

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

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

June 2024

Lee Edition - Monthly

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

**FREE** 

**ENHANCING  
MEN'S HEALTH**

**The Vital Role  
of Hearing Aids**

**WHAT'S THE  
DIFFERENCE  
BETWEEN  
ALZHEIMER'S &  
DEMENTIA?**

**STAY ON  
YOUR FEET  
THIS SUMMER**

**UNDERSTANDING  
CATARACTS  
& YOUR TREATMENT  
OPTIONS**

**RETIREMENT  
PLANNING TIPS**

**Thinking Ahead for  
Future Peace of Mind**

**SOUTHWEST FLORIDA  
EYE CARE**

A US EYE COMPANY



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

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



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

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

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

## WHY CHOOSE NOBILE?

1. Deal direct with owner  
No salesman
2. Free Lifetime Service
3. Over 50 5★ Reviews



**FREE SERVICE  
FOR ALL VETS  
FROM A VET!**

**NOBILE**  
HEARING AIDS

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

**United Healthcare Provider**



*Since 1967*

**Nobile Hearing Aids**

**231 Del Prado Blvd. S. Ste. 5**

**Cape Coral - Call 239-323-7389**

**John Nobile**

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

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

**WINNER  
BEST OF  
CAPE CORAL  
LAST 3 YEARS**



# WE ARE VAIN ABOUT OUR VEINS



## VASCULAR & VEIN CENTER at Gulfcoast Surgeons



### MEET OUR DOCTORS:

Johan Escribano, MD, FACS, RPVI  
Abraham Sadighi, MD, FACS

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

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

**Call 877-LEG-PAIN to schedule an appointment.**

GulfCoastSurgeons.com   

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

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

## CONTENTS JUNE 2024

- 6 Sculpting Your Ideal Body: The Power of Body Contouring
- 7 Understanding Abdominal Aortic Aneurysm: Symptoms & Causes
- 8 Enhancing Men's Health: The Vital Role of Hearing Aids
- 9 Staying Steady: Home Safety Tips & Exercises for Preventing Falls
- 10 Alignment Matters: Real Men Do Pilates
- 11 Stay On Your Feet This Summer
- 12 Understanding Cataracts and Your Treatment Options
- 13 Memory Matters
- 14 Retirement Planning Tips: Thinking Ahead for Future Peace of Mind
- 16 Painless Prostate Biopsy: A Game-Changer for Early Detection
- 17 FGCU Unlocking -Cognitive Health Through Innovative Technology
- 18 What's the Difference Between Alzheimer's and Dementia?
- 19 Don't Let Dental Anxiety Keep You Away from the Dentist

### CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Cristan Gensing**  
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR  
**Sonny Gensing**  
sonnygensing@yahoo.com



Publishing • Advertising • Web Design • Graphic Design

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

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

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

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2024. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SWFL Health & Wellness Magazine. SWFL Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SWFL Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

**NPRC**   
Neuropsychiatric Research Center



# Empower Your Mind

Start with a **Free** Memory  
Screen this Alzheimer's  
Awareness Month!

Visit [nprc-swfl.com](http://nprc-swfl.com),  
scan the QR Code, or  
call us at 239.939.7777



- 20 Pain, Dryness & Irritation: How Women Are Rejuvenating Their Lives
- 21 Unlocking Optimal Health with Stem Cells and Exosomes: The Future of Biohacking
- 24 The Importance of Progesterone Replacement in Both Men & Women
- 26 Alzheimer's Awareness Month: The Link between dementia and UTIs
- 27 Unraveling the Link Between Anxiety and Alcohol Use: A Holistic Perspective
- 28 Understanding Polycystic Kidney Disease
- 30 What is Rhinitis? An In-Depth Look at This Common Nasal Condition
- 32 Compassionate Home Health: Excellence in Promoting, Maintaining, and Restoring Health
- 33 Health Insurance
- 34 The Faceoff: Medical Vs. Luxury Spa Facials: Decoding the Differences and Benefits
- 35 Home Health Safety
- 36 Urgent Care for Common Injuries During the Summer Months
- 37 Unveiling the Hidden Impact of Processed Foods
- 38 Digital Dental X-Ray Exams Lower Radiation Exposure
- 39 The Potential of CBD and THC for Treating Post-Traumatic Stress Disorder
- 40 Acupuncture for Migraines and Headaches: A Natural Path to Relief
- 41 From Hospital Healthcare Limbo to Home
- 42 Crystal Personalization at Healing Crystal Tunnel
- 43 Spiritual Wellness: When You Are At Your Wits End



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



## THINKING ABOUT BECOMING A PILATES INSTRUCTOR?

We do more than just Pilates Teacher Training. We prepare you for a meaningful and successful career with our Master Pilates Educator and apprenticeship program.

### Join Us for a Sneak Peek...

Thinking about becoming a Pilates Instructor? Join Master Pilates Educator, Shannon Willits for a sneak peek into the Pilates education experience. Shannon will give you a small sample of what to expect when you join teacher training. For serious prospects only. Reservation only. Call (786)708-7601 to reserve a spot or for more information.



*Learn More*

**June 14 @ 4pm Club Pilates Ft. Myers Central:**  
6891 Daniels Parkway, Suite #145

**Shannon Willits**  
Master Pilates Educator



**Club Pilates Ft. Myers West**  
13211 McGregor Blvd, Unit 102-2  
Fort Myers, FL 33919  
(239) 603-7300

**Club Pilates Ft. Myers Central**  
6891 Daniels Parkway, Suite #145  
Fort Myers, FL 33912  
(239) 603-7222

**Club Pilates Estero**  
20321 Grande Oaks Shoppes Dr.  
Estero, FL 33928  
(239) 288-5521

**Club Pilates Cape Coral West**  
2390 Surfside Blvd  
Cape Coral, FL 33991  
239-291-9090

# SCULPTING YOUR IDEAL BODY

## The Power of Body Contouring

RALPH R. GARRAMONE, MD, FACS

In the pursuit of a healthy and fit body, diet and exercise are undoubtedly crucial factors. However, there are instances when persistent areas defy even the most disciplined lifestyle choices. At Garramone Plastic Surgery, we proudly offer a range of body contouring procedures designed to help you achieve the body of your dreams.

Body contouring encompasses a variety of procedures, addressing different areas of the body. While many parts respond well to healthy living, there are those resilient areas that resist improvement through exercise and diet alone. Body contouring surgery becomes an invaluable option for individuals whose skin and underlying tissues have lost natural elasticity due to factors such as significant weight loss, pregnancy, aging, sun damage, genetics, or other reasons.

If certain areas of your body have been affected by age or drastic weight loss, Dr. Garramone's body contouring procedures provide a potential solution. Our options can eliminate excess, loose, or sagging skin, along with stubborn fat deposits, creating more even body contours.

Body contouring not only enhances the tone of underlying tissues but also addresses cellulite, providing a smoother and more even skin appearance. It effectively targets areas prone to sagging or drooping, ultimately contributing to a more sculpted and youthful physique.

### TYPES OF BODY CONTOURING:

#### **SmartLipo:**

Utilizing advanced laser technology, SmartLipo targets and eliminates stubborn fat deposits with precision, promoting a more contoured appearance.

#### **Zwave Cellulite Treatment:**

This innovative treatment tackles cellulite, reducing its appearance and leaving the skin smoother and more toned.

#### **Sculptra:**

A non-surgical option, Sculptra stimulates collagen production, helping to restore volume and improve skin texture over time.

#### **CoolSculpting:**

FDA-cleared for various body areas, CoolSculpting offers a non-invasive approach to fat reduction, allowing for targeted treatment without surgery.

#### **Evolve Body Contouring:**

A comprehensive body contouring solution, Evolve combines different technologies to sculpt and tighten the body.

#### **Breast Augmentation:**

For those seeking enhancement in the chest area, Dr. Garramone specializes in breast augmentation procedures.



### Crafting Your Custom Treatment Plan:

During your consultation with Dr. Garramone, we will discuss your specific concerns, goals, and desired outcomes. Depending on your individual needs, a tailored treatment plan may include one or more of the mentioned procedures. While some cases may require a single session, multiple sessions could be recommended based on factors such as overall health, procedure types, and desired outcomes.

Dr. Garramone will guide you through every aspect of your treatment plan, ensuring that you are fully informed and comfortable at each step of the process.

# GARRAMONE

BOARD CERTIFIED PLASTIC SURGEON

239-482-1900  
Garramone.com

12998 South Cleveland Avenue  
Fort Myers, Florida 33907

# UNDERSTANDING ABDOMINAL AORTIC ANEURYSM: SYMPTOMS AND CAUSES

**A**n abdominal aortic aneurysm (AAA) is a serious condition that occurs when the aorta, the main blood vessel that carries blood from the heart to the rest of the body, becomes weakened and bulges outward. This bulge, or aneurysm, can grow over time and, if left untreated, can rupture, leading to life-threatening internal bleeding. Being aware of the symptoms and causes of AAA is crucial for early detection and proper management of the condition.

## Symptoms of Abdominal Aortic Aneurysm

One of the most concerning aspects of AAA is that it often goes unnoticed until it ruptures or causes complications. Many people with AAA do not experience any symptoms, especially in the early stages. However, there are some potential signs and symptoms that may indicate the presence of an aneurysm:

- 1. Abdominal Pain or Discomfort:** Some individuals with AAA may experience a deep, persistent pain or throbbing in the abdomen, lower back, or groin area. The pain may be severe or dull and may come and go.
- 2. Pulsating Mass in the Abdomen:** In some cases, a pulsating mass or lump may be felt in the abdomen, especially near the navel or just below it. This mass is caused by the bulging aorta.
- 3. Back Pain:** Persistent back pain, particularly in the lower back, can be a symptom of AAA, as the aneurysm may put pressure on the surrounding structures.
- 4. Leg Pain or Numbness:** If the aneurysm is pressing on nearby nerves, it can cause leg pain, numbness, or weakness, especially in the calves or thighs.
- 5. Rapid Heartbeat or Shortness of Breath:** In rare cases, a large AAA may cause a rapid heartbeat or difficulty breathing due to the increased pressure on the surrounding organs.

It's important to note that many of these symptoms can also be associated with other medical conditions, so it's essential to consult a healthcare professional for a proper diagnosis.

## Causes of Abdominal Aortic Aneurysm

Several factors can contribute to the development of an abdominal aortic aneurysm. While the exact cause is not always known, some of the most common risk factors include:

- 1. Age:** AAA is more common in people over the age of 65, as the aortic walls can weaken with age.
- 2. Smoking:** Smokers have a significantly higher risk of developing AAA compared to non-smokers. Smoking can damage the aortic walls and increase inflammation, weakening the vessel over time.
- 3. High Blood Pressure:** Uncontrolled high blood pressure can put additional strain on the aortic walls, increasing the risk of aneurysm formation.
- 4. Atherosclerosis:** The buildup of fatty deposits (plaque) in the arteries, a condition known as atherosclerosis, can weaken the aortic walls and contribute to the formation of an aneurysm.
- 5. Family History:** Having a close relative with an AAA increases an individual's risk, suggesting a possible genetic component.
- 6. Male Gender:** AAA is more common in men than women, although the reasons for this are not fully understood.
- 7. Trauma or Injury:** Severe trauma or injury to the abdomen can potentially damage the aorta and lead to the development of an aneurysm.

## Prevention and Early Detection

While some risk factors for AAA are unavoidable, such as age and family history, there are steps individuals can take to reduce their risk and increase the chances of early detection:

- 1. Quit Smoking:** Quitting smoking is one of the most effective ways to lower the risk of developing AAA and other cardiovascular conditions.
- 2. Manage Blood Pressure:** Maintaining healthy blood pressure levels through lifestyle changes (diet, exercise, and medication if necessary) can help prevent the formation of an aneurysm.

**3. Regular Screenings:** For individuals at increased risk, such as men over the age of 65 who have smoked, regular screening with an abdominal ultrasound or CT scan can detect AAA at an early stage.

**4. Adopt a Healthy Lifestyle:** Maintaining a balanced diet, exercising regularly, and managing stress can contribute to overall cardiovascular health and potentially lower the risk of AAA.

Early detection and proper management of an abdominal aortic aneurysm are crucial for preventing potentially life-threatening complications. If you experience any of the symptoms mentioned or have concerns about your risk factors, it is essential to consult a healthcare professional for evaluation and appropriate treatment recommendations.

**Vascular and Vein Center at Gulfcoast Surgeons** has been one of the most respected vein clinics in Southwest Florida for over 30 years. Our surgeons, Dr. Abraham Sadighi, Dr. Johan Escribano, and Dr. Vijayakumar Tanjavur have performed thousands of vascular and vein surgeries with consistently positive outcomes.

We focus on diseases of the vascular system that can range from harmless but unattractive spider veins to dangerous conditions such as peripheral artery disease. Our caring and dedicated team will help you identify problems and offer the best treatment options for you.



**877-LEG-PAIN**  
gulfcoastsurgeons.com

### Fort Myers

8010 Summerlin Lakes Dr., Ste. 100  
Fort Myers, FL 33907

### Cape Coral

1003 Del Prado Blvd., Ste. 303  
Cape Coral, FL 33990

### Bonita Springs

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

# ENHANCING MEN'S HEALTH: THE VITAL ROLE OF HEARING AIDS

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

**M**en's health is a topic of paramount importance, and one aspect that often goes unnoticed is hearing health. Hearing loss affects millions of men worldwide, impacting their quality of life, relationships, and overall well-being. Fortunately, hearing aids provide a remarkable solution to this prevalent issue. In this article, we delve into the significance of men's health and shed light on the invaluable benefits that hearing aids offer, emphasizing the transformative impact they can have on individuals' lives.

## Recognizing the Scope of Men's Health Challenges

When discussing men's health, several key concerns come to mind, such as heart disease, prostate health, and mental well-being. However, hearing loss is often overlooked despite being a common and impactful condition among men. According to the World Health Organization, over 466 million individuals worldwide experience disabling hearing loss, with men comprising a substantial proportion. Ignoring this issue not only affects an individual's ability to communicate effectively but also leads to social isolation, cognitive decline, and a diminished overall quality of life. Recognizing the importance of addressing hearing loss is essential for promoting comprehensive men's health.

## The Impact of Hearing Loss on Men's Well-being

Hearing loss can significantly impact men's overall well-being. Struggling to hear conversations, misinterpreting information, or feeling left out in social gatherings can lead to frustration, anxiety, and reduced self-confidence. Additionally, untreated hearing loss has been linked to cognitive decline and increased risk of dementia. Studies have also shown a correlation between hearing loss and mental health issues like depression and social withdrawal. By addressing hearing loss proactively, men can regain control over their lives, fostering better emotional and mental well-being.

## The Transformative Power of Hearing Aids

Hearing aids have revolutionized the lives of countless individuals experiencing hearing loss. These advanced devices are designed to amplify sound and improve hearing clarity, allowing men to regain



their ability to engage fully in conversations and enjoy the sounds of life. Modern hearing aids are discreet, comfortable, and technologically advanced, offering a range of features tailored to individual needs. From noise reduction and directional microphones to Bluetooth connectivity and rechargeable batteries, these devices provide convenience, flexibility, and improved user experience. With the right hearing aids, men can enhance their communication skills, maintain their relationships, and participate more actively in professional and social settings.

## Breaking the Stigma and Seeking Help

Despite the proven benefits of hearing aids, there remains a stigma surrounding their use, particularly among men. Many individuals hesitate to address their hearing loss, fearing the perception of aging or weakness. It is crucial to break down these barriers and encourage men to seek professional help for their hearing health. By normalizing the use of hearing aids and promoting open conversations, we can empower men to take control of their hearing health and improve their overall well-being.

Men's health encompasses various aspects, and hearing health should be given the attention it deserves. Hearing loss can significantly impact men's lives, affecting their emotional well-being, relationships, and cognitive abilities. Thankfully, hearing aids offer a practical and transformative

solution. By addressing hearing loss and embracing the benefits of hearing aids, men can regain their independence, enhance their communication skills, and improve their overall quality of life.

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

**John Nobile, HAS, BC-HIS, ACA** is a licensed hearing aid specialist and an ACA-certified audioprosthologist who is also board-certified in hearing instrument sciences. With over 55 years of experience, he has transformed thousands of lives in Cape Coral and Fort Myers, FL, by providing his patients with the gift of sound. He is also a former veteran committed to providing all veterans with free services.



Since 1967

**NÖBILE**  
HEARING AIDS

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

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

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



# Staying Steady:

## Home Safety Tips and Exercises for Preventing Falls

Lisa Mattingly, M.D.

**F**alling isn't just a stumble; it can have serious consequences, especially for older adults. According to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of injury-related deaths among older adults and the most common cause of nonfatal injuries and hospital admissions for trauma. However, the good news is that many falls are preventable with some simple adjustments to your home environment and incorporating regular exercises to improve strength and balance. Here are some effective strategies for preventing falls in older adults and keeping you steady on your feet.

### Understanding the Risks

As we age, our bodies undergo changes that can increase the risk of falling. Factors such as decreased muscle strength, changes in balance and gait, vision problems, medication side effects, and environmental hazards all contribute to the likelihood of falling. Acknowledging these risks is the first step in preventing falls in older adults and maintaining independence.

### Creating a Safe Environment

Your home should be a sanctuary, not a hazard zone. To create a safe environment, start by conducting a thorough assessment of your living space to identify potential dangers:

- 1. Lighting:** Ensure that all areas of your home are well-lit, especially staircases, hallways, and entryways. Install night lights to illuminate pathways during the night. When you enter a room, turn the light on. Don't try to navigate in the dark.
- 2. Flooring:** Remove loose rugs or secure them with non-slip backing. Also, try to avoid rugs with tassels or strings that could easily catch your foot, causing you to trip and fall. Repair any uneven floor surfaces or loose floorboards to prevent tripping hazards.
- 3. Bathroom Safety:** Install grab bars near toilets and in showers or tubs to provide stability. For added safety, consider using a shower chair or bench.

**4. Stair Safety:** Install handrails on both sides of staircases and ensure they are securely anchored. Keep stairways clutter-free, and avoid wearing loose clothing or shoes with slippery soles when using stairs.

### Exercise for Strength and Balance

In addition to making modifications in your home, regular exercise is crucial for maintaining strength, flexibility, and balance – all helping to prevent falls. Here are some exercises specifically designed to improve balance and reduce the risk of falling in older adults:

- 1. Tai Chi:** This ancient Chinese martial art emphasizes slow, controlled movements and shifting weight from one leg to the other. Tai Chi has been shown to improve balance, strength, and flexibility, making it an excellent choice for fall prevention.
- 2. Yoga:** Yoga combines gentle stretching, balance poses, and controlled breathing, all of which can help improve stability and reduce the risk of falls. Look for classes tailored to older adults, or try beginner-friendly poses at home. Need even more assistance? Try chair yoga!
- 3. Strength Training:** Incorporate exercises that target major muscle groups, such as squats, lunges, and leg lifts. Using resistance bands or light weights can further challenge your muscles and improve overall strength.
- 4. Balance Exercises:** Practice standing on one leg while holding onto a sturdy surface for support, then gradually try to increase the duration. Other balance exercises include heel-to-toe walking, standing on tiptoes, and side leg lifts.

Consistency is key when it comes to reaping the benefits of exercise. Aim for at least 30 minutes of moderate-intensity activity most days of the week, but remember to consult with your healthcare provider before starting any new exercise program, especially if you have pre-existing health conditions or mobility limitations and concerns.



### Take a Proactive Approach to Preventing Falls

Preventing falls in older adults requires a multifaceted approach that includes both environmental modifications and regular exercise. By creating a safe home environment and incorporating exercises to improve strength and balance, you can reduce the risk of falls and maintain your independence as you age. Don't wait until a fall occurs to take action—start implementing these strategies today to stay steady on your feet and out of the hospital.

*Ready to step up your home safety game and prevent falls? Take the first proactive step by scheduling an appointment with your local VIPcare provider by calling 239-747-7202. Let's ensure you're steady on your feet and equipped with the knowledge and tools to keep your home safe and secure. Don't wait for an accident to happen—prioritize your safety now!*

**vipcare** 

239-747-7202

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

1997 S Tamiami Trail, Ste 206

Estero, FL 33928



# ALIGNMENT MATTERS: REAL MEN DO PILATES

By Shannon Willits, Master Pilates Educator

## Men Training Smarter with Pilates

Players from the Kansas City Chiefs were shown in a viral video cross-training with Pilates before winning the Super Bowl. This video has sent a spark across the country igniting more men to do Pilates. Before the Chiefs it was athletes like Tom Brady, Jake Arrieta and LeBron James who credit Pilates as their cross-training regimen. Before them, Tiger Woods was one of the first male athletes to endorse Pilates for cross-training.

Considering the intense focus involved, Pilates lends itself perfectly to the skill set required to fire a 98-mph fastball across home plate. MLB pitcher Jake Arrieta started doing Pilates in 2014 and now practices year-round, 6-7 days a week. "The impact on your joints is very minimal," says Arrieta. "I can do Pilates and come back the next day and get a hard workout in." Before discovering Pilates, Arrieta had never won more than 10 games in a season. It's fair to say that Pilates helped kick-start his career.

Athletes looking for that competitive edge turn to Pilates. Every time a male pro endorses Pilates there is an increase in male participation and the men stick around. Turns out Pilates is a "guy thing." After all, Pilates was created by Joseph Pilates who was a bodybuilder and gymnast.

Pilates compliments sports and quality of life for men. Two long-time male Pilates participants share their story:

### Tony, age 52

Tony is an IT Director for a government authority and before Pilates led a mostly sedentary lifestyle. He would occasionally go to the gym, but found himself doing the same thing and was bored.

Tony was inspired by professional football players doing Pilates as cross-training. Moving to Ft. Myers with his wife in 2022, Tony was referred by friends and went to a free Intro Pilates Class. Together he and his wife began taking classes and so far, Tony has completed 233 classes.

His favorite classes are fitness focused. He also likes to go back-to-basics and work on the fundamentals of Pilates. Tony likes the built-in commitment to sign up prior to class. What keeps Tony committed is the



class structure and the instructor expertise of alignment focused corrections. Tony likes each instructor's unique style and is never bored.

Tony travels monthly with his job and can feel when he misses a class. His joints feel stiff and inflexible. He is motivated by the results like benefiting from improved balance. Tony has gained flexibility and strength; especially noticing his shoulders, back muscles, biceps, abdominals and glutes are stronger.

Tony's wife even remarked that Tony's abdominals and glutes look stronger. His advice to men considering doing Pilates is to just try it and don't be intimidated by the strange looking equipment or feeling awkward. The instructors are there to work with you and help you understand the Pilates language and movements.

Tony said he was happy to see four men in class last week.

### Steve, age 62

Steve is a residential realtor. He spends working hours at his desk, driving and walking while showing properties. As a lifetime athlete, Steve considers his current lifestyle to be moderately active.

Steve began playing sports at 13-years old. As a teen he played soccer as a teen making it to the All-American Level. Steve played college football at the University of Georgia, national level racquetball and was a competitive weightlifter for years. Steve built nation-wide golf courses and eventually became a scratch golfer and teaching golf professional. Steve has competed in triathlons and now is obsessed with Pickleball.

Steve took interest in Pilates when he learned that Tiger Woods was doing Pilates. Always staying ahead of the competition, Steve became curious about Pilates and took private lessons. He also enrolled in various Pilates courses for a deeper understanding of the foundations.

As a teaching golf professional, Steve found that his clients would plateau or reach their physical peak due to a lack of mind-body connection and physical ability. Steve had a big revelation while working with these clients. It wasn't that they "wouldn't" do what he was asking, it was that they "couldn't" do what he was asking. Steve encouraged his clients to take Pilates as a way to improve their mental and physical fitness, which in turn improved their golf game.

Steve personally enjoyed the golf performance benefits of better balance and stability enabling him to maintain his spine angle through the shot with greater rotation. In golf, this equates to consistency, greater distance and accuracy.

Steve is also proud to say that he has never fallen in his adult life and contributes that to Pilates. He says that his posture has improved which gives him a youthful looking body, his core strength keeps his back and shoulders healthy and his joints have greater range of motion. Steve continues to do functional agility training and lifts weights while applying the fundamental Pilates principles. When playing Pickleball, Steve says that he can lunge and reach with balance and control.

Steve says, "Pilates helps you better manage gravity, whether leaning over the kitchen line in Pickleball or swinging a golf club at nearly 100 miles an hour. Don't hesitate, take a Pilates class and find out for yourself."

*Shannon is a Master Pilates Educator with 4 growing local Club Pilates studios. As a career Pilates instructor and functional movement specialist, Shannon has mastered the science and art of her craft. She shares her knowledge by certifying aspiring Pilates instructors. Shannon's unique approach for developing an apprenticeship has grown into the Southwest Florida Pilates Academy. Learn more at (786) 708-7601.*

*In her spare time Shannon has taken a love for playing Pickleball. Combining her Pilates wisdom with Pickleball training Shannon teaches Pilates for Pickleball. Currently you can find her Pilates for Pickleballs tips with Into Pickleball Online Magazine and pilates-pickleball.com.*



CLUB PILATES®  
WWW.CLUBPILATES.COM



# STAY ON YOUR FEET THIS SUMMER

By Joe Altepeter, DPM

**W**hether you are a runner, a walker, a shopper, a beach goer, or somewhere in between, making sure you are in the right shoe gear is an important part of keeping it moving. This is especially imperative for those of us who have a history of foot and ankle or any lower extremity issues.

**A couple of the more basic principles to keep in mind when shopping for shoes would include:**

- Always have your feet measured while you are standing with full weight on that foot.
- Try to go shopping towards the end of the day to accommodate for any amount of swelling.
- Bring and wear the socks he will be using with the shoes you are purchasing.
- Make sure the toe box is wide enough for the front of your foot, and that the shoes accommodate an arch support or orthotic if you wear them.

Having an understanding of your foot type is a great place to start when selecting appropriate shoe gear particularly for exercise. Understanding if you are a pronator or supinator, or have a neutral foot type can put you down the right path for selecting the right pair. A great place to start in determining your foot type would be to consult your local podiatrist. You could also consider a simple at-home, at-pool, or at-beach evaluation of your foot prints. If you notice the classic appearance of a footprint you may have a neutral foot type, if you notice there is a break in the imprint along the outside of your foot you may have a supinated foot type, if you notice the area under your arch is filled in then you may have a pronated foot type. If you fall into the supinated category you may benefit from more cushioned shoes to help shock absorption and if you fall in the pronated category you may benefit more from supportive shoes with stability and motion control. If you are in the neutral category, look for a balance between stability and cushion.

It is also important to take into consideration any deformities of the toes. Shoes that have wider toe boxes made with more forgiving materials will be much friendlier to the prominences of bunions and hammertoes.



The above rules can be applied to summertime and formal footwear as well. There are plenty of supportive and cushioned sandals on the market that can be particularly helpful for your feet.

**Some specific types of sandals have unique problems associated with them.**

- Flats and slides may provide inadequate support, causing arch and heel pain. Look for options with appropriate arch contact for your foot and for soles that you are unable to bend and twist as easily.
- Strappy sandals may cause irritation between the toes allowing for callus and dead skin buildup at the skin to strap interface. Look for materials that are soft and supple.
- Wedges and heels but you at higher risk of instability and subsequent injuries, and pain in the ball of the foot. Try to find options with better traction and a wider and lower wedge or heel then provide a little more stability.

- Peep-toe sandals may cause irritation of the toes especially in the presence of bunions and hammer-toes. Try to limit the use of these if you are susceptible to irritation.

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

**Joe Altepeter, DPM, AACFAS**

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



**1645 Colonial Blvd.  
Fort Myers, FL 33907**

**(239) 430 - 3668 (FOOT)  
[www.NaplesPodiatrist.com](http://www.NaplesPodiatrist.com)**

# UNDERSTANDING CATARACTS AND YOUR TREATMENT OPTIONS

**C**ataracts are a common eye condition that affects millions of people worldwide. As we age, the natural lens in our eyes can become cloudy, causing blurred vision, sensitivity to light and glare, and difficulty seeing at night. Cataracts can significantly impact our daily lives, making it challenging to perform routine tasks such as reading, driving, or engaging in outdoor activities.

## What Causes Cataracts?

Cataracts can develop for various reasons, but the most common cause is aging. As we get older, the proteins in our eye lenses can clump together, causing the lens to become opaque and cloudy. Other factors that can contribute to cataract formation include:

1. Exposure to ultraviolet radiation from sunlight
2. Smoking
3. Diabetes
4. Obesity
5. Eye injuries or inflammation
6. Certain medications, such as corticosteroids
7. Genetic disorders

## Treatment Options for Cataracts

While cataracts cannot be reversed or treated with medication, the only effective treatment is surgical removal of the clouded lens. Cataract surgery is a safe and effective procedure performed on an outpatient basis, typically taking less than an hour.

During cataract surgery, the clouded natural lens is removed and replaced with an artificial intraocular lens (IOL). At our practice, we offer three types of cataract surgery to meet the diverse needs of our patients:

### 1. Advanced Cataract Surgery

This option utilizes the latest technology and premium IOLs to provide patients with the best possible visual outcomes. Advanced cataract surgery can correct presbyopia (age-related farsightedness) and astigmatism, reducing or eliminating the need for glasses or contact lenses after surgery.

### 2. Custom Cataract Surgery

Custom cataract surgery involves precise measurements and customized IOL implants tailored to each patient's unique eye structure and visual needs. This approach aims to optimize visual acuity and reduce visual distortions, providing a personalized solution for those seeking exceptional visual clarity.

### 3. Basic Cataract Surgery

Basic cataract surgery is the most cost-effective option, involving the removal of the clouded lens and implantation of a standard monofocal IOL. While this option may still require the use of glasses or contact lenses for certain activities, it effectively restores vision clarity and eliminates the cataract.

## Choosing the Right Lens Option

When it comes to selecting the appropriate lens option for cataract surgery, several factors should be considered, including your lifestyle, visual demands, and personal preferences. Our experienced ophthalmologists will carefully evaluate your eyes and discuss your goals to help you make an informed decision.

Advanced and custom lens options offer the potential for greater visual freedom and reduced dependence on glasses or contact lenses. However, these options may come with higher costs and may not be suitable for everyone. Basic cataract surgery, on the other hand, provides a more affordable solution while still effectively treating the cataract and improving vision.

Regardless of your lens choice, cataract surgery is a safe and effective way to restore clear vision and improve your overall quality of life. Our team is committed to providing personalized care and guidance throughout your journey to better vision.

Call 239-768-0006 today for more information.



**Albert Smolyar M.D.**  
LASIK, CATARACT & LENS  
REPLACEMENT SURGEON

Dr. Smolyar is a board-certified cataract and refractive surgeon with over 25 years of experience. He received his medical degree from Kursk State Medical University in the former Soviet Union. He completed an ophthalmology residency at the University of Louisville and a fellowship in Neuro-Ophthalmology at Michigan State University. He completed another ophthalmology residency at Ben Gurion University in Israel prior to coming to the United States.

Dr. Smolyar specializes in premium cataract and lens replacement surgery, as well as laser vision correction with LASIK, photorefractive keratectomy (PRK), and phototherapeutic keratectomy (PTK). He also has significant expertise in cosmetic and reconstructive eyelid surgery. Dr. Smolyar is certified by the American Board of Ophthalmology. He was in private practice in Louisville, Kentucky, for many years, where he also served as a clinical Associate Professor at the University of Louisville Department of Ophthalmology.

He has been living in Fort Myers since 2018 with his wife and dogs; they have raised three children together. In his spare time, Dr. Smolyar enjoys swimming, scuba diving, kayaking, and fishing. He has dedicated time to providing free surgical eye care in underserved countries and considers that to be one of his passions.



A US EYE COMPANY

239-768-0006 | SWFLeye.com

6850 International Center Blvd., Fort Myers

# MEMORY MATTERS

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

**J**une is Alzheimer's and Brain Awareness month. This provides us an opportunity to spread the word about Alzheimer's disease, and its impact on all of us. President Ronald Reagan initiated the observance of June being Alzheimer's and Brain Awareness in 1983. Sadly, Alzheimer's disease would impact President Reagan personally and he died with the disease in 2004.

According to the 2024 Alzheimer's Association Facts and Figures report, nearly 7 million people in the United States have Alzheimer's disease. From a risk perspective, 1/5 women and 1/10 men at age 45 have a lifetime risk of developing Alzheimer's disease. Alzheimer's disease impacts the entire family. About one in nine adults over the age of 65 have Alzheimer's disease. Of those living with Alzheimer's disease two thirds (2/3) are women. In addition, older Black adults are twice as likely as older White adults to have Alzheimer's disease or a related dementia. Older adults with a Hispanic/Latinx background are 1.5 times as likely to have Alzheimer's disease or another dementia than older White adults.

Talking about Alzheimer's disease is important. One third of people die with Alzheimer's or another dementia. There still may be a perceived stigma when one has a diagnosis of Alzheimer's disease, which is not seen with other health concerns. The Alzheimer's Association reports that nearly 580,000 people in Florida are living with Alzheimer's and there are approximately 840,000 unpaid caregivers supporting them. Being a caregiver for someone with cognitive issues is stressful, and over 66% of those caregivers have health issues. Education and awareness are critical in eliminating the stigma! Alzheimer's disease is a brain disease, a process where brain cells, called neurons are damaged and die.

Taking care of our brains needs to be a top priority. Depending on what source you use, there are several approaches you can take proactively to keep your brain healthy. From Johns Hopkins University, here are five tips you can incorporate into your routine for a healthy brain:



**Get your heart pumping through exercise.** Of course, be sure to clear any exercise with your health care practitioner, particularly if you are new to an exercise routine.

**Stay on top of any chronic medical issues,** including heart disease, hypertension, diabetes, and depression through regular visits to your health care provider.

**Get your sleep!** Many times, this is easier said than done. We know that sleep is important and two of the biggest sleep challenges are a result of sleep apnea and stress. If you are having issues with sleeping, talk to your health care provider.

**Review your medications.** Medications on their own can cause memory issues. Medication interactions can have a negative impact on memory and thinking. Discuss your medications with your health care provider or your pharmacist to evaluate if there are other options if necessary.

**Stay socially engaged.** Challenging our brains with new activities is helpful. When you are pursuing new activities and interests with others, you get the added benefit of social engagement.

In addition to these tips, we know that what we eat impacts all aspects of our health and wellness. The diet that shows some promising evidence is the **Mediterranean diet**, which emphasizes fruits, vegetables, whole grains, legumes, fish, and other seafood; unsaturated fats such as olive oils; and low amounts of red meat, eggs, and sweets. A variation of this, called MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) incorporates the DASH (Dietary Approaches to Stop Hypertension) diet, which has been shown to lower high blood pressure, a risk factor for Alzheimer's disease. Every June, the Alzheimer's Association sponsors a fundraising event called The Longest Day. On the summer solstice, people from across the world will fight the darkness of Alzheimer's disease through a fundraising activity of their choice. Choosing to "go purple" in June, shows your commitment and passion for not only finding a cure for Alzheimer's disease, but also shows your support of all those living with the disease and their care partners.

Learn more about the Longest Day here at <https://act.alz.org/site/TR?frid=17194&pg=informational&sid=24695>



Be sure you are staying on top of your brain health by scheduling a free memory screen at NPRC. Getting a baseline memory screen can give you peace of mind. Learn more about the research studies available today that are focusing on addressing memory issues.

Contact us at 239-939-7777. #Memories Matter



Neuropsychiatric Research Center  
239-939-7777 | [NPRC-SWFL.COM](http://NPRC-SWFL.COM)

14271 Metropolis Avenue., Fort Myers, FL

# RETIREMENT PLANNING TIPS: Thinking Ahead for Future Peace of Mind

**A**re you ready for a retirement where you can confidently embrace all the possibilities life offers, knowing your future is secure? This quick guide offers practical retirement planning tips to help you manage your finances effectively, ensuring you have the resources and peace of mind to live life to the fullest.

We'll delve into strategies to protect your savings, discover how LifeCare communities like The Terraces at Bonita Springs can provide peace of mind, and help you create a retirement plan that prioritizes both financial security and the joy and fulfillment you deserve. Together, we'll ensure your retirement is everything you've dreamed of!



## 4 ESSENTIAL TIPS FOR A WORRY-FREE RETIREMENT

Planning for retirement is about more than just saving money. It's about creating a road map for financial security and enjoying the freedom your later years offer. With a thoughtful approach, you can embrace your new life without financial stress. Here are four tips to ensure a smooth transition into this well-deserved chapter:

### 1. Embrace the Income Shift

- **Inventory your income sources:** List out your expected pensions, Social Security benefits, and investment accounts. This gives you a clear picture of your retirement income baseline.

- **Create a realistic budget:** Your spending habits will likely adjust in retirement. Our monthly cost worksheet can help you create a budget outlining monthly expenses, including necessities like housing,

food, utilities and health care. Remember to leave room for travel, hobbies, or any other experiences you want to prioritize.

- **Build inflation into your budget:** Plan for a slight increase in living expenses each year to avoid surprises.

### 2. Consider Downsizing

- **Find a floor plan that matches your needs:** If your current home feels overwhelming to maintain, downsizing offers a simpler, more manageable space. Trade unused rooms for lower expenses and less maintenance, leaving you more time and money to enjoy life.

- **Experience the ease of senior living:** Curious about what senior communities offer? Contact The Terraces at Bonita Springs to learn how you can enjoy an array of social activities and events and get a glimpse of the stress-free lifestyle that could be waiting for you.

- **Minimize moving worries:** Downsizing can be a challenge, but The Terraces offers the perfect solution. Our Pack and Move program, provided by Turn Key Senior Transitions, ensures a seamless transition. Let our compassionate experts handle everything – you just focus on settling into your beautiful new home.

### 3. Build Your Financial Safety Net

- **Consult a financial advisor:** Get expert guidance on your retirement plan. A professional can review your overall finances, assess your risk tolerance, and tailor your strategy to achieve your specific retirement goals. Senior living communities like The Terraces are happy to connect you with a reputable advisor for a personalized approach.

- **Consider a long-term care plan:** Explore options like long-term care insurance or Life Plan Communities to address potential future needs without draining your retirement savings.

### 4. Prioritize Peace of Mind

- **Revisit your plan regularly:** As life changes, so should your financial plan. Annual check-ins with yourself or your advisor are a good idea to keep you informed and in control.



- **Communicate your plan:** If you have a partner or family, open communication about financial goals and expectations brings everyone on the same page, reducing potential anxiety or misunderstandings later down the road.

- **Stay in the moment:** While future-proofing is important, don't deny yourself the joys of the present. Find a balance between saving and allocating some funds toward fulfilling experiences and hobbies.

## JOIN US FOR OUR NEXT EVENT!

**Happier Hour with Residents**  
**Wednesday, June 19**  
**3 p.m.**

Join us for an afternoon with residents of The Terraces at Bonita Springs, a luxury Life Plan Community with a Type A LifeCare contract.

Space is limited. Valet parking will be available.  
Please RSVP by Wednesday, June 12.

**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! Join us for our next event!

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





### LifeCare Communities Are Your Partner in Retirement Planning

When envisioning your dream retirement, financial worries shouldn't be part of the picture. LifeCare communities offer a compelling solution by taking most of the guesswork out of your future. Here's how they help:

#### Long-Term Care

The most valuable benefit of LifeCare is the cushion it provides against the potentially significant costs of assisted living, memory support, skilled nursing, and rehabilitation. Your nest egg is protected, ensuring your hard-earned savings go further.

#### Potential Tax Advantages

A portion of your Life Plan Community fees may qualify as a deductible health care expense. The current tax landscape offers potential advantages for investing in retirement living. However, tax laws are shifting with heavier taxes on deductible health care expenses predicted for 2025. This makes it wise to invest in your future as quickly as possible. Be sure to consult a tax advisor for personalized guidance on how to maximize this advantage.

#### Maintenance-Free Living

Imagine never having to budget for a leaky roof, appliance repairs, or yardwork. LifeCare communities like The Terraces handle all of that, eliminating those unpredictable expenses and giving you time to focus on what matters most.

#### A Vibrant Lifestyle

Think of communities like The Terraces at Bonita Springs as an investment in enjoyment. Amenities like pools, dog parks, and a vibrant social calendar turn retirement into an adventure. Take classes, discover passions, and build a community – all within easy reach.

#### The Terraces at Bonita Springs: This Is Retirement Elevated

Discover a retirement lifestyle where beautiful surroundings, the comfort of knowing your future is secure, and a vibrant community await. This is the promise of The Terraces at Bonita Springs, where our LifeCare option empowers you to live life to the fullest.

Embrace the worry-free retirement you deserve. Schedule your personalized visit today and experience The Terraces difference firsthand. Contact us online or call 239-204-3469 and let us guide you toward your dream retirement.

## Rightsize to a Community That Fits **Just Right**

With Special Savings of \$100,000  
on Select Residences.



Moving to our gorgeous one-bedroom Hacienda and Tuscan residences means making our entire community your new home. The hassles of home maintenance vanish, allowing you to truly savor luxury retirement living.

### Hacienda & Tuscan Features

- A well-appointed and brightly lit kitchen
- Stainless steel appliances and high-end finishes
- A personal one-car garage
- Complimentary valet parking
- A screened lanai
- A large walk-in closet

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

Ask About Our Pack and Move Program.

*Call Today and Save.*  
**239-204-3469**

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

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

Assisted Living Facility License #12385 | COA #08075



# Painless Prostate Biopsy:

## A GAME-CHANGER FOR EARLY DETECTION

By Alejandro Miranda-Sousa, M.D.

**F**or men facing the prospect of a prostate biopsy, the fear of pain and discomfort has long been a significant barrier. However, a revolution in prostate cancer screening is underway, thanks to the advent of painless prostate biopsy techniques utilizing local anesthesia and nitrous oxide. This cutting-edge approach promises to alleviate anxiety and make the process more tolerable, potentially increasing early detection rates and saving countless lives.

### The Importance of Early Detection

Prostate cancer is one of the most common cancers affecting men worldwide. Early detection is crucial, as it significantly improves treatment outcomes and survival rates. However, the traditional prostate biopsy procedure, which involves taking several tissue samples from the prostate gland, has been associated with considerable pain and discomfort, deterring many men from undergoing this potentially life-saving screening.

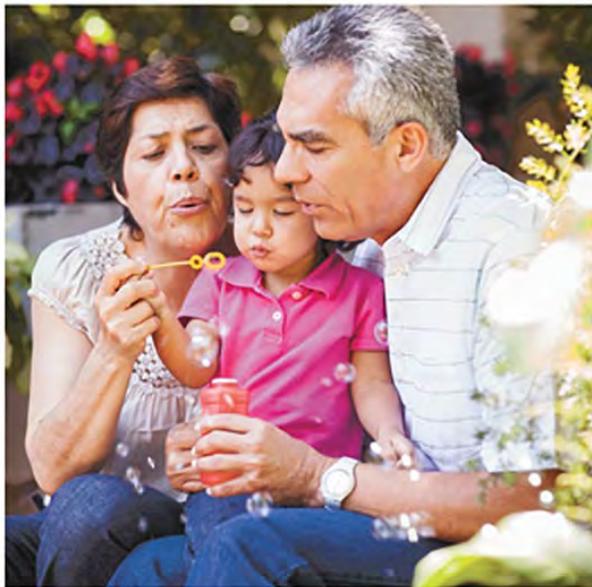
### The Painless Prostate Biopsy Solution

Recognizing the need for a more patient-friendly approach, leading urologists have pioneered the use of local anesthesia and nitrous oxide (laughing gas) during prostate biopsies. This innovative technique combines the numbing effects of a local anesthetic with the anxiety-reducing and mild analgesic properties of nitrous oxide, creating a virtually painless experience for patients.

### The Process Explained

Before the procedure, the patient is given a local anesthetic injection to numb the area around the prostate gland. Once the area is sufficiently anesthetized, the patient inhales a mixture of nitrous oxide and oxygen through a mask. This combination produces a calming effect, reducing anxiety and providing an additional level of pain relief.

During the biopsy, the urologist uses ultrasound guidance to precisely locate the prostate and extract the necessary tissue samples. Throughout



the procedure, the patient remains comfortable, feeling little to no discomfort due to the synergistic effects of the local anesthetic and nitrous oxide.

### Benefits of the Painless Prostate Biopsy

The advantages of this approach extend beyond just minimizing pain and discomfort. By alleviating the fear and anxiety often associated with traditional prostate biopsies, the painless method encourages more men to undergo regular screenings, increasing the chances of early detection and timely treatment.

Furthermore, the use of nitrous oxide has been shown to have a calming effect on patients, reducing the stress and anxiety commonly experienced during medical procedures. This relaxed state can potentially improve the overall patient experience and facilitate a smoother recovery process.

### Patient Testimonials and Expert Opinions

Patients who have undergone painless prostate biopsies have expressed overwhelmingly positive feedback, citing minimal discomfort and a newfound willingness to undergo regular screenings. "I was dreading the biopsy, but the combination of local anesthesia and nitrous oxide made the whole experience surprisingly comfortable," shared one patient.

Urologists and cancer specialists have also lauded this approach, recognizing its potential to increase screening rates and save lives. "By removing the fear factor, we are empowering men to take control of their health and prioritize early detection."

### The Future of Prostate Cancer Screening

As awareness of painless prostate biopsy techniques continues to grow, it is anticipated that more healthcare facilities will adopt this innovative approach. By prioritizing patient comfort and addressing the psychological barriers associated with traditional biopsies, the medical community can make significant strides in the fight against prostate cancer.



**Alejandro Miranda-Sousa, MD**

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



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

**CAPE CORAL**  
1206 Country Club Blvd  
Cape Coral, FL 33990

# FGCU Unlocking Cognitive Health Through Innovative Technology

Marieb College of Health & Human Services is on the cutting edge

In the world of healthcare, staying at the forefront of innovation isn't just a choice; it's a responsibility. At Florida Gulf Coast University, Marieb College of Health & Human Services embraces this ethos wholeheartedly. Recently, the college made a significant investment in cutting-edge technology by acquiring five Cognivue units to transform cognitive assessment education at FGCU.

Early detection is paramount in healthcare. Regular health checkups and screenings — such as blood pressure checks, cholesterol tests, colonoscopies and mammograms — enable early detection of conditions like high blood pressure, high cholesterol and cancer. Identifying issues early allows for prompt intervention and management, potentially preventing more severe health complications.

Like those screening tools, cognitive health assessments can help identify symptoms of dementia. Cognivue evaluates four cognitive domains, leveraging a staggering 130,000 data points to provide customized assessments tailored to each patient's unique profile. This empowers individuals to recognize signs of cognitive decline early on, prompting them to seek guidance from their healthcare provider.

Such technology isn't just another assessment tool; it's a game-changer in the field of cognitive health. Traditional cognitive assessments can be susceptible to human bias and environmental distractions, potentially affecting the accuracy of results. Cognivue eliminates these concerns by offering a self-administered assessment using a computerized system with built-in safeguards to minimize distractions.

Patients are tested on memory retention, executive function or attention to detail, visuospatial awareness and their ability to identify letters, words, shapes and motions. The noninvasive, interactive assessment takes about 10 minutes and produces immediate results.



## Addressing the healthcare needs of tomorrow

The significance of this investment by Marieb College extends beyond the university's campus. Through clinical internships, rotations and research opportunities, more than 2,500 Marieb College students annually are immersed in real-world experiences. FGCU students collaborate with healthcare providers at institutions like Naples Comprehensive Health (NCH), Lee Health and beyond. With this new cognitive assessment tool, FGCU students, under the guidance of experienced faculty, will administer tests at health clinics in Southwest Florida, reaching out to older adults who may be at risk of dementia.

The older adult population in Southwest Florida is increasing, creating opportunities for Marieb College to be at the forefront of innovation. In the five-county area FGCU serves, 30.1% of the population is 65 and older and population projections for Southwest Florida through 2050 predict the highest growth in this age group.

With an aging population and an ever-evolving technological landscape, staying ahead of the curve is essential. Faculty in Marieb College stay abreast of advancements and trends in health and human sciences. Spearheaded by Marieb College's

dean, Shawn Felton, the acquisition of Cognivue represents a proactive approach to addressing the healthcare needs of tomorrow.

## A broad range of healthcare applications

The impact this new assessment tool provides doesn't stop with older adults. It opens doors for other populations, including athletes with traumatic brain injuries.

Graduates of FGCU's Marieb College pursue diverse paths in nursing, physical therapy, occupational therapy, exercise science, health sciences, social work and counseling. The curriculum exposes students to a spectrum of assessment tools, from standard practices to cutting-edge technologies, ensuring they're equipped to meet the evolving demands of the healthcare landscape. Students who learn to use the Cognivue units will have a leg up in any field where early detection of cognitive decline is important. Their exposure to cutting-edge technologies positions them as leaders in their respective fields.

By embracing innovation and fostering a culture of continuous learning, Marieb College isn't just a learning environment; it's a living laboratory where innovation thrives and the future of healthcare is shaped. With a commitment to excellence, Marieb College ensures that students are not just prepared for the challenges of today but are equipped with the skills and knowledge to navigate the complexities of healthcare in the future.



10501 FGCU Boulevard South  
Fort Myers, FL 33965  
(239) 590-1000 | fgcu.edu



# WHAT'S THE DIFFERENCE BETWEEN ALZHEIMER'S AND DEMENTIA?

By Ehren Frey, Esquire

**I**n light of June being Alzheimer's Awareness month, it is important for families to understand how the disease may impact a loved one. According to the National Institutes of Health, this neurological condition affects one in seven adults over age 71.

Alzheimer's disease is one type of dementia, and according to the Centers for Disease Control and Prevention ("CDC"), it accounts for 60 to 80 percent of all dementia cases and most occur when people reach their 70s and 80s. The other types of dementia are distinct from Alzheimer's disease and are known as vascular dementia and Lewy body dementia. Alzheimer's disease differs from these other diseases involving dementia when it comes to its symptoms, effects on the brain, and treatments.

### Alzheimer's Disease

As stated above, the most prevalent type of dementia is Alzheimer's disease, which is the fifth-leading cause of death for adults 65 and over. The illness is marked by difficulty remembering recent events. An individual with Alzheimer's disease may be able to tell you about their childhood in detail but not about the previous day's events. As the condition progresses, people can have challenges walking and talking and may experience personality changes.

Physicians believe that a buildup of proteins in the brain causes Alzheimer's. The disease degrades neurons and their connections in parts of the brain involved in memory. It also leads to lesions forming in the brain, preventing those affected from storing new memories. As the disease progresses, the brain shrinks. To treat Alzheimer's, doctors prescribe medicine targeting the lesions in the brain.

In some cases, people can inherit a genetic predisposition for the condition. According to the CDC, a parent with Alzheimer's increases a person's risk by between 10 percent and 30 percent. However, the Alzheimer's Society reports that the genetic link is more robust in early-onset Alzheimer's. Adults with early-onset Alzheimer's begin to show symptoms in their 60s.

### Lewy Body Dementia

After Alzheimer's, Lewy body dementia ("LBD") is the second most common type of dementia. LBD impairs areas of the brain involved in problem-solving and reasoning. It is related to Parkinson's disease, a neurological disorder affecting movement.

### Symptoms of LBD include:

- Disruption in rapid-eye-movement (REM) sleep, where most dreaming occurs;
- Poor regulation of body functions due to problems with the autonomic nervous system;
- Movement difficulties, such as rigid muscles and slow movement;
- Visual hallucinations;
- Cognitive issues, such as confusion, diminished attention, and memory loss

In the brain, an abnormal buildup of proteins, known as Lewy bodies, causes LBD. These proteins are related to Parkinson's. People with LBD also have the same kind of brain lesions as those with Alzheimer's. When individuals receive an LBD diagnosis, physicians often prescribe medications for Alzheimer's and Parkinson's. Similar to Alzheimer's, advanced age is the most significant predictor of LBD. However, a stroke increases a person's risk of developing the disease.

### Vascular Dementia

Although vascular dementia shares symptoms with Alzheimer's disease, such as memory loss, there are significant distinctions. The characteristic symptom of vascular dementia is slow speaking and thinking, as well as trouble with problem-solving. Vascular dementia can happen when a stroke blocks a blood vessel in the brain. In many cases, more strokes follow, and the symptoms become more severe with each additional stroke.

Treating vascular dementia typically encompasses treating the underlying conditions. People who have vascular dementia tend to experience symptoms earlier than those with Alzheimer's, commonly between ages 60 and 75.

### Other Types of Dementia

In addition to Alzheimer's, LBD, and vascular dementia, many other types of dementia exist, including, Frontotemporal dementia; Creutzfeldt-Jakob disease; Huntington's disease.

To learn more about Alzheimer's disease and related disorders, reach out to your Alzheimer's Association chapter. For help with long-term care planning due to a dementia diagnosis, contact a local attorney with Zacharia Brown.

### Ehren Frey, Esquire

*Ehren is an Associate Attorney at the Bonita Springs office of Zacharia Brown Estate Planning and Elder Law Firm. He counsels clients in estate and asset protection planning, Medicaid eligibility for long term care, and Florida probate, including Homestead. He also brings many years of experience as a complex commercial litigator to the Firm.*

## JUNE 2024 EVENTS

**Thursday - June 6 @ 11:00 am - 1:00 pm**

Elder Orphans:

How To Plan For Aging If You Live Alone

Discovery Village at the Forum - 2619 Forum Boulevard, Fort Myers, FL 33905

**Tuesday - June 11 @ 4:00 pm - 5:30 pm**

Probate, Planning, and Prosciutto

Sandalwood Village - 3511 Vanderbilt Beach Rd, Naples, FL 34109

**Tuesday - June 18 @ 12:00pm - 2:00pm**

Ask an Attorney Social

Brookdale Bonita Springs - 26850 S Bay Dr. Bonita Springs, FL 34134

**Wednesday - June 19 @ 1:00 pm - 3:00pm**

5 Essential Documents To Protect Your Wealth

Lely Palms Promedica Senior Living - 1000 Lely Palms Dr, Naples, FL 34113

RSVP at 239-345-4545 x 200  
Kelsy@ZacBrownLaw.com



## ZACHARIA BROWN

Estate Planning and Elder Law Attorneys

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

### Bonita Springs

26811 South Bay Drive, Suite 260  
Bonita Springs, FL 34134

**(239) 345-4545**

### Lakewood Ranch

8470 Enterprise Circle, Suite 300  
Lakewood Ranch, FL 34202

**(239) 345-4545**

# Don't Let Dental Anxiety Keep You Away from the Dentist

In 2024 with all of the advances in dentistry, any people still have anxiety about dental treatment. Advances that make your experience more pleasant include digital radiographs (more efficient, less radiation and less chair time), digital 3 dimensional scans (no more messy impressions), topical anesthetic (less feeling with local anesthetic injection), and numbing gels (used for dental cleaning if needed), just to name a few.

Dental anxiety may have come from childhood experiences, discussions between family/friends or general negativity from movies, comedians or social media. It can also be from fear of the unknown.

Dentists are well equipped today with many aides to help ease your mind and have a more pleasant experience. First, you should find an experienced, confident, efficient dentist who has the time to discuss your dental needs as well as your dental anxiety. In my practice, I start with an initial consultation which includes a comprehensive examination and radiographs. There are times that a dental cleaning causes anxiety and must be addressed first.

Your dental experience can be more comfortable today in a relaxing dental environment with plenty of time to voice your concerns so the doctor can develop a personalized comprehensive oral health plan. Once an oral health plan is developed the visits are often listed in order of the patients needs. Environmental aides that help: good communication with your dental provider, listening to relaxing music, deep breathing, watching relaxing videos, pillows and blankets. There are also medical aides such as prescription medication for the dental visit, nitrous oxide or IV Sedation. In my office, if you are an animal lover, you can request our service dog to stay beside you. The most important thing is you must be able to talk to your provider and feel comfortable with your dental team.



**KELLY M. DAINIAK, DMD,  
GENERAL DENTIST**

Dr. Kelly M. Dainiak provides all services mentioned in article. Dr. Dainiak graduated from The University of Connecticut School of Dental Medicine in 1995 and went on to finish a Hospital Residency at The University Hospital in Stonybrook, NY in 1996. She has been practicing in Southwest Florida since 2001, having her own solo practice since 2005.



**239-992-0325**

[www.premierdentalstudio.com](http://www.premierdentalstudio.com)  
20321 Grande Oak Shoppes Blvd.  
Suite 316  
Estero, FL 33928



# Pain, Dryness & Irritation: How Women Are Rejuvenating Their Lives

By Joseph Gauta, MD, FACOG

**W**ho doesn't want to feel better and more confident about their sexual health? Many women try to hide their condition from their partner, or suffer in silence because they believe it's "normal" for them. That couldn't be further from the truth. Whether your pain is caused by endometriosis, pelvic conditions, vulvovaginal atrophy, hormonal dysfunction, or from medications, there are answers.

## Female Sexual Dissatisfaction Has Many Causes

Natural processes like aging, childbirth and menopause can have deleterious effects on a woman's sexual well-being and sensations. Since we all tend to avoid anything that doesn't feel good, a woman's sexual desires and success in achieving them are inversely related to the atrophy and scarring in the vaginal canal that these life-events can create, like tearing of the vagina during childbirth, dryness of the vaginal tissues after menopause, and the laxity of the vagina causing decreased sexual sensation. Sexual satisfaction can be negatively impacted by hormonal changes after menopause, but many women cannot take vaginal estrogens or do not find this treatment to be effective or convenient enough. This is where laser energy comes in: CO2 laser energy has been proven to regrow normal collagen (a necessary protein found in all of our organs) in the vaginal and vulvar tissues leading to improved "accommodation" and "stretchiness" of the vagina which in turn leads to greater sexual satisfaction and lubrication and a decrease in discomfort during and after sex.

## CO2RE Intima

Although, hormone therapy can be used to treat vaginal vulvar atrophy and dyspareunia (painful intercourse), sometimes it isn't enough. The CO2RE Intima procedure has helped countless women enjoy life like they used to. It is noninvasive, nonsurgical and is performed in your physician's office.



**You don't have to live with pain and dryness any longer. There is a better way to age well, enjoy intimacy again and regain your life.**

## CO2RE Intima Benefits:

- CO2RE Intima is an in-office, non-surgical laser procedure to restore vaginal health, by improving hydration and promoting healthy vaginal pH
- Each CO2RE Intima treatment relieves symptoms of vulvovaginal atrophy, rejuvenates vaginal tissue and treats exterior tissue to improve vaginal cosmetic appearance.
- 100% showed significant improvement in vaginal health (elasticity, fluid volume, pH level, epithelial integrity and moisture)
- 91% reported an improvement in dryness

CO<sub>2</sub>RE<sup>®</sup> Intima  
Women's Intimate Wellness



## CO2RE Intima might be for you if:

- You want to relieve the signs of childbearing and aging in the vaginal area.
- You desire enhancement in sexual functioning and a better sexual experience.
- You seek vaginal cosmetic improvement and you want to feel more confident about your feminine health.

**10 Minute, Hormone Free,  
In-Office Procedure**

Ask us today if CO2RE Intima is right for you

**To discuss CO2RE Intima or any other options that are best for you, please call 239-449-7979**



Joseph Gauta, MD



Nicole Houser, PA-C



Lisa Mark, MD



Amy Goetz, PA-C



FLORIDA BLADDER  
INSTITUTE

*Excellence in Women's Pelvic Health*

239-449-7979

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

NAPLES:  
1890 SW HEALTH PKWY., SUITE 205  
[info@floridabladderinstitute.com](mailto:info@floridabladderinstitute.com)

# UNLOCKING OPTIMAL HEALTH WITH STEM CELLS AND EXOSOMES: THE FUTURE OF BIOHACKING

In recent years, advancements in regenerative medicine have opened new possibilities for achieving optimal health and longevity. Among these breakthroughs, stem cells and exosomes have garnered considerable attention for their potential to rejuvenate the body at a cellular level. At our holistic health and medicine center, we believe that intravenous stem cell therapy offers a cutting-edge approach to wellness, providing individuals with the ultimate biohacker experience.

Stem cells are unique cells with the remarkable ability to differentiate into various cell types in the body, allowing them to repair and regenerate damaged tissues. Exosomes, conversely, are tiny vesicles secreted by cells that contain a potent blend of growth factors, cytokines, and other signaling molecules. These cellular components form a powerful combination that can optimize health and promote longevity.

Research into the therapeutic potential of stem cells and exosomes has yielded promising results across various health conditions. Studies have shown that stem cell therapy can enhance tissue repair, reduce inflammation, and improve overall organ function. Similarly, exosomes have been found to modulate immune responses, promote tissue regeneration, and support cellular communication.

One area where stem cell therapy and exosomes show promise is in promoting cardiovascular health. Cardiovascular disease remains a leading cause of morbidity and mortality worldwide, with millions of individuals affected by conditions such as coronary artery disease, heart failure, and stroke. By harnessing the regenerative properties of stem cells and exosomes, researchers are exploring innovative approaches to cardiovascular repair and regeneration.

In addition to cardiovascular health, stem cell therapy and exosomes can address many other health concerns, including musculoskeletal injuries, neurodegenerative disorders, autoimmune conditions, and even aging-related decline. Clinical trials and observational studies continue to investigate the safety and efficacy of these therapies, with promising results paving the way for future applications.

One key advantage of intravenous stem cell therapy is its ability to deliver therapeutic agents directly into the bloodstream, allowing for widespread distribution throughout the body. This systemic approach maximizes the therapeutic potential of stem cells and exosomes, targeting multiple organ systems simultaneously and promoting comprehensive wellness from within.

While regenerative medicine holds immense promise, it's essential to approach stem cell therapy and exosome treatment with caution and discernment. As with any medical intervention, safety and efficacy should be prioritized, and individuals should seek guidance from qualified healthcare professionals with expertise in regenerative medicine. Our holistic health and medicine center is committed to providing patients with personalized, evidence-based care that addresses their unique health needs. Our team of healthcare professionals includes board-certified physicians, integrative medicine specialists, and regenerative medicine experts who work collaboratively to deliver innovative therapies that optimize health and vitality.

Stem cell therapy with exosomes represents a groundbreaking approach to achieving optimal health and longevity. By harnessing the regenerative power of stem cells and the signaling capabilities of exosomes, individuals can unlock their body's innate potential for healing and rejuvenation. As research continues to evolve, we remain dedicated to exploring new frontiers in regenerative medicine and empowering individuals to live their healthiest, most vibrant lives.

#### References:

- Bhattacharya, V., Shi, Q., Ishida, A., Sauvé, Y., & Hammond, S. (2019). Regenerative Medicine Using Stem Cells and Exosomes. *Progress in retinal and eye research*, 100859. doi:10.1016/j.pretyeres.2019.100859
- Golpanian, S., Wolf, A., Hatzistergos, K., Hare, J. (2016). Rebuilding the Damaged Heart: Mesenchymal Stem Cells, Cell-Based Therapy, and Engineered Heart Tissue. *Physiological Reviews*, 96(3), 1127-1168. doi: 10.1152/physrev.00019.2015
- Lai, R. C., Arslan, F., Lee, M. M., Sze, N. S. K., Choo, A., Chen, T. S., ... & Lim, S. K. (2010). Exosome secreted by MSC reduces myocardial ischemia/reperfusion injury. *Stem cell research*, 4(3), 214-222. doi:10.1016/j.scr.2009.12.003



#### **Doreen DeStefano, PhD, APRN, DNP**

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

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

Contact Root Causes to discover how Nutrient IVs or injections can benefit you!



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



Dr. Miranda-Sousa

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

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

### SERVICES INCLUDE:

**Erectile Dysfunction & Low Testosterone**

**Urinary Incontinence**

**Enlarged Prostate (BPH)**

**Kidney Stones**

**Prostate and Bladder Cancer**

**Pelvic Floor Therapy**

**Urodynamics**

**Vasectomy (Non-Scalpel)**

**FORT MYERS**

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

**CAPE CORAL**

1206 Country Club Blvd.  
Cape Coral, FL 33990

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



## MICRO-CREDENTIAL: SENIOR CARE PARTNER

**Starts:** 07/01/24  
**Duration:** 16 weeks  
**Mode:** Online



**APPLY NOW**  
fgcu.edu/freeprograms

### PERSONALIZED CARE FOR LIFELONG SMILES



#### WHAT WE OFFER:

- Modern Office with Digital Impressions and Digital X-rays.
- Highest Level of Infection Control.
- Caring Doctor and Dental Team.
- Same Day Emergencies!
- Porcelain Crowns and Bridges.
- Esthetic Composite Fillings / Botox
- Oral Surgery: Extraction, Bone Grafts, Infections
- Professional in House Dental Whitening.
- Clear Correct Custom Retainers (skip the braces)
- Custom Digital Removable Dentures and Partials.
- Custom Mouth Guards and Sleep Apnea Appliances.
- Botox



**239-992-0325**  
www.premierdentalstudio.com

*Feel comfortable at the dental office again. Solo practitioner with 30 years of experience with private practice in Bonita/Estero for the last 20 years, friendly and caring staff, personalized dental experience. Where you are treated like we would want to be treated...*

PREMIER DENTAL & IMPLANT STUDIO  
20321 Grande Oak Shoppes Blvd, Suite 316  
Estero, Florida 33928





## Bringing Clear Vision to Life

At Southwest Florida Eye Care, we know that restoring vision is not just about improving your sight – it's about enhancing your quality of life. We are proud to offer our patients convenient access to nationally renowned surgeons, compassionate staff members and cutting-edge technology.

**Schedule your appointment today!**

### Services Include:

- Cataract Surgery
- LASIK Surgery
- Glaucoma Management and Treatment
- Family Eye Care



A US EYE COMPANY

SWFLEye.com

11176 Tamiami Trail N | Naples, FL 34110 | (239) 594-0124  
6850 International Center Blvd | Fort Myers, FL 33912 | (239) 768-0006  
2221 Santa Barbara Blvd #107 | Cape Coral, FL 33991 | (239) 574-5406

# PUT YOUR BEST FOOT FORWARD

## FAMILY FOOT & LEG CENTER

### COMMON CONDITIONS

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

### SAME DAY APPOINTMENTS

*Serving Southwest Florida Since 2005!*

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

**CALL TODAY!**  
**239-430-3668 (FOOT)**  
NAPLESPODIATRIST.COM

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



**WE KEEP YOU WALKING**



# The Importance of Progesterone Replacement in Both Men and Women

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

Of the many hormones in the body, a select few are typically categorized as being for one gender or for the other. Many people are often surprised to learn, though, that despite these hormones being more prominent in one gender, they are essential for proper body functioning in both.

One example of these hormones is progesterone, which is often considered for women, although it has many essential roles in men. However, progesterone can decline in both genders for a number of reasons, including with age or due to health conditions. When progesterone levels fall, unpleasant symptoms can occur, which is why progesterone replacement is a crucial treatment for those with unbalanced hormones.

## What Is Progesterone?

Progesterone is a hormone most often known to be released by the corpus luteum after a woman has ovulated. Also referred to as the “pregnancy hormone,” progesterone prepares the uterus for pregnancy by thickening the lining and preventing muscle contractions that would expel an egg.

Despite its primary role in preparing the female body for pregnancy, though, progesterone is also vital for men, albeit with different roles.

Let’s further discuss the role of progesterone in both genders and why it is crucial for men and women to have balanced progesterone levels.

## The Role of Progesterone in Women

Progesterone varies considerably through a woman’s menstrual cycle, with it being produced in low levels during the first half but rising considerably following ovulation. If a woman becomes pregnant, progesterone remains high throughout the pregnancy and aids in breast milk production upon delivery of the baby.

While the ovaries initially produce progesterone, the placenta begins producing progesterone at a higher rate after 8 or 10 weeks of pregnancy. This increase in progesterone keeps the body from releasing more eggs and prepares the breasts to produce milk.



Despite the role of progesterone in pregnancy, it can also be used to prevent pregnancy. In fact, progesterone is often used by itself or in combination with estrogen in hormonal contraceptives. When in this format, it helps the cervical mucus thicken, making it difficult for sperm to reach and fertilize an egg. It can also cause the uterine lining to thin, or it may stop ovulation entirely.

Because of these extremes in the body, promoting an ideal amount of progesterone is critical for healthy fertility, if pregnancy is a woman’s goal.

## Signs Of Low Progesterone in Women

Some signs of low progesterone in women include:

- missing periods or having abnormal periods
- uterine bleeding
- repeated miscarriages
- spotting and pain while pregnant
- infertility

Progesterone and estrogen are also closely related, so if progesterone is too low, it may cause estrogen levels to become high, which can cause weight gain, headaches, or mood swings.

## The Role of Progesterone in Men

Despite being considered the “pregnancy hormone,” progesterone is also an essential hormone in men.

In men, progesterone plays a vital role in mood regulation and keeping the mind calm. It also impacts libido and promotes fertility from the man’s side. This is because progesterone influences spermiogenesis, or the creation of sperm; if the amount of progesterone in a man is too low, the body might not be able to produce as much sperm, which can influence a couple’s ability to conceive.

Progesterone is also crucial for the biosynthesis of testosterone, otherwise known as the male sex hormone, which is responsible for the development of secondary sex characteristics such as body hair, muscle growth, and a deeper voice.

Progesterone also plays an essential role in the male body regarding counteracting the effects of estrogen, which can cause testosterone levels to decline. Proper progesterone levels ensure that these sex hormones are in the correct balance.

## Signs Of Low Progesterone in Men

Some of the signs of low progesterone in men include:

- hair loss
- low libido
- fatigue
- weight gain
- depression
- breast growth
- muscle loss
- bone loss
- erectile dysfunction

Low progesterone levels can also increase the risk of certain health conditions such as arthritis, osteoporosis, prostate cancer, and prostatism.

## Estrogen Dominance and Progesterone

Progesterone is an antagonist to estrogen, giving it an important role in keeping estrogen levels in check. However, this also means that if progesterone levels are too low, estrogen levels can become high without anything to keep them in the correct range, a condition called estrogen dominance.

While estrogen dominance is most often referred to in women, it can affect men as well, with both genders having shared and also different symptoms.

Women with estrogen dominance may have symptoms that include:

- swelling and tenderness in the breasts
- low libido
- bloating
- weight gain
- mood swings
- headaches
- increase premenstrual syndrome symptoms
- fatigue
- cold hands or feet
- memory problems
- anxiety and panic attacks

Men can share some of the above symptoms in addition to experiencing infertility issues, breast tissue growth, or erectile dysfunction.

Normal estrogen levels in adult, menopausal women range from 15 – 350 pg/ml. In adult men, estrogen levels should range from 10 - 40 pg/ml. Estrogen counts higher than these ranges may signify low progesterone.

#### What Causes Low Progesterone?

There are many causes of low progesterone, some due to a temporary situation, whereas others may be more chronic.

#### Hypothyroidism

Many of the hormones in the body interact, which is evident between the thyroid hormones, T3 and T4, and progesterone. With hypothyroidism, the thyroid does not produce enough hormones, and since the thyroid is responsible for regulating the endocrine system, this can then influence how well the body is able to produce progesterone.

It is also possible for low progesterone to lead to hypothyroidism, so this connection is bi-directional.

#### Low Cholesterol

Cholesterol is needed by the body in order to make progesterone. So, if your cholesterol is low, your body does not have enough of the building blocks required to produce enough progesterone.

#### Stress

Stress contributes to many health conditions, and low progesterone is one of them. This is because the hormone secreted by the body when in a perceived stressful situation, cortisol, utilizes the resources needed to make progesterone.

Essentially, when the body is stressed, it halts progesterone production in order to increase the amount of cortisol produced. For those experiencing chronic stress, this means that cortisol continually interferes with progesterone production.

#### Anovulatory Cycle

An anovulatory cycle is a menstrual cycle where ovulation does not occur. Since a rise in progesterone is triggered by the release of an egg and the empty follicle it leaves behind called the corpus luteum, an anovulatory cycle results in no increase in progesterone.

Anovulatory cycles are common in those on certain types of birth control or with PCOS.

#### Abnormal Bodyweight

Your body weight can play a prominent role in progesterone production because of its impact on the menstrual cycle. This is because women need a certain amount of body fat in order to have a regular cycle, which leads to ovulation and a rise in progesterone. Because of this, low body weight may impede ovulation, leading to no progesterone production.

Problems can occur at the other end of the spectrum as well, though. This is because fat cells produce estrogen, so high body fat can result in an overproduction of estrogen, which can lead to low progesterone. Studies have shown this correlation between obesity and low progesterone in men as well.

#### Prolactin Disorder

Prolactin is a hormone produced by the pituitary, and it negatively affects the production of sex hormone precursors. Those with hyperprolactinemia produce too much prolactin, which can disrupt the menstrual cycle, keeping progesterone from being produced.

#### Correcting Low Progesterone

Progesterone replacement therapy involves progestins, which are synthetic compounds mimicking the effects of progesterone on the body.

Some reasons why someone may be treated with progesterone hormone therapy are to:

- correct a low amount of progesterone due to underproduction
- bring on menstruation
- reverse low progesterone resulting from certain medications
- replace progesterone that is limited due to specific medical procedures

There are many different forms of progesterone hormone therapy, such as:

- injections
- oral capsules
- vaginal gels
- vaginal inserts
- vaginal suppositories

The ideal method of progesterone replacement will depend on gender, symptoms, and personal preferences.

#### The Importance of Progesterone Replacement

Besides helping to address problems with fertility, progesterone replacement can also be essential for a healthy pregnancy in women. For example, women who are pregnant, but have low progesterone, may be at a greater risk of preterm delivery or miscarriage. Replacing progesterone can help prevent these complications from occurring.



Progesterone replacement produces similar benefits in men regarding improving fertility due to its role in spermatogenesis and the fact that low progesterone can lead to erectile dysfunction.

Progesterone can also help with other symptoms affecting well-being, including those that appear in men with low progesterone. These benefits can include an improvement in mood, better sleep, and stronger bones.

Some cases of low progesterone are temporary, but for those suffering significantly from low progesterone, it is likely due to a chronic cause, and the only way to find relief is by addressing the hormonal imbalance.

Progesterone can be supplemented in many forms, such as injections, pills, or creams, which help raise progesterone levels and assist the body in functioning correctly, reversing unpleasant symptoms. Working with a doctor who specializes in hormones can also ensure that you get just the right amount of progesterone, as too much can also cause problems, especially for those looking to conceive.

By adequately balancing progesterone, all other hormones in the body can work in balance again, significantly improving your quality of life.

#### References

- Taraborrelli S. (2015). Physiology, production and action of progesterone. *Acta obstetrica et gynecologica Scandinavica*, 94 Suppl 161, 8–16. <https://doi.org/10.1111/aogs.12771>
- Druckmann, R., & Druckmann, M. (2005). Progesterone and the immunology of pregnancy. *The Journal Of Steroid Biochemistry And Molecular Biology*, 97(5), 389–396. doi: 10.1016/j.jsmb.2005.08.010
- Blanchette, S., Marceau, P., Biron, S., Brochu, G., & Tchermak, A. (2006). Circulating Progesterone and Obesity in Men. *Hormone And Metabolic Research*, 38(5), 330–335. doi: 10.1055/s-2006-925392
- Sanchez, E. G., Giviziez, C. R., Sanchez, H. M., Agostinho, P. L., Barros, P. S., & Appabato, M. S. (2016). Low progesterone levels and ovulation by ultrasound assessment in infertile patients. *IBRA assisted reproduction*, 20(1), 13–16. <https://doi.org/10.5935/1518-0557.20160004>



9250 Corkscrew Rd. STE 15, Estero, FL 33982

**239-351-5663**

[info@sextys.com](mailto:info@sextys.com) | [drmelirvine.com](http://drmelirvine.com)

# Alzheimer's Awareness Month: The Link between dementia and UTIs

## UTIs and Dementia: An Overlooked Connection

Urinary tract infections (UTIs) are a common yet often overlooked issue among individuals living with Alzheimer's disease and other forms of dementia. While UTIs can affect anyone, the risk is heightened in those with dementia due to various factors, including decreased personal hygiene and challenges in communicating symptoms.

At the root of this problem lies the reduced ability of people with dementia to maintain proper hygiene and personal care. As cognitive function declines, tasks such as regular cleaning and staying hydrated become increasingly difficult, creating an environment conducive to the growth of harmful bacteria that can lead to UTIs.

Compounding the issue is the challenge in detecting UTIs in individuals with dementia. Many individuals with dementia experience communication difficulties, making it challenging for them to express discomfort or symptoms clearly. Additionally, the symptoms of UTIs can overlap with those of dementia, further complicating the diagnosis.

The signs of a UTI in someone with dementia can be diverse and may include sleeping issues, anxiety, depression, confusion, aggression, delusions, hallucinations, and paranoia. Physical symptoms such as pain or a burning sensation when urinating, frequent urination, cloudy or bloody urine, lower abdominal pain, urinary incontinence, and mild fever may also be present.

The connection between UTIs and dementia is multifaceted, with symptoms from both conditions often intertwining. This overlap can lead to misdiagnosis or a delayed response, exacerbating the situation and potentially causing further complications.

Early detection and prompt treatment of UTIs are crucial for individuals with dementia, as untreated infections can worsen cognitive function and contribute to an overall decline in health. Caregivers and healthcare professionals play a vital role in recognizing the signs and advocating for appropriate medical attention.

## IS IT A UTI OR IS IT ALZHEIMERS? WHY IT CAN BE HARD TO TELL

### Common Symptoms Shared by UTIs and Dementia

- Confusion
- Agitation
- Hallucinations
- Unusual behavior changes
- Dizziness
- Falling
- Frequent need to pee

#### Getting Help

When UTIs wreak havoc, we sometimes see message threads in which caregivers are in a state of panic about the symptoms. And for good reason — the symptoms are powerful and can actually mimic the end of life for some people. Getting a urine test may not be the first thing you think of when your loved one starts behaving so differently, but these changes often occur with a UTI due to fever and increased pain. When you see sudden behavioral changes, it is important to rule a UTI out and consult with a doctor.

#### How can people with dementia prevent UTIs?

Preventing UTIs in people with dementia is crucial for their overall well-being. Here are some tips to help reduce the risk:

- **Stay Hydrated:** Encourage regular fluid intake to promote proper urinary function.
- **Frequent Bathroom Breaks:** Prompt people with dementia to use the bathroom regularly to prevent urinary retention.
- **Proper Hygiene:** Do your best to help with maintaining personal hygiene, including wiping techniques. Women especially need to wipe front to back after using the bathroom to avoid bacteria spread.
- **Cranberry Pills:** Take a daily cranberry pill to prevent bacteria from sticking to the urinary tract lining.
- **UTI Test Strips:** Keep Utiva UTI Test Strips on hand to diagnose UTIs early and start treatment right away.

**Utiva Cranberry PACs: A Clinically Effective Prevention:** Utiva Cranberry PACs offer a promising solution for UTI prevention without contributing to antibiotic resistance. Cranberry proanthocyanidins (PACs) have been extensively studied for their ability to inhibit bacterial adhesion to the urinary tract, preventing the colonization and proliferation of UTI-causing bacteria. A urogynecologist, Dr. Emily Rutledge emphasizes, "There is a lot of evidence that cranberry supplements are safe and effective. You can find all sorts of cranberry supplements but if they don't have that 36 mg PAC and are measured by DMAC/A2 then they are a waste of money." Utiva Cranberry PACs, with a standardized dose of 36 mg PACs measured by DMAC/A2, provide a clinically effective option for individuals seeking to reduce their risk of recurrent UTIs.

Recurrent UTIs pose a significant health concern, exacerbated by the growing threat of antibiotic resistance. Healthcare providers and patients play a vital role in addressing this challenge by adopting preventive strategies and exploring alternative approaches to UTI management. Dr. Colleen McDermott, another urogynecologist, recommends, "Antibiotics are the

first-line treatment, but there are clinically proven options to help prevent. When considering cranberry supplements, I recommend my patients select a product with 36 mg of PACs." Utiva Cranberry PACs offer a safe, evidence-based option for UTI prevention, empowering individuals to take proactive steps towards better urinary health and reduced reliance on antibiotics.

#### Sources:

- [https://www.alz.org/blog/alz/october\\_2011/sudden\\_change\\_in\\_behavior\\_urinary\\_tract\\_infection](https://www.alz.org/blog/alz/october_2011/sudden_change_in_behavior_urinary_tract_infection)
- <https://www.utivahealth.ca/blogs/resources/the-link-between-dementia-and-utis-spotting-the-signs-and-preventing-infection#:~:text=People%20with%20dementia%20are%20twice,keep%20infections%20away%E2%80%9494for%20good>

For more information, visit Utiva's webpage.

<https://www.utivahealth.com> or call:

1-888-622-3613



# UNRAVELING THE LINK BETWEEN ANXIETY AND ALCOHOL USE: A HOLISTIC PERSPECTIVE

In today's fast-paced world, where stress and pressure seem to be constant companions, many individuals turn to alcohol as a means of coping with their anxiety. However, what may initially seem like a solution to soothe their worries often spirals into a cycle of dependency, exacerbating both anxiety and alcohol use. Understanding the intricate connection between anxiety and alcohol consumption is crucial for developing effective interventions that promote holistic well-being and sustainable recovery.

Anxiety, a pervasive mental health condition characterized by excessive worry and fear, affects millions of people worldwide. It can manifest in various forms, including generalized anxiety disorder, panic disorder, social anxiety disorder, and phobias. Individuals with anxiety may experience intense physical and psychological symptoms, such as rapid heartbeat, sweating, trembling, and intrusive thoughts, which can significantly impair their daily functioning and quality of life.

In an attempt to alleviate their symptoms and escape from the grip of anxiety, many individuals turn to alcohol as a form of self-medication. Alcohol's sedative effects can provide temporary relief from feelings of tension and apprehension, offering a fleeting sense of relaxation and euphoria. However, this relief is short-lived, and the long-term consequences of excessive alcohol consumption can be devastating.

The relationship between anxiety and alcohol use is complex and multifaceted, involving both biological and psychological factors. Neurochemical imbalances in the brain, genetic predispositions, traumatic experiences, and environmental stressors can all contribute to the development of both anxiety disorders and alcohol use disorders. Moreover, individuals with anxiety may be more susceptible to the reinforcing effects of alcohol, as it provides a temporary escape from their distressing symptoms.

Furthermore, the cycle of anxiety and alcohol use can become self-perpetuating, as alcohol consumption can disrupt normal brain function and exacerbate anxiety symptoms. Chronic alcohol abuse can lead to tolerance, dependence, and withdrawal, further fueling feelings of anxiety and perpetuating a vicious cycle of substance use and mental health issues.

To effectively address the interconnected nature of anxiety and alcohol use, a holistic approach is essential. This approach acknowledges the interplay between biological, psychological, social, and environmental factors and recognizes that treating one aspect in isolation is unlikely to lead to lasting recovery. Instead, it emphasizes the importance of addressing both anxiety and alcohol use simultaneously through integrated interventions that target the root causes of these issues.

One key component of a holistic approach is comprehensive assessment and diagnosis, which involves evaluating the individual's physical health, mental health, substance use patterns, and psychosocial functioning. This enables healthcare professionals to tailor treatment plans to the unique needs and circumstances of each individual, ensuring a personalized and effective approach to recovery.

Psychotherapy, such as cognitive-behavioral therapy (CBT) and mindfulness-based interventions, can be particularly beneficial in treating co-occurring anxiety and alcohol use disorders. These approaches help individuals develop coping skills, manage stress, challenge negative thought patterns, and cultivate greater self-awareness, thereby reducing reliance on alcohol as a coping mechanism and promoting healthier ways of managing anxiety.

In addition to therapy, holistic treatment may also incorporate pharmacotherapy, peer support groups, lifestyle modifications, and complementary therapies such as yoga, acupuncture, and meditation. By addressing the underlying factors contributing to anxiety and alcohol use from multiple angles, individuals can achieve greater insight, resilience, and long-term recovery.

Moreover, holistic approaches recognize the importance of addressing the social determinants of health, such as socioeconomic status, access to healthcare, housing stability, and social support networks. Creating a supportive and nurturing environment that fosters connection, belonging, and purpose can significantly enhance recovery outcomes and reduce the risk of relapse.

In conclusion, understanding the intricate connection between anxiety and alcohol use is essential for developing effective interventions that promote holistic well-being and sustainable recovery. By adopting a comprehensive and integrated approach that considers the interconnectedness of mental health and substance use, individuals can break free from the cycle of anxiety and alcohol dependency and embark on a journey toward lasting health and happiness.

## Discover Fort Myer's Premier Intensive Outpatient Program at Zion Healing Center

Our IOP is specifically designed to cater to individuals like you who want comprehensive care while maintaining their daily routine. Our evidence-based therapies, individual and group counseling, relapse prevention strategies, and holistic approaches address the physical, emotional, and spiritual aspects of recovery. Our experienced and compassionate team in Fort Myers will collaborate closely with you to create a personalized treatment plan tailored to your unique needs.

Our comprehensive treatment approach goes beyond traditional methods, incorporating two innovative therapies that yield remarkable results: Transcranial Magnetic Stimulation (TMS) therapy and Neurofeedback Brain Mapping. With our state-of-the-art facilities and expert team, we deliver these cutting-edge therapies right here in Fort Myers. Take the first step towards a successful recovery journey today!

## Empowering Your Journey to Lasting Recovery

# ZION

HEALING CENTER

(239) 946-4131

[www.zionhealing.com/fortmyers](http://www.zionhealing.com/fortmyers)



**SCHEDULE A  
FREE CONSULTATION**

9405 Cypress Lake Dr, Suite #2  
Fort Myers, FL 39919



# Understanding Polycystic Kidney Disease

By Neetu Malhotra, MD

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

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

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

## The primary symptoms of PKD are as follows:

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

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

## PKD Treatment

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

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

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

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

## Associates in Nephrology

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

## Chronic Kidney Disease Program

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

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

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

## Services Provided

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

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

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

## ASSOCIATES IN NEPHROLOGY

239-939-0999

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

### FORT MYERS

7981 Gladiolus Dr  
Fort Myers, FL 33908

### CAPE CORAL

1320 SE 8th St  
Cape Coral, FL 33990

### BONITA SPRINGS

9550 Bonita Beach Rd, 108  
Bonita Springs, FL 34134

### LEHIGH ACRES

3400 Lee Blvd, #112  
Lehigh Acres, FL 33971



One Visit  
Could Change  
Your Life.

**vipcare**

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

### Get More With VIPcare

- ☑ More time with your doctor
- ☑ Specialized care
- ☑ Primary care that goes above & beyond

Schedule your visit today!  
**(239) 747-7202**

#### VIPcare Estero

1997 S Tamiami Trail, Ste 206, Estero, FL 33928



**Lisa Mattingly, M.D.**

Benefits, costs, and other details vary from plan to plan.  
Discuss with a licensed broker or agent for more details.

THERE ARE ENOUGH WORRIES IN LIFE...  
CHOOSING THE RIGHT ESTATE PLANNING AND  
ELDER LAW FIRM SHOULD NOT BE ONE OF THEM

*Helping Families Plan Their  
Legacy And Protect Their  
Loved Ones*

Now serving the Bonita Springs, Florida  
community at: 26811 South Bay Drive  
Suite 260, Bonita Springs, FL 34134

(239) 345-4545

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

**FL Offices:** Bonita Springs \* Pompano Beach \* Lakewood Ranch  
**PA Offices:** McMurray \* Murrysville \* Wexford \* Versailles Borough



**ZACHARIA BROWN**

Elder Law and Estate Planning Attorneys

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



**ACHIEVE  
VIBRANT  
HEALTH  
AND  
LONGEVITY**

Protect your body and your brain with  
cutting edge integrative therapies.



**239-425-2900**  
[www.rtcausesmd.com](http://www.rtcausesmd.com)

### Natural Hormone Replacement

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

**CALL FOR  
SPECIAL  
PACKAGE  
PRICING  
TODAY!**

12734 Kenwood Ln #56, Fort Myers, FL 33907

# What is Rhinitis?

## An In-Depth Look at This Common Nasal Condition

**R**hinitis is an incredibly prevalent condition, impacting over 20 million adults and 7 million children in the United States annually. Despite its widespread nature, many people remain unfamiliar with this nasal nuisance. So, what exactly is rhinitis?

At its core, rhinitis refers to inflammation of the nasal passages and mucous membranes. While often mistaken for sinusitis, the majority of presumed "sinus" issues are actually cases of chronic rhinitis. Recognizing this key distinction is critical for proper diagnosis and treatment.

### The Hallmark Symptoms

The telltale signs of rhinitis include nasal congestion, difficulty breathing through the nose, frequent sneezing, runny nose, post-nasal drip, itchy nose and eyes, and headaches. These bothersome symptoms arise when the sensitive nasal lining becomes inflamed and swollen.

Under normal circumstances, the nasal mucous membranes act as a filter, trapping dust, pollen, bacteria, and other airborne particles in a thin mucus layer. Tiny hair-like projections called cilia then sweep this debris down the throat to be expelled from the body. However, when irritated, these membranes react by producing excess mucus, swelling up, and obstructing airflow - giving rise to the characteristic rhinitis symptoms.

While rhinitis is typically not a serious condition, its effects can significantly disrupt daily activities like sleeping, exercising, and concentrating.

### Two Main Types

Rhinitis can be classified into two overarching categories: acute and chronic. Acute cases are short-lived, resolving within just a few days for most people. In contrast, chronic rhinitis lingers for weeks or months at a time, often recurring repeatedly.

### Allergic Rhinitis: The Usual Culprit

In the vast majority of cases, rhinitis stems from an allergic reaction. When the immune system mistakenly identifies a harmless substance (known as an allergen) as a threat, it kicks into overdrive. This prompts the production of antibodies called Immunoglobulin E (IgE) to neutralize the perceived danger.

However, this process also triggers the release of inflammatory chemicals like histamine, which then cause the swelling and irritation characteristic of allergic rhinitis. Common allergens include pollen, dust, dander, mold, certain foods, and more.

Allergic rhinitis can be further divided into seasonal and perennial categories. Seasonal cases are caused by allergens present during specific times of year, such as spring tree pollen. Perennial rhinitis, on the other hand, persists year-round due to ongoing exposure to triggers like dust mites or pet dander.

### The Diagnostic Process

If you visit an ENT (ear, nose, and throat) specialist with suspected rhinitis, they will gather detailed information about your symptoms, their onset and progression, potential triggers, prior treatments or testing, medical history, and more.

The physician will then carefully examine the interior of your nasal passages, evaluating the condition of the mucous membranes, assessing mucus color and amount, and checking for any abnormalities like polyps or a deviated septum that could contribute to obstruction.

Depending on the exam findings, additional diagnostic tests may be recommended, such as allergy testing, pulmonary function tests, imaging studies like CT scans or X-rays, or laboratory analysis. Many of these can be conveniently performed in the ENT clinic.

Once a rhinitis diagnosis is confirmed, your doctor will develop a personalized treatment strategy tailored to your specific needs, symptoms, and triggers.

### Treating the Nuisance

For cases of mild allergic rhinitis, your treatment plan may start with environmental control measures, nasal saline irrigation, antihistamines, or corticosteroid nasal sprays to reduce inflammation.

If these initial steps prove insufficient, your ENT may recommend additional interventions like decongestants (for short-term use), turbinoplasty to reduce obstructive nasal tissue, or minimally invasive procedures like balloon sinuplasty to improve sinus drainage.

For severe, persistent allergic rhinitis, immunotherapy remains the most effective long-term solution. Through a course of allergy shots or sublingual (under-the-tongue) therapy, your immune system can be gradually desensitized to your specific triggers over time.

In some cases, surgical procedures like rhinoplasty or septoplasty may be considered to correct structural nasal abnormalities that exacerbate symptoms.

No matter the rhinitis type or severity, an individualized multimodal treatment plan is key to achieving lasting relief and an improved quality of life.

By combining patient education, environmental control strategies, medical management, and specialized ENT services, the experts can tackle even the most stubborn cases of this nasal nuisance. Don't let rhinitis disrupt your daily routine - seek expert care to overcome those congested, drippy, sneezy days for good.



Dr. Price Sonkarley is a Board Certified Otolaryngologist Head and Neck Surgeon and will be continuing Dr. Montgomery's practice providing excellent care to all patients. He will be performing both medical and surgical aspects of the specialty and is accepting new patients.

Dr. Sonkarley grew up in the Midwest and received his Doctorate from the University of Wisconsin School of Medicine. He completed his Otolaryngology Residency at the University of Oklahoma. He served in the US Marine Corps for 5 years and was awarded the Joint Services Achievement Medal after his tour in Iraq.



Kathleen Rocuant, Au.D FAAA received her Doctorate from the Arizona School of Health Sciences and is Board Certified by the American Board of Audiology. She specializes in Hearing Evaluations

Hearing Aids and Hearing Solutions. She is a Fellow American Academy of Audiology and a member of the American Academy of Audiology and the Florida Academy of Audiology.



Carly Treibits, PA-C is a graduate of Florida Gulf Coast University and is a Board Certified Physician Assistant. She is a member of the Florida Academy of Physician Assistants and the American Academy of Physician Assistants.

***Do you suffer with a chronic cough? Throat irritation? Hearing loss? Nasal congestion? Ear fullness? Allergy sufferers, ask us about our alternative solution to allergy shots.***

***We are always accepting new patients. Don't trust something as important as your hearing to just anyone. Call us and make an appointment today!***

**Serving all of Southwest Florida**  
**9240 Bonita Beach Rd. SE #1106, Bonita Springs, FL 34135**  
Sunshine Professional Center (across from Spanish Wells)  
**239.495.6200**  
Mon-Thurs 8am until 6pm • [drmarmontgomery.com](http://drmarmontgomery.com)

**For the Protection and Health of Our Patients and Employees,  
We Strictly Follow all CDC Safety Guidelines.**

# ASSOCIATES IN NEPHROLOGY

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



Neetu Malhotra, MD

Our multidisciplinary team provides treatment for kidney disease with follow up care, as well as kidney transplant services. We work collaboratively with a patient's primary care physician and specialists to slow the progression of chronic kidney disease (CKD) and prevent or manage complications.

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

**239.939.0999**  
**associatesnephrology.com**

Most major insurances accepted.

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

**FORT MYERS**  
7981 Gladiolus Dr  
Fort Myers, FL 33908

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

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

Providing comprehensive kidney care & transplant services since 1984.

SW Florida's Premier Board Certified Urogynecology Practice

## FEMALE PELVIC MEDICINE & RECONSTRUCTIVE SURGERY



*Specializing in the treatment of:*

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



JOSEPH GAUTA, MD



NICOLE HOUSER, PA-C



LISA MARK, MD



AMY GOETZ, PA-C

**(239) 449-7979**

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

1890 SW HEALTH PKWY., SUITE 205  
NAPLES, FL

## BEAUTY, WELLNESS & SEXUAL HEALTH



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

### FOR HIM

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

### FOR HER

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

**239-351-5663**

[info@sextys.com](mailto:info@sextys.com) | [drmelirvine.com](http://drmelirvine.com)  
[www.youtube.com/watch?v=vR5BgNItKmc](https://www.youtube.com/watch?v=vR5BgNItKmc)

9250 Corkscrew Rd. STE 15, Estero, FL 33928

## READY FOR A CHANGE?

Are you or a loved one struggling with addiction or mental health issues in Fort Myers? Look no further than Zion Healing Center, your premier destination for comprehensive treatment and lasting recovery.

EMPOWERING YOUR JOURNEY TO LASTING RECOVERY

# ZION

HEALING CENTER

**PERSONALIZE NON-INVASIVE TREATMENT OPTIONS**

- Intensive Outpatient Program
- TMS Therapy
- Neurofeedback



**SCHEDULE A FREE CONSULTATION**  
9405 Cypress Lake Dr, Suite #2  
Fort Myers, FL 39919

**(239) 946-4131**

[www.zionhealing.com/fortmyers](http://www.zionhealing.com/fortmyers)

# Compassionate Home Health: Excellence in Promoting, Maintaining, and Restoring Health

In the sphere of home health, a profound dedication to compassion intertwines seamlessly with the pursuit of excellence. It's not merely about administering care; it's a heartfelt commitment to promoting, maintaining, and restoring health for those entrusted to our care. Within this compassionate paradigm lies an unwavering passion for excellence, shaping the very essence of how we serve.

At the core of compassionate home health lies the understanding that each individual's journey toward wellness is unique. It's about recognizing the person beyond the ailment and establishing a profound connection built on empathy and understanding. This approach transcends the mere clinical routine; it cultivates a sense of trust, fostering an environment where individuals feel heard and cared for on a deeper level.

To promote health in the home setting requires a holistic view that extends beyond just physical wellness. It encompasses emotional support, mental resilience, and nurturing an environment that encourages overall well-being. It's about empowering individuals to take charge of their health while providing the necessary guidance and support to navigate the intricacies of their wellness journey.

Maintaining health within the confines of one's home demands a harmonious blend of expertise and personalized care. It involves meticulous planning, where every aspect of care is tailored to suit the unique needs of each individual. Whether it's managing medications, assisting with daily activities, or offering companionship, the goal remains unwavering – to maintain the highest standard of health and comfort.

However, the true essence of compassionate home health shines when restoration becomes imperative. It's during these challenging times that the dedication to excellence truly becomes palpable. Restoring health isn't just about addressing the physical symptoms; it's about instilling hope, inspiring resilience, and guiding individuals through the process of healing with unwavering support and encouragement.



A passion for excellence becomes the cornerstone in every facet of our service. It drives continuous improvement in the quality of care provided, propelling us to seek innovative approaches, staying abreast of the latest advancements in healthcare, and fostering an environment where learning and development are constant companions.

Moreover, this passion transcends individual roles; it becomes a collective commitment ingrained in the ethos of every caregiver, nurse, and therapist member. It's the unwavering dedication to going above and beyond, to not just meet but exceed expectations, ensuring that those we serve receive nothing short of exemplary care.

In the pursuit of excellence, compassion becomes the guiding light that illuminates every decision made and action taken. It's the willingness to listen intently, to hold hands during difficult times, and to celebrate victories – big or small. Excellence isn't just a standard; it's a way of life that echoes in every interaction, every treatment, and every smile shared.

Compassionate home health, driven by a passion for excellence, isn't merely a profession; it's a calling. It's a commitment to humanity, a dedication to making a tangible difference in the lives of those we serve. It's about transforming healthcare into an experience imbued with empathy, respect, and a relentless pursuit of the highest quality care.

In conclusion, the heart of compassionate home health beats in rhythm with the passion for excellence. It's a symphony where empathy, dedication, and expertise harmonize to create a melody of healing and hope. This compassionate pursuit of excellence defines our commitment to promoting, maintaining, and restoring health for those whose lives we touch, leaving an indelible mark of care and compassion.

## Coastal Breeze Home Health

We provide customized personal care to each of our patients under the supervision of a Registered Nurse:

- Mobility assistance
- Bathing, showering
- Grooming, dressing
- Meal preparation
- Light housekeeping
- Pick-up services – groceries, medications

**Our Goals** - To be the home health care agency of choice with patients and physicians in Southwest Florida. To be a prominent community member known for recognizing client's feelings and needs for dignity and respect by providing their healthcare needs in the comfort and familiarity of their own home, while communicating with family members who live all over the country. To be recognized as the only choice for Spanish Speaking Nurses, Therapists, CNAs (Certified Nurse Assistants) and HHAs (Home Health Aides).

Our personal care assistants are here to serve the Southwest Florida community:

- Lee County
- Charlotte County
- Collier County
- DeSoto County
- Sarasota County

## Insurance Providers:



**Coastal Breeze Home Health**  
Amazing People. Outstanding Care.

(941) 208-4463

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



# Health Insurance

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

## It is illegal for an insurance agent 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 an 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 guaranteed issue you may need to medically qualify. You can purchase a Medigap Plan during your 1st 6-month on Medicare Part B without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! **Especially important:** when you move you need to know your options. Can you keep the same plan? Do you need to make a change and what does that look like?



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

**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 Marketplace 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 the plans and can help educate and guide you through 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. The cost is the same as going directly with the insurance carrier, so why would you not seek free professional help from an agent that sells all or most of the companies in your area?

**Travel Insurance** – Did you know that most health insurance does NOT cover you outside of the country and that includes a cruise, in international

waters (4 miles out). Travel insurance is not just about trip cancellation but most importantly what if you got sick or had an accident on your trip. Medical Trip insurance is very important and most of the time not very costly when you weigh the benefits.

**Pet Insurance** – Your 4-legged family members need insurance as well, especially for the big sudden emergency room services. The younger the pet the less the cost of insurance and there are unlimited benefits as well.

**Life Insurance** – You are never too young to have life insurance and many types offer living benefits. As an example, I purchase life insurance for my grandchildren almost as soon as they are born. Their policy continues to build cash value that they can use during their lives, for maybe education, wedding or even a 1st home purchase. The younger you are the lower the cost.

**Long Term Care Insurance** – Overall, 48.7% of older adults with ADL difficulties (or an estimated 3 million persons aged 70 and older) reported needing some sort of personal assistance with one or more ADLs, and, of those individuals with need, 20.7% (or an estimated 629,000 persons) had an unmet need. Long Term Care Insurance helps pay for in home, or facility-based needs, such as assistance with acts of daily living or help with paying for a facility. Start shopping for this insurance in your 40's, but it's never too late to try. Your overall health will pay a major roll in the cost of the plan's premium. The sooner than later for affordability. Remember Medicare is NOT meant for Nursing Home Care/Skilled Nursing.

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

*To learn more about your options call to schedule an appointment contact: Logical Insurance Solutions for all your insurance needs, I am licensed in 36 states.*

**Logical  
Insurance  
Solutions USA**

**239.362.0855**

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

[info@Logicalinsurance.com](mailto:info@Logicalinsurance.com)

# THE FACEOFF: MEDICAL VS. LUXURY SPA FACIALS

## Decoding the Differences and Benefits

By Dr. Andrew Kontos

In the realm of skincare, the quest for flawless, radiant skin knows no bounds. From medical-grade treatments to indulgent spa experiences, there exists a spectrum of facial options promising rejuvenation and renewal. At Soluna Medical Aesthetics, clients are presented with a tantalizing choice: medical-grade facials like HydraFacial and SkinCeuticals versus the opulence of luxury spa facials featuring FarmHouseFresh Organic Vegan skincare products. Each path offers unique benefits, catering to diverse skincare needs and preferences.

### Medical-Grade Facials: Precision and Performance

Step into the realm of medical-grade facials, and precision becomes paramount. These treatments, exemplified by HydraFacial and SkinCeuticals, are engineered to deliver targeted results with clinical efficacy. HydraFacial, a revolutionary non-invasive procedure, employs patented technology to cleanse, exfoliate, extract, and hydrate the skin simultaneously. Utilizing a series of specialized tips and serums, HydraFacial addresses a myriad of concerns, from congested pores to fine lines and uneven texture.

SkinCeuticals, renowned for its scientifically backed formulations, brings pharmaceutical-grade ingredients to the forefront. Through customized protocols, SkinCeuticals facials address specific skin issues such as hyperpigmentation, acne, and aging. With potent antioxidants, exfoliating agents, and advanced delivery systems, these facials penetrate deep into the dermis, promoting cellular renewal and long-term skin health.

The allure of medical-grade facials lies in their ability to merge clinical expertise with cutting-edge technology. Under the guidance of skilled professionals, clients can expect personalized treatments tailored to their unique skin concerns. From instant luminosity to sustained improvements, the results are both visible and enduring, making medical-grade facials a staple in the quest for radiant skin.

### Luxury Spa Facials: Indulgence Redefined

On the opposite end of the spectrum, luxury spa facials beckon with their promise of indulgence and relaxation. At Soluna Medical Aesthetics, the



spotlight shines on FarmHouseFresh Organic Vegan skincare products, where nature's bounty meets spa-grade luxury. Crafted from natural, sustainably sourced ingredients, these products epitomize purity and efficacy, free from harsh chemicals and synthetic additives.

Luxury spa facials transcend mere skincare routines, offering a sensorial journey to rejuvenation. From aromatic botanicals to sumptuous textures, every element is curated to pamper the senses and soothe the soul. The FarmHouseFresh experience is a symphony of indulgence, where gentle exfoliation, nourishing masks, and revitalizing massages converge to unveil a radiant complexion from within.

Beyond the ephemeral bliss, luxury spa facials boast tangible benefits for the skin. Rich in vitamins, antioxidants, and essential fatty acids, FarmHouseFresh products nourish and replenish, leaving the skin radiant and revitalized. Moreover, the holistic approach of spa facials transcends surface-level concerns, promoting relaxation, stress reduction, and overall well-being.

### Choosing Your Path: The Art of Personalized Skincare

In the realm of skincare, there is no one-size-fits-all solution. The choice between medical-grade and luxury spa facials ultimately boils down to individual preferences, skin concerns, and lifestyle factors. For those seeking rapid results and targeted treatments, medical-grade facials offer a streamlined approach backed by science and innovation. Conversely, luxury spa facials cater to those craving a retreat from the hustle and bustle, embracing the therapeutic benefits of nature's bounty.

At Soluna Medical Aesthetics, the convergence of medical expertise and spa luxury creates a haven for personalized skincare journeys. Whether you embark on the transformative path of HydraFacial and SkinCeuticals or indulge in the sensory delights of FarmHouseFresh Organic Vegan skincare, rest assured that your skin is in expert hands. With each facial, a symphony of science and serenity unfolds, unveiling the true essence of beauty: confidence, luminosity, and inner harmony.

### Dr. Andrew Kontos

Dr. Andrew Kontos is a highly regarded board-certified dermatologist and fellowship-trained and board-certified Mohs micrographic and cutaneous oncology surgeon. Committed to providing high-quality skin care, Dr. Kontos stays current in medical advancements to continue offering the best care available for his patients. Compassion, accountability, respect, and excellence guide his patient-centered model of delivering positive outcomes. Dr. Kontos has been trained in the Euro-Thread Lift procedure since 2018 and recently received Advanced Threadlifting Certification.



Soluna  
MEDICAL AESTHETICS

Partnering with & Now Offering  
Cherry Pay  
Treat Now -  
Pay Later

0% Interest Monthly  
Payments

Fast & Easy

No Hard Credit Checks



8800 Bernwood Parkway, Unit 2  
Bonita Springs, FL 34135

239-317-2940

www.solunamedicalaesthetics.com



# HOME HEALTH SAFETY

By Julie S. Hurst-Nicoll, MBA, CMI, CMR - President, American Mold Experts

## The Importance of Humidity and Mold Checks

Maintaining a healthy home environment is crucial for overall well-being, particularly for vulnerable populations such as young children, those with other health issues and the elderly. Among the many aspects of home health safety, two often overlooked but significant factors are humidity control and mold prevention. These elements are intricately linked, as excessive humidity creates a conducive environment for mold growth, which can have detrimental health effects.

## The Role of Humidity in Home Health

Humidity refers to the amount of moisture in the air. While some humidity is necessary for comfort and health; excessive or insufficient levels can lead to problems. The ideal indoor humidity level is generally between 30% and 50%.

## The Dangers of Mold

Mold is a type of fungus that thrives in moist or humid environments. It reproduces through tiny spores that are not visible to the naked eye and can easily become airborne. In addition mold produces a byproduct in addition to spores called mycotoxins. A poison which causes illness. Once inhaled, these spores and mycotoxins can cause a range of health problems. The health risks associated with mold include:

- 1. Respiratory Issues:** Mold spores can trigger asthma attacks and allergic reactions, including sneezing, coughing, and throat irritation.
- 2. Infections:** People with weakened immune systems are at higher risk of developing fungal infections from mold exposure.
- 3. Toxic Effects:** Certain types of mold, such as *Stachybotrys chartarum* (black mold), produce mycotoxins, which can cause more severe health issues like chronic fatigue, headaches, and neurological problems.

## Why the Elderly Are More Susceptible

The elderly are particularly vulnerable to the health effects of mold for several reasons:

- 1. Weakened Immune Systems:** Aging naturally weakens the immune system, making it harder for the body to fight off infections and allergens.



- 2. Existing Health Conditions:** Many elderly individuals have pre-existing health conditions such as asthma, chronic obstructive pulmonary disease (COPD), or cardiovascular diseases, which can be exacerbated by mold exposure.

- 3. Reduced Mobility:** Limited mobility can make it difficult for the elderly to maintain a clean environment or to notice and address areas of excessive moisture or mold growth.

## Steps for Controlling Humidity and Preventing Mold

Effective humidity control and mold prevention require a proactive approach. Here are some practical steps to help maintain a healthy home environment:

- 1. Use a Hygrometer:** Regularly monitor indoor humidity levels with a hygrometer/humidity meter. Since rooms can vary based on air flow it's better to place several throughout the home. Place them where you are likely to view to keep monitoring. Aim to keep humidity between 30% and 50%. Seeing a jump can indicate a new water intrusion or malfunction in your HVAC.
- 2. Ventilation:** Ensure proper ventilation in high-moisture areas such as bathrooms, kitchens, and basements. Use exhaust fans (may have to leave on for longer than you plan on being there, leave the doors open to reduce moisture levels. Tip: Check how good your exhaust fan is working by placing a single piece of toilet paper by it to see if it is strong enough to hold at the fan. If not then replace with a stronger motor unit.

- 3. Dehumidifiers and Air Conditioners:** Use dehumidifiers in damp areas and air conditioners during humid months to maintain optimal humidity levels especially if you notice your humidity is not staying below 50%.

- 4. Fix Leaks Promptly:** Repair any leaks in roofs, walls, or plumbing to prevent moisture buildup. You typically have 24-48 prior to mold forming even if you cannot see. Remember mold is invisible to the eye until which time it has massively grown to a visual colony. Regularly check for signs of water damage underneath sinks, around tubs/showers, dishwashers and washers.

- 5. Use Mold-Resistant Products:** In areas prone to dampness, use mold-resistant drywall, paint, and insulation materials.

- 6. Regular Cleaning:** Clean and dry any damp or wet materials within 24-48 hours to prevent mold growth. Use mold-killing products for cleaning.

- 7. Professional Inspections:** Consider having a professional conduct regular inspections for mold and humidity levels, especially if you notice persistent issues.

## Conclusion

Maintaining proper humidity levels and preventing mold growth are critical components of home health safety. These measures are particularly important for protecting the health of the elderly, who are more susceptible to the harmful effects of mold. By monitoring humidity, ensuring proper ventilation, promptly addressing leaks, and using mold-resistant materials, homeowners can create a safer and healthier living environment. Regular mold and humidity checks are not just preventive steps; they are essential actions that contribute to the overall well-being and comfort of all household members.



**CALL TODAY to schedule an assessment!**  
239-572-2216 or visit [www.AMEswfl.com](http://www.AMEswfl.com)

**Julie S. Hurst - Nicoll,**  
MBA, CMI, CMR

President, American Mold Experts

Serving Central Indiana & Southwest Florida

(Other States for Mold Toxic Patients/Clients Upon Arrangement)

Mold Inspections, Testing & NON-Destructive Remediation

Clearance Testing is ALWAYS INCLUDED in Warranted Jobs (ex-

cluding States that forbid clearance by Remediation

Company, in Florida)

A+ Accredited Better Business Bureau (BBB)

IICRC Certified Company

FL License MRSR 3097, MRSR 3248

# Urgent Care for Common Injuries During the Summer Months

In the realm of healthcare, understanding the appropriate time to seek urgent care versus heading to the emergency room (ER) can significantly impact the speed and effectiveness of receiving medical treatment. This is especially pertinent during the summer months, a time often filled with school activities, sports events, and outdoor adventures, all of which can lead to various injuries. Knowing the difference between urgent care and the ER, and recognizing the appropriate scenarios for each, can ensure prompt and suitable medical intervention.

## Understanding the Basics: Urgent Care and Emergency Room

Before diving into specific situations, it's essential to distinguish between urgent care and the ER. Urgent care facilities are designed to manage non-life-threatening conditions that require immediate attention but do not qualify as emergencies. They are equipped to handle a wide range of injuries and illnesses quickly and efficiently. Conversely, emergency rooms are prepared for severe, life-threatening situations requiring immediate and comprehensive medical attention.

## Routine Physical Examinations: Urgent Care's Domain

For routine physical examinations, such as those required for school or sports participation, urgent care centers are often the most practical choice. These facilities can provide quick and thorough exams, ensuring students and athletes meet the necessary health criteria for participation in their activities. The convenience and prompt service offered by urgent care centers eliminate the prolonged waits often associated with ER visits, making them ideal for such non-emergency needs.

## Sports Injuries: Urgent Care First, Emergency Room for Severe Cases

Sports-related injuries are common during the summer, and the severity of the injury typically dictates where to seek medical attention. Urgent care centers are well-equipped to handle minor sports injuries, including sprains, strains, and contusions. These facilities can provide appropriate

treatments such as splints, braces, and basic wound care. However, if an injury involves severe pain, visible deformity, dislocations, or signs of a more serious condition (such as difficulty breathing or severe swelling), a visit to the ER is imperative. Immediate intervention in these cases can prevent further complications and ensure a smoother recovery process.

## Addressing Deep Cuts and Stitches: Urgent Care Expertise

Deep cuts and the need for stitches are scenarios where urgent care centers excel. These facilities have the resources to assess and treat lacerations promptly, from cleaning and disinfecting wounds to administering stitches. Urgent care ensures a swift response, minimizing the risk of infection and promoting faster healing. Nevertheless, if a cut is excessively deep, affects vital structures, or is associated with severe bleeding, a trip to the ER is necessary. The ER provides comprehensive care for such serious injuries, including advanced imaging and potential surgical intervention if required.

## Fractures and Sprains: A Tale of Urgent Care and Emergency Room

Fractures and sprains often leave individuals pondering whether to visit urgent care or the ER. Urgent care facilities are proficient in diagnosing and managing minor fractures and sprains, offering necessary splints, braces, and advice for at-home care. However, if an injury involves a visible deformity, intense pain, or the potential for complications, the ER is the more appropriate choice. Emergency rooms can conduct comprehensive imaging studies, such as CT scans or MRIs, and provide immediate interventions for complex fractures, ensuring that all necessary steps are taken for proper healing.

## X-rays with Immediate Results: A Boon in Urgent Care

One significant advantage of urgent care centers is their ability to perform X-rays and provide immediate results. This capability is particularly beneficial in cases of suspected fractures or other injuries requiring quick diagnostic confirmation. The swift availability of X-ray results at urgent care centers facilitates prompt decision-making, allowing for

timely initiation of the appropriate treatment plan. This efficiency can be crucial in managing injuries effectively and reducing patient anxiety by providing quick answers and a clear path to recovery.

**EKG Testing: Emergency Room for Critical Cases**  
Electrocardiogram (EKG) testing is exclusively conducted in the emergency room for critical situations related to the heart. Nevertheless, our urgent care facilities offer this service for college athletes undergoing sports physicals and for individuals experiencing symptoms like chest discomfort, rapid heart rate, or other relevant physical issues where an EKG aids in accurate diagnosis. In cases of a suspected heart attack or true cardiac emergency, seeking care in an emergency room is the most appropriate course of action.

In summary, understanding the appropriate context for visiting urgent care versus the ER can greatly enhance the treatment process during the busy summer months. For routine examinations, minor sports injuries, deep cuts needing stitches, and minor fractures, urgent care centers provide efficient and timely care. However, for severe injuries, visible deformities, or life-threatening conditions, the ER is the necessary destination. This knowledge helps ensure that individuals receive the right level of care promptly, aiding in quicker recoveries and better overall health outcomes.

PrimeHealth Urgent Care has Board Certified physicians and providers with 20+ years' experience to provide you with efficient, quality and affordable healthcare. PrimeHealth offers a wide range of services to provide treatment for both routine and complex illnesses and injuries. PrimeHealth accepts appointments and welcomes walk-in patients. We participate with most major insurances and offer affordable discounted rates to self-pay patients. PrimeHealth has both English and Spanish speaking providers and staff.



Your Health Is Our Priority  
[www.primehealthuc.com](http://www.primehealthuc.com)

5781 Lee Blvd, Ste 302, Lehigh Acres, FL 33971  
239-933-1603

20321 Grande Oak Shoppes Dr, Unit 308, Estero, FL 33928  
239-744-3808



# UNVEILING THE HIDDEN IMPACT OF PROCESSED FOODS

BY Kasey Cook, RN, Owner

In today's fast-paced world, convenience often outweighs consideration for nutritional value. Processed foods, with their allure of quick preparation and prolonged shelf life, have become staples in many diets. However, behind their convenience lies a hidden reality that often goes unnoticed: the depletion of essential minerals and the adverse impact on overall nutrition.

Minerals play a crucial role in maintaining various bodily functions, from bone health and immune system support to nerve function and energy production. Unfortunately, the processing of foods often strips them of these vital nutrients. The refining and manufacturing processes involved in creating processed foods remove or diminish minerals like magnesium, potassium, calcium, and zinc, which are essential for our well-being.

Take, for instance, the journey of grains. Whole grains, such as brown rice or whole wheat, contain valuable minerals in their natural form. However, the refining process to create white flour eliminates a significant portion of these minerals, leaving behind a product that lacks the nutritional punch of its unprocessed counterpart. Similar depletion occurs in the transformation of natural fruits and vegetables into sugary snacks or canned goods, where vital nutrients are lost in the processing stages.



This mineral depletion doesn't only affect the nutritional quality of processed foods; it also leads to potential health issues. Mineral deficiencies have been linked to various health problems, including weakened immune systems, bone disorders like osteoporosis, muscle cramps, fatigue, and even cardiovascular issues. These deficiencies, often exacerbated by diets high in processed foods, contribute to a growing public health concern.

What exacerbates this problem is the typical Western diet's reliance on processed foods. The convenience and ubiquity of these products make them difficult to avoid. However, as awareness grows about their nutritional shortcomings, there's a growing movement toward advocating for whole, unprocessed foods.

One way to counter mineral depletion and improve nutritional intake is to prioritize whole foods in our diets. Incorporating fruits, vegetables, whole grains, lean proteins, and healthy fats can significantly boost our mineral intake while providing a wide array of essential nutrients.

Furthermore, education plays a pivotal role in addressing this issue. Empowering individuals with knowledge about the impact of processed foods on mineral depletion and overall nutrition can drive informed dietary choices. Governments, health organizations, and communities can collaborate to promote nutritional literacy and emphasize the importance of whole foods in maintaining optimal health.

In conclusion, while processed foods offer convenience, their contribution to mineral depletion and compromised nutrition cannot be ignored. Understanding the hidden costs of these dietary choices empowers individuals to make informed decisions that prioritize health. By embracing whole, unprocessed foods and advocating for nutritional education, we can pave the way toward a healthier, mineral-rich future.

SWFL Health & Hydration provides services to help boost your immune system and will guide each client on the usages and benefits of IV therapy during the appointment.



**CALL TODAY!**  
**SWFL HEALTH & HYDRATION**

**239.410.8811**

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



## SIP & SEE

### Soluna Pop-Up Event

Bonita Springs, FL

- ✓ Wine & Finger Foods
- ✓ Multiple Vendors
- ✓ Clothing
- ✓ Jewelry
- ✓ Mini Facials & so much more!

**WHERE?**

Soluna Medical Aesthetics  
8800 Bernwood Pkwy, Unit 2  
Bonita Springs FL

**WHEN?**

Thursdays  
June 20th - July 18th - Aug 22 -  
Sept 19th

Call  
**239-317-2940**  
For more information



Soluna  
MEDICAL AESTHETICS



## IV VITAMIN THERAPY

**IV SERVICES:**

- IMMUNE BOOST
- NAD+
- MYERS BOOST
- HANGOVER BOOST
- BEAUTY BOOST
- SUPER BOOST
- FITNESS BOOST
- FASTVITAMIN

**INJECTIONS/ ADD-ONS:**

- GLUTATHIONE
- LIPOMINO
- B12
- NAD+



SwflHealthandHydration.com

239.410.8811

# Digital Dental X-ray Exams Lower Radiation Exposure

By Dr. Ricardo S. Bocanegra, DDS

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

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

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

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

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

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



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

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

## Dental X-rays and Safety Concerns

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

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

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

\*Source: American Dental Association



Ricardo S. Bocanegra, D.D.S.

## Porto Fino Dental

6805 Porto Fino Cir., Fort Myers, FL 33912

239-482-8806

[www.portofinodental.org](http://www.portofinodental.org)

# The Potential of CBD and THC for Treating Post-Traumatic Stress Disorder

**P**ost-Traumatic Stress Disorder (PTSD) is a severe condition that can develop after experiencing or witnessing a traumatic event. Symptoms like flashbacks, nightmares, anxiety, and hypervigilance can severely impact a person's daily life and well-being. While traditional treatments like therapy and medications can help, many people with PTSD struggle to find lasting relief. This has led researchers to explore alternative treatment options, including the use of cannabinoids like CBD and THC found in cannabis plants.

## Understanding CBD and THC

CBD (cannabidiol) and THC (tetrahydrocannabinol) are two of the most well-known compounds present in cannabis. CBD is non-psychoactive, meaning it does not produce the "high" associated with cannabis use. It has shown potential therapeutic benefits, including anti-inflammatory, analgesic, and anti-anxiety effects. THC, on the other hand, is the primary psychoactive compound responsible for the mind-altering effects of cannabis.

## The Potential of CBD for PTSD

Several studies have investigated the use of CBD as a treatment for PTSD symptoms, with promising results. CBD has demonstrated anxiolytic (anti-anxiety) and antidepressant properties, which could help alleviate the anxiety, fear, and emotional numbing associated with PTSD. Additionally, CBD may help reduce the intensity and frequency of nightmares and intrusive thoughts, common symptoms of PTSD.

## The Role of THC in PTSD Treatment

While THC can potentially exacerbate anxiety and paranoia in some individuals, research suggests it may have therapeutic value in treating PTSD-related nightmares. A small study found that synthetic THC (nabilone) significantly reduced the frequency and intensity of nightmares in participants with PTSD. However, careful dosing and monitoring are essential when considering THC for PTSD treatment.

## Combining CBD and THC

Some researchers are exploring the potential synergistic effects of combining CBD and THC for PTSD treatment. The theory is that CBD may help mitigate the potential adverse effects of THC, such as anxiety and paranoia, while enhancing its therapeutic benefits. A study published in the *Journal of Psychopharmacology* found that a combination of CBD and THC was more effective in reducing PTSD-related symptoms than either compound alone. However, more research is needed to understand the optimal ratios and dosages for a combined CBD and THC therapy approach.

## Moving Forward with Caution and Optimism

While the use of CBD and THC for PTSD treatment shows promise, more large-scale, well-designed clinical trials are needed to fully understand the potential benefits, risks, and optimal dosing and administration methods. Additionally, legal and regulatory challenges surrounding the use of these

compounds must be addressed, particularly in areas where cannabis remains illegal or heavily regulated.

Nonetheless, the potential of CBD and THC to provide relief for individuals suffering from PTSD is an exciting area of exploration. With continued research and a dedication to exploring safe and effective treatment options, these cannabinoids may offer new hope for those struggling with the debilitating effects of this complex mental health condition.

Additionally, it's crucial to address the legal and regulatory challenges surrounding the use of CBD and THC-based treatments, particularly in areas where cannabis remains illegal or heavily regulated.

## About Hemp Joi

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

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

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

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



**TRANSFORMING SMILES WITH COSMETIC DENTISTRY**

- SMILE MAKEOVERS
- DENTAL IMPLANTS
- TOOTH STRAIGHTENING
- CROWNS/VENEERS
- TOOTH WHITENING
- INVISALIGN

*You wear your smile every day of the year. Make it stand out. Make it Shine!*

**0% Interest free credit**  
and interest bearing options available  
**NO DEPOSIT REQUIRED**

[www.portofinodental.org](http://www.portofinodental.org)

**BOOK A CONSULTATION TODAY!!**  
6805 PORTO FINO CIRCLE, FORT MYERS, FL 33912 (239) 482-8806

**PORTO FINO DENTAL**  
family, cosmetic, & restorative dentistry



**HEMPJOI**

**FREE SAMPLES**  
TRY BEFORE YOU BUY!

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

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

**Exclusive Newsletter Discounts!**

**(239) 676-0915**  
**[hempjoi.com](http://hempjoi.com)**

9011 Daniels Pkwy #103  
Fort Myers, FL 33912

**\$10 off a purchase of \$50**  
Redeemable in store (with coupon)  
or use discount code **HealthWellness**  
at [www.hempjoi.com](http://www.hempjoi.com) for the discount online.



# Acupuncture for Migraines and Headaches: A Natural Path to Relief

By Dr. Mary Lambert, AP, DOM

**M**igraines and headaches can be debilitating, affecting millions of people worldwide. For many, these conditions can significantly disrupt daily life, leading to missed work, reduced productivity, and a decreased quality of life. Traditional treatments, while often effective, can come with unwanted side effects and may not provide complete relief. This has led many sufferers to explore alternative therapies, with acupuncture as one of the most popular and effective options.

## Understanding Different Types of Headaches and Migraines

Migraines are more than just severe headaches; they are a neurological condition characterized by intense, throbbing pain, often on one side of the head or behind the eyes. Symptoms can include nausea, vomiting, and sensitivity to light and sound. The exact cause of migraines is not fully understood, but they are believed to involve a combination of genetic, environmental, and neurological factors.

Tension headaches, the most common type of headache, typically present as a dull, aching pain across the forehead or the back of the head and neck. These headaches are often related to stress, muscle tension, or poor posture. Cluster headaches, though less common, are characterized by severe pain around one eye and occur in cyclical patterns or clusters.

Modern research suggests that acupuncture works by stimulating the nervous system and promoting the release of neurotransmitters and endorphins, the body's natural painkillers. This can help to modulate pain and improve overall well-being.

Acupuncture has been shown to be particularly effective in treating migraines and headaches. Here's how:

**Pain Relief:** Acupuncture can help to relieve pain by stimulating the release of endorphins and other pain-relieving chemicals in the brain. This can provide immediate relief from headache pain.



**Reduction in Frequency and Severity:** Regular acupuncture treatments have been shown to reduce the frequency and severity of migraines and headaches. This is due to the regulation of blood flow and reduction of inflammation in the head and neck.

**Stress Reduction:** Stress is a major trigger for many types of headaches, including migraines and tension headaches. Acupuncture promotes relaxation and helps to lower stress levels, which can prevent headaches from occurring in the first place.

**Improved Blood Circulation:** By promoting better blood circulation, acupuncture can help to prevent the constriction of blood vessels in the head, a common cause of migraine pain.

**Hormonal Balance:** Hormonal fluctuations can trigger migraines, particularly in women. Acupuncture can help to balance hormones, reducing the likelihood of hormonally induced migraines.

Numerous studies have demonstrated the effectiveness of acupuncture for migraines and headaches. A review published in the \*Cochrane Database of Systematic Reviews\* found that acupuncture is as effective as, or possibly more effective than, preventative drug treatment for the reduction of migraine frequency. Another study published in the \*Journal of the American Medical Association\* (JAMA) concluded that acupuncture is a viable option for patients seeking migraine prevention and is associated with a significant reduction in migraine frequency and intensity.

If you have never had acupuncture, here is what you can expect at your appointment. During an acupuncture session, the licensed practitioner will conduct a thorough assessment to understand your symptoms and overall health. This may involve questions about your headache patterns, lifestyle, and medical history. Based on this assessment, they will develop a personalized treatment plan.

The acupuncture treatment involves the insertion of the sterile acupuncture needles into specific acupoints on the body. These points are chosen based on their relevance to your symptoms and overall health. The needles are typically left in place for 20 to 30 minutes while you relax. Many people find the experience to be very calming and there is little to no pain.

If you're struggling with migraines or headaches and are seeking a natural, effective solution, acupuncture may be the answer. At Lambert Wellness Center in Estero, FL, Dr. Mary Lambert specializes in using acupuncture to treat a variety of conditions, including migraines and headaches. Dr. Lambert combines her extensive knowledge of traditional Chinese medicine with a compassionate approach to provide personalized care that addresses the root causes of your pain.

Take the first step towards a pain-free life. Schedule an appointment with Dr. Mary Lambert at Lambert Wellness Center today and discover how acupuncture can help you manage your migraines and headaches naturally.



**Call now to book your appointment: 239-776-4055**  
**Visit us: [Lambertwellnesscenter.com](http://Lambertwellnesscenter.com)**

**Experience the relief and balance that acupuncture can bring. Your journey to better health and well-being starts here.**



# FROM HOSPITAL HEALTHCARE LIMBO TO HOME

By Guest Author - Melissa Weigle

I spend a lot of time in the hospital. No, I am not fighting a rare disease or having some “work done.” In my line of work, it is well known that hospitals are full of people who need help figuring out the next right step. In my role as Advisor, Senior Living and Care with Senior Care Authority, I know a lot about helping people in difficult situations. It was during one of those hospital visits in late 2023 that I met David.

I was walking the halls with my social worker colleague when I noticed a man aimlessly wandering the hall behind a group of hospital residents. He was dressed in clothes that screamed, “I am not a medical professional!” but the group of eager physicians seemed content with their tagalong. I asked Mary about what I was seeing, and she said, “Oh, that’s just David.”

She went on to tell me that David was in what they refer to as “health care limbo.” It is more common than I knew. A variety of factors lead to patients being left in a hospital with no discharge options including language barriers, mental illness, or simply being abandoned. In David’s case, he had new medical needs that his caregiver could no longer handle and his financial resources were limited. Because a hospital cannot discharge a patient without a safe place to go, David spent more than 9 months occupying a hospital bed long after being medically needed while a team of social workers and discharge planners worked for a solution.

Patients in health care limbo cost hospital systems upwards of \$2,600 per day. In David’s case, his 325 day stay came with a nearly \$850,000 price tag. Not to mention the toll it took on his well-being, spending his days in a clinical setting reserved for the sickest individuals. Mary and I decided to team up and find David a better alternative.

Before we could do anything to assist David, he first needed a legal representative, someone to assist with making health care decisions in his best interest. A guardian is a surrogate decision maker appointed by the court for these situations. While guardians are largely known for helping minors, adult guardianship is a growing need, especially in Florida.



When patients are in healthcare limbo many nursing facilities and assisted living communities are apprehensive about admitting them into their community. These patients can be labeled as difficult or raise red flags, at no fault of their own. Just making phone calls and inquiring about openings was not enough in David’s case. The team needed to build a story of need so an assisted living community would consider taking a second look.

And I found just that community nestled in North Collier County. A new team of Executive Director and Sales Manager were open to meeting David to see how they could help. On their first visit, David was in the 4th floor hospital lobby, watching the news and paging through the newspaper. He could have easily passed as a nervous family member awaiting news of his first grandchild. After spending time with David they saw he needed out of the hospital and into a room of his own with comfy furnishings, home cooked meals, and daily activities to stimulate his brain and body. They were on board!

The thumbs up from the community was a big hurdle, but bigger still, we had to figure out how to pay for it. The process of applying for Medicaid is lengthy. If we waited for approval, David could spend another three to six months institutionalized.

The team met and the plan was set....we would ask the hospital system to cover the cost of his care until Medicaid services could be approved.

Hospital systems have what is known as a benevolent care program, with a purpose of supplementing the expenses of medical care, which could include writing off a hospital bills, finding accommodations for a mother who needs a place to stay while her newborn is receiving life saving care, funeral and burial arrangements, and in our case, paying for assisted living community until Medicaid could be finalized.

The hospital system approved our proposal and after three full seasons on the intermediate care floor, David attended his going away party complete with balloons, noise makers and his favorite meal of roast beef and mashed potatoes, made special by the hospital dining services. His doctors, therapists, nurses, discharge planners, custodians, and hospital administrators showed up to see him off. We even found a transport company willing to donate their services. And his first full day at his new assisted living home was marked with eggs to order, cuddles with baby goats, and happy hour with dueling pianos. What a stark change from the clinical halls of the hospital to the homey living room of the assisted living community.

I love what I do, but never more than when I was able to build a team of like minded professionals with one goal: to find David a place to live that was warm, comfortable, and safe.



Senior Living and Care Solutions

239-330-2133 | [www.scanyfl.com](http://www.scanyfl.com)

# CRYSTAL PERSONALIZATION AT HEALING CRYSTAL TUNNEL

**W**hat is the meaning of crystal personalization? Personalizing a crystal consists of aligning the vibrational frequencies of the crystal or in some cases a certain range of frequencies of the crystal with the frequencies of a specific person. All crystals, just like everything that exists in this and all universes, are fundamentally based on vibrational frequencies. From their unimaginable small beginnings, starting their process of alienation and transformation, more infinitely unimaginable small fractions of time. This "time" is nothing like we know here on earth. These vibrations are already pure energy, magnetism, existence and non-existence, creation and negation, in addition to being components of the whole in and of themselves.

During the process of crowding, combination, adaptation, mixing, alignment, and harmonic condensation, the vibrations increase their density. They share information to create the visible and invisible, the perceptible and the imperceptible. Within one of these billions of vibrational paths one can identify and define crystals. The crystals are capable of receiving, storing processing, and sharing information, which in turn is vibration moving at different frequency scales. All these crystals, even in their extremely pure form, already accumulate information. This information comes in the form of exploitation, recollection, transportation, storage, and all the extensive manipulation. The crystals ultimately absorb an especially wide range of emotional impressions contributed mostly unconsciously by those who came into direct contact with them. In our existence and within the immense dimensionality of vibrations of which we are composed, we share specific vibrational frequencies with each and every one of the crystals.

Crystals are possible to manipulate by creating a direct alignment with the vibrations of a specific imbalance due to multiple circumstances. It is also possible to program crystals so they interact directly by collecting, accumulating and processing low-density vibrations, which could be affecting an organ and/or organism. For this it is necessary to **FIRST**: perform an Energetic Cleanse, eliminating all possible vibrational contamination collected previously, during this process, communication with the crystal begins by opening one of its vortices, thus being able to enter the interior of his library, which is composed of multiple hallways, levels and sub-levels. Reading, visualizing and identifying the crystal's content. Once this intervention has been carried out, it is necessary to equalize the vibrations that are not its own. In this case we could assimilate as surgical energy blockages, proceeding to remove and eliminate all that unwanted information.

**SECOND:** Energization; which consists of raising the level of resonance through the spiral application of frequencies of the same intensity. As a result, the expansion or amplification of its energy level will be expressed in the form of sensory resonance so one can feel between other things during the alignment or personalization process.

**THIRD:** Personalization; consists of synchronizing the vibrational memory of the crystal with the cellular memory of the energy fields with whom the crystal has possession, specific and according to each particular case. Multiple steps taken through each case the harmonic alignment of high-frequencies vibratory impulses of the crystal, with the vibrational frequencies of an organic being that oscillate at the same energy levels of the crystal, creating a protective field that surrounds the organism or part of it with the crystal.

Giving the crystal a specialized and specified ability, depending on the necessity for collecting, blocking, minimizing and/or canceling possible negative interactions that could be influencing the individual's magnetic field.

**Next, low energy levels;** by intersecting the high energy sources of the clean and energized crystal with the vibrational imbalances of an organism or one of its organs, it is possible to raise the degree of energy by channeling the amplified emissions of the energetic level of the crystal. To summarize, in order to **PERSONALIZE** a crystal, it must go through the process of alignment, channeling, attunement of energy levels and intensity of vibratory frequencies of the crystal, which is connected with those of any organic being.

### The Journey to Self Renewal

HEALING CRYSTAL TUNNEL will provide the skills and benefits of being present, focusing your energy, and reconnecting with yourself. Slow down your mind, bring clarity to your thoughts, and experience personal growth. Are you still struggling for answers? Give us a try. We have many patients who have been all over the world getting treatment the traditional way with no resolution. We strive to transform your current life into a new beautiful life path, which you never knew existed!

- CLARITY OF THE MIND • REDUCE LONELINESS • HELP WITH GRIEF • STRESS REDUCTION • REDUCE OR ELIMINATE PAIN • HORMONAL BALANCE • IMPROVE SLEEP • ELEVATE MOOD • DEEP RELAXATION • EMOTIONAL/PHYSICAL DISTRESS • IMPROVE SELF-ESTEEM • PINEAL GLAND AND PITUITARY ACTIVATION • REACTIVATE AND ALIGN CHAKRAS • SERENITY AND PEACE • BALANCE YOUR EMOTIONAL BODY • ENERGETIC EXPANSION • BROADEN CONSCIOUSNESS • DISCOVERING SELF TRUTH AND AWARENESS • UNRESOLVED HEALTH ISSUES • ADDICTION PROBLEMS • BACK PAIN • SPINAL ISSUES • PET HEALING, FOR PET INJURIES AND ILLNESS TOO!

### HEALING CRYSTAL TUNNEL

3960 Radio Rd suite 108, Naples, FL 34104

239-285-0071 | [www.HealingCrystalTunnel.com](http://www.HealingCrystalTunnel.com)

## URGENT HEALTHCARE SERVICES

**Your Health is Our Priority**

**Alfonso L. Espinel, MD**  
Medical Director

5781 Lee Blvd, Ste 302, 20321 Grande Oak Shoppes Dr,  
Lahigh Acres, FL 33971 Unit 308, Estero, FL 33928  
239-933-1603 239-744-3808

Walk-Ins Welcome



[primehealthuc.com](http://primehealthuc.com) • SE HABLA ESPAÑOL • [info@primehealthuc.com](mailto:info@primehealthuc.com)

## Price Sonkarley, MD

Specializing in Ear, Nose and Throat Disease, Allergy, Hearing Care and Hearing Aids

Introducing Price Sonkarley, MD,  
the new owner of Mark Montgomery, MD PA



Price Sonkarley, MD  
Board Certified Otolaryngology



Kathy Rocuant, Aud, FAAA  
Board Certified Doctor of Audiology



Carly Trelbits, PA-C  
Board Certified Physician Assistant

239.495.6200 • [DrMarkMontgomery.com](http://DrMarkMontgomery.com)

Sunshine Plaza | 9240 Bonita Beach Rd., #1106

# When You Are At Your Wits End

By Pastor Timothy Neptune - [www.venturenaples.com](http://www.venturenaples.com)

**H**ave you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what's something to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

*<sup>23</sup>Others went out on the sea in ships; they were merchants on the mighty waters. <sup>24</sup>They saw the works of the LORD, his wonderful deeds in the deep. <sup>25</sup>For he spoke and stirred up a tempest that lifted high the waves. <sup>26</sup>They mounted up to the heavens and went down to the depths; in their peril their courage melted away. <sup>27</sup>They reeled and staggered like drunken men; they were at their wits' end. <sup>28</sup>Then they cried out to the LORD in their trouble, and he brought them out of their distress. <sup>29</sup>He stilled the storm to a whisper; the waves of the sea were hushed. <sup>30</sup>They were glad when it grew calm, and he guided them to their desired haven. <sup>31</sup>Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men.* Psalm 107:23-31

**Can you relate to this group of sailors?** Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your

own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



## LAMBERT WELLNESS

Lambert Wellness is a leader in the wellness, health, and spa industry with over 30 years of combined experience.

Call or Text to book your **FREE Consultation**  
**239-776-4055**  
[www.LambertWellnessCenter.com](http://www.LambertWellnessCenter.com)  
 Lambert Wellness MA40606  
 9990 Coconut Rd., Estero FL 34135

- Acupuncture
- Cold Laser
- Chinese Herbal Medicine
- Injection Therapy
- Massage Therapy
- Organic Custom Facials



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



**Cynthia Perthuis, CDP, CADDCT, CSA**  
 Owner of Senior Care Authority of New York and Southwest Florida.  
 Has supported over 10,000 families across the US.  
**239-330-2133**  
[cynthia@seniorcareauthority.com](mailto:cynthia@seniorcareauthority.com)

Senior Living and Care Solutions  
[www.scanyfl.com](http://www.scanyfl.com)

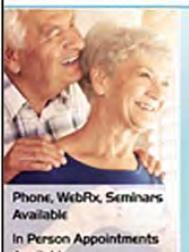
## Logical Insurance Solutions USA

**239.362.0855**

Save Money. Gain *Peace of Mind.*

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

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



Other services but not limited to:

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

Phone, WebRx, Seminars Available  
 In Person Appointments Available

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

2161 McGregor Boulevard  
 Suite C, Fort Myers, FL, 33901  
[info@logicalinsurance.com](mailto:info@logicalinsurance.com)  
**239.362.0855**  
[www.logicalinsurance.com](http://www.logicalinsurance.com)  
 Family Owned and Operated Since 2007.



## Coastal Breeze Home Health

Amazing People. Outstanding Care.

We have a heart for caring

*Our Services:*

- Skilled Nurses
- Therapists
- Certified Nurse Assistants
- Pediatric Home Care




**(941) 208-4463**  
[www.coastalbreezehh.com](http://www.coastalbreezehh.com)

AARP OPTUM 110Care carecentric Humana. ACCREDITED sunshine health. UnitedHealthcare

*BUILDING THE  
BODY  
OF YOUR DREAMS*

*MEDICAL GYM  
MEMBERSHIP*

STRENGTHEN MUSCLE

LOSE FAT

TIGHTEN & TONE

MAINTAIN YOUR  
HARD EARNED RESULTS

**GARRAMONE**

BOARD CERTIFIED PLASTIC SURGEON

FACE BREAST BODY INJECTABLES SKIN SKINCARE

239-482-1900 | GARRAMONE.COM

12998 SOUTH CLEVELAND AVENUE | FORT MYERS, FLORIDA