may develop, although researchers are less sure if it is because of low testosterone or because of the symptoms of low testosterone. Nevertheless, those of both genders show connections between low testosterone levels and depression.

Some potential causes of low testosterone include chemotherapy, radiation therapy, injury to or removal of testicles, diseases affecting the pituitary gland, certain infections, obesity, autoimmune diseases, and metabolic syndrome.

Coincidentally, certain medications, such as antidepressants, can also cause low testosterone, which can then cause depressive symptoms. In this case, the individual would end up in a cycle of low testosterone and depression.

In addition to the above potential causes, yet another common cause of low testosterone is aging, with testosterone production declining as we get older.

While women produce less testosterone than males, they can still experience the effect of its imbalance, with possible symptoms such as lack of motivation, lowered mood, tiredness, and loss of sex drive.

Unfortunately, since women produce lower testosterone levels, it can be harder to diagnose low testosterone. However, a doctor may look into it if you have had ovaries removed, lost your menstrual period, experience adrenal insufficiency, or are on oral estrogen therapy.

For those of both genders, reaching out to your doctor if you experience any symptoms of low testosterone is a crucial first step for determining its cause and restoring balance to this essential hormone.

Menopause

Menopause is a time in a woman's life characterized by a dramatic drop in the female sex hormones estrogen and progesterone. This decline can trigger mood changes and may cause some women transitioning into menopause to experience episodes of depression.

Other symptoms of menopause include:

- hot flashes
- sleep problems
- irregular periods
- vaginal dryness
- weight gain

Of note, menopause can cause sleep problems, and a difficulty with sleeping can also increase the risk of someone experiencing depression by ten times.

Those with a history of depression may also be more likely to experience depression during menopause.

Premenstrual Dysphoric Disorder (PMDD)

PMDD is a more severe version of premenstrual syndrome (PMS) with symptoms that include:

- severe anxiety or depression
- tension
- severe anger or irritability
- difficulty focusing
- mood changes
- panic attacks
- difficulty sleeping
- fatigue
- binge eating or food cravings

Those with PMDD may notice these symptoms appear 1 to 2 weeks before their period starts, which is around the time that hormone levels drop.

Those with PMDD are often more sensitive to hormonal changes that occur throughout the menstrual cycle, including a change in serotonin levels, which can contribute to episodes of depression. Those with depression due to PMDD often notice an improvement in their symptoms once their cycle progresses and hormone levels even out again.

Postpartum Depression

Throughout pregnancy, the body increases its production of allopregnanolone, which is a steroid produced by the brain when progesterone is broken down. Up to the third trimester, allopregnanolone levels steadily increase, but after childbirth, these levels quickly decline. Research suggests that this quick change in allopregnanolone levels can significantly contribute to postpartum depression, or depression that develops after giving birth.

Allopregnanolone levels usually increase a few days after giving birth, but for those experiencing postpartum depression, these levels do not rise.

Yet another link between hormones and depression has to do with GABA receptors in the brain, which play a role in many mental health conditions. When hormone and allopregnanolone levels change during pregnancy, they may affect the functionality of the GABA receptors, potentially contributing to depression.



Hormonal Contraceptives

In some people, hormonal contraceptives may cause depressive episodes or contribute to their severity, according to a 2022 research article, but the influence of the contraceptive depends upon the amount and type of progesterone contained within.

Both estrogen and progesterone are hormones that affect the nervous system, brain function, and certain neurotransmitters, such as dopamine and serotonin. These two neurotransmitters influence your mood, and when they are low, depression can occur.

Research has shown that estrogen may help to protect against mood disorders, but progesterone may have the opposite effect by lowering serotonin levels. Since oral contraceptives often contain progesterone, they may cause a decline in serotonin levels and lead to mood changes and depression.

Thyroid Problems

While thyroid disorders may not cause depression, research has shown that they may have symptoms that are similar to depression.

There is also a moderate link between overt hypothyroidism and clinical depression in females, likely due to the decline of thyroid hormones in the body and its more significant influence on the female body.

Treating Hormonal Depression

When it comes to treating hormonal depression, the best course of action is generally to treat the hormonal imbalance, with the best method depending on the underlying cause.

Your doctor will first need to check hormone levels through a blood test and match the results with your physical symptoms to help determine the cause of your depression. Once they know the reason for your imbalanced hormones, they can then work on treating it.

Some possible treatments for hormonal imbalance include:

- hormone replacement therapy
- antidepressants, if HRT is not suitable
- hormonal birth control for those with PMDD
- thyroid hormone replacement medications
- over-the-counter pain relievers for physical aches and pains
- testosterone therapy
- alternative contraceptive methods, such as nonhormonal contraception, lower dose progesterone options, or estrogen-based contraception
- lifestyle strategies (e.g., eating a balanced diet, exercising, practicing relaxation techniques)

Don't Ignore Hormonal Depression

If you ever experience moments of sadness, hopelessness, or a general loss of interest in the activities you used to enjoy, check in with your doctor about treatment for depression. Your doctor can help you work out the cause of your depression and offer treatment options that help address it.

Some cases of depression result from hormonal imbalances, and the optimal way to manage these instances is by regulating your hormones. The best way to do this is by reaching out to a hormone specialist who looks at all aspects of your hormone health and physical symptoms. With this information, they can help you better understand what is going on internally and devise a plan to help keep your mental health high.

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HAIR FOR THE HOLIDAYS

POWER OF PLANT STEM CELLS FOR HAIR RESTORATION

In recent years, the field of hair restoration has witnessed a paradigm shift, moving beyond conventional approaches to embrace cutting-edge technologies. Among these innovations, plant stem cell therapy has emerged as a groundbreaking method, promising not only to counteract hair loss but also to rejuvenate and revitalize the scalp. This transformative procedure is now finding its place in the serene environment of medical spas, offering individuals a holistic and natural solution to their hair-related concerns.

Understanding Plant Stem Cells

At the heart of plant stem cell hair restoration lies the remarkable potential of plant stem cells. Unlike animal stem cells, plant stem cells possess the unique ability to regenerate and differentiate into various cell types. In the context of hair restoration, these cells can stimulate the growth of hair follicles, enhance the quality of existing hair, and contribute to an overall healthier scalp.

The Process Unveiled

Plant stem cell hair restoration begins with a thorough consultation at Tribe Med Spa, where a trained professional assesses the individual's specific needs and goals. Following this, a personalized treatment plan is crafted, taking into consideration factors such as the extent of hair loss, overall health, and lifestyle.

The treatment itself involves the extraction of plant stem cells, typically from botanical sources known for their regenerative properties. These cells are



then meticulously processed to create a potent serum or solution that is tailored to address the unique requirements of the guest. The application of this serum is performed through non-invasive techniques, ensuring a comfortable and relaxing experience.

KEY BENEFITS:

1. Natural and Sustainable

Plant stem cell therapy is celebrated for its natural and sustainable approach to hair restoration. By harnessing the power of plants, this method aligns with the growing demand for eco-friendly and ethical solutions. Moreover, it eliminates the need for synthetic chemicals that may be present in traditional hair restoration treatments.

2. Minimal Downtime

Unlike surgical procedures, plant stem cell hair restoration at medical spas involves minimal downtime. Guest can

resume their daily activities almost immediately, making it an attractive option for those with busy lifestyles.

3. Stimulation of Hair Follicles

The primary goal of plant stem cell therapy is to stimulate the dormant hair follicles, encouraging the growth of new, healthy hair. This not only addresses the visible signs of hair loss but also contributes to long-term scalp health.

4. Improved Hair Quality

Beyond quantity, plant stem cell therapy focuses on enhancing the quality of existing hair. This includes improvements in texture, thickness, and overall vitality, providing individuals with not just more hair but better hair.

5. Personalized Treatment Plans

At Tribe Med Spa, we pride ourselves on tailoring treatment plans to meet the

unique needs of each guest. This personalized approach ensures that individuals receive the most effective and targeted solutions for their specific concerns.

6. Relaxing Environment

The tranquil setting of Tribe Med Spa enhances the overall experience of plant stem cell hair restoration. Guests can undergo the treatment in a calm and soothing atmosphere, promoting relaxation and well-being.

Addressing Common Concerns

While plant stem cell therapy holds immense promise, it's essential to address common concerns and misconceptions surrounding the procedure. One of the frequently asked questions is whether the treatment is suitable for everyone. Tribe Med Spa emphasizes the importance of a comprehensive consultation to determine the suitability of the procedure for each individual.

Additionally, concerns about the longevity of results are common. While individual responses may vary, many guests experience sustained results over an extended period. Maintenance sessions may be recommended to optimize and prolong the benefits of plant stem cell therapy.

Conclusion

Plant stem cell hair restoration at Tribe Med Spa represents a harmonious blend of science and nature, offering individuals a transformative solution to their hair-related concerns. As this innovative approach gains traction, it is poised to redefine the landscape of hair restoration, providing a sustainable, personalized, and effective alternative to traditional methods. With the promise of healthier, fuller hair in a relaxing spa

environment, plant stem cell therapy is not just a treatment—it's a rejuvenating experience that empowers individuals to embrace their best selves.

In the realm of hair loss, time is undeniably of the essence. The longer an individual waits to address the issue, the more challenging it becomes to halt the progression and revive dormant hair follicles. This article underscores the critical importance of early intervention, emphasizing the need for individuals experiencing hair loss to consult with medical professionals promptly. Through timely and informed action, individuals can enhance the likelihood of successful interventions and potentially mitigate the impact of this common and often distressing condition.



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Dr. Harold Bafitis is a highly accomplished and respected osteopathic plastic surgeon. He holds a Master's in Public Health from the University of Texas and a medical degree from the University of North Texas, Texas College of Osteopathic Medicine. He completed a general surgery residency at Grandview Medical Center, a plastic and reconstructive surgery fellowship in Des Moines, and a fellowship focusing on cosmetic, breast, and reconstructive surgery in Cincinnati.

Dr. Bafitis is double board-certified in general surgery and plastic and reconstructive surgery. He holds the title of FELLOW (FACOS) in the College of Osteopathic Surgeons and FACS in the American College of Surgeons. He has served on the American Osteopathic Board of Surgery, including as its chairman, and currently sits on the Residency Evaluation and Standards Committee of the American College of Osteopathic Surgeons. He is also a clinical associate professor of surgery at Nova Southeastern University College of Osteopathic Medicine.

With over 20 years of experience, Dr. Bafitis has trained medical students and physicians, contributed to medical publications, lectured nationally and internationally, and hosted scientific programs. He has developed and refined surgical techniques and instruments, such as integrated liposculpture and abdominoplasty. Dr. Bafitis is also dedicated to philanthropy, participating in mission trips to provide free reconstructive services and education in countries like Bolivia, Peru, and Cambodia.



Joe Aldeguer



Laura Aldeguer

For more information on the revolutionary treatments offered at **Tribe Med Spa** visit our website **napleshairrestoration.com**.

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TIS' THE SEASON FOR GIFTING

Often times it may not feel like the holiday season with Florida's toasty temperatures, but don't be fooled. The holidays are here! There's an undeniable sense of anticipation in the air, as many of us are looking forward to reconnecting with friends and family.

With Christmas 2023 just around the corner, the age-old tradition of exchanging gifts and spreading joy takes center stage. This year, however, there's a growing trend that savvy shoppers are embracing – the art of shopping early. Beyond the twinkling lights and bustling holiday markets, the wisdom of starting your Christmas shopping ahead of time becomes evident. As we navigate through a world of ever-changing dynamics, early holiday shopping not only ensures access to the finest gifts but also offers a respite from the last-minute chaos, allowing for a more thoughtful and enjoyable celebration.



2023 Gifting Trends

Everyone is under a lot of stress, so consider gifting something focused around health, wellness and mindfulness. Think self care, aromatherapy, meditation, journaling and even fitness. The great thing about wellness gifts is that they are perfect for people of all ages and enjoyed by both men and women alike.

Young children will enjoy a set of fizzy bath bombs. Your best friend will appreciate a handwritten friendship note on the first page of a gorgeous leather-bound journal. Your co-workers may like an aromatic collection of soaps or essential oils. And, your significant other will love a set of comfy pajamas or workout clothes for the gym.



Avoid the Sweets & Drinks

Traditionally, alcohol and sweets such as chocolate and cookies, have been the "go to" gifts for clients and family members. They're easy to give, but often times they're eaten and forgotten. Or, they're simply trashed when New Year's Day rolls around, and people are purging their kitchens of all the calorie-laden gift sets. Let's face it, many of us have put on some "lb's" over the past few years, so do everyone a favor and skip the sweets and choose health & wellness options.

Give Experiences

Another gift idea that is on trend for 2023 is experiential gifts. This could be a trip to the spa for a relaxing massage, a facial with your local esthetician, a sunset boat cruise or an art class. Experiential gifts are memorable, and they're perfect for the person in your life who already has one of everything.

Shop Local

Although it's tempting to knock-out your list by simply shopping online, consider visiting the locally-owned stores in your community. Many small businesses and restaurants have struggled the past few years. By shopping local, you'll find truly unique gifts with a delightful shopping experience that you can't get online. Plus, you'll be supporting the fabric and diversity of your community by helping to keep local shops in business.

Skip the holiday hustle this year. Make your list. Check it twice. And get your holiday shopping done!



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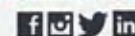
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Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

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

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

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

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A NEW DAWN IN ALZHEIMER'S TREATMENT: ADUHELM AND LEQEMBI

As we navigate the complexities of modern life, it's easy to overlook the quiet battles fought every day by those living with Alzheimer's and the countless caregivers who stand by their side. Yet, the need for Alzheimer's awareness has never been more urgent. This silent epidemic touches us all, directly or indirectly, and it's high time we brought it into the spotlight.

Alzheimer's disease, a progressive and debilitating neurodegenerative disorder, affects millions of individuals and their families worldwide. Until recently, treatment options for Alzheimer's were limited to managing symptoms, leaving the underlying causes untouched. However, two groundbreaking treatments, Aduhelm and Leqembi, have entered the spotlight, offering hope to those living with Alzheimer's and their loved ones.

Aduhelm: A Turning Point in Alzheimer's Treatment

Aduhelm, also known as aducanumab, has generated significant attention and debate in the medical community and beyond. Developed by Biogen, Aduhelm was approved by the U.S. Food and Drug Administration (FDA) in June 2021, marking the first new Alzheimer's treatment in almost two decades.

Aduhelm works by targeting the amyloid plaques that accumulate in the brains of Alzheimer's patients, contributing to cognitive decline. Amyloid plaques are thought to disrupt normal brain function, and their removal may slow down the progression of the disease.

The approval of Aduhelm, however, was met with controversy due to the limited clinical evidence supporting its efficacy. Critics argue that the drug's benefits are marginal, and that the FDA's decision was hasty. Nevertheless, Aduhelm's approval offers a glimmer of hope for Alzheimer's patients and their families, as it represents a new approach to tackling the disease at its root.

Leqembi: A Promising Newcomer

Leqembi, also known as lecanemab, is another innovative treatment on the horizon. Developed by Eli Lilly, this drug is currently in the late stages of clinical trials. Leqembi functions similarly to Aduhelm by targeting and removing amyloid plaques in the brain.



What sets Leqembi apart from Aduhelm is its rigorous and extensive clinical testing. Researchers have conducted large-scale, double-blind, placebo-controlled trials to evaluate the drug's safety and effectiveness. Initial results from these trials are promising, showing a significant reduction in amyloid plaques and potential improvements in cognitive function among patients.

The hope is that Leqembi will provide a safer and more effective alternative to Aduhelm. The rigorous clinical testing and transparency in research may address some of the concerns raised by Aduhelm's approval.

Future Perspectives

The development of Aduhelm and Leqembi represents a critical step forward in the fight against Alzheimer's. As research progresses, it is expected that the field will become more refined, leading to even more effective treatments in the future. These new drugs may pave the way for innovative approaches to address Alzheimer's at earlier stages and prevent the disease's onset.

In addition to drug-based treatments, there is a growing focus on lifestyle and preventive measures. Adopting a brain-healthy lifestyle that includes regular exercise, a balanced diet, social engagement, and cognitive stimulation is recognized as a complementary strategy for reducing the risk of Alzheimer's.

Paragon and Alzheimer's:

- In 2022, we supported 300+ infusions of Aduhelm.
- In 2023 YTD, we've supported 450+ infusions of Aduhelm and Leqembi; nearly 300 of those infusions are Leqembi.



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6.7 million

Estimated number of Americans aged 65+ that are living with Alzheimer's in 2023¹



12.7 million

Estimated number of Americans aged 65+ that will be living with Alzheimer's by 2050¹



27% slower

Rate of cognitive decline of eligible patients treated with LEQEMBI® in clinical trials than those in a control group, as reported by the manufacturer

1 Alzheimer's Association, 2023 Alzheimer's Disease Facts and Figures, www.alz.org/alzheimers-dementia/facts-figures.

Alzheimer's disease remains a formidable challenge, affecting millions of lives worldwide. While Aduhelm and Leqembi have sparked significant controversy, they represent a new frontier in Alzheimer's treatment, offering a glimmer of hope for patients and their families. The ongoing research and development in the field promises a future with more effective and accessible treatments. As we strive to unlock the mysteries of this devastating disease, we can look forward to a world where Alzheimer's is no longer an inevitable fate, but a condition that can be managed, treated, and, ultimately, prevented.

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The Growing Concern: Diabetes and the Soaring Cost of Medications

In recent years, diabetes has become a global health epidemic, affecting millions of individuals worldwide. While the physical and emotional toll of managing this chronic condition is challenging in itself, another significant burden looms large – the escalating cost of diabetes medications. This article explores the ever-increasing financial strain that diabetes medications impose on patients and the healthcare system, shedding light on the causes and potential solutions to this critical issue.

Diabetes, a metabolic disorder characterized by high blood sugar levels, requires ongoing management to prevent complications. Medications play a pivotal role in controlling blood glucose, but their rising costs are creating barriers for patients. Several factors contribute to the increasing expense of diabetes medications, including research and development costs, pharmaceutical company practices, and the complex healthcare system in the United States.

Research and development are essential in creating innovative diabetes drugs, but the cost is often passed on to consumers. Drug companies invest vast sums of money in developing and testing new medications, and these expenses are factored into the final product's price. Unfortunately, these high development costs are disproportionately borne by individuals with diabetes, making it a major challenge for them to access the medications they need.

Pharmaceutical company practices, including pricing strategies and patent protections, also contribute to the soaring cost of diabetes medications. Some companies have been criticized for raising prices without apparent justification, and the lack of competition in the marketplace allows them to maintain high prices. Furthermore, patent protections often prevent more affordable generic versions of drugs from entering the market, further limiting choices for patients.

The complexity of the healthcare system in the United States adds another layer of confusion to the issue of medication costs. Insurance plans, copayments, and deductibles vary widely, making it challenging for individuals with diabetes to predict

their out-of-pocket expenses. This unpredictability leaves many struggling to budget for their medications, leading to skipped doses or medication non-adherence, which can exacerbate their condition and lead to more expensive complications.

To address the growing concern of diabetes medication costs, several potential solutions can be considered. Policymakers can work to promote transparency in drug pricing, enabling patients to make informed choices about their medications. Encouraging competition among pharmaceutical companies through patent reform and price controls could also help to lower costs.

Furthermore, expanding access to affordable healthcare for all, as seen in the implementation of universal healthcare systems in some countries, can alleviate the financial burden on patients with diabetes. These comprehensive healthcare systems often negotiate directly with drug companies, resulting in lower medication prices and ensuring that patients have access to necessary treatments.

On a personal level, individuals with diabetes can explore alternative ways to reduce medication costs, such as switching to generic medications, participating in assistance programs, or seeking out affordable healthcare options. It's crucial for patients to advocate for themselves and become informed about available resources.

In conclusion, the increasing cost of diabetes medications is a pressing issue that affects millions of individuals globally. While the causes of these rising costs are multifaceted, potential solutions exist at the policy and personal levels. By addressing the problem of diabetes medication costs, we can work towards ensuring that individuals with diabetes receive the treatments they need without being financially overwhelmed, ultimately improving their overall health and well-being.

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Apidra SoloStar	\$512.00	\$60.00	\$452.00
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Cycloset	\$328.00	\$60.00	\$268.00
Farxiga	\$551.00	\$60.00	\$491.00
Fiasp	\$285.00	\$60.00	\$225.00
Fiasp FlexTouch	\$544.00	\$60.00	\$484.00
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Humalog	\$269.00	\$60.00	\$209.00
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Humalog Mix 50/50	\$217.00	\$60.00	\$157.00
Humalog Mix 50/50 KwikPen	\$325.00	\$60.00	\$265.00
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REVOLUTIONIZE YOUR LIFE WITH Emsella Chair

A Solution to Incontinence

By Joseph Gauta, MD, FACOG

Incontinence is a silent struggle faced by a third of the US population. This common condition, often stemming from causes like childbirth, weakened muscles, or the effects of aging, can disrupt daily life and self-confidence. Many of us have heard about kegel exercises as a solution, but how many actually commit to them? The Emsella Chair is here to change the game, offering the equivalent of 11,000 kegel exercises in a single session and a total of 66,000 exercises in a full 6-session treatment. If you've experienced the toll of childbirth or are starting to have those "close calls" when nature calls, it might be time to give your pelvic floor the workout it deserves.

Incontinence is not an issue to be taken lightly, as it can have a profound impact on one's quality of life. However, there is hope for those who have been struggling with this condition. The Emsella Chair is a revolutionary solution that is making waves in the world of pelvic health.

Understanding the Causes

Childbirth, weakened muscles, and the natural aging process are some of the primary factors contributing to incontinence. Childbirth can weaken the pelvic floor muscles, making it challenging to maintain control over the bladder and causing leakage. Additionally, as we age, our muscles tend to lose their strength, including those in the pelvic region. This muscle weakening, combined with the impact of hormonal changes, can lead to incontinence issues. It's a common problem that many are hesitant to discuss, but it's essential to address it for a better quality of life.

Kegel Exercises: Easier Said Than Done

Kegel exercises are often recommended as a way to strengthen the pelvic floor muscles. However, despite their potential benefits, how many of us actually follow through with these exercises consistently? Life gets busy, and it's easy to forget or lose motivation. This is where the Emsella Chair comes in as a game-changer.

Emsella Chair: The Ultimate Pelvic Workout

The Emsella Chair is a non-surgical, non-invasive treatment that can greatly improve incontinence.



Each 28-minute session is the equivalent of 11,200 pelvic floor exercises. The Emsella™ chair is being touted as the Kegel throne. It produces high-frequency vibrations with thousands of contractions per session that tighten the pelvic floor muscles and the bladder sometimes as quickly as the first treatment.

The full treatment, consisting of about six sessions, delivers an incredible 66,000 kegel exercises to your pelvic floor. This innovative technology is designed to strengthen your muscles, increase bladder control, and ultimately improve your quality of life.

Who Can Benefit from Emsella?

Whether you've recently given birth and are experiencing postpartum incontinence, or you've started having those "close calls" when heading to the restroom, the Emsella Chair can be a game-changer for you. It's not just for women; men dealing with incontinence issues can also benefit from this non-invasive, FDA-approved treatment.

The Future of Pelvic Health

Incontinence can be an isolating and embarrassing condition, but it's crucial to remember that you're not alone. The Emsella Chair is reshaping the way we address pelvic health issues, offering a more efficient and convenient solution than traditional exercises. You don't have to accept incontinence as an inevitable part of aging or motherhood. With the Emsella Chair, you can regain control, confidence, and, most importantly, your life.

In conclusion, the Emsella Chair is a groundbreaking solution that promises to change the lives of many who have been silently suffering from incontinence. Don't let this condition hold you back any longer; take charge of your pelvic health and experience the benefits of this innovative treatment. You'll thank yourself for making the choice to improve your quality of life and regain control over your bladder.



Some comments from local users:

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THE GREAT AMERICAN SMOKEOUT

A day to start the journey of a tobacco free life

Dhe GREAT AMERICAN SMOKEOUT stands as an annual beacon of hope for those battling nicotine addiction in the United States. The day is slated as the third Thursday of November with designation beginning in 1977. Nicotine addiction is a complex phenomenon with profound physiological and psychological implications. It remains a formidable public health issue in the United States affecting people of all ages. According to the CDC, an estimated 34 million adults smoked in the US, this roughly equals 13.7% of the population. Furthermore, there were an estimated 4.4 million middle and high school students who were current tobacco users, with 3.6 million of them using e-cigarettes in 2020. This article delves into the scientific aspects of nicotine addiction, conventional treatment strategies rooted in evidence-based medicine, and the emerging holistic remedies that show promise in the fight against tobacco dependency.

Understanding Nicotine Addiction: A Pathophysiological Perspective

Nicotine, the primary psychoactive compound in tobacco, is a highly addictive substance. Nicotine binds to nicotinic based receptors in the brain. Its pathophysiological impact on the human body is profound. When a person inhales nicotine through smoking, it reaches the brain within seconds. It is believed that the rapid absorption through the lungs is due to the huge surface area afforded by the alveoli and small airways and the ability of the smoker to titrate the level of nicotine and related effects due to the act of smoking (rapidity and depth of inhalation) lead to making smoking the most reinforcing and dependence-producing form of nicotine administration. Additionally, the development of withdrawal symptoms such as irritability, anxiety and intense craving makes quitting a formidable challenge. Understanding these pathophysiological processes is crucial in developing effective interventions for nicotine addiction.

Conventional Treatment Strategies:

Evidence-Based Approaches

Conventional treatments for smoking cessation are firmly grounded in scientific evidence and have demonstrated effectiveness in numerous clinical trials. Some of the well-established strategies include:



1. Nicotine Replacement Therapy (NRT): NRT provides controlled doses of nicotine through products like gum, patches, lozenges and inhalers. These products alleviate withdrawal symptoms and cravings, enabling individuals to reduce their nicotine intake gradually.

2. Prescription Medications: Two medications, bupropion and varenicline, have been approved for smoking cessation. Bupropion acts as an atypical and antidepressant, while varenicline modulates nicotinic acetylcholine receptors. Both medications assist in reducing withdrawal symptoms and cravings.

3. Behavioral Counseling: Behavioral counseling employs evidence-based techniques. These techniques help identify and modify smoking - related behaviors. It equips individuals with the skills needed to cope with triggers and cravings, making it a crucial component of comprehensive smoking cessation programs.

4. Support Groups: Group therapy and support sessions provide a sense of community and peer support. These gatherings facilitate the sharing of experiences and coping strategies, strengthening an individual's resolve to quit.

The Role of Integrative Holistic Remedies

In recent years, there has been a growing interest in integrative holistic remedies as complementary strategies to conventional treatments. These holistic approaches encompass a range of practices and therapies rooted in science and have demonstrated potential in smoking cessation.

1. Acupuncture: Acupuncture, a component of traditional Chinese medicine, involves the insertion of fine needles at specific points on the body. Research suggests that acupuncture can help reduce cravings and alleviate withdrawal symptoms by modulating neural pathways and promoting relaxation.

2. Mindfulness and Meditation: Mindfulness techniques and meditation are scientifically validated approaches that aid in smoking cessation. They empower individuals to manage stress, cravings, and triggers by enhancing self-awareness and emotional regulation.

3. Herbal Remedies: Certain herbal remedies such as St. John's Wort and lobelia, have shown promise in reducing cravings and withdrawal symptoms. However, it is essential to consult healthcare professionals due to potential interactions and side effects.

4. Physical Activity: Regular exercise, including yoga, not only improves physical health but also alleviates stress and enhances well-being. Engaging in physical activities can complement smoking cessation by promoting mental and emotional stability.

5. Dietary Support: Nutrient-rich diets, rich in antioxidants and vitamins, support the body's recovery after quitting smoking. These diets help mitigate oxidative stress and inflammation associated with tobacco use.

The GREAT AMERICAN SMOKEOUT represents a crucial opportunity to address nicotine addiction from a scientific perspective. Understanding the pathophysiological aspects of addiction, implementing evidence based conventional treatments, and exploring the potential of integrative holistic remedies can enhance the success rates of smoking cessation efforts. This multifaceted approach addresses the complex interplay between the brain, behavior, and physiology, offering hope and support for those seeking to break free from nicotine addiction. By combining scientific knowledge with holistic practices, we can create a more comprehensive and effective strategy to combat this pervasive public health challenge.

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Managing Arthritis Pain and Discomfort: WHY MITOCHONDRIAL HEALTH MATTERS

By Dr. Eric Pearson, Chief Medical Officer, Vetirus Pharmaceuticals

Osteoarthritis (OA) is the most common form of arthritis, a chronic disease of aging. Effective and safe long-term treatment for most OA patients is not available, creating a large unmet medical need. It is estimated that more than 150 million people globally suffer from OA. Many of the symptoms of OA are often overlooked or shrugged off as merely "getting old". The truth is that Osteo Arthritis of the knee affects roughly 12% of all people 60 years or older, and this is just the tip of the iceberg in both undiagnosed and diagnosed arthritic conditions. As the population ages, the number of people with arthritis is projected to grow substantially. The Center for Disease Control is estimating that by 2030, in the U.S. alone, more than 67 million people will have physician diagnosed arthritis. The majority of these people will have OA.

Osteoarthritis (OA) is a chronic degenerative joint disease that causes progressive pain, loss of function, and in many cases, variable levels of disability. It mainly affects individuals over 60. Notable symptoms of OA include the degradation of cartilage, formation of bone spurs and cysts, loss of joint fluid and local and systemic inflammation. The destruction of cartilage plays the most important role in the course of OA. Articular cartilage is comprised of chondrocytes and extracellular matrix. Preventing these chondrocytes from damage is a key factor to the integrity of articular cartilage. Studies have regarded inflammatory response to be the primary cause of chondrocytes injuries and there is growing evidence regarding the role of mitochondrial dysfunction in OA and rheumatoid arthritis (RA). Joint dysfunction and pain are the most common characteristics of all forms of arthritis. Mitochondria are both targets and sources of inflammation-associated injury in the synovial membrane, hence injury and death of synovocytes trigger the release of pro-inflammatory mediators and the activation of inflammatory cells.

While OA has been viewed as a disease of increased joint stress due to heavy load bearing (excessive weight and obesity), recent scientific progress is pointing towards chronic inflammation as the driving factor in OA disease progression. As many healthy, younger patients are developing OA years after acute sports-related injuries, it became evident that more than simple overweight issues contribute to disease pathobiology.

Current treatments for OA include anti-inflammatories such as corticosteroids; non-steroidal anti-inflammatories (NSAIDs) including Celebrex, ibuprofen (Motrin), and Naproxen (Aleve); pain relievers including acetaminophen (Tylenol) and opioids (Tramadol). While short-term partial relief is achieved with steroidal treatments, diminished long-term benefits and significant adverse events prevent long term dosing. Likewise, currently available NSAIDs offer anti-inflammatory action but have

unacceptable long-term adverse side effects including risks of bleeding, gastric ulcers, liver and kidney damage and cardiovascular events. Pain relievers such as acetaminophen have risks of liver toxicity and opioids, of course, are not suitable for long term administration. Ultimately, effective treatment of OA requires a safer, multi-faceted anti-inflammatory molecule able to affect a multitude of OA-related mechanisms with minimal or no adverse effects when used over long time periods. Astaxanthin (ASTX) is that molecule.

ASTX localizes into the mitochondria significantly decreasing oxidative stress while stabilizing the mitochondrial membranes. This stabilizing effect on the mitochondrial membranes has been shown using electron microscopy. (Dr. Mason Preston of Harvard University discovered this). This leads to decreased pro-apoptotic (cell death) mediators and increased anti-apoptotic (cell death) Stabilization of mitochondria and inhibition of these pathways will prolong cell life and contribute to joint matrix maintenance. Likewise, ASTX has been shown to upregulate PGC-1 α , a master regulator of mitochondrial biogenesis, as well as critical metabolic regulators such as CPT-1. All this scientific evidence, in both humans and animal models, highlight the capacity of ASTX to affect important mechanisms critical to osteoarthritis in humans (oxidative stress, inflammation) and underscores the enormous ability of ASTX to slow disease progression and improve symptoms of arthritis.

Vetirus Pharmaceuticals has developed a Natural Biologic compound to bring the benefits of all of this in one easy to use single dose formula named MitoPak™. In summary, it has the below properties:

- 1. Potent Antioxidant Properties:** Mitopak is a powerful antioxidant, which helps protect joints from oxidative stress and inflammation that can lead to joint pain and degradation.
- 2. Anti-inflammatory Effects:** Mitopak has demonstrated anti-inflammatory properties, which can help reduce joint pain and improve overall joint health by decreasing the production of inflammatory mediators.
- 3. Cartilage Protection:** Mitopak has been shown to protect cartilage from degradation by inhibiting the activity of enzymes responsible for breaking down cartilage, such as matrix metalloproteinases (MMPs).
- 4. Reduction of Joint Pain Symptoms:** Studies have reported that Mitopak supplementation can help reduce joint pain symptoms, such as stiffness and discomfort, in people suffering from conditions like osteoarthritis and rheumatoid arthritis.

5. Improved Joint Mobility: Mitopak can improve joint mobility by reducing inflammation and promoting the health of joint tissues, making it easier for individuals to move and maintain an active lifestyle.

6. Enhanced Synovial Fluid Production: Mitopak has been found to enhance the production of synovial fluid, which lubricates and nourishes the joints, promoting overall joint health.

7. Supports Collagen Synthesis: Mitopak can support collagen synthesis, which is crucial for maintaining the integrity of joint structures such as tendons, ligaments, and cartilage.

8. Slows Age-Related Joint Degeneration: Mitopak's antioxidant and anti-inflammatory properties can slow down the age-related degeneration of joints, helping to maintain joint health and function in older individuals.

9. Complementary to Conventional Treatments: Mitopak can be used as a complementary treatment to conventional therapies for joint pain and inflammation, such as nonsteroidal anti-inflammatory drugs (NSAIDs) or corticosteroids, potentially enhancing their effectiveness or reducing side effects.

10. Sports Performance and Recovery: Athletes and active individuals can benefit from Mitopak supplementation, as it may help to reduce exercise-induced joint pain and reduces inflammation, and speeds up muscle recovery while supporting muscle strength, and improve overall sports performance.

All inflammation starts in your mitochondria. MitoPak™ stops the inflammation where it starts. Over 1200 scientific studies have concluded the safety of the active ingredients and they have a long history of use in both Humans and animals. MitoPak™ fights inflammation without harmful side effects found in NSAIDs. It supercharges your mitochondrial energy production, and its unique proprietary formula contains the most powerful known antioxidant allowing your body to function at peak performance,

MitoPAK™ is nature's most potent anti-inflammatory and is:

- 110x stronger than Vitamin E
- 800x stronger than CoQ10
- 6000x stronger than Vitamin C

and has grown in popularity as more medical evidence supports its benefits. Regardless of your age, MitoPak™ positively influences mitochondrial function and preserves membrane structure while scavenging radicals. It is a natural therapeutic that reduces inflammation and speeds up muscle recovery without compromising muscle strength.

Vetirus Pharmaceuticals is based in Naples, Florida and London, England and are focused on searching the world for developing Natural Biologics to advance their mission of changing the way we age in both human and veterinary medicine with purity and precision.

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

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



INVISALIGN, ORTHODONTIC ADVICE

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

Can Improve Your Smile and Your Life

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

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

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

Five Benefits of Invisalign® Clear Aligners

1. Boost Your Confidence

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

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

2. Eat Whatever You Want!

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



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

3. Take Care of Your Smile

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

4. Less Pain, More Gain

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



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

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

5. Fewer (and Faster) Check-Ups

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

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



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

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

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6805 Porto Fino Cir., Fort Myers, FL 33912
239-482-8806
www.portofinodental.org

Top 10 Reasons to Hire an Estate Planning Attorney

By Kelly L. Fayer, P.A.

Being concerned about the well-being of an ageing loved one, how you will afford long-term care, or what will happen to those you love after you pass away, are all valid reasons to seek the services of an attorney. Below are the TOP 10 reasons to consult with an estate planning attorney.

1. If you do not have any estate planning documents:

The consequences of not having estate planning documents in Florida are probate and/or guardianship court, which is both costly and time consuming to your loved ones.

2. If you have estate planning documents, but they are from out of state:

Although we are required to accept documents from out of state that were prepared correctly in the year they were signed, we are allowed to make you prove it. The expense and loss of time in the case of an emergency can be daunting and cause substantial damage.

3. If you have documents, but they were created prior to October 1, 2011:

There was a significant change in the law that went into effect on that date, which has a big impact on Durable Powers of Attorney. It is imperative to have a durable power of attorney that is reliable. Plus, due to the age of your documents, they may need to be updated.

4. If one of your beneficiaries has passed:

Then, you need to make sure that your life savings goes to the correct person.

5. If one of your beneficiaries has begun receiving needs-based government benefits such as SSI or Medicaid:

You will need to decide on how your loved one can receive an inheritance from you without having a reduction in important benefits.

6. If you see that one of your beneficiaries is in a financial situation where they will need their inheritance to be distributed in increments over time:

This should only be arranged through a trust.

7. If your own financial situation changes.

8. If your selected decision-makers had a change in circumstances:

Death, medical issues, mental health/addiction issues, etc.

9. If your own estate planning documents do not include:

- A Trust (with a Will) or a Will
- Declaration of Health Care Surrogate with Living Will
- Separate HIPAA Authorization
- Durable Power of Attorney



- Declaration of Preneed Guardian
- A document allowing your attorney to speak with your decision-makers
- A deed that keeps real property out of probate

10. Because the Law Firm of Kelly L. Fayer, P.A. is giving a free estate planning consultation to anyone that mentions this article!

At The Law Office of Kelly L. Fayer, P.A., we are passionate about helping the people of our community answer difficult questions and implement solutions that help prepare them for the future. Our skilled, compassionate attorney has 25+ years of experience and will work closely with you from start to finish. Whether you are looking to plan your estate, establish a guardianship, need help creating a trust, or are struggling to navigate Florida's probate process, we can offer the attentive, personal guidance you need to achieve your goals. Again, we are offering free estate planning consultations should you mention this article and call 239.431.9369.

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CAN HEMP DERIVED CBD HELP YOU SLEEP BETTER?

When we sleep, we promote healing properties throughout the body. Getting a good night's sleep is critical for optimal health. The side effects and complications associated with sleep disorders are irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, depression, behavioral issues, stroke, and brain function impairment. If not rectified, over time, sleep deprivation can lead to heart attacks, stroke, diabetes, and other serious complications.

According to the National Sleep Foundation, insomnia and sleep disruptions can be caused by the following:

- Medical conditions (sleep apnea, back pain, acid reflux, arthritis)
- Depression
- Anxiety
- PTSD
- Lifestyle Disruptors (naps, shift work, circadian rhythm imbalance)
- Medications
- Caffeine
- Alcohol
- Nicotine
- Heavy meals

Recent Study on CBD & Insomnia

In 2019, Dr. Scott Shannon and his researchers conducted a study called, "Cannabidiol in Anxiety and Sleep: A Large Case Series." Their objective was to determine whether CBD helps improve sleep and/or anxiety in a clinical population. The final sample consisted of 72 adults presenting with primary concerns of anxiety or poor sleep. Anxiety scores decreased within the first month in 57 patients (79.2%) and remained decreased during the study duration. Sleep scores improved within the first month in 48 patients (66.7%) but fluctuated over time. CBD was well tolerated in all but 3 patients. Their conclusion reported that cannabidiol may hold benefit for anxiety-related disorders, and that more controlled clinical studies are needed.¹

Source:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6326553/>

This suggests that CBD could possibly help increase the total amount of time that you sleep at once – helping insomniacs get a full night's rest without the use of chemical sleep aids. This is more evidence that CBD can work similarly to THC without having a psychoactive impact that is debilitating or in some situations cause drowsiness that is too much for normal function.¹

If you have diagnosed insomnia, tinctures of CBD oil, gummies or other supplemental versions may be suitable for your condition.

Studies have shown multiple health benefits of CBD:

- Relieves pain
- Anti-inflammatory response
- Lessens nausea
- Reduces anxiety
- Reduces cognitive impairment
- Anti-tumor factors
- Cancer cell death
- Cancer cell growth inhibitor
- Reduces Seizures/anticonvulsant
- Anti-psychotic
- Improves sleep
- Fights viral infections
- Relaxes muscles
- Anti-muscle spasm mechanisms
- Reduces beta-amyloid plaque
- Promotes pet health and reduces anxiety
- Reduces skin inflammation
- Brightens and tightens skin

CBD Explained

Our brains and nerve cells have cannabinoid receptors, so our bodies react naturally to cannabis (industrial hemp). The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with industrial hemp, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like mood, sleeping, immunity, pleasure, memory, and much more.

CBD derived from Hemp Oil is becoming a trusted source by many individuals for its multiple benefits.

The Quality of Hemp Products is Critical

Strict analysis and product quality through highly-regarded labs such as Kaycha. This process and certification makes certain that your hemp products are clean, free of mycotoxins, heavy metals and other harmful substances.

Hemp Joi offers multiple varieties of products from gummies to tinctures and salves. Hemp Joi is also a carrier of the highly sought out Delta 8 products.

What is Delta 8?

Delta 8 is derived from THC and is less potent and is thought to have less psychoactive components than Delta 9. According to the National Cancer Institute, Delta 8 is described in the following way:

Delta-8-Tetrahydrocannabinol

An analogue of tetrahydrocannabinol (THC) with antiemetic, anxiolytic, appetite-stimulating, analgesic, and neuroprotective properties. Delta-8-tetrahydrocannabinol (delta-8-THC) binds to the cannabinoid G-protein coupled receptor CB1, located in the central nervous system; CB1 receptor activation inhibits adenylyl cyclase, increases mitogen-activated protein kinase activities, modulates several potassium channel conductances and inhibits N- and P/Q-type Ca²⁺ channels. This agent exhibits a lower psychotropic potency than delta-9-tetrahydrocannabinol (delta-9-THC), the primary form of THC found in cannabis.

About Hemp Joi

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

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

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

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



AGING GRACEFULLY

7 STRATEGIES TO AVOID KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

Knee pain can be a debilitating condition that significantly impacts your quality of life. For many, the prospect of knee replacement surgery is a last resort. However, the good news is that there are numerous strategies you can employ to avoid knee replacement surgery and maintain your mobility and independence. In this article, we will explore seven effective ways to keep your knees healthy and strong as you age.

1. Maintain a Healthy Weight

One of the primary risk factors for knee problems is excess weight. Carrying extra pounds puts additional stress on your knee joints, leading to wear and tear over time. By maintaining a healthy weight, you can reduce the strain on your knees and decrease your risk of developing knee issues. A balanced diet and regular exercise are key components of weight management.

2. Stay Physically Active

Regular physical activity is essential for knee health. Low-impact exercises such as swimming, cycling, and walking can help strengthen the muscles that support your knees. Strong muscles provide better stability to the joint, reducing the risk of injury or damage.

3. Strengthen Your Muscles

Strong muscles around the knee joint are crucial for preventing knee problems. Focus on exercises that target the quadriceps, hamstrings, and calf muscles.

A physical therapist can help design a personalized strength training program to improve your knee stability.

4. Proper Footwear

Wearing appropriate footwear is often overlooked but plays a significant role in knee health. Ensure your shoes provide proper arch support and cushioning to reduce the impact on your knees. Consult with a podiatrist to find the right shoes for your specific needs.

5. Manage Knee Injuries Promptly

If you experience a knee injury, it's vital to address it promptly. Ignoring or downplaying knee injuries can lead to long-term damage. Consult a healthcare professional, such as an orthopedic specialist, to receive appropriate treatment and rehabilitation.

6. Physical Therapy and Alternative Treatments

Physical therapy can be highly effective in managing knee pain and avoiding surgery. Therapists can teach you exercises to improve mobility and reduce discomfort. Additionally, alternative treatments like acupuncture, chiropractic care, and massage therapy can provide relief for some individuals.

7. Anti-Inflammatory Diet and Supplements

Inflammation in the knee joint is a common source of pain and discomfort. An anti-inflammatory diet rich in fruits, vegetables, and omega-3 fatty acids can help reduce inflammation. Additionally, supplements like glucosamine and chondroitin have been found to support joint health in some studies.



While knee replacement surgery is a viable option for those with severe knee issues, there are several proactive steps you can take to avoid or delay it. Maintaining a healthy weight, staying active, strengthening your muscles, wearing proper footwear, and addressing injuries promptly are all crucial aspects of knee care. Furthermore, exploring alternative treatments and embracing an anti-inflammatory lifestyle can significantly improve your knee health.

Remember that prevention and early intervention are key in preserving your knees and maintaining your mobility as you age. By following these strategies, you can increase your chances of avoiding knee replacement surgery and continue to enjoy an active and pain-free life.

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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MINIMALLY INVASIVE TREATMENTS:

A New Frontier for Brain and Spine Metastases from Lung Cancer

By Gregory Cannarsa, MD, Fellowship-Trained Neurosurgeon

November is Lung Cancer Awareness Month, and while a lung cancer diagnosis is distressing enough, discovering subsequent metastases to the brain or spine adds another layer of complexity and stress. However, medical and surgical science has made remarkable strides, particularly in minimally invasive treatments that offer patients improved longevity and better quality of life. This article will focus on these state-of-the-art interventions that are making life significantly better for patients.

Stereotactic Radiosurgery (SRS): Precision in Brain Treatment

Stereotactic radiosurgery (SRS) has been a groundbreaking development for treating brain metastases. Not a surgery in the traditional sense, SRS is a highly accurate form of radiation therapy. The treatment is extremely precise, often completed in a single session, and spares surrounding healthy tissues. Suitable for treating multiple metastases, SRS allows for rapid recovery, often having patients back to regular activities in a day or two.

Radiofrequency Ablation (RFA) and Vertebral Augmentation: Twin Solutions for Spinal Metastases
Radiofrequency Ablation (RFA) is a pioneering technique for treating spinal metastases. By using electrical currents to heat targeted nerve tissue, pain signals are decreased. This technique pairs well with vertebral augmentation procedures like kyphoplasty, which restore the shape of a damaged vertebra and stabilize the spine. These minimally invasive approaches are often ideal for patients who are not candidates for more invasive surgeries.

Keyhole Craniotomy: Minimally Invasive yet Maximally Effective

A keyhole craniotomy represents a quantum leap in neurosurgical techniques. Instead of making a large incision and removing a significant portion of the skull, surgeons make a small hole just large enough to insert surgical instruments. The metastatic tumor can then be completely excised with minimal disturbance to surrounding brain tissue. This technique drastically reduces both the risks associated with surgery and the postoperative recovery time, making it an increasingly popular option for treating brain metastases.

Enhanced Recovery Protocols: The New Standard of Care
Postoperative recovery plays a crucial role in a patient's overall treatment experience and outcome. Enhanced recovery protocols have been designed to optimize every aspect of patient care before, during, and after surgery. These can include optimized pain



management regimens, early mobilization, and individualized care plans designed to minimize hospital stays and speed up recovery. These protocols not only improve patient comfort but also reduce the risks of complications, representing a significant advancement in the overall approach to metastatic disease treatment.

Robot-Assisted Spine Surgery: A Minimally Invasive Approach to Spinal Metastases

Robot-assisted techniques have been making inroads into neurosurgery, especially for spinal metastases. Through tiny incisions, specialized instruments allow for stabilization of the spine while a small incision over the area of the tumor allows for the removal of tumor and decompression of the spinal cord. The technique minimizes damage to surrounding tissues, leading to reduced postoperative pain and quicker recovery.

Spinal Radiosurgery: Non-Invasive and Effective

Spinal radiosurgery offers another non-invasive option, especially beneficial for tumors near critical structures like the spinal cord. Highly targeted radiation destroys the tumor while sparing surrounding tissues. Much like SRS for brain metastases, spinal radiosurgery allows for quick recovery and is a particularly appealing option for those who have reached their lifetime limits for radiation exposure.

The Future is Bright: Optimism in the Face of Challenge

The landscape of treating metastases from lung cancer to the brain and spine has never been more promising. These minimally invasive treatments not only promise quicker recovery times but also offer multiple approaches for what is often a complex, multifaceted disease. As research progresses, these techniques will likely become even more refined, offering patients not just life-extending options but also better quality of life.

Why Minimally Invasive and Minimally Disruptive Is the Way Forward

The benefits of these cutting-edge treatments are manifold and transformative. From the precision of stereotactic radiosurgery in treating multiple brain metastases to the pain alleviation and spinal stabilization offered by radiofrequency ablation and vertebral augmentation, these interventions are game-changers for patients. The minimized surgical trauma and reduced hospital stays associated with keyhole craniotomy and enhanced recovery protocols ensure that patients can return to their lives more quickly and with fewer complications. These treatments represent a paradigm shift in the way we approach metastatic disease, placing patient comfort and quality of life at the forefront, while still effectively tackling the complex challenges of metastases from lung cancer.

About Gregory Cannarsa, MD

Dr. Cannarsa completed neurosurgical residency at the University of Maryland Medical Center/Shock Trauma Center, training in all types of neurosurgery both cranial and spinal. He focuses on cranial neurosurgery including brain tumors, hydrocephalus, stroke, brain bleeds, trauma, aneurysms, and other cerebrovascular malformations. He did a further specialized Cranial and Cerebrovascular Neurosurgery Fellowship at Swedish Neuroscience Institute in Seattle, WA. His goal is to ensure patients' quickest recovery and the longest lasting treatment whenever possible through minimally-invasive and minimally-disruptive techniques. He's a strong advocate of no-hair-shave neurosurgery such that the patient keeps all of their hair, as well as invisible closures which involves closing all incisions without the use of staples or sutures that need to be removed. He is accepting new patients which are seen within one week of referral at his practice, Apex Brain & Spine, located in Naples, Florida.



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UNLOCKING THE SECRETS TO RADIANT SKIN

The Power of Biotin, Vitamin C, and Glutathione

BY Kasey Cook, RN, Owner

Healthy, glowing skin is often considered a reflection of overall well-being. While many factors contribute to skin health, the role of specific vitamins and antioxidants cannot be overlooked. Biotin, vitamin C, and glutathione are three key nutrients that play a crucial role in maintaining and enhancing skin health, as well as contributing to the strength and vitality of hair and nails.

Biotin, also known as vitamin B7, is a water-soluble vitamin that supports the production of healthy skin cells. It aids in the metabolism of fatty acids, which are essential for maintaining skin's moisture and elasticity. A deficiency in biotin can lead to dry, itchy skin and even dermatitis. Including biotin-rich foods like eggs, nuts, and whole grains in your diet can promote radiant skin and strong, lustrous hair and nails.

Vitamin C, often associated with immune support, also plays a vital role in skin health. This antioxidant helps the body produce collagen, a protein that maintains skin's structure and firmness. Additionally, vitamin C protects the skin from damage caused by UV rays and environmental pollutants. Incorporating vitamin C-rich foods like citrus fruits, strawberries, and leafy greens can help combat signs of aging and keep your skin looking youthful.



Glutathione, while less well-known, is a powerful antioxidant that has gained attention for its intriguing connection to skin lightening. It helps neutralize harmful free radicals and supports the body's natural detoxification processes. Some people use glutathione supplements or skin creams with the hope of achieving a lighter skin tone.

Interestingly, glutathione's role in skin lightening is not its only claim to fame. This antioxidant has also been associated with skin health and a radiant complexion. By reducing oxidative stress and promoting detoxification, glutathione may indirectly contribute to clearer, healthier skin.

Beyond their individual roles, these nutrients often work in synergy to enhance overall skin health. For

example, vitamin C supports the absorption of biotin, ensuring that this vital nutrient reaches the skin cells where it's needed. Combining a balanced diet rich in these nutrients with a good skincare routine can help you achieve the beautiful, healthy skin you desire.

In conclusion, biotin, vitamin C, and glutathione are key players in the pursuit of healthy, radiant skin, as well as strong hair and nails. While the jury is still out on the use of glutathione for skin lightening, its antioxidant properties should not be overlooked. Remember, achieving and maintaining healthy skin is a holistic journey that involves a balanced diet, proper skincare, and protection from environmental stressors. So, embrace these nutrients, care for your skin, and let your inner radiance shine through.

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SHINING A LIGHT ON ALZHEIMER'S AWARENESS MONTH

Alzheimer's Awareness Month is an essential annual event that encourages us to pause and reflect on the devastating impact of Alzheimer's disease. With over 50 million people worldwide living with Alzheimer's or other forms of dementia, this month serves as a vital platform to raise awareness, promote understanding, and offer support to those affected.

Alzheimer's, a progressive brain disorder, affects memory, thinking, and behavior. It not only challenges the individuals diagnosed but also has profound effects on their families and caregivers. Here, we delve into the significance of Alzheimer's Awareness Month and how it plays a pivotal role in the fight against this debilitating condition.

The Importance of Awareness

The first step in tackling Alzheimer's is understanding it. Alzheimer's Awareness Month serves as a reminder that awareness is key. For many, the early stages of Alzheimer's can be subtle and often brushed off as part of normal aging. However, with knowledge comes the power to recognize the signs and seek early diagnosis and intervention.

Raising awareness also combats the stigma that surrounds Alzheimer's. It is not just a condition that affects older adults; early-onset Alzheimer's can strike individuals in their 40s and 50s. By acknowledging this fact, we can encourage open conversations, offer empathy, and provide much-needed support.

Understanding the Impact

Alzheimer's is a complex and challenging condition, both for those living with it and their caregivers. Alzheimer's Awareness Month provides a platform for sharing stories and experiences, fostering understanding, and promoting empathy.

Understanding the impact of Alzheimer's extends beyond the affected individuals. Families, friends, and caregivers often bear the emotional, physical, and financial burdens. As a society, we need to recognize and appreciate their sacrifices and provide them with the support they need.



Advocating for Research

This month is also an opportunity to advocate for Alzheimer's research. With no cure in sight, research is crucial for developing effective treatments and, ultimately, a cure. Advocacy can lead to increased funding and resources for research, giving hope to the millions affected by this disease.

Supporting Those Affected

Alzheimer's Awareness Month is a time for communities to come together and support those living with Alzheimer's. This can be through local events, volunteer activities, or simply reaching out to friends and family members who are dealing with the disease.

Support can also mean offering a helping hand to caregivers. They often experience high levels of stress and burnout. Simple acts of kindness, like offering respite care or providing a listening ear, can make a world of difference.

Taking Action

During Alzheimer's Awareness Month, we're not just raising awareness; we're taking action. This means advocating for better care, offering support, and advancing research efforts. By doing so, we can inch closer to a world where Alzheimer's is no longer a devastating diagnosis.

In conclusion, Alzheimer's Awareness Month is a time for us to unite in our efforts to remember those who've been affected, understand the challenges they face, and provide unwavering support. By raising awareness and taking action, we can make a significant impact in the fight against Alzheimer's disease. It's not just a month; it's a movement towards a brighter, dementia-free future.



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, Romania. 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

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

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

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



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

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

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



Dale Segal, MD

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

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

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FORT MYERS JUST GOT COOLER

EXPERIENCE THE BENEFITS OF CRYOTHERAPY

Cryotherapy is a treatment that uses extreme cold temperatures to reduce inflammation and pain in the body. This therapy has gained popularity in recent years as a method to reduce inflammation in athletes and those suffering from chronic pain.

Inflammation is the body's natural response to injury or infection, but sometimes this response can become chronic and lead to ongoing pain and tissue damage. Cryotherapy works by reducing inflammation in the body, which can have a number of benefits for overall health.

One of the primary benefits of cryotherapy is pain relief. The extreme cold temperatures used in cryotherapy can numb pain receptors in the body, providing immediate relief for those suffering from acute or chronic pain. This is particularly useful for athletes who are recovering from injuries or experiencing muscle soreness after a workout.

In addition to pain relief, cryotherapy can also improve muscle recovery. By reducing inflammation in the body, cryotherapy can help to speed up the healing process after a workout or injury. This means that athletes can recover faster and get back to their training more quickly.

Cryotherapy has also been shown to improve circulation in the body. The extreme cold temperatures cause the blood vessels to constrict, which then causes them to dilate once the treatment is over. This increased blood flow can help to deliver more oxygen and nutrients to the muscles, which can improve their overall function and performance.

"Icebox is a great addition to total body recovery. 3 minutes of cryo a couple times a month has improved my breathing, sleep, and performance. What really stands out is their customer service; everyone is extremely respectful and helps you out with whatever you need. Definitely recommend them."
- Michael

Another benefit of cryotherapy is improved sleep. Inflammation in the body can disrupt sleep patterns, leading to insomnia and other sleep disorders. By



reducing inflammation, cryotherapy can help to improve sleep quality and duration, which can have a number of positive effects on overall health.

Cryotherapy has also been shown to improve mood and reduce stress levels. The extreme cold temperatures used in cryotherapy can trigger the release of endorphins, which are the body's natural painkillers and mood elevators. This can help to reduce stress and anxiety levels, and improve overall mood and well-being.

One of the most exciting potential benefits of cryotherapy is its ability to boost the immune system. By reducing inflammation in the body, cryotherapy can help to improve the function of the immune system, which can help to protect against a range of illnesses and diseases.

There are a number of different types of cryotherapy available, including whole body cryotherapy and localized cryotherapy. Whole body cryotherapy involves standing in a chamber filled with extremely cold air for a short period of time, typically between two and four minutes. Localized cryotherapy involves applying cold temperatures to a specific area of the body, such as the knee or shoulder.

While cryotherapy is generally considered safe, there are some potential risks and side effects to be aware of. These can include skin irritation, numbness, and tingling sensations. It's important to

talk to a healthcare provider before trying cryotherapy, especially if you have any underlying health conditions or concerns.

Cryotherapy is a powerful treatment that can help to reduce inflammation and pain in the body. From pain relief to improved muscle recovery and circulation, cryotherapy offers a number of benefits for overall health and well-being. While there are some potential risks and side effects, the benefits of cryotherapy make it an exciting treatment option for athletes, chronic pain sufferers, and anyone looking to improve their overall health and wellness.



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THE MANY BENEFITS OF BREASTFEEDING FOR BOTH MOTHER AND INFANT

By Dr. Michel Saaloukeh - MD, FAAP, IBCLC

Breastfeeding is often referred to as the "gold standard" of infant nutrition, and for a good reason. It provides numerous advantages for both the mother and the baby. The benefits of breastfeeding begin even before the baby arrives, with prenatal education playing a crucial role in preparing for this remarkable journey.

Breastfeeding education starts early in pregnancy, allowing mothers to understand the process, benefits, and potential challenges. Prenatal classes and discussions with healthcare professionals ensure that mothers are well-informed and confident in their ability to breastfeed.

International Board Certified Lactation Consultants (IBCLCs) are the gold standard of lactation care. They play a pivotal role in assisting mothers with breastfeeding, both initially and throughout their journey. These experts provide invaluable support and guidance, addressing concerns like perceived weight loss in the infant and potential decreases in milk output when pumping. With their expertise, mothers can navigate through these challenges and continue to provide the best nutrition for their babies.

For mothers who plan to return to work or need to wean their newborns, lactation specialists are a valuable resource. Going back to work can be a daunting transition, but with the guidance of these specialists, mothers can establish pumping routines, maintain milk supply, and ensure a smooth continuation of breastfeeding alongside their professional commitments.

One of the lesser-known benefits of lactation specialists is their proficiency in determining which medications are safe for breastfeeding. Many mothers may find themselves in situations where they need to take medication while nursing their babies. Lactation specialists can offer expert advice on the safety of these medications, providing peace of mind to mothers. In cases where a particular medication may not be safe, they can suggest alternatives or guide mothers on the "pump and dump" technique, ensuring that the baby's health remains a top priority.

Breastfeeding offers a myriad of benefits for both the mother and infant. For the infant, it is the optimal source of nutrition, offering the perfect blend of nutrients, antibodies, and essential components required for healthy growth and development. Breast milk is not only easily digestible but also protects the infant from infections and allergies, offering a strong immune system foundation.

Mothers, too, reap numerous rewards from breastfeeding. It promotes bonding between mother and baby, creating a strong emotional connection. Breastfeeding helps with postpartum weight loss as it burns extra calories and reduces the risk of postpartum depression. Furthermore, it decreases the chances of breast and ovarian cancers in the long run.

Breastfeeding also has an environmental impact. It is a sustainable choice, as it produces no waste, and mothers don't need to rely on formula production and packaging. This makes it an eco-friendly option that reduces the carbon footprint.



In conclusion, breastfeeding is a remarkable journey that provides innumerable benefits for both the mother and the infant. It begins with prenatal education, with lactation specialists acting as valuable guides throughout the process. They help address challenges, ensure a smooth transition back to work or weaning, and offer expert advice on medication safety. The advantages of breastfeeding are undeniable, ranging from providing the best nutrition for the infant to fostering strong emotional bonds between mother and child. It's a win-win for both health and the environment.

Dr. Michel Saaloukeh, MD, FAAP, IBCLC, is board certified in Pediatrics, Neonatology and lactation. Trained at University of Pittsburgh Medical Centre UPMC, has been practicing for over 15 years in the field of Pediatrics and Neonatology. Dr. Saaloukeh is the medical director of a general pediatrics practice, Comprehensive Pediatric and Neonatal Clinic in Southwest Florida. He is IBCLC certified and is committed to providing breast feeding support to mothers and infants after discharge home from the hospital. With a focus on infants who graduate from the NICU, and their special needs, he is dedicated in providing support following discharge home.

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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.

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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.

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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.

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What's Your Diet?

By Pastor Roger P. Felipe

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

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

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

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

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

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



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

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



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A photograph of a man and a woman standing on a sandy beach, each with a light blue bicycle. They are both looking towards the right, smiling. The background shows the ocean waves under a clear sky.

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