

SOUTHWEST FLORIDA'S

Health & Wellness[®] MAGAZINE

September 2025

Lee Edition - Monthly

www.swfhealthandwellness.com

FREE 

**STEP INTO
YOUR BEST
LIFE**

**AGING
EYES:
ALL ABOUT
CATARACTS**

Albert Smolyar, M.D.

LASIK, Cataract & Lens
Replacement Surgeon



 A US EYE COMPANY

**HEALTHY
AGING**

**The Promise of
Stem Cell Therapy**

**HURRICANE
PREPARATION
GUIDE**

**2025
Hurricane Season
ARE YOU
READY?**

**WHY GO ABROAD
FOR PROCEDURES
THAT CAN BE DONE
HERE IN FLORIDA?**

Delivering Smiles For *Life*

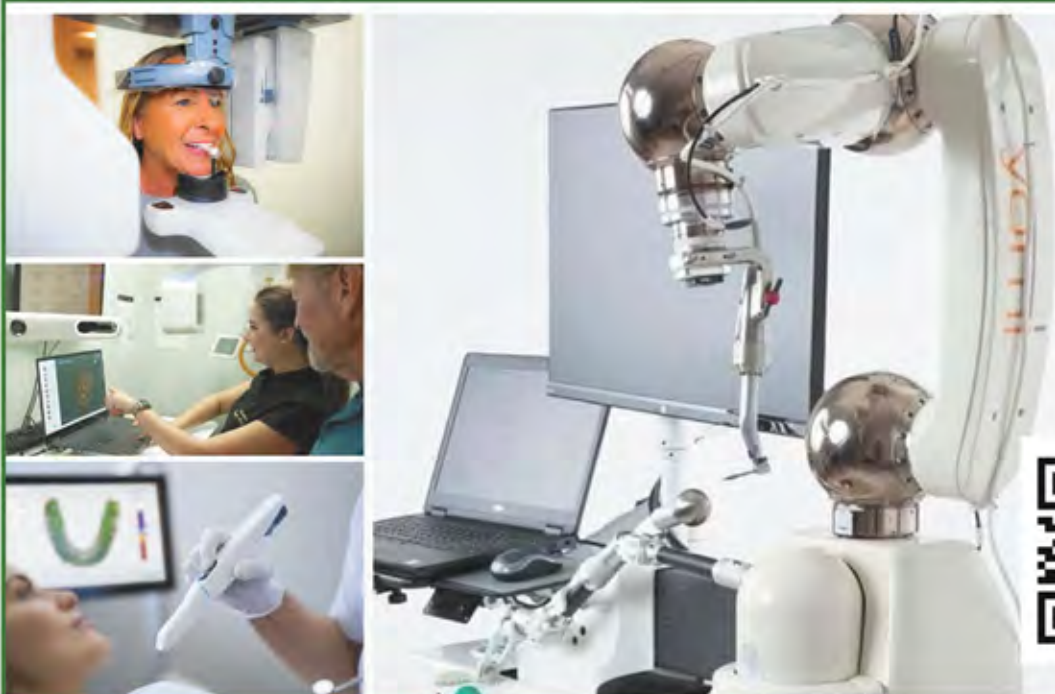
HUSBAND AND WIFE DENTAL TEAM DR. EUGENE TITOV | DR. OLGA TITOV

If you're seeking exceptional dentistry in Fort Myers and Naples, FL with full services under one roof, you've found the right practice. Top skills and our in-house lab enable us to deliver fully functional, beautiful smiles that will improve your quality of life!

When you visit our dental office, we encourage you to openly discuss your oral health challenges and work with us as a partner to determine the optimal treatment to meet your smile and budget needs.

**Because You Deserve An Above
And Beyond Dental Experience**

**Call Us to Find Out About Our
Full Mouth Dental Implant Options!**



NAPLES BEST ROBOT-ASSISTED IMPLANT OFFICE



239-300-0290

www.marshcovedental.com

6654 Collier Blvd., Ste 104, Naples, FL 34114
12431 Brantley Commons Ct, Fort Myers, FL 33907



Advanced Laser and Cataract Center: **PRECISION REDEFINED**

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

CONTENTS SEPTEMBER 2025

- 6 Aging Eyes: All About Cataracts
- 7 Hurricane Preparation Guide: 2025 Hurricane Season
- 8 Marsh Cove Dental Brings Specialized Full-Arch Implant Expertise to Fort Myers
- 10 How Often Should You Replace Your Hearing Aids?
- 11 Fit for Life: Rid the Neck Pain
- 12 Alignment Matters: Unlocking Strength, Balance, and Longevity with Pilates
- 13 Peripheral Artery Disease: A Silent Threat Starting in Your Feet
- 14 Step Into Your Best Life: The Critical Role of Proper Foot Care
- 15 Healthy Aging: The Promise of Stem Cell Therapy

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 2025. 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.



NOW HIRING CERTIFIED PILATES INSTRUCTORS!

You're certified. Now it's time to feel supported!

- Full Classes
- Benefits & Career Advancement
- Supportive Team Environment

Work with a team of passionate, supportive women at Club Pilates in Estero, Ft Myers, and Cape Coral.

We offer health insurance, PTO, 401(k), education reimbursement, and full classes ready for you.

Apply Now



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

- 16 Thriving Through Gynecologic Cancer:
The Power of Integrative IV Therapies
- 17 VIO Med Spa Introduces New Aesthetic Treatments
for Enhanced Natural Beauty
- 18 Memory Matters
- 19 Why Go Abroad for Procedures that Can Be Done
Right Here in Florida?
- 22 Planning for Tomorrow: Understanding How Your
Assets Will Pass to Your Loved Ones
- 24 Increasing Cancer Rates Since COVID-19's Appearance:
Is There a Connection?
- 26 Understanding De Quervain's Tendinitis:
A Modern Epidemic of the Digital Age
- 27 Get Moving! Healthy Physical Activity Habits Can Last a
Lifetime: Exercise is Medicine
- 28 Understanding Osteoporosis, Compression Fractures
and Kyphoplasty
- 30 Are You Struggling with Urinary Incontinence?
- 32 Teeth Whitening Tips
- 34 Stress Management
- 35 What is Rhinitis? An In-Depth Look at this Common
Nasal Condition
- 36 Mobile Rehab & Lymphatics: Gold-Standard Therapy,
Delivered to Your Door
- 37 Hurricane Season and Your Medical Insurance,
How is it Affected?
- 38 The Art of Aging Gracefully: Why Skin Checks Matter
at Art of Dermatology
- 39 Spiritual Wellness: Hope and Optimism



InHome Regen LLC

Regenerative and Anti-Aging Therapies DELIVERED TO YOUR DOOR

InHome Regen brings regenerative and anti-aging procedures directly to your home. We focus on helping you look and feel your best using advanced wellness therapies — all from the comfort of your own space.

Our Services Include:

- **NAD+ Therapy, Peptides and Vitamin Cocktails:**
Boosts your energy, mental clarity, and overall vitality.
- **Exosome Microneedling:** Promotes skin regeneration and a youthful appearance using cutting-edge cell-derived technology.
- **Wharton's Jelly Joint Injections:** Helps relieve joint discomfort and enhance mobility using naturally sourced regenerative materials, guided by advanced ultrasound technology.
- **Stem Cell Procedures:** Tailored support for rheumatological, neurological, and wellness applications including vitality and intimate health enhancement.

InHome Regen offers personalized, professional care designed for busy individuals who want the benefits of advanced medical procedures without going to a clinic.



ARE YOU READY TO GET STARTED?

Axel Ruiz, MD, DABFP, CWS
Board Certified & Member of American
Academy and Board of Regenerative Medicine

InHomeRegen.com
inhomeregen@gmail.com
(855) 734-3620

AGING EYES: ALL ABOUT CATARACTS

By Albert Smolyar, M.D.

As the years gracefully add to our age, our bodies go through various changes. Among these changes, our eyesight tends to be one of the most noticeable. One common issue that can arise with age is the development of cataracts. These cloudy patches that form within the lens of the eye can significantly impact our vision and overall quality of life. In this article, we will delve into the world of healthy aging and explore the intricacies of cataracts, shedding light on their causes, symptoms, prevention, and treatment.

Understanding Healthy Aging

Aging is a natural part of life's journey, and taking care of our bodies becomes paramount as we grow older. This includes paying close attention to our eyes, which play a crucial role in how we perceive the world around us. Just like other parts of our body, our eyes go through changes as we age. While some decline in vision is considered normal, conditions like cataracts can amplify these changes and lead to more significant challenges.

Cataracts Unveiled

Cataracts are a prevalent eye condition among the aging population. They occur when the proteins in the lens of the eye begin to clump together, causing cloudiness and opacity. This clouding obstructs the passage of light, leading to blurry and less vibrant vision. As cataracts progress, they can hinder daily activities such as reading, driving, and recognizing faces.

Causes and Risk Factors

While aging is the primary contributor to cataracts, other factors can accelerate their development. Prolonged exposure to ultraviolet (UV) rays from the sun, smoking, diabetes, and certain medications are some of the potential triggers. Genetics can also play a role; if cataracts run in your family, you may have a higher risk of developing them.

Recognizing the Symptoms

Cataracts don't usually show up overnight. Their onset is gradual, and symptoms might not be immediately noticeable. Initially, you might experience increased glare from lights, difficulty seeing in low-light conditions, or the perception that colors are becoming dull. As the cataracts progress, your prescription for eyeglasses or contact lenses might change more frequently, and you may find that you need brighter lighting to read.

Prevention and Management

While cataracts are a natural part of aging, there are steps you can take to potentially delay their onset or manage their progression. Protecting your eyes from excessive UV exposure by wearing sunglasses with UV protection is a wise measure. Eating a balanced diet rich in antioxidants, like vitamins C and E, may also contribute to eye health. Additionally, quitting smoking and managing conditions like diabetes can play a significant role in preventing cataracts.

Treatment Options

When cataracts begin to significantly impact your daily life and activities, surgical intervention might be necessary. Cataract surgery is one of the most common medical procedures performed worldwide and is generally safe and effective. During the surgery, the cloudy lens is removed and replaced with an artificial intraocular lens (IOL). This painless procedure takes only minutes per eye, and often results in improved vision, reduced dependence on glasses, and an enhanced quality of life.

Premium IOL Options

Not only does cataract surgery restore visual clarity by removing the clouded lens, but it allows patients the opportunity to turn back time and upgrade their IOL option to select an intraocular lens that can reduce or even eliminate the need for glasses and contact lenses following surgery. These premium lenses are a great option for patients seeking to further improve their visual acuity following cataract surgery.

Embracing Healthy Aging

As we age, it's essential to be proactive about our eye health. Regular eye examinations can help detect and manage conditions like cataracts early on. Moreover, adopting a healthy lifestyle that includes a balanced diet, regular exercise, and the avoidance of harmful habits can contribute to the well-being of our eyes and overall vitality.

In conclusion, aging eyes bring along various changes, and cataracts are a significant concern that can affect our vision and quality of life. Understanding the causes, symptoms, prevention, and treatment options for cataracts empowers us to take control of our eye health as we age. By embracing healthy habits and seeking timely medical advice, we can ensure that our eyes continue to serve us well throughout the journey of life.



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 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 | SWFeye.com

6850 International Center Blvd., Fort Myers

11176 N. Tamiami Trail, Naples

2221 Santa Barbara Blvd., #107, Cape Coral

HURRICANE PREPARATION GUIDE: 2025 HURRICANE SEASON

Ensuring your safety during hurricane season is a lot like taking care of your health. Regular checkups, including exams, screenings, and immunizations, can help prevent or detect health issues early, when treatment is most effective.

The same principle applies to preparing for hurricane season, which ends November 30, 2025. Whatever the weather brings, preparation remains key when it comes to your health and medical needs.

First things first: Know the locations of special care shelters

Larry Antonucci, M.D., MBA and President & CEO of Lee Health, says a key component of preparing for hurricane season is determining if you or a loved one will need access to a special care shelter.

"Lee Health hospitals and facilities are not hurricane shelters," Dr. Antonucci says. "If you or a loved one requires assistance that exceeds services provided at a general population shelter, you must preregister with Lee County Emergency Management."

The Special Needs program is free for Lee County residents. The program provides shelter for people who live in a home and/or area exposed to storm surges or wind and for people who lack other places of safe shelter. The service also includes transportation to a shelter for anyone in need.

Medical supplies, prescriptions, and other essentials

If you rely on medical equipment, write down key details — such as the size, manufacturer, and your account and company information, Dr. Antonucci advises.

"Make sure you stock up on batteries, especially if your equipment requires specialty types that may take time to order. Also, take inventory of other medical supplies you may need, like catheters, dressings or items related to dietary restrictions, to ensure you have enough on hand.



"Ahead of a storm, be sure you have refills of your prescription medications and other essential medical supplies, like oxygen," Dr. Antonucci says. "Florida law allows pharmacies to fill prescriptions in advance during hurricane warnings.

"Think ahead, too," Dr. Antonucci adds, "about preserving refrigerated drugs, like insulin, in case the power goes out — be sure you have enough ice to keep them cool for several days. If you have questions about your drug's safety following a storm and power outage, you can contact poison control for assistance."

He cautions that if you use a generator, follow all safety guidelines.

"Unfortunately, improper generator use is one of the leading causes of injury and death after a storm," he notes. "Always operate generators outdoors and away from windows."

Lee Health Emergency Management Hub can help you prepare

Lee Health's Emergency Management Hub helps you stay informed so you can prepare in the event of any disaster, including hurricanes.

You'll find information and checklists on what to do before, during, and after a natural disaster or public health emergency.

- Hurricane Preparedness Resources and Helpful Links
- Food and Water Supplies
- Emergency Action Plan
- Emergency Updates



2025 Hurricane Season: Lee Health Is 'Storm-Ready' for you

Of course, we can't predict the future, but whatever this hurricane season brings, Lee Health's StormReady program is ready to help.

The program helps arm our communities with the communication and safety skills needed to save lives and property before, during and after an event, according to Tashawna Gaines, Emergency Preparedness Manager for Lee Health.

"Our StormReady program addresses the heightened risk of extreme weather and water-related events in our region," Tashawna says. "All Lee Health hospitals are certified as 'StormReady' by the National Oceanic and Atmospheric Administration. That means Lee Health has met a rigorous set of federal standards that help educate and prepare our communities on how to stay safe in a severe weather event."





Marsh Cove Dental Brings Specialized Full-Arch Implant Expertise to Fort Myers

By Dr. Eugene Titov and Dr. Olga Titov

Residents of Fort Myers and surrounding communities will soon have access to world-class dental implant care as Naples-based Marsh Cove Dental announces the opening of their new specialized facility. Unlike traditional dental expansions, this new location will focus exclusively on providing revolutionary full-arch dental implant treatments, bringing their cutting-edge technology and unparalleled expertise to Lee County.

Specialized Full-Arch Implant Center

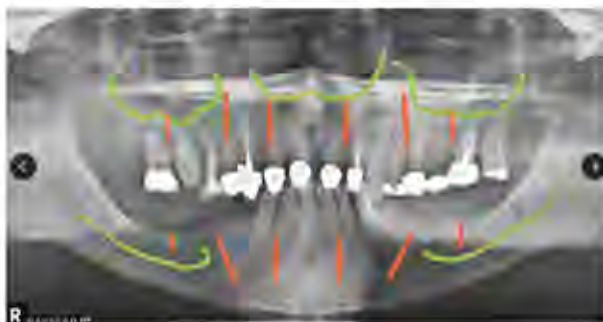
The new Fort Myers location will exclusively focus on full-arch dental implants — also known as All-On-4, Teeth-In-A-Day, or Same-Day Teeth — making them Southwest Florida's premier destination for this life-changing procedure. By concentrating solely on full-arch treatments, Marsh Cove's specialized team performs these complex procedures daily, offering a level of expertise unmatched by offices that only occasionally offer such services.

"Our decision to focus exclusively on full-arch dental implants in Fort Myers stems from recognizing a significant gap in specialized care in the area," explains Dr. Titov, the practice's leading implant specialist. "We're bringing an alternative to corporate chain offices that often treat patients as just another number. Our patients consistently tell us how different their experience feels with our personalized approach."

State-of-the-Art Technology Under One Roof

The Fort Myers facility will house Marsh Cove's complete suite of advanced technology, including their 3D CBCT scanner, RayFace Scanner, 3Shape digital scanner, and in-house dental lab. Additionally, the revolutionary Yomi robot-assisted implant system will be coming to the Fort Myers office, bringing the precision of robotic guidance to select implant procedures. This FDA-cleared robotic system provides real-time guidance during implant surgery, ensuring placement accuracy to within fractions of a millimeter while allowing Dr. Titov to maintain complete control throughout the procedure.

A standout feature of their approach is the in-house manufacturing capability. Using digital scans taken before and during surgery, the team designs and creates temporary arches on their 3D printer within hours of implant placement, ensuring every patient



leaves with functional teeth the same day as surgery. Final restorations are milled in their on-site lab using zirconia, dentistry's strongest material.

Advanced Solutions for Complex Cases

Marsh Cove Dental has built a reputation for successfully treating patients previously told they weren't candidates for full-arch implants due to bone loss. While less experienced providers might require extensive sinus lifts and bone grafting, Dr. Titov often employs zygomatic implants, anchoring into the cheekbone and eliminating the need for sinus procedures.

"We routinely welcome patients who've been turned away elsewhere," shares Dr. Titov. "Our advanced techniques allow us to provide solutions even in challenging cases with significant bone loss."

Comprehensive Care with Patient Safety Focus

Another distinguishing element of their approach is the use of dedicated anesthesia professionals. Unlike many practices where the dentist manages both sedation and the surgical procedure, Marsh Cove partners with licensed anesthesiologists and CRNAs, allowing Dr. Titov to focus exclusively on the dental procedure while ensuring optimal patient safety.



"Having dedicated anesthesia professionals is especially valuable for medically compromised patients," explains the practice manager. "It also significantly reduces sedation time, as Dr. Titov can work efficiently without dividing his attention."

The new Fort Myers location will maintain Marsh Cove's signature comprehensive care model, from complimentary consultations with transparent treatment planning to personalized support throughout the healing process. Patients can schedule a consultation to view before-and-after transformations, hear patient testimonials, and experience firsthand the difference specialized care makes.

For Fort Myers residents seeking an alternative to corporate dental chains for full-arch implant treatment, Marsh Cove Dental offers the rare combination of specialized expertise, advanced technology, and personalized care, all under one roof. Schedule your complimentary consultation today at (239) 300-0290 to discover how our life-changing full-arch implant solutions can restore both your smile and confidence—and see why our patients consistently recommend us as Southwest Florida's premier dental implant specialists.



239-300-0290

www.marshcovedental.com

12431 Brantley Commons Ct., Fort Myers, FL 33907
6654 Collier Blvd, Ste 104, Naples, FL 34114

See What Our Patients Say



REGINA M.

After five disappointing consultations elsewhere, Regina found hope at Marsh Cove Dental who provided detailed explanations and complete transparency about her 4-on-4 dental implant surgery. Despite suffering from dental anxiety, she never felt anxious during any visit with the caring staff who treated her like family. With her brand new smile, Regina has gained new confidence and can finally enjoy foods she hasn't been able to eat for a long time.



DANIEL B.

My name is Daniel and for me Marsh Cove Dental is the best dentist office I've ever been to - their knowledgeable staff took time to explain procedures, answer all my questions, and they've gone above and beyond my expectations.



CHRIS S.



PAMELA F.

Pamela enthusiastically recommends Dr. T and the staff at Marsh Cove for dental implants, highlighting their exceptional care, the doctor's perfectionism, and how the experience transformed her smile and life.



KAREN W.



CHERYL D.



JOHNNY

My name is Johnny I was very happy with my experience at Marsh Cove Dental... **so happy in fact**, I brought my friend in to have his teeth fixed also.

The Doctor has a very discerning eye and my outcome was **aesthetically pleasing and most importantly functional**. Dr. Titov has state of the art digital technology and an on-site lab. The staff very knowledgeable, kind and caring and make you feel like one of the family.



PAMELA

My name is Pamela and I **give Marsh Cove 5 Stars!!!** From my first visit to my most recent visit I have only great things to say. Everyone is so friendly and knowledgeable, patient and kind. **All my questions were answered and my anxiety was addressed not only in person but also via telephone.** I had 17 teeth pulled and permanent implant supported "dentures" placed. Following all directions and taking products provided I had very little swelling, no bruising and returned to work in 5 days!

I highly recommend Dr. Titov and all his group at Marsh Cove Dental and Implant Center.



TOBY R.



MIKE S.

How Often Should You Replace Your Hearing Aids?

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

My patients often ask me: "How often should I replace my hearing aids?" The answer to this question can depend upon a number of important factors. Some of these factors are:

- Are your current hearing aids functioning well?
- Are your current hearing aids fully meeting your hearing needs?
- Are your current hearing aids 4–6 years old?
- Is it worth upgrading to take advantage of new hearing aid technology?

Hearing aids play a crucial role in improving the quality of life for individuals with hearing loss. However, like any technology, they are not immune to wear and tear over time. The question of how often you should replace your hearing aids is a common concern for those who rely on these devices. While there's no one-size-fits-all answer, several factors can guide the decision-making process.

Hearing aids typically have a lifespan ranging from three to seven years, with proper care and maintenance. However, this doesn't mean that every individual needs to replace their hearing aids as soon as they reach the three-year mark. The decision to replace them depends on various factors, including technological advancements, changes in hearing needs, and the condition of the current devices.

1. Technological Advancements

The field of hearing aid technology is rapidly evolving. Newer models often come with improved features, such as better noise reduction, connectivity to smartphones and other devices, and more advanced customization options. If your current hearing aids lack these features or if you're struggling with their performance, it might be a sign that it's time to consider an upgrade.

2. Changes in Hearing Needs

Hearing loss is not static; it can change over time. Regular hearing check-ups are essential to monitor any shifts in your hearing abilities. If your hearing has deteriorated significantly since you last got your hearing aids, it might be necessary to replace them with devices that can accommodate your current level of hearing loss more effectively.



3. Condition of Current Hearing Aids

Proper maintenance can extend the life of your hearing aids, but they will inevitably experience wear and tear. If you notice that your hearing aids frequently require repairs, have physical damage, or have become unreliable, it could be a sign that it's time to invest in new ones.

4. Lifestyle Changes

Changes in your lifestyle can also impact the lifespan of your hearing aids. If you've become more active or are exposed to challenging listening environments more frequently, you might benefit from newer models that offer better performance in those situations.

5. Budget Considerations

Replacing hearing aids is an investment. While newer models offer enhanced features, they often come with a higher price tag. It's essential to balance your desire for the latest technology with your budget. Consulting with your audiologist can help you find a solution that meets both your hearing needs and financial constraints.

6. Consultation with Professionals

Audiologists play a crucial role in helping you determine when it's time to replace your hearing aids. Regular check-ups with your audiologist can provide valuable insights into the condition of your hearing aids and your changing hearing needs. They can guide you in making an informed decision about whether an upgrade is necessary.

In conclusion, there's no strict rule for how often you should replace your hearing aids. Factors such as technological advancements, changes in hearing needs, the condition of your current devices, lifestyle changes, and budget considerations all play a role in this decision. Regular communication with your audiologist and staying informed about the latest advancements in hearing aid technology can help you make the best choice for your hearing health and overall well-being. Remember, the ultimate goal is to ensure that you're experiencing the world around you with the best possible sound quality and clarity.

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

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



Since 1967

NÖBILE
HEARING AIDS

www.nobilehearing.com

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

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

Fit for Life: Rid the Neck Pain

How many of your friends and family have never had a pain in their body? Physical pain is going to happen at some point and time for all of us. Life movements have a way of creating body pains. Body pains usually aren't the result of a single movement. They're the result of poor movements over time. Poor aligned body positions, repetitive movements and environmental situations that add up to years of poor movements. These harmful movement patterns repeated day after day create the pain. It's important to become aware of this and start to modify your lifestyle to correct the movements and ease the pain. This column will focus on the pain in your neck (and I'm not talking about that person that irritates you). Here's some modifications to help ease neck pain (American Council on Exercise, ACE).

Align your hips. Yes, aligning the hips when standing and sitting can help your neck. Try to keep your knees from turning in or out excessively. Instead keep your knees facing straight. Also try to avoid crossing your legs while sitting because this pulls on your spine and over time could pull it out of alignment.

Walk softly. I'm a big person and when my kids were babies my wife would tell me to walk softly when they were napping. So I learned to step lighter during the kids nap time. Stepping lightly is actually easier on your spine. Don't flop your feet down. Use your muscles to control the foot from flopping down hard.

Wear supportive shoes. I've often said that we shouldn't cheat and cheap ourselves when it comes to our shoes and our mattress. Our shoes are the body's shock absorbers. Throw away those worn down shoes.

Open up the chest. Some of our trunk/core muscles attach to parts of our shoulder that connect to our neck. All of our joints are connected like a chain of paper clips and if you move one joint, other joints are affected. A lot of people have tight chest muscles due to slouching forward for whatever reason (technology is a big reason!). Lie on the floor and spread your arms out to the sides and breathe deeply for three to five minutes.



Relax your jaw. I like to chew gum. Helps to keep me alert and also helps my mouth to not dry out (I speak a lot during my fitness training work days). I've had to learn to relax my jaw and give those jaw muscles a break. When you're alone, let your mouth hang open to relax your jaw. Also, make sure you don't do this while walking outside this time of year. You may have to spit out a few fruit flies!

Have fun trying to help your pain in the neck! Here's to your great neck health.

Jonathan Souder is the Fitness Director at Manor House, an Acts Retirement-Life Community in Seaford, Delaware. This column appeared in the October 10, 2019 edition of the Seaford Star.

 **Acts** | The Terraces at
Bonita Springs
Where Loving-Kindness Lives

Are you interested in learning more about Acts and The Terraces at Bonita Springs?

Schedule a community tour today by calling 239-204-3469 or take a virtual tour right now! Please join us for our next event!





ALIGNMENT MATTERS:

Unlocking Strength, Balance, and Longevity with Pilates

By Shannon Willits, Master Pilates Educator

Life is about alignment. When our days align with our values, we feel purpose. When our bodies align with gravity, we feel strong and energized. As we age, alignment becomes even more essential. It is the quiet foundation beneath balance, posture, circulation, and even confidence. The question is, how do we keep alignment, both physical and mental, throughout the decades of our lives?

Pilates offers an answer. This method, designed to integrate breath, posture, and strength, is less about fitness trends and more about lifelong vitality. Unlike high-impact workouts that often wear down the joints, Pilates restores alignment in the spine, strengthens the deep core, and reconnects the brain and body. For those in pursuit of longevity and healthy aging, it may be the perfect fit.

Alignment for Balance and Independence

Falls remain the leading cause of injury in adults over 65. The good news is that balance is trainable. Pilates improves proprioception, or the body's ability to sense where it is in space, while strengthening the stabilizing muscles that support ankles, hips, and the spine. Better alignment equals better balance, and that translates to independence.

Alignment for Joint Health and Pain Relief

Arthritis, stiffness, and joint pain are common companions to aging, but they do not have to be permanent ones. By moving slowly and with control, Pilates nourishes cartilage, strengthens small stabilizing muscles, and encourages circulation to connective tissues. This approach relieves pain rather than creating it. When the joints are aligned, the body moves freely again.

Alignment for Brain-Body Connection

Healthy aging is not just physical. Mental sharpness matters as much as muscle tone. Pilates is often called a "thinking person's exercise" because it requires focus, coordination, and precision with every movement. Neuroscientists know this as "dual-tasking"—engaging the body and the brain at once. The result is not only better movement patterns, but also improved cognitive resilience. Alignment of body and mind keeps memory, attention, and awareness sharper for longer.

Alignment for Energy and Breath

One of the most overlooked aspects of aging well is breathing. Posture tends to collapse forward over the years, compressing the lungs and reducing oxygen intake. Pilates counteracts this by training the spine to lengthen and the ribs to expand. Breath becomes fuller, posture becomes taller, and energy naturally increases. When the spine aligns, the lungs expand, and vitality returns.

A Gentle Start: 3 Pilates-Based Exercises for Any Age

You do not need equipment to begin. These three simple movements, performed daily, can align the body at any age. All can be done in a chair or standing at home.

1. Seated Footwork (for leg strength and circulation)

- Sit tall at the edge of a sturdy chair, feet flat on the floor, hip-width apart.
- Place hands lightly on the sides of the seat for support.
- Inhale, lift your heels so you are on the balls of your feet.
- Exhale, lower your heels back down with control.
- Repeat, this time lifting toes while keeping heels grounded.
- Continue alternating heel lifts and toe lifts, moving slowly with your breath.

2. Standing Chest Expansion with Wall Feedback (for posture and breath awareness)

- Stand with your back gently against a wall, heels a few inches forward so the spine can align naturally.
- Place arms by your sides, palms facing back.
- Inhale, gently resist pressing into the wall (about 20% of maximum strength) with the back of your head, ribs, and pelvis to feel tall and supported.
- Exhale, press your arms straight down and slightly back, opening across the chest.
- Inhale, hold the position and expand your breath wide into the ribs.
- Exhale, return arms to neutral.

3. Standing Eve's Lunge with Chair (for hip flexibility and spinal length)

- Stand facing a sturdy chair, holding the backrest lightly for balance.
- Step your right foot back into a comfortable lunge position, keeping your left knee bent and right leg straight.
- Inhale, lift through the crown of your head, lengthening your spine.
- Exhale, press the back heel toward the floor as you gently lengthen the hip and thigh.
- Inhale, feel expansion across the chest and ribs.
- Exhale, return to standing and switch legs.

From Living Longer to Living Better

These movements are just a beginning. The real magic happens in a Pilates studio, where specialized equipment like the Reformer provides both support and resistance. This allows clients in their 40s, 60s, or even 80s and 90s to safely build strength and alignment in ways that traditional exercise cannot.

Studies in the *Journal of Aging and Physical Activity* show that older adults practicing Pilates twice per week demonstrated measurable improvements in balance, core strength, posture, and overall quality of life compared to control groups. Other studies point to gains in bone density, cardiovascular health, and mood.

Alignment as a Path of Renewal

Aging does not have to mean decline. With Pilates, the story shifts. Each session becomes an opportunity to realign, to feel energy return, and to discover strength that may have been hidden. This is about extending the years of life spent active, sharp, and fully engaged.

Full Circle

Alignment is more than posture. It is a principle for how we move through life. When our bodies align, we feel capable. When our breath aligns, we feel calm. When our choices align with vitality, we age gracefully and powerfully. Pilates offers that alignment. It is never too late to begin, and never too early to invest in the years ahead.

Life is about alignment. And alignment matters.

Shannon Willits, Master Pilates Educator

Shannon Willits is a Master Pilates Educator with over 20 years of experience in functional movement and athletic performance. She is STOTT-certified, a Fellow of Applied Functional Science (FAFS), and a Functional Golf Specialist, bringing expertise to both rehabilitation and sport-specific training. As the owner of four Club Pilates studios in Lee County, FL, she trains and mentors aspiring instructors through her Southwest Florida Pilates Academy and innovative apprenticeship model. Shannon is also the host of the Alignment Matters Podcast, where she shares insights on Pilates, movement science, and wellness. May be the wisest health decision they make.



WWW.CLUBPILATES.COM



PERIPHERAL ARTERY DISEASE: A Silent Threat Starting in Your Feet

By Joe Altepeter, DPM

As a podiatrist, I see the silent signs of Peripheral Artery Disease (PAD) every day in my practice. September is PAD Awareness Month, and it's a critical time to shine a light on this common, yet often misunderstood, circulatory condition. PAD affects millions of people, yet many don't realize they have it until the disease has progressed to a more serious stage. It's a condition where plaque builds up in the arteries, narrowing them and reducing blood flow, most commonly in the legs and feet. This poor circulation can lead to significant pain, mobility issues, and, in severe cases, even amputation.

The Role of the Podiatrist

You might wonder why a foot doctor is so concerned with circulatory issues. The answer is simple: the feet are often the first place to show symptoms of PAD. Because the feet are the furthest from the heart, they are the most susceptible to the effects of poor circulation. When I examine a patient's feet, I'm not just looking at their skin, nails, and bones; I'm also assessing their vascular health. I'm checking for signs like a weak or absent pulse in the feet, non-healing sores, a change in skin color (especially when elevated), and a difference in temperature between the two feet. These are all red flags that can point to PAD.

Many patients come to me with symptoms they attribute to aging or other conditions. They might complain of leg cramps, aching feet, or a feeling of heaviness after walking. These symptoms, known as **claudication**, are often the classic sign of PAD. It's a cramp-like pain or fatigue in the leg muscles that occur during exercise and is relieved by rest. It's the body's way of telling you that your muscles aren't getting enough oxygen-rich blood.

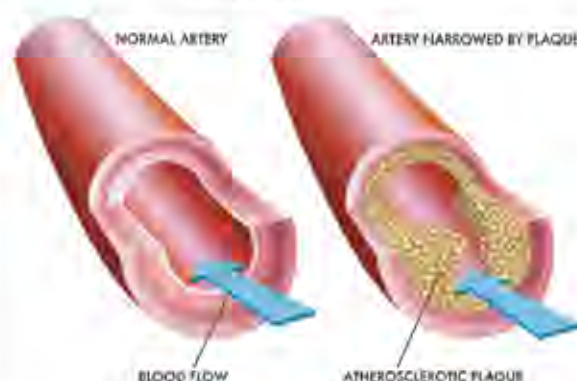
Risk Factors and Who's at Risk

The risk factors for PAD are very similar to those for heart disease and stroke, which is no coincidence—they are all part of a larger systemic problem called atherosclerosis.

The primary risk factors include:

- **Smoking:** This is the single most significant risk factor. The chemicals in tobacco damage the lining of blood vessels, accelerating the buildup of plaque.

ATHEROSCLEROSIS



- **Diabetes:** High blood sugar levels can damage blood vessels throughout the body, making people with diabetes highly susceptible to PAD.
- **High Blood Pressure (Hypertension):** Uncontrolled high blood pressure puts extra strain on artery walls, leading to damage and plaque formation.
- **High Cholesterol:** A high level of "bad" cholesterol (LDL) contributes directly to the plaque that clogs arteries.
- **Age:** The risk of PAD increases with age, particularly after 50.
- **Family History:** A family history of PAD, heart disease, or stroke also increases your risk.

Why Awareness Matters

Early diagnosis is key to preventing the most severe consequences of PAD. Many people dismiss the early warning signs, thinking it's just a normal part of getting older. This is a dangerous misconception. If left untreated, PAD can lead to critical limb ischemia, a severe form of PAD that can cause chronic pain, gangrene, and necessitate amputation. In fact, a non-healing foot wound is often the last stop before an amputation, and it's a situation I work tirelessly to prevent.

Beyond the limb-related complications, PAD is a strong indicator of a higher risk for heart attack and stroke. The same plaque that is clogging your leg arteries is likely present in the arteries supplying your heart and brain. Therefore, a diagnosis of PAD is a wake-up call to manage your overall cardiovascular health more aggressively.

What You Can Do

The good news is that PAD is manageable, and early intervention can significantly improve your quality of life and reduce your risk of serious complications.

• **Talk to Your Doctor:** If you're experiencing any symptoms, especially leg pain or cramps, don't ignore them. Bring it up with your primary care physician or a podiatrist. A simple, non-invasive test called an Ankle-Brachial Index (ABI) can be performed in the office to diagnose PAD. The ABI compares the blood pressure in your ankle to the blood pressure in your arm.

• **Lifestyle Changes:** Quitting smoking is the most important step you can take. A healthy diet and regular exercise are also essential for managing risk factors like blood pressure, cholesterol, and diabetes.

• **Proper Foot Care:** As a podiatrist, I can't stress this enough. If you have PAD, inspect your feet daily for any cuts, sores, or changes in color. Because of the reduced blood flow, even a small blister can become a serious problem. Wear comfortable, well-fitting shoes to prevent injuries.

September is a great time to schedule an appointment with your doctor to discuss your vascular health. It's also an excellent opportunity to help spread the word among your friends and family. PAD is a serious condition, but with awareness and proactive care, we can help people live healthier, more mobile lives and prevent the devastating consequences of this disease.

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 to make an appointment. Visit FootHealthFacts.org to learn more about foot and ankle conditions.



1645 Colonial Blvd.
Fort Myers, FL 33907

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

STEP INTO YOUR BEST LIFE:

The Critical Role of Proper Foot Care in Maintaining Mobility and Independence as We Age

It's often forgotten that your feet are the foundation of your overall health and well-being. Despite their vital role in supporting weight, facilitating movement, and maintaining balance, feet often receive little attention until discomfort arises. As we age, maintaining optimal foot health becomes increasingly important not only for comfort but also as a cornerstone for sustaining mobility and independence throughout life's later years.

Understanding Foot Health and Aging

The aging process brings complex changes to many body systems, including the feet. With advancing age, it is common to experience alterations in foot structure and function that can significantly affect mobility. These include weakening muscles, reduced fat padding under the soles, joint stiffness, and decreased flexibility all of which contribute to diminished shock absorption and changes in gait efficiency.

One frequent change we observe is the gradual flattening of the arches, which can disrupt proper foot alignment. This misalignment may create abnormal stress not only in the feet but also in the knees, hips, and lower back, sometimes resulting in chronic discomfort and altered movement patterns. When foot discomfort persists, it can lead to reduced physical activity, further weakening strength and balance, and increasing the risk of falls, a leading concern for older adults due to the potential for injury and loss of independence.

Foot Care as a Foundation for Mobility

Proactive foot care is essential to preserve mobility and prevent fall-related injuries. Proper support and care can alleviate pain, enhance stability during walking, and improve balance. Research has shown that appropriate arch support and improved foot alignment can reduce strain on lower extremity joints and promote better posture, lowering fall risk. Because each person's feet and movement patterns are unique, a personalized approach to foot care is critical. Generic insoles or one-size-fits-all solutions often fail to address the specific structural and functional needs many older adults experience.

The Personalized Arch Support Approach

At The Good Feet Store, they provide a personalized arch support system designed to optimize foot function. Custom-fitted arch supports help realign foot posture, redistribute pressure, and reduce pain



caused by imbalances in foot structure and function. This realignment often results in improved walking patterns and less stress on surrounding joints.

Trained Arch Support Specialists perform thorough evaluations of your foot structure and gait to ensure your arch supports are tailored specifically to you. There are also follow-up visits to adjust your supports as needed, recognizing that feet and bodies can change over time.

This individualized approach to foot care has been shown to reduce pain, improve mobility, and build confidence allowing our clients to maintain active, independent lifestyles.

Maintaining Foot Health Every Day

In addition to personalized arch supports, there are everyday practices that support foot health:

- **Stay Active:** Gentle exercise such as walking, swimming, or yoga keeps your feet flexible and muscles strong.
- **Practice Good Hygiene:** Wash and dry feet thoroughly, especially between toes, to prevent infections.
- **Choose Supportive Footwear:** Shoes with good arch support, cushioning, and stability protect your feet and joints.
- **Routine Care:** Inspect feet regularly and trim nails carefully to avoid complications like ingrown nails or infections.

Combining these habits with customized arch supports helps sustain foot function and overall mobility.

Stories of Positive Change

There are plenty of firsthand accounts of how attentive foot care transforms lives. For example, clients who initially faced chronic foot discomfort and limited mobility often report noticeable improvements in pain levels, walking ability, and activity participation after receiving personalized arch supports and foot care guidance.

These success stories highlight the importance of integrating specialized foot care into health plans for older adults. By addressing foot health proactively, individuals can maintain their autonomy and reduce the risk of fall-related setbacks.

Conclusion

Foot health is a fundamental pillar of healthy aging, directly affecting mobility, balance, and independence. Age-related changes in foot anatomy and function call for careful assessment and individualized intervention. Customized arch supports, combined with proper footwear and healthy lifestyle choices, can significantly alleviate discomfort and enhance stability.

At The Good Feet Store, they are committed to providing personalized foot care solutions that support our clients in living their best lives. By helping to maintain strong, comfortable feet, they contribute to the ability to move confidently, remain active, and fully enjoy the rich experiences life offers.

Invest in your foot health today, your future self will thank you. Visit for a complimentary foot evaluation and personalized arch support fitting.

The Good Feet Store

America's Arch Support Experts

(239) 541-6368

www.goodfeet.com

12640 S Cleveland Ave Suite 202

Fort Myers, FL 33907

Arch Support Specialists are ready to help you take the first step toward greater comfort and improved mobility.



HEALTHY AGING: The Promise of Stem Cell Therapy

By Derek P. Wimmer, PA-C

As we age, our bodies naturally experience a decline in cellular regeneration, leading to reduced energy, slower recovery, and increased susceptibility to age-related conditions. However, advances in regenerative medicine are offering new pathways to support healthy aging, with stem cell therapy emerging as a promising intervention. Wimmer Orthopedics & Regenerative Medicine has developed an innovative quarterly stem cell injection program designed to help individuals maintain vitality and promote cellular renewal throughout the aging process.

Understanding Stem Cells and Aging

Stem cells are the body's master cells, possessing the unique ability to differentiate into various cell types and repair damaged tissues. As we age, our natural stem cell populations decline, contributing to the physical manifestations of aging such as decreased muscle mass, joint stiffness, reduced cognitive function, and slower wound healing. By supplementing the body's diminishing stem cell reserves through therapeutic injections, patients may experience enhanced cellular repair and regeneration.

The science behind stem cell therapy for aging focuses on the cells' ability to release growth factors and cytokines that promote tissue repair, reduce inflammation, and stimulate the body's natural healing processes. These biological signals can help rejuvenate aging tissues, potentially improving overall health and quality of life.

The Wimmer Orthopedics Quarterly Program

Recognizing that consistent, sustained treatment often yields better results than sporadic high-dose interventions, Wimmer Orthopedics & Regenerative Medicine has developed a unique quarterly stem cell injection protocol. This innovative approach distributes a full therapeutic dose across four intramuscular injections throughout the year, with each quarterly treatment delivering one-quarter of the total annual dose.

The program operates on a convenient subscription model, with patients paying \$200 monthly to receive their quarterly injections. This affordable payment structure makes advanced regenerative therapy accessible to more individuals seeking to



optimize their aging process. The consistent dosing schedule ensures that patients maintain steady levels of therapeutic stem cells in their system, potentially providing more sustained benefits compared to single large-dose treatments.

Benefits of the Quarterly Approach

The quarterly injection protocol offers several advantages over traditional single-dose treatments. By spacing injections evenly throughout the year, patients may experience more consistent therapeutic effects without the peaks and valleys associated with intermittent high-dose treatments. This steady approach allows the body to continuously benefit from the regenerative properties of stem cells.

The intramuscular delivery method ensures efficient absorption and distribution of stem cells throughout the body. Muscle tissue provides an ideal environment for stem cell integration, allowing the cells to migrate to areas where they can provide the most benefit. This delivery method is also minimally invasive and well-tolerated by most patients.

What to Expect

Patients enrolled in the Wimmer Orthopedics quarterly program can expect to receive their injections every three months, administered by trained medical professionals in a clinical setting. Each injection session is typically brief and performed using sterile techniques to ensure safety and efficacy.

Many patients report improvements in energy levels, joint comfort, recovery time from physical activities, and overall sense of well-being. While individual results may vary, the consistent dosing schedule helps maintain therapeutic levels that may support ongoing cellular regeneration and repair processes.

The Future of Healthy Aging

As regenerative medicine continues to evolve, programs like Wimmer Orthopedics' quarterly stem cell injection protocol represent a shift toward proactive, preventive approaches to aging. Rather than simply treating age-related conditions as they arise, this innovative program focuses on supporting the body's natural regenerative capacity to promote healthy aging from within.

The combination of cutting-edge stem cell therapy with an accessible, patient-friendly delivery model makes this treatment option particularly appealing for individuals seeking to optimize their aging experience. As more research emerges supporting the benefits of regular stem cell therapy, such programs may become increasingly important tools in the pursuit of healthy longevity.

For those interested in exploring how stem cell therapy might support their healthy aging goals, consultation with the experienced team at Wimmer Orthopedics & Regenerative Medicine can provide personalized insights into whether their quarterly injection program aligns with individual health objectives and lifestyle needs. Contact Wimmer Orthopedics & Regenerative Medicine today at 239-829-4300 to schedule your consultation and discover how regenerative medicine can transform your path to healthy aging.

STEM CELLS

Revitalize Your Health with Stem Cell Injections

Unlock the power of regenerative medicine with intramuscular stem cell injections, designed to support whole-body wellness.

- ✓ Increased energy and vitality
- ✓ Enhanced immune function
- ✓ Reduced inflammation and signs of aging
- ✓ Accelerated tissue repair and recovery

\$200 per month

RECEIVE A STEM CELL
INJECTION EVERY 90 DAYS



**Wimmer Orthopedics &
Regenerative Medicine**

239.829.4300

wimmerorthopedics.com

**3380 WOODS EDGE CIRCLE #104
BONITA SPRINGS, FLORIDA 34134**



Thriving Through Gynecologic Cancer: The Power of Integrative IV Therapies

By Dr. Doreen DeStefano, NhD, APRN, DNP

Hearing the words “you have cancer” is life-changing. For people diagnosed with gynecologic cancers—such as ovarian, endometrial, cervical, vulvar, or fallopian tube cancers—the journey ahead often involves surgery, chemotherapy, radiation, or targeted drugs. These treatments save lives, but they can also be physically and emotionally exhausting.

That’s where **integrative oncology** comes in. This approach combines the best of conventional medicine with supportive, evidence-based therapies designed to help patients feel better, recover faster, and stay strong throughout treatment. Among the most powerful of these tools are **intravenous (IV) nutrient therapy and mistletoe therapy**.

WHAT IS INTEGRATIVE ONCOLOGY?

Integrative oncology is not an “alternative” to standard treatment—it works alongside it. The goal is to address the *whole person* by reducing side effects, improving tolerance to treatment, and enhancing overall well-being. This might include nutrition, targeted supplements, exercise, mind-body medicine, acupuncture, and scientifically supported IV therapies.

For gynecologic cancer patients, who may experience severe fatigue, digestive problems, nerve damage, and immune suppression, these therapies can make the difference between barely enduring treatment and actively participating in life while healing.

IV NUTRIENT THERAPY: HIGH-IMPACT SUPPORT

IV therapy delivers vitamins, minerals, amino acids, and other nutrients directly into the bloodstream, bypassing the digestive system. This allows for much higher concentrations in the body than oral supplements can achieve, which is especially important when nutrient needs are high or when treatment has caused digestive side effects that impair absorption.

One of the most researched IV nutrients in oncology is **vitamin C**. Unlike oral vitamin C, high-dose IV vitamin C can reach plasma concentrations high enough to act as a **pro-oxidant** in the tumor microenvironment—damaging cancer cells while protecting healthy ones. In a controlled clinical trial involving women with advanced ovarian cancer, adding high-dose IV vitamin C to standard chemotherapy (carboplatin and paclitaxel) significantly reduced treatment-related side effects such as fatigue, nausea, and neuropathy, without introducing new toxicities (Ma et al., 2014). Patients receiving vitamin C also trended toward longer progression-free survival.

Beyond vitamin C, integrative oncologists may use IV therapies such as magnesium to ease muscle cramps, glutathione for oxidative stress and detoxification, and targeted amino acids for tissue repair. These are carefully selected and timed so they work in harmony with cancer treatment, not against it.

MISTLETOE THERAPY: IMMUNE MODULATION AND QUALITY OF LIFE

Mistletoe extract (*Viscum album*) is one of the most widely studied integrative cancer therapies in Europe, particularly in Germany and Switzerland, where it is often prescribed alongside chemotherapy and radiation. Mistletoe is thought to work by stimulating the immune system, improving patients’ resilience, and helping regulate inflammation.

A large body of research, including randomized controlled trials, has shown that mistletoe therapy can improve **quality of life**, reduce fatigue, and sometimes lessen side effects of chemotherapy in various cancers (Loef & Walach, 2020). In gynecologic oncology, studies have reported that women receiving mistletoe extract during chemotherapy experienced less treatment-related exhaustion and maintained better overall well-being compared to those who received standard care alone.

While mistletoe is most commonly given as a subcutaneous injection several times a week, some integrative clinics also offer IV mistletoe therapy for specific cases, under close medical supervision. Like IV vitamin C, mistletoe therapy is tailored to the patient’s needs, treatment plan, and immune profile.

HOW THESE THERAPIES FIT INTO A BIGGER PLAN

In my practice, a comprehensive integrative plan for someone with gynecologic cancer might look like this:

- **High-dose IV vitamin C** on non-chemotherapy days to reduce side effects and support overall health.
- **Mistletoe therapy** to help stimulate immune surveillance and improve energy.
- **IV hydration with targeted nutrients** during or after chemotherapy weeks to ease nausea, support detoxification, and boost recovery.
- **Nutritional counseling** to maintain strength, prevent muscle loss, and stabilize energy levels.
- **Movement guidance** to keep circulation, muscle tone, and mood strong.
- **Mind-body therapies** like guided breathing or meditation to help manage anxiety and improve sleep.

This multi-layered approach not only helps patients *feel* better, it can support them in completing their prescribed course of treatment—something that directly impacts survival rates.

DO PATIENTS DO BETTER WITH INTEGRATIVE CARE?

Multiple studies suggest that patients who receive integrative support alongside standard cancer treatment report:

- **Better quality of life scores** (Loef & Walach, 2020)
- **Reduced treatment side effects** (Ma et al., 2014)
- **Greater treatment adherence**, meaning they are more likely to complete their prescribed therapies (Carlson et al., 2023)

In real terms, this could mean a woman with ovarian cancer is able to finish six full cycles of chemotherapy without debilitating neuropathy or severe fatigue. It could mean a cervical cancer patient maintains her appetite and strength through radiation. It often means patients recover faster afterward, ready to focus on long-term wellness rather than months of post-treatment exhaustion.

SAFETY FIRST

Integrative therapies must be carefully coordinated with conventional treatments. Not all natural therapies are safe for all patients, and timing matters—especially with IV nutrients and plant-based injections like mistletoe. An experienced integrative oncology provider will evaluate medications, lab work, and treatment schedules to ensure that every component works together.

THE TAKEAWAY

Integrative oncology—especially **IV nutrient therapy and mistletoe therapy**—offers women with gynecologic cancers a way to not just survive treatment, but to *thrive* during it. By reducing side effects, supporting immunity, and improving well-being, these therapies can help patients complete their cancer treatment plans with greater strength and resilience.

This is not about replacing standard care—it’s about giving patients every advantage possible in their healing journey.



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

VIO Med Spa Introduces New Aesthetic Treatments for Enhanced Natural Beauty

VIO Med Spa is excited to announce the addition of five cutting-edge treatments to their comprehensive aesthetic services menu, each designed to help clients achieve their beauty goals through advanced, scientifically-backed procedures. These innovative treatments represent the latest in aesthetic medicine, offering both immediate and long-lasting results for various cosmetic concerns.

Platelet-Rich Plasma (PRP) Therapy:

Harnessing Your Body's Natural Healing Power

Leading the new service offerings is Platelet-Rich Plasma therapy, available for both under-eye rejuvenation and hair restoration. This revolutionary treatment utilizes the patient's own blood, making it a natural and biocompatible option for those seeking aesthetic improvements. The process begins with drawing a small amount of blood, which is then processed in a centrifuge to concentrate platelets rich in growth factors.

For hair restoration, the concentrated PRP solution is strategically injected into areas of the scalp where growth factors work to activate and rejuvenate dormant hair follicles, stimulating natural hair growth. When used for under-eye treatment, PRP addresses common concerns including fine lines, wrinkles, dark circles, and hollows by stimulating collagen production and promoting tissue repair for a more youthful, refreshed appearance.

Sculptra: The Gradual Volume Restorer

VIO Med Spa now offers Sculptra, an injectable dermal filler that takes a unique approach to facial rejuvenation. Made of poly-L-lactic acid (PLLA), Sculptra works by stimulating the body's own collagen production over time rather than providing immediate volume. This gradual process leads to more natural-looking results as facial volume is restored and wrinkles and lines are reduced through the body's own enhanced collagen synthesis.

RHA Fillers: Dynamic Movement Solutions

Resilient Hyaluronic Acid (RHA) fillers represent another exciting addition to VIO Med Spa's treatment portfolio. These specialized dermal fillers are specifically designed to address dynamic wrinkles and folds that appear with facial movement. Unlike



traditional fillers, RHA fillers are engineered to move naturally with facial expressions while maintaining their effectiveness in smoothing lines and restoring facial contours.

SKINVIVE™ by JUVÉDERM: Revolutionary Skin Hydration

The innovative SKINVIVE™ treatment offers a new approach to skin improvement through intradermal injection of hyaluronic acid. Unlike traditional fillers that add volume, SKINVIVE™ is injected between the layers of skin to improve overall skin smoothness and hydration. This treatment is ideal for clients seeking enhanced skin quality and texture rather than volumizing effects.

Daxxify: The Long-Lasting Neurotoxin

Completing the new service lineup is Daxxify, an advanced injectable neurotoxin specifically formulated to address moderate to severe frown lines between the eyebrows. What sets Daxxify apart from other neurotoxin treatments, including Botox, is its extended duration of effectiveness. This longer-lasting formula means fewer treatment sessions are needed to maintain smooth, wrinkle-free results.

A Commitment to Advanced Aesthetic Care

These five new treatments demonstrate VIO Med Spa's commitment to staying at the forefront of aesthetic medicine. Each service is administered

by trained professionals using the latest techniques and highest safety standards. Whether clients are seeking hair restoration, facial rejuvenation, enhanced skin quality, or wrinkle reduction, these new treatments offer personalized solutions tailored to individual aesthetic goals.

VIO Med Spa continues to provide comprehensive consultations to help clients choose the most appropriate treatments for their specific needs and desired outcomes.

The VIO Med Spa Advantage

As a nationally recognized leader in aesthetic treatments with over 56 locations across 20 states, VIO Med Spa has built its reputation on delivering consistent, high-quality results. The Fort Myers location, owned by Marissa and Ryan Kartheiser, brings over 20 years of combined expertise in cosmetology and medical aesthetics to their practice.

This experience ensures that every Sculptra treatment is customized to meet individual client needs and aesthetic goals, creating natural-looking results that enhance each person's unique beauty while promoting long-term skin health.



VIO
med spa

239-922-1177
www.viomedspa.com
6921 Daniels Pkwy #195
Fort Myers, FL 33912



MEMORY MATTERS

Is it normal to have problems with our memory as we get older? Are you concerned that your memory seems to be getting worse? Do you just chalk it up to old age and living in a fast paced world? Doesn't everyone have memory problems as they get older? Do you wonder if maybe your "senior moments" are something more? Why would someone want to know if their memory issues are more serious?

Many of these questions are things that may go through our minds as we get older. And just like wrinkles, gray hair and other physical changes, normal aging impacts our brain and memory. If memory changes are part of the normal aging process, how would you know if those changes may be an indication of something more concerning?

One of the issues to overcome is the stigma surrounding memory issues. The results of a survey conducted by AARP in 2020 showed that nearly 20% of adults over the age of 40 said they would feel ashamed or embarrassed if diagnosed with dementia. What may cause these types of feelings? Misinformation and personal experience may play a role in this perception. There may be the thought that significant cognitive decline inevitably leads to dementia and that this is part of the aging process. Many people have seen relatives live with memory issues and dementia. The loss of independence can be an underlying concern fueling the fear of memory issues.

Despite these potential barriers, it's important to get a memory screen. Even if you are not having memory issues, getting a baseline memory screen is as important as other health screenings.

Over the next few months, I am going to introduce you to a wonderful woman who is currently living with Alzheimer's disease. Lee Belanger is a participant in one of the clinical trials at the Neuropsychiatric Research Center (NPRC). She is positive, energetic, passionate and loves to share her story for the benefit of others. She is a tangible example of someone living their life fully and giving back to others through volunteer work, while living with Alzheimer's disease. Lee is an NPRC Research Ambassador. I have spent some time interviewing Lee and here are some of the things we have discussed.



Amy: What happened that made you concerned that something may be wrong?

Lee: Four years ago, I tried to start my Instant Pot that I had used for three years, and I couldn't remember the sequence to start it. I was frustrated and when I still couldn't remember the sequence after an hour, I realized this was not age-related aging.

Amy: Did you or your friends and family notice any other things that were concerning?

Lee: No, however it's possible there were issues that we missed.

Amy: What made you take action?

Lee: I have always attacked difficult issues head on and knew that doing nothing was not an option. I also knew that if I had some type of dementia, there could be some steps I could take to slow or perhaps even stop it. I don't understand why attacking memory issues or dementia is any different from attacking cancer or heart disease. If we don't try to stop any disease we may have, we can surely lose our quality of life sooner. Living longer while in poor health did not appeal to me. The thought of doing nothing seemed to be a waste of time.

Amy: How did you know where to go once you made the decision to take action?

Lee: By coincidence I had just attended a lecture provided by the NPRC team on the difference between age related memory issues and dementia. When I found out I could get a free memory screen at NPRC, I made an appointment.

Join us in the next few months to learn more about Lee's journey as well as her suggestions and recommendations. If you are now inspired to get a free memory screen, contact NPRC at 239-939-7777. Please bring a list of your current medications to your appointment. The screening and all services provided at the center are at no cost to you and we do not ask for any insurance information. Take charge of your brain health and schedule your free memory screen today!

#Memoriesmatter

References:
www.aarp.org



**Contact NPRC at 239-939-7777
today for your free memory screen.**



WHY GO ABROAD FOR PROCEDURES THAT CAN BE DONE RIGHT HERE IN FLORIDA?

By Axel Ruiz, MD, DABFP, CWS

Better Quality, Greater Comfort—At Home or In-Office

The allure of traveling abroad for medical or aesthetic procedures often fades once you factor in the true costs—extended travel time, disrupted routines, language barriers, post-procedure recovery in unfamiliar settings, and the uncertainty of follow-up care.

Here in Florida, you can access world-class regenerative and aesthetic solutions—delivered with the highest standards of safety and quality—without ever boarding a plane. InHome Regen brings premium services directly to your doorstep or provides them in a professional office environment, eliminating the inconvenience of travel while enhancing your overall experience.

Our advanced offerings include:

1) IV THERAPY FOR WELLNESS ENHANCEMENT

- NAD+
- EXOSOMES
- STEM CELLS
- VITAMINS AND PEPTIDES INFUSIONS

2) AESTHETIC SERVICES AND SKIN REJUVENATION:

- EXOSOMES - INJECTIONS OR MICRONEEDLING
- STEM CELLS - INJECTIONS OR MICRONEEDLING
- HAIR LOSS

3) LONGEVITY:

- EXOSOMES
- STEM CELLS

4) MUSCULOSKELETAL CONDITIONS: JOINT INJECTIONS OF WHATON JELLY FOR MANAGEMENT OF:

- OSTEOARTHRITIS
- CHRONIC TENDINOPATHY
- TENDON TEARS
- ACUTE AND CHRONIC PAIN IN ALL SPINAL REGIONS
- NEUROPATHY
- CARPAL TUNNEL
- SPINAL STENOSIS PAIN
- ROTATOR CUFF TEARS
- MENISCAL TEARS



- ILIOTIBIAL BAND SYNDROME
- FROZEN SHOULDER
- TENNIS ELBOW
- ACHILLES TENDINITIS
- GOLFERS ELBOW
- AND MANY MORE

5) RESPIRATORY

- COPD NEBULIZER

6) RHEUMATOLOGICAL CONDITIONS

- RHEUMATOID ARTHRITIS
- LUPUS
- POST COVID CONDITION

7) NEUROLOGICAL CONDITIONS

- PARKINSON DISEASE
- POST CEREBRO VASCULAR ACCIDENT
- POST COVID

8) SEXUALITY

- MALE ED
- FEMALE CONDITIONS
- O- SHOTS
- P- SHOTS

When you choose InHome Regen, you're choosing personalized care, premium-grade biologics, and experienced medical oversight—all provided in a setting where you feel most comfortable. Whether in the privacy of your home or in our welcoming office, your time, safety, and results are our priority.

Why endure the hassle of international travel when Florida offers excellence at your doorstep? Your future self will thank you.

ABOUT AXEL RUIZ MD, DABFP, CWS

Axel Ruiz MD, DABFP, CWS is a member of the American Academy and a Board of Regenerative Medicine Researcher. Axel has been harnessing the Power of Stem Cells in Joint Pain Management since 2024.

Axel Ruiz, MD, DABFP, CWS, brings over 20 years of dedicated experience to family medicine, with a passion for delivering exceptional patient care. Board-certified in Family Practice (DABFP) and specializing in wound care (CWS), Dr. Ruiz offers a comprehensive and compassionate approach to health and wellness.

He is known for his ability to explain conditions thoroughly and build strong, trusting relationships with his patients. Practicing in Lehigh Acres, FL, Dr. Ruiz is affiliated with HCA Florida Lehigh Hospital, where he contributes to a high standard of hospital-based care. His commitment to ongoing learning and patient-centered treatment makes him an invaluable partner in your health journey.

If you have questions about the opportunities available to you in our programs, feel free to send us a message or call (855) 734-3620. We will get back to you as soon as possible.



Regenerative and Anti-Aging Therapies
DELIVERED TO YOUR DOOR

InHomeRegen.com
inhomeregen@gmail.com
(855) 734-3620 | (855) REGEN 20



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

A COMMUNITY FOR TODAY. AND TOMORROW.

That's the advantage of Life Care.

Considering a Continuing Care Retirement Community?
Choose wisely. Not all are the same.

The Terraces at Bonita Springs is home to luxury retirement living, complemented by unmatched hospitality and service you won't find anywhere else in Southwest Florida.

Plus, with a Type A Life Care contract, you'll enjoy carefree independence today knowing you've secured access to our full continuum of on-site care services – and one predictable monthly fee – for life.



Open for Tours and Walk-Ins | Monday – Friday
9 a.m. – 5 p.m. | 239-204-3469



Assisted Living Facility License #12385 | COA #08075
Independent Living | Assisted Living | Memory Support | Skilled Nursing | Rehabilitation
Acts Retirement-Life Communities is celebrating more than 50 years of strength as the leader in service to seniors.



Memories Matter

Unlock a brighter future with
a **FREE** Memory Screen!

Visit nprc-swfl.com, scan the QR
Code, or call us at 239.939.7777



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

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**





PLANNING FOR TOMORROW:

Understanding How Your Assets Will Pass to Your Loved Ones

By Carl Zacharia

When it comes to estate planning, many people think it's just about writing a Will. While Wills are important, the reality is more complex. Your assets will pass to your heirs through one of four main pathways and understanding these can help you make better decisions for your family's future.

THE FOUR PATHWAYS YOUR ASSETS CAN TAKE

Joint Ownership

When you own property jointly with someone else—your home, bank account, or investment—that asset typically passes directly to the surviving owner when you die. This happens automatically, regardless of what your Will says. It's simple and immediate, but not always the best choice for every situation.

Beneficiary Designations

Your retirement accounts, life insurance policies, and many bank accounts allow you to name beneficiaries. When you pass away, these assets go directly to designated people, bypassing your Will entirely. Many don't realize how powerful these designations are—they override whatever instructions you have in your Will.

Will

Your Will controls assets that don't have joint ownership or beneficiary designations. This might include personal property, individually owned real estate, or accounts without named beneficiaries. These assets go through probate, where a court oversees distribution according to your Will's instructions.

Trust

Assets placed in a trust are managed according to the trust's terms. Depending on structure, assets can pass to beneficiaries without probate while maintaining important controls and protections.

WHO'S REALLY IN CHARGE?

Here's something many overlook: when you pass away, your Personal Representative (also called an executor) has ultimate decision-making authority. This person, named in your Will, has legal authority to handle your affairs, pay debts, and ensure your wishes are carried out.

Even if most assets pass through joint ownership or beneficiary designations, your Personal Representative handles crucial tasks—from filing final tax returns to dealing with unexpected issues. This is why having a Will remains essential, even if you think most assets will "avoid probate."

THE WILL: YOUR SAFETY NET AND COMMAND CENTER

Think of your Will as both a safety net and command center. It catches assets without other arrangements and serves as the document where you name your Personal Representative and address important family matters like guardianship for minor children.

Your Will also provides instructions for unanticipated situations. What if a beneficiary dies before you? What if you acquire new assets? Your Will can provide backup plans and guidance that other methods can't offer.

A CRITICAL WARNING ABOUT AVOIDING PROBATE

While avoiding probate has become popular, it shouldn't be your primary focus if family members have special needs, addiction issues, financial troubles, or other challenges. When assets pass through beneficiary designations or joint ownership, recipients get money immediately and completely—no matter what.

If your adult child struggles with addiction and you've named them as beneficiary on your retirement account, they'll receive that money directly when you pass away. There's no court oversight, no gradual distribution, and no protection from creditors or poor decisions.

This situation is easily avoided with proper planning. Trusts can provide probate-avoidance benefits while maintaining important protections and controls like assets being distributed over time, held for specific purposes like education or healthcare, or managed by someone you trust.

BEYOND THE PAPERWORK

Estate planning isn't really about the documents—it's about the planning. Two people can have identical-looking Wills or trusts, but if one was carefully planned to address their specific family situation and the other was just a filled-in form, the results can be dramatically different.

A good estate plan considers your family dynamics, potential challenges, tax implications, and long-term goals. It coordinates all four methods of asset transfer to work together effectively. Most importantly, it includes contingency planning for unexpected situations that life invariably brings.

THE BOTTOM LINE

Estate planning isn't just about death—it's about taking care of people you love and ensuring your hard-earned assets serve your family's best interests. Whether your assets pass through joint ownership, beneficiary designations, your will, or a trust, each method has its place in a well-thought-out plan.

Remember, it's the attorney guiding your planning—not just the papers they prepare—that makes the difference between a good estate plan and one that leaves your family with problems during an already difficult time. Good planning today prevents family conflicts and financial complications tomorrow.

When you're ready to discuss your estate planning needs, consult with an experienced estate planning attorney who can help you navigate these important decisions for your unique situation.

Schedule a consultation today by calling 239.345.4545 or by visiting ZacBrownLaw.com to learn how we can help you to protect what matters most.



Zacharia Brown & Bratkovich

Estate Planning • Elder Law

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

The Good Feet Store®

America's Arch Support Experts®

Book your FREE
personalized arch
support fitting
today



(239)541-6368

12640 S. Cleveland Ave. Suite 202
Fort Myers, FL 33907



NON-SURGICAL ORTHOPEDICS FOR ACUTE & CHRONIC CONDITIONS



Wimmer Orthopedics &
Regenerative Medicine



DEREK P. WIMMER, PA-C

Private Practice Owner
Orthopedics focusing in
most general orthopedic
conditions.

HOW WE HELP:

- Non-Surgical Regenerative Treatments have shown to prevent or delay the need for surgery!
- Reduced Point-of-Service Pricing.
- From Steroid Injections to Stem Cells. We also offer all Traditional and Regenerative Orthopedic Treatments.
- Preventative Care, Acute and Chronic Injuries, Chronic Illness Care, Wound Care.
- Focused Shockwave Therapy, Platelet Rich Plasma, PRP, Wharton's Jelly (contains Mesenchymal Stem Cells and umbilical cord matrix to help "patch" damaged tissues), Placental Allografts, Mesenchymal Stem Cell Exosomes and multiple other Biologic Injections performed with ultrasound or fluoroscopic guidance for greatest accuracy.
- Vitamin injections and IV Vitamin treatments.
- CareCredit Accepted.

SCHEDULE YOUR CONSULTATION TODAY!

239.829.4300

wimmerorthopedics.com

3380 Woods Edge Circle #104, Bonita Springs, Florida 34134

"Concierge treatment without the concierge price."

Get Answers to Your Neurological Issue from Specialized Neurosurgeons



Gregory Cannarsa, MD



Amanda Sacino, MD, PhD



Fellowship-Trained Neurosurgeons
from Johns Hopkins Hospital,
University of Maryland/Shock
Trauma Center now in Naples, Florida

- Offering appointments on an expedited basis, accepting most major health insurances
- Treating patients at both Physician's Regional Medical Center and NCH System
- Comprehensive appointments with relevant imaging viewed together with patient and explained in detail



Apex Brain & Spine
Neurosurgical Specialists

239-422-APEX (2739)

3530 Kraft Road • Suite 203 • Naples, FL 34105

www.apexbrainandspine.com

24/7 Availability

Neurosurgical
Specialists

Caring for the Patient
as if they were family



INCREASING CANCER RATES SINCE COVID-19'S APPEARANCE: IS THERE A CONNECTION?

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

C OVID-19 undoubtedly changed the medical landscape as we knew it, with the repercussions of the global pandemic continuing to be felt even years later, and in more ways than just a viral infection.

The cancer community, in particular, is feeling the effects of the pandemic with an uptick in cancer cases, especially those that are rare and aggressive, since the onset of the pandemic. With the pandemic delaying patients from seeking health-care services and the virus potentially altering our biology, this begs the question: are these two events—the COVID-19 pandemic and increasing cancer rates—connected?

Investigating Increasing Cancer Rates in Relation to COVID-19

Research into cancer rates before the COVID-19 pandemic, during its height, and in the years following has revealed an interesting trend—the COVID-19 pandemic led to an increase in cancer rates, both during the height of its activity and as a residual effect still seen now. There are two possible causes of these observances: fewer cancer diagnoses due to a halt in screening and biological changes due to SARS-CoV-2.

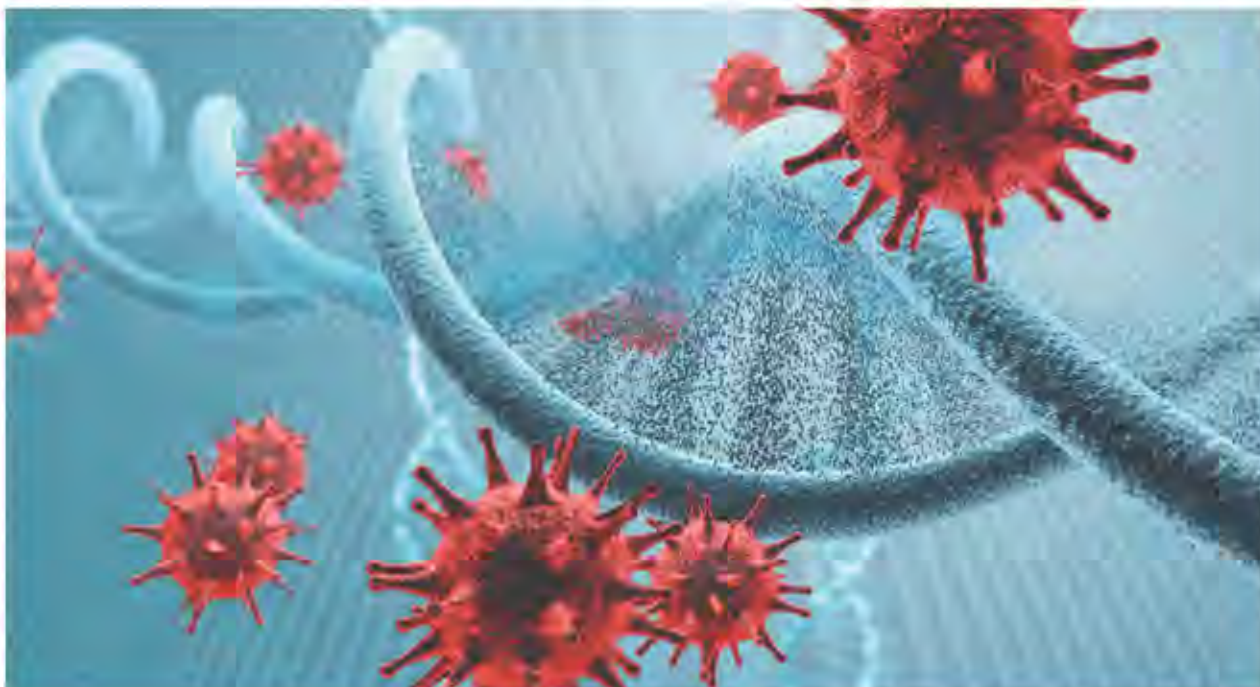
As expected, the initial effect comes from a significant decline in cancer diagnoses in the pandemic's early stages, specifically in cancers that are typically screened for. This is because of the cease of medical services that were deemed non-essential when society's sole focus was halting COVID-19's spread.

However, COVID-19 also produces a dramatic, and sometimes lingering, effect on the body—one that may awaken cancer cells or make them more likely to appear.

Collected below are three possible explanations for the rising cases of cancer in correlation with the appearance of COVID-19.

A Decline in Cancer Diagnoses

When it comes to cancer, the key to higher odds of survival is early detection. This is what makes the screening process crucial, as it can detect cancer in



its early stages before it otherwise has any discernable symptoms. However, in the initial stages of the pandemic, when everyone was encouraged to remain at home, and only the most pressing medical emergencies were deemed necessary for a doctor's visit, screening processes halted. As a result, fewer people received a cancer diagnosis during this time.

While the number of cancer diagnoses dipped, it's not because there were fewer cancer cases.

In one study, the researchers used pre-pandemic data (collected between January 2018 and February 2020) to predict cancer incidences for the first ten months of the pandemic, from March 1st, 2020 until December 31st. They then compared these predictions to actual cancer incidence rates, finding a 29% lower incidence rate than projected during the peak of the SARS-CoV-2 response (March-May) and a 6.3% lower incidence rate between June–December. Overall, there was a 13% lower incidence rate for the first ten months of the pandemic.

To give perspective to this number, this equates to around 134,395 malignancies that were likely undetected during that period.

The repercussions of this are numerous for both the patient's health and the health system. Early interventions allow the health system to fight the cancer while it remains in its early stages, which leads to fewer services required and a greater chance of completely eradicating the cancer. The further the cancer progresses, the harder this becomes, and the greater the burden on healthcare professionals since more treatments are needed. As a result of this decline in diagnoses, it's possible that many patients' cancer was not detected until it was too late to treat—if it was even detected at all.

Of the cancers that were most likely to be missed, prostate cancer topped the list, followed by breast cancers and lung cancers. Malignancies that can be screened for were predicted to have a 14% lower overall rate.

This delayed diagnosis is continuing to be felt. A study comparing the staging values at the time of diagnosis for the 22 months before and after COVID-19 found a 4.24% increase in the number of patients diagnosed and staged with clinical stage T2 breast cancer and a decrease of 2.21% of those diagnosed with pathological stage 2. Essentially, there are more people diagnosed with breast cancer in its later stages and fewer being diagnosed while the cancer is in its earlier stages.

These numbers are even more exaggerated for colorectal cancer, with a 2.80% decrease in those diagnosed at the earliest stage of disease, an 8.73% decline in those diagnosed at stage T1 (an early stage), yet a 12.67% increase in those diagnosed at clinical stage T4, which is the largest tumor stage.

A Rise in Rare and Aggressive Cancers

It's not just the number of cancer cases, overall, that has increased since COVID-19 appeared; there have also been increasingly unusual patterns observed by experts. Namely, there has been a 20% to 30% increase in new patients, patients with several different cancers appearing at the same time, patients relapsing after years of remission, and siblings and couples developing cancer within months of each other.

Experts believe that these unusual cases may be caused by inflammation associated with COVID-19 since inflammation can trigger genetic changes that may increase someone's likelihood of developing cancer. In this way, COVID-19 does not directly change cells to make them cancerous, but it may cause an inflammatory cascade that could exacerbate the growth of cancer cells in certain individuals. If this is true, it would make COVID-19 similar to other environmental stressors that increase cancer risks, such as alcohol, tobacco, or asbestos.

Yet another theory is that coronavirus disrupts the body's ability to suppress tumors, hindering our natural immune response, or that the organs of those with COVID-19 are too heavily infected and cannot resist cancerous agents.

It's not uncommon for a virus to receive the blame for the appearance or progression of cancer, with researchers estimating that up to 20% of all cancers worldwide originate from infectious agents such as Epstein-Barr, HPV, and hepatitis B. With this knowledge, it's not unusual to have some suspicion toward the lasting effects of COVID-19, especially since much about its long-term effects and impact continues to remain unknown.

Ultimately, any connection between rising unusual cancer cases and COVID-19 remains only a subject of speculation for now since there are no studies confirming that COVID-19 produces a cancer-promoting inflammatory effect. Still, even without a confirmed connection, these theories offer a new focus for doctors—with inflammation already having a reputation for harm and disruption, being

aware of another possible cause behind its appearance can allow them to better care for their patients.

Reawakening Cancer Cells

While still under investigation, COVID-19 may send cancer survivors into remission, even years after they have received the highly sought-after "all clear."

This theory comes from research on the effect of COVID-19 on mice with dormant cancer cells. When infected with SARS-CoV-2, these mice that were cancer survivors saw dormant cancer cells that proliferated in the lungs. Additionally, when analyzing human observational data, the researchers found that cancer survivors who contract COVID-19 have a higher risk of lung metastatic progression and cancer-related death.

It's not just COVID-19 that produces this effect, either; similar results were seen with the flu virus.

As for theories on why these results were observed, it has to do with the immune system's role in activating cells from dormancy. When you're infected with a virus such as COVID-19 or the flu, it triggers inflammation that may then change the immune microenvironments, causing these changes in dormant cancer cells.

Responding to Increasing Cancer Rates

Given our current scientific understanding of COVID-19, one of the most likely reasons behind these rising cancer rates, specifically the rise in late-stage cancer diagnoses, is a lack of screening and healthcare appointments. While it started in the early stages of the pandemic when the general public was encouraged to stay home, and practitioners only saw patients for medical emergencies, this decline in screening has continued even years after the pandemic's initial stages.

This requires an alteration to the cancer care landscape and a re-emphasis on the importance of early detection.

Screening remains the most important tool for detecting many cancers while in their early stages, and doctors should continue to emphasize its importance. Some screenings, such as those for colorectal cancer, even have at-home options that can be suitable for patients who meet certain criteria, increasing the ease with which they can complete their screening—the more seamless the screening process is, the more likely patients are to complete it.

However, there is also the potential link of COVID-19 exacerbating conditions that promote cancer cells. While research is still needed, doctors can use these initial theories to place a greater emphasis on inflammation prompted by COVID-19, especially for those suffering from long-COVID or those who are cancer survivors. Monitoring for inflammation and finding ways to lower it may maintain an internal environment that can better protect against cancer.

Ultimately, while the COVID-19 pandemic has changed the healthcare landscape as we know it, doctors, in their endless pursuit of greater knowledge, can change along with it and continue to adapt their care to meet their patients' needs.

References

- Burus, T., Lei, F., Huang, B., W. Jay Christian, Hull, P. C., Ellis, A. R., Svetla Slavova, Tucker, T. C., & Long, K. A. (2024). Undiagnosed Cancer Cases in the US During the First 10 Months of the COVID-19 Pandemic. *JAMA Oncology*, 10(4), 500–500. <https://doi.org/10.1001/jamaoncol.2023.6969>
- Zinner, M. (2024). Evaluating the Link Between COVID-19 and Cancer Progression in 2023. *Targeted Oncology*, 13, 40–40. <https://www.targetedonc.com/view/evaluating-the-link-between-covid-19-and-cancer-progression-in-2023>
- Could COVID-19 be behind the rise in rare and aggressive cancers? (2024). Advisory. <https://www.advisory.com/daily-briefing/2024/06/12/covid-cancer>
- Jahankhani, K., Ahangari, F., Adcock, I. M., & Mortaz, E. (2023). Possible cancer-causing capacity of COVID-19: Is SARS-CoV-2 an oncogenic agent? *Biochimie*, 213, 130–138. <https://doi.org/10.1016/j.biochi.2023.05.014>
- Chia, S. B., Johnson, B. J., Hu, J., Vermeulen, R., Chadeau-Hyam, M., Guntoro, F., Montgomery, H., Boorgula, M. P., Sreekanth, V., Goodspeed, A., Davenport, B., Pereira, F. V., Zaberezhnyy, V., Schleicher, W. E., Gao, D., Cadar, A. N., Papanicolaou, M., Beheshti, A., Bayliff, S. B., Costello, J., ... DeGregori, J. (2024). Respiratory viral infection promotes the awakening and outgrowth of dormant metastatic breast cancer cells in lungs. *Research square*, rs.3.rs-4210090. <https://doi.org/10.21203/rs.3.rs-4210090/v1>
- Shanmugam, R., Fulton, L., Kruse, C. S., Beauvais, B., Betancourt, J., Pacheco, G., Pradhan, R., Sen, K., Ramamonjiravelo, Z., & Sharma, A. (2024). The effect of COVID-19 on cancer incidences in the U.S. *Heliyon*, 10(7), e28804. <https://doi.org/10.1016/j.heliyon.2024.e28804>
- Morales-Sánchez, A., & Fuentes-Pañanà, E. M. (2014). Human viruses and cancer. *Viruses*, 6(10), 4047–4079. <https://doi.org/10.3390/v6104047>
- al Of Men's Health, 33(3), 125. doi: 10.5534/wjmh.2015.33.3.125



9250 Corkscrew Rd., Suite 15, Estero, FL 33928
239-351-5663
info@sextys.com | drmelirvine.com

UNDERSTANDING DE QUERVAIN'S TENDINITIS: A MODERN EPIDEMIC OF THE DIGITAL AGE

By Dennis O. Sagini, MD

In my years of practice, I've witnessed a significant increase in patients presenting with a sharp, stabbing pain at the base of their thumb that radiates up their forearm. This condition, known as de Quervain's tendinitis, has become increasingly common in our smartphone-dominated society, earning it the nickname "mother's thumb" or "texting thumb."

What Is De Quervain's Tendinitis?

De Quervain's tendinitis is an inflammatory condition affecting the tendons on the thumb side of the wrist. Specifically, it involves the abductor pollicis longus and extensor pollicis brevis tendons, which control thumb movement and pass through a narrow tunnel called the first dorsal compartment. When these tendons become swollen or irritated, they struggle to glide smoothly through this tight space, causing pain and restricting movement.

The Modern Triggers

While this condition was first described by Swiss surgeon Fritz de Quervain in 1895, today's triggers are distinctly contemporary. The repetitive thumb movements required for texting, gaming, and smartphone use have made this condition remarkably prevalent among younger demographics. New mothers are particularly susceptible due to hormonal changes during pregnancy and the repetitive lifting motions required when caring for infants.

Other common causes include repetitive wrist movements in occupations such as carpentry, gardening, or assembly line work. Athletes involved in racquet sports or rowing may also develop this condition due to repetitive gripping motions.

Recognizing the Symptoms

Patients typically describe a gradual onset of pain and swelling near the base of the thumb. The pain often worsens with thumb and wrist movement, particularly when making a fist, grasping objects, or turning the wrist. Many report difficulty performing simple tasks like opening jars, turning door handles, or even holding their morning coffee cup.

The hallmark diagnostic test is Finkelstein's test, where patients make a fist with their thumb tucked inside their fingers, then bend their wrist toward their little finger. A positive test reproduces the characteristic sharp pain along the thumb side of the wrist.



Treatment Approaches

Early intervention is crucial for optimal outcomes. Initial treatment focuses on rest and activity modification. I often recommend patients avoid repetitive thumb movements and consider ergonomic adjustments to their workspace or device usage patterns.

Conservative treatment includes ice application during acute phases, followed by gentle stretching exercises. Thumb spica splinting can provide significant relief by immobilizing the affected tendons. Anti-inflammatory medications may help reduce swelling and pain.

For persistent cases, corticosteroid injections into the tendon sheath can provide dramatic relief. However, when conservative measures fail after several months, surgical release of the first dorsal compartment may be necessary.

Prevention and Prognosis

Prevention centers on ergonomic awareness and activity modification. Taking regular breaks from repetitive activities, maintaining neutral wrist positions, and strengthening exercises can significantly reduce risk.

With proper treatment, most patients experience complete resolution of symptoms. The key is early recognition and appropriate intervention, preventing this manageable condition from becoming a chronic, debilitating problem that affects daily quality of life.

If you're experiencing thumb or wrist pain that may be related to de Quervain's tendinitis, don't let it progress to a more serious condition. Early diagnosis and treatment are essential for the best outcomes. Contact our office at 239-302-3216 to schedule a consultation and take the first step toward pain-free movement and improved quality of life.



Dennis O. Sagini, MD

TDr. Sagini is an orthopedic surgeon with specialization in hand and upper extremity surgery. He specializes in arthritis of the hand, nerve compression, muscle and tendon injury, fracture care, and upper extremity dysfunction.

He completed his Bachelors of Science in Microbiology from the University of Oklahoma in Norman, Oklahoma in 1998 and his Doctor of Medicine at Temple University in Philadelphia, PA in 2002. It was during medical school training that Dr. Sagini developed an interest in orthopaedic surgery. His residency in orthopaedic surgery was completed at Howard University Hospital, Washington, DC. Dr. Sagini completed his fellowship training in Hand and Upper Extremity surgery at the University of Pittsburgh Medical Center in Pittsburgh, PA.

Dr. Sagini is a member of the American Academy of Orthopaedic Surgeons, the American Medical Association, the Florida Medical Association, and the American Society for Surgery of the Hand.

Dr. Sagini is active in research and community service and has a passion for overseas medical mission work. He also enjoys running, traveling, listening to music, cooking, tennis, and spending time with his family and friends.



239-302-3216 | SAGINIMD.COM

13691 Metro Pkwy, Suite 400
Fort Myers, FL 33912

A MEMBER OF
PRECISION

GET MOVING! HEALTHY PHYSICAL ACTIVITY HABITS CAN LAST A LIFETIME

EXERCISE IS MEDICINE

By RICK WEBER

In a concerted effort to address the urgent need for targeted health interventions, Florida Gulf Coast University is championing a global health initiative to make physical activity assessment and promotion a standard practice in health care for everyone.

The aging statistics are astonishing: According to the U.S. Census Bureau, 4.4 million Americans will turn 65 in 2025. That's 12,000 people per day. By 2030, all Baby Boomers (born between 1946 and 1964) will have reached this milestone.

Exercise Is Medicine (EIM) Active Aging aligns with the American College of Sports Medicine (ACSM) in its mission to integrate physical activity into routine healthcare, bridging the gap between older adults and evidence-based exercise programs led by qualified professionals. By prioritizing Active Aging, ACSM is taking a leadership role in meeting the growing demand for education, programs and policies that improve older adult health.

The Exercise Science Program at FGCU's Marieb College of Health & Human Services and FGCU's University Recreation and Wellness Department are working together to offer EIM-OC, or Exercise is Medicine on Campus, which calls upon colleges and universities to promote physical activity and encourage faculty, staff and students to work together toward improving the health and well-being of the campus community.

And that flows upward to every segment of Southwest Florida.

"What we learn with EIM-OC can be applied and revised to fit any community, corporation or group with shared interests and resources," says Dr. Patti Sawyer-Simmons, an Associate Professor in the Exercise Science (ES) program at FGCU's Marieb College of Health and Human Services. "Lessons learned on campuses can impact student lives beyond higher education, help with employee morale and wellness, be shared across campuses and ultimately expand to surrounding communities through community-engaged learning and impactful evidence-based programming interventions and collaborations beyond campus."

There's no better time to celebrate the work being done at FGCU, because September is National Cholesterol Education Month.

"The concept of exercise as medicine and the use of physical activity to help with certain conditions related to health and well-being ties into National Cholesterol Education Month by being a tool to help prevent dyslipidemia/hypercholesterolemia through exercise—in conjunction with a healthy diet," Sawyer-Simmons says. "Physical activity and exercise have been shown to increase 'good' cholesterol, or HDLs, as well."

EIM-OC makes movement a part of the daily campus culture; assesses physical activity at every student health visit; provides students with the tools necessary to strengthen healthy physical activity habits that can last a lifetime; and connects university health care providers with university health fitness specialists to provide a referral system for exercise prescription.

Over 90 participants (mostly students, but some faculty and employees) have taken advantage of this free PA promotion intervention since 2022, with more than 50 students—mostly Exercise Science majors—volunteering as EIM-OC mentors to support participants on their physical activity journey. Each year, hundreds of students and FGCU employees participate in EIM-OC-sponsored events such as FitCraze, EIM-OC Week in October and Movement Matters Day in the spring.

"That being said, we are still relatively unknown and are working to increase program awareness, promotion, participation and overall buy-in on campus," Sawyer-Simmons says.

Marieb College's Exercise Science Program also facilitates Community-Engaged Learning, in which students complete two full-time experiential learning internships at local cardiac rehab centers, wellness facilities, senior living communities and strength and conditioning programs.

"Students are exposed to various settings that align to the workforce's needs in the area," says Barbara Tymczyszyn, FGCU's ES Program Director. "Students get the opportunity to work directly with clients."

Often, older adults are perceived as becoming frailer, but the students quickly learn that older adults are very capable of being active, exercising and building strength—which ultimately helps with their quality of life. They also learn that keeping older adults healthy for longer through functional movement is a win-win situation for everyone."

She says the program provides a direct pipeline for local employers seeking qualified, field-ready professionals. The internship program is essentially a four-month interview process during which students have the opportunity to make their mark.

They work in such areas as fitness, wellness, cardiac and pulmonary rehab delivering exercise prescriptions, wellness programming and preventative care education. They also bring value to a community site by applying current, research-backed practices to improve the outcomes in strength, endurance, balance, mobility and quality of life. The FGCU EIM-OC program is one of the ES program's internship opportunities, working with the University Recreation and Wellness Department.

"Community partners report that their participants enjoy working with the students," Tymczyszyn says. "Students also often develop tools such as fitness plans, wellness workshops, exercise videos and educational materials that can be reused by the sites."

She says it's important for the community to understand that through these programs, FGCU is shaping the future of evidence-based practice in the field of exercise science.

"Our program is committed to developing well-rounded professionals who are prepared to work with a diverse range of clients—from elite athletes to individuals managing multiple chronic conditions," she says. "While we provide a strong academic and practical foundation, we also challenge our students to think critically and adapt within a constantly evolving industry. In an age of information overload, it is essential to prepare practitioners who can not only apply the science, but also discern credible sources and make informed, ethical decisions in practice."

FGCU

Marieb College of Health & Human Services

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



Understanding Osteoporosis, Compression Fractures, & Kyphoplasty

By Amanda N. Sacino, MD-PhD • Neurosurgeon and Managing Partner

Osteoporosis is a progressive bone disease that weakens bones and increases the risk of fractures. It's often called the "silent disease" because bone loss occurs gradually and without symptoms until a fracture occurs. Among the most common and painful complications of osteoporosis are **vertebral compression fractures (VCFs)**—breaks in the spinal bones that can lead to severe pain, reduced mobility, and deformity. Fortunately, treatment options such as **kyphoplasty** offer relief for some patients, restoring function and quality of life.

What Is Osteoporosis?

Osteoporosis literally means "porous bone." It occurs when the body loses too much bone, makes too little bone, or both. As bones become less dense, they become fragile and more likely to break from a minor fall or even simple actions like bending over, lifting, or coughing.

The condition affects millions worldwide, particularly postmenopausal women, though men and younger people can also develop osteoporosis. Risk factors include:

- **Age:** Bone density naturally declines with age.
- **Hormonal changes:** Especially decreased estrogen in women after menopause.
- **Nutritional deficiencies:** Low calcium and vitamin D intake.
- **Sedentary lifestyle:** Lack of weight-bearing exercise.
- **Smoking and alcohol use:** Both negatively impact bone health.
- **Certain medications and diseases:** Including corticosteroids and autoimmune disorders.

Often, the first sign of osteoporosis is a fracture—most commonly in the spine, hip, or wrist.

Compression Fractures: A Consequence of Bone Weakness

A **vertebral compression fracture** occurs when a bone in the spine collapses due to weakened bone structure. This is different from a traumatic fracture caused by a high-impact injury; compression fractures can happen spontaneously or from minimal trauma in osteoporotic patients.

Symptoms of a compression fracture can include:

- Sudden onset of back pain
- Pain that worsens with standing or walking
- Decreased height
- A stooped or hunched posture (kyphosis)
- Limited spinal mobility

In severe cases, multiple spinal fractures can lead to a condition called **dowager's hump**, a visible curvature of the upper back caused by collapsed vertebrae.

VCFs not only cause pain and disability but can also reduce lung function, impact digestion, and increase the risk of further fractures.

Diagnosing Compression Fractures

Diagnosis typically involves:

- **Medical history and physical exam:** Reviewing symptoms, activity limitations, and risk factors.
- **Imaging tests:**
 - **MRI:** Helps determine the age of the fracture and whether there is nerve involvement.
 - **Bone density scan (DEXA):** Used to evaluate the severity of osteoporosis.

Kyphoplasty: A Minimally Invasive Solution

Kyphoplasty is a surgical procedure used to treat painful compression fractures in the spine, particularly those caused by osteoporosis. It is a form of **vertebral augmentation**, and its goal is to stabilize the fracture, relieve pain, and restore vertebral height.

How Kyphoplasty Works:

1. **Balloon Insertion:** A small balloon is inserted through a hollow needle into the fractured vertebra under X-ray guidance.
2. **Balloon Inflation:** The balloon is gently inflated to elevate the collapsed vertebra and create a cavity.
3. **Cavity Filling:** The balloon is removed, and the cavity is filled with a special cement-like material called polymethylmethacrylate (PMMA), which hardens quickly.
4. **Stabilization:** Once hardened, the cement stabilizes the vertebra, relieving pain and preventing further collapse.

The procedure is usually done on an outpatient basis or with a short hospital stay. Recovery time is typically quick, with many patients experiencing significant pain relief within 48 hours.

Who Is a Candidate for Kyphoplasty?

Kyphoplasty may be appropriate for patients who:

- Have acute or subacute vertebral compression fractures (typically within the last 2–3 months)
- Suffer from persistent pain that doesn't improve with conservative treatments (rest, pain medication, bracing)
- Have fractures confirmed by imaging
- Are in otherwise good health to undergo a minor procedure

Kyphoplasty is generally not recommended for old or healed fractures, or when the pain is due to other causes like infection, tumors, or arthritis.

Prevention and Long-Term Management

While kyphoplasty can treat existing fractures, **preventing future fractures** is critical. Long-term osteoporosis management includes:

- **Medication:** Bisphosphonates, selective estrogen receptor modulators (SERMs), hormone therapy, or newer agents like denosumab or teriparatide.
- **Nutrition:** Adequate intake of calcium and vitamin D.
- **Exercise:** Weight-bearing and balance exercises to strengthen bones and reduce fall risk.
- **Fall prevention:** Home safety modifications, vision checks, and appropriate footwear.
- **Lifestyle changes:** Quitting smoking, limiting alcohol, and maintaining a healthy weight.

Conclusion

Osteoporosis is a common and serious condition that can lead to painful and debilitating spinal fractures. Vertebral compression fractures significantly impact patients' lives, but treatments like kyphoplasty offer hope for relief and recovery. Early diagnosis, effective intervention, and ongoing bone health management are essential to reduce the burden of osteoporosis and improve patient outcomes.



Apex Brain & Spine
Neurological Specialists

239-422-APEX (2739)

3530 Kraft Road, Suite 203 • Naples, FL 34105

www.apexbrainandspine.com

PUT YOUR BEST FOOT FORWARD

FAMILY FOOT & LEG CENTER

COMMON CONDITIONS

FOOT & ANKLE PAIN	WOUND CARE
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



*Dr. Joe Altepeter
Foot & Ankle Surgery*



WELLNESS IMPACT

An investment in FGCU is an investment in our students and the future of your healthcare in Southwest Florida.



Your single act of generosity makes an IMPACT.
DONATE TODAY

fgcu.edu/marieb-donate

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



Zacharia Brown & Bratkovich

Estate Planning • Elder Law

(239) 345-4545

www.ZacBrownLaw.com

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

ARE YOU STRUGGLING WITH URINARY INCONTINENCE?

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

Yes or No:

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

THE TRUTH: WHAT YOU NEED TO KNOW

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

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

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



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

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

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

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

#3 It's not always incontinence.

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

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

#4 There are numerous incontinence treatment options.

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

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

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

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

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



Tabitha Lane, PA-C



Joseph Gauta, MD



Nicole Houser, PA-C

It's time to start living your life to the fullest. Regain control of your life.



239-449-7979

www.FloridaBladderInstitute.com

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

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 Partial.
- Custom Mouth Guards and Sleep Apnea Appliances.
- Botox

239-992-0325
www.premierdentalstudio.com

ZOOM IN HOUSE WHITENING IN ONE VISIT \$400.00

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



BEAUTY, WELLNESS & SEXUAL HEALTH



DR. MEL IRVINE

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

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

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

239-351-5663
info@sextys.com | drmelirvine.com
www.youtube.com/watch?v=vR5BgNltKmc

9250 Corkscrew Rd. STE 15, Estero, FL 33928



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




239-425-2900
www.rtcausesmd.com

Natural Hormone Replacement

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

CALL FOR SPECIAL PACKAGE PRICING TODAY!

12734 Kenwood Ln #56, Fort Myers, FL 33907

SW FLORIDA'S FIRST V/O MED SPA LOCATION

V/O med spa

Nationally-Recognized Skincare Leader in Cutting-Edge Aesthetic Medicine & Wellness to Support the Fort Myers Community

PROVIDING ELEVATED, INNOVATIVE AESTHETIC SERVICES INCLUDING:

- Medical-Grade Facials (Hydrfacial, GLO2, V/O Signature Facial)
- Wrinkle Relaxers (Botox®, Xeomin, Jeuveau, Dysport)
- Dermal Fillers (Restylane, Juvederm, Radiesse)
- Advanced Skin Rejuvenation (BBL, Moxi Laser, RF Microneedling, SkinPen Microneedling, Chemical Peels, PRP treatments)
- Wellness Treatments (Customized IV Therapies, IM Injections; B-12, Tri-Immune, NAD+, Glutathione, Lipo+)
- Weightloss Service (GLP-1's; Semaglutide & Tirzepatide)

239.922.1177
www.viomedspa.com/locations/fort-myers
fortmyers@viomedspa.com
6921 Daniels Pkwy #195, Fort Myers, FL 33912

Hours of operation are Monday - Friday, 10 am - 6 pm, Saturday, 9 am - 2 pm and closed Sundays






TEETH WHITENING TIPS

By KELLY M. DAINIAK, DMD, GENERAL DENTIST

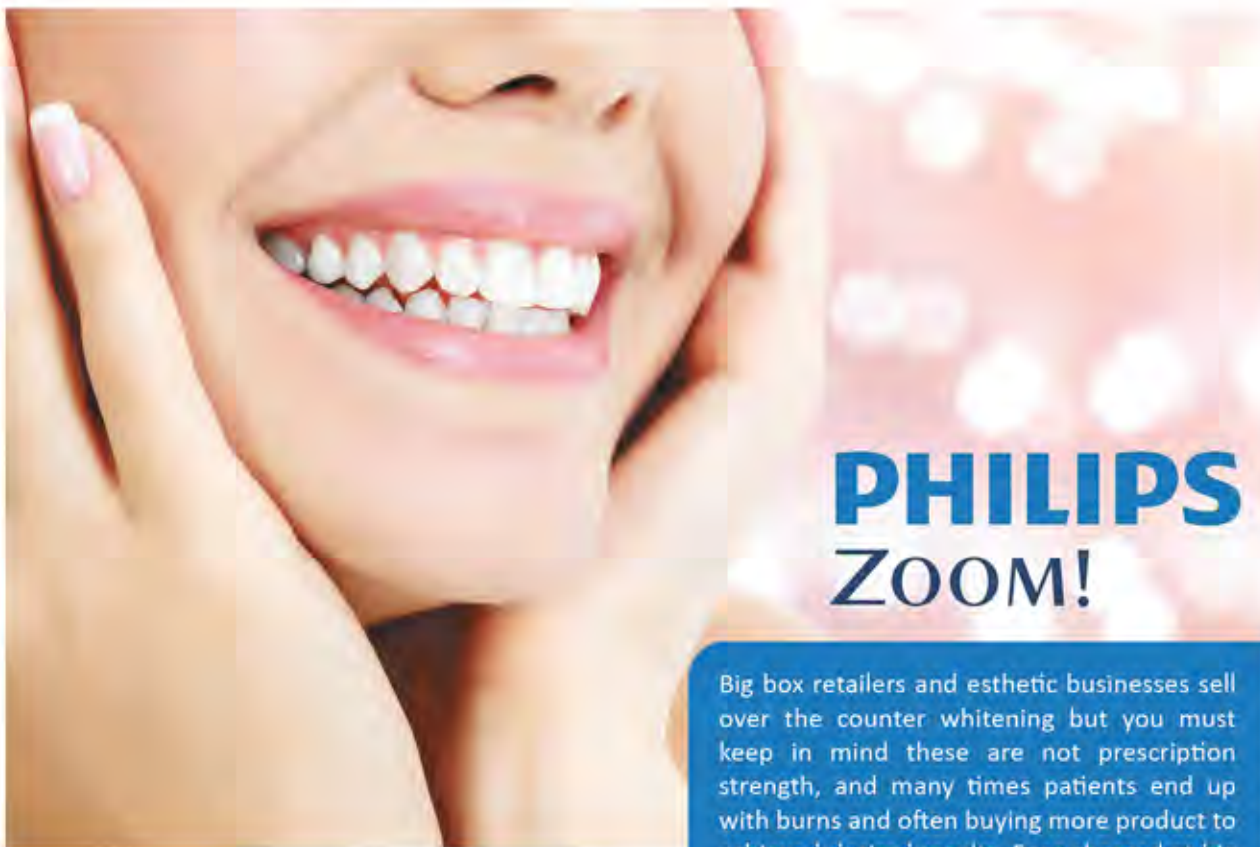
Now is a great time to brighten your smile! Are you a candidate for whitening? Tooth whitening focuses on natural teeth. Restorations (white fillings and/ or crowns, implant crowns, removable prostheses) do not change color. Over time your teeth can darken with normal function: eating foods that stain. Examples of foods that darken teeth: black coffee, soy sauce, ketchup, berries, green tea, black tea and red wine. Poor habits such as smoking cigarettes, cigars and vapes also darken your teeth. Other important factors that affect the color of your teeth are: oral homecare and how often teeth are professionally cleaned.

Depending on the hue of your teeth, results can vary. Tooth color shades vary from yellow to golden to grey. The golden shades are more difficult to change to bright shades. There are several types of whitening available in the dental office. The first and most comprehensive is Zoom Chairside Whitening. The results are immediate and are closely monitored by your dental professional. This takes about an hour and a half and involves whitening gel and a professional ultraviolet light with multiple settings to customize your whitening goals. Custom trays come with this procedure for touch ups. Zoom Chairside Whitening has the best results, is convenient and lasts one to two years depending on your daily habits. The cost is \$600-\$1,000.

The next type of whitening is custom take home trays. This consists of two dental visits. The first visit impressions are taken to make dental models and to fabricate custom whitening trays. The second visit the trays are delivered with whitening gel syringes. The patient can wear the trays 20 minutes a day for 5 to 7 days. The cost is \$200-\$400. Results vary depending on the hues of the natural teeth.

SEPTEMBER SPECIAL

\$100.00 off a crown
\$500 off
 Clear Correct Aligners!



**PHILIPS
ZOOM!**

Big box retailers and esthetic businesses sell over the counter whitening but you must keep in mind these are not prescription strength, and many times patients end up with burns and often buying more product to achieved desired results. Fees charged at big business pharmacies are more than what is charged in the dental office. **For the summer months, Dr. Kelly M. Dainiak is having a Zoom Chairside Whitening Special** if interested in brightening your smile! Dr. Dainiak is a local small business owner and has had a solo practice serving Lee County for 20 years.

Lastly, there are prescription strength pre-set disposable trays, a one size fits all. They come in packs of ten. These are worn daily for 20 minutes and results can vary. They are good for a quick touch up. The cost is \$80-\$100.



Dr. Kelly M. Dainiak is a Hospital Residency trained General Dentist who takes pride in caring for her patients' well-being.



239-992-0325
www.premierdentalstudio.com
 20321 Grande Oak Shoppes Blvd.
 Suite 316 | Estero, FL 33928





TOP-TIER ORTHOPEDIC CARE, SPECIALIZING IN:

- CARPAL TUNNEL SYNDROME
- TRIGGER FINGER
- ARTHRITIS OF THE THUMB
- TENNIS ELBOW
- GOLFER'S ELBOW
- ROTATOR CUFF
- FRACTURES
- HAND ARTHRITIS
- TENDINITIS
- MANY OTHER CONDITIONS OF THE HANDS, WRISTS, & UPPER EXTREMITIES



SAGINI MD
HAND, WRIST & ELBOW SURGERY

DENNIS O. SAGINI, M.D.

Board Certified Orthopedic Surgeon
Hand, Wrist and Elbow Specialist

239-302-3216

SAGINIMD.COM

13691 Metro Pkwy, Suite 400
Fort Myers, FL 33912

A MEMBER OF
PRECISION
HEALTHCARE SPECIALISTS

Ear, Nose & Throat

Price Sonkarley, MD

Head & Neck Surgical Specialist

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



Dr. Price Sonkarley



Kathleen Rocuant,
Au.D FAAA

PA/NP Position Available

Join Dr. Sonkarley's ENT team!
Seeking experienced PA/NP.
Excellent benefits and supportive
work environment.
Call 239-495-6200 to apply.

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.

• HEARING LOSS • EAR CARE • NASAL HEALTH

• THROAT PROBLEMS • HEAD & NECK MASSES • PEDIATRIC ENT

*Don't trust something as important
as your hearing to just anyone.*

Serving all of Southwest Florida

We are always accepting new patients. Call us and make an appointment today!

9240 Bonita Beach Rd. SE #1106, Bonita Springs, FL 34135 • 239-495-6200
Sunshine Professional Center (across from Spanish Wells) Mon-Thurs 8am until 6pm • drmarkmontgomery.com

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

**FLORIDA BLADDER
INSTITUTE**
Excellence in Women's Pelvic Health



Tabitha Lane, PA-C



Joseph Gault, MD



Nicole Houser, PA-C

(239) 449-7979

www.FloridaBladderInstitute.com

1890 SW HEALTH PKWY., SUITE 205
NAPLES, FL

ASSOCIATES IN NEPHROLOGY

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



Neetu Malhotra, MD

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

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

239.939.0999
associatesnephrology.com
Most major insurances accepted.

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

FORT MYERS
7981 Gladiolus Dr
Fort Myers, FL 33908

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

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

Providing comprehensive kidney care & transplant services since 1984.



By Neetu Malhotra, MD

Stress Management

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

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

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



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

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

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

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

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

ASSOCIATES IN NEPHROLOGY

239-939-0999

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

What is Rhinitis?

An In-Depth Look at This Common Nasal Condition

Rhinitis 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), turbidoplasty 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.

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!

PA/NP POSITION AVAILABLE

Join Dr. Sonkarley's ENT team! Seeking experienced PA/NP. Excellent benefits and supportive work environment. Call 239-495-6200 to apply.

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 • drmarkmontgomery.com

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

MOBILE REHAB & LYMPHATICS

Gold-Standard Therapy, Delivered to Your Door

At Mobile Rehab & Lymphatics, we believe expert rehabilitation should be both accessible and convenient. Serving Southwest Florida, our licensed occupational and physical therapists provide personalized, one-on-one care in the comfort of your home. Our services include general OT and PT, advanced neuro-based treatments for conditions such as stroke and Parkinson's disease, and now, specialized lymphedema therapy.

We are proud to offer treatment through the internationally recognized Complete Decongestive Therapy (CDT) approach—the gold standard for managing lymphedema. This comprehensive method combines manual lymphatic drainage, compression wrapping, exercise, and skin care to effectively reduce swelling, improve mobility, and protect long-term health.

Our team treats lymphedema caused by a variety of conditions, including breast cancer treatment, chronic venous insufficiency, surgery, and trauma. Every plan is customized to meet the unique needs of the patient, with a focus on improving daily function and overall quality of life.

To help patients maintain results, we also provide in-house Durable Medical Equipment (DME) services. Our therapists measure, fit, and order compression garments tailored to each individual, ensuring the right solution for long-term management. By handling fittings directly, we simplify the process and remove common barriers to care.

At the heart of Mobile Rehab & Lymphatics is a mission to deliver evidence-based, compassionate care—where it matters most: at home. Whether you are recovering from surgery, managing a neurological condition, or living with lymphedema, our goal is to support your independence, confidence, and comfort every step of the way.



WHO CAN BENEFIT FROM OUR SERVICES?

Perfect for:

- Stroke survivors and Parkinson's patients
- Cancer survivors with lymphedema
- Post-surgical patients with swelling
- Those with mobility or transportation challenges
- Seniors preferring home-based care
- Anyone needing specialized rehabilitation in Southwest Florida

Experience gold-standard therapy in the comfort of your own home.

Meet the Co-Owners:

Mobile Rehab & Lymphatics is co-owned by James Ferrara, OTR/L, CLWT, and Lexie Lundquist, OTR/L, CLWT, who bring a powerful blend of experience, innovation, and dedication to patient care.



Jim Ferrara received his Master's Degree in Occupational Therapy from Spalding University in 2006, and has been a certified lymphedema therapist for over six years. As a seasoned business owner for

more than five years, he integrates advanced wound care and lymphedema management into effective therapy, helping patients achieve meaningful recovery even in complex cases.



Lexie Lundquist earned her Doctorate in Occupational Therapy from the University of Florida in 2022 and became a certified lymphedema therapist in 2023. Lexie is passionate about

empowering patients through providing education, hands-on treatment, and personalized plans of care, and making a difference for her patient's lives.

Together, Jim and Lexie lead Mobile Rehab & Lymphatics with a shared vision: to bring gold-standard, patient-centered therapy directly to the people of Southwest Florida. CALL 239-558-0216 TODAY!

MOBILE REHAB & LYMPHATICS

239- 558-0216

MobileRehabFL.com

1715 Heritage Trail, Suite 203, Naples, FL 34112

HOLISTIC PAIN MANAGEMENT & WELLNESS THROUGH ACUPUNCTURE



QUIET WATERS
WELLNESS CENTER

(239) 246-6622

QuietWatersWellnessCenter.com



LeeTasha Perez,
D.O.M., AP, L.M.T., NCCAOM



Leila Motta,
D.O.M., AP, Dipl. O.M., ADS.

COME EXPERIENCE NATURAL CARE TODAY!

28410 Bonita Crossings Blvd, Ste 215
Bonita Springs, FL 34135
office@quietwaterswellness.com

MOBILE REHAB & LYMPHATICS



239- 558-0216
MobileRehabFL.com

WHY CHOOSE MOBILE REHAB & LYMPHATICS?

CONVENIENCE

- In-home therapy - Expert care delivered to your door
- No travel stress - Stay comfortable in your familiar environment
- Personalized one-on-one sessions with licensed therapists

*James Ferrara, OTR/L, CLWT,
Lexie Lundquist, OTR/L, CLWT*



Hurricane Season and Your Medical Insurance, How is it Affected?

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

Especially during Hurricane season make sure you always keep your medical insurance cards on you. Do you understand your plan benefits? Most HMO plans have a limited network locally and require your primary care doctor to refer you for services and specialist. In case of a Medical Emergency, you should be covered to stabilize you. PPO's have in and out of network benefits, so if the provider you want to see is not in network and they are willing to accept the plans conditions you can see them but at a higher cost. During hurricanes many of us evacuate and leave the plans service area.

Also, during this time of the year, we have **Medicare Annual Enrollment Period which runs from October 15th to December 7th for January 1st effective.** The **Marketplace/Obama Care Open Enrollment runs November 1st to December 7th for January 1st effective.**

Make sure you don't leave your plan selection up to the last minute. Deal with a local agent that represents all/most of the insurance carriers in your service area. It is illegal for an insurance agent to call, text, knock on your door or even talk to you about Medicare without prior permission from you. If you receive this call don't just hang up or not answer your phone. Put an end to those calls by asking them for their National Producer Number, you will more than likely hear a click, if not get the number and tell them you are going to report them to Medicare. My clients & I do so, we don't get those calls anymore.

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 cancelation 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 are out way the benefits.

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 education, wedding or even a 1st home purchase. The younger you are the lower the cost. There are many types of life insurance, and it is important to understand the differences between them. You also have payment options, such as 10-Pay, this type of policy you can pay the premium in full in 10 years, there are other terms available as well.

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 play a major role in the cost of the plan's premium. The sooner than later for affordability. You have payment options such as a single payment, 10-Pay where the premium is paid in full in 10 years. You also get a discount with most companies doing a joint policy with your spouse. Remember Medicare is NOT meant for Nursing Home Care/Skilled Nursing.

HAVE YOU MOVED

Special Enrollment Periods – You moved out of your plans service area, New to Medicare, Retiring and coming off your employer group plan, Going into or out of Skilled Nursing, Medicaid and other's may apply.

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

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
info@Logicalinsurance.com

MOBILE CONCIERGE WOUND CARE

REMY CARES

HEALTH | WELLNESS | WOUND CARE

AT LAKAY IPHANITA KLINIK, PLLC

ADVANCED WOUND CARE SERVICES

- Diabetic Foot Ulcers
- Pressure Ulcer Management
- Venous & Arterial Wound Treatment

JEAN REMY, FNP-BC

(239) 231-9024

www.remycares.com

1250 Tamiami Trail North #104, Naples, FL 34102

contact@remycares.com | Fax: 1-855-576-4871



**Logical
Insurance
Solutions USA**

239.362.0855

Save Money. Gain
Peace of Mind.

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

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



Other services but not limited to:

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

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

2161 McGregor Boulevard
Suite C, Fort Myers, FL 33901
info@logicalinsurance.com

239.362.0855

www.Logicalinsurance.com

Family Owned and Operated Since 2007.

THE ART OF AGING GRACEFULLY: WHY SKIN CHECKS MATTER AT ART OF DERMATOLOGY

Our skin tells the story of our lives—every laugh line, sun-kissed moment, and year of experience. As we age, maintaining skin health becomes increasingly important, not just for aesthetics but for overall wellbeing. At Art of Dermatology, we believe that healthy aging skin begins with proactive care and regular professional assessment.

Understanding Skin's Aging Process

Skin ages through two distinct processes: intrinsic aging (determined by genetics) and extrinsic aging (influenced by environmental factors). While we cannot control our genetic timeline, we can significantly impact how external factors affect our skin.

With age, our skin naturally produces less collagen and elastin, leading to thinner, less resilient skin. Cell turnover slows, and moisture retention diminishes. Meanwhile, years of sun exposure, pollution, and lifestyle choices accelerate these changes, potentially leading to premature aging and increased risk of skin conditions, including cancer.

The Crucial Role of Regular Skin Checks

Regular dermatological examinations serve as the cornerstone of proactive skin health management. These checks provide much more than peace of mind—they can be lifesaving. Consider these compelling reasons to schedule regular visits to Art of Dermatology:

- **Early Detection of Skin Cancer:** With over one million Americans diagnosed with skin cancer annually, early detection dramatically improves treatment outcomes. Professional dermatologists can identify suspicious changes that might go unnoticed during self-examinations.
- **Personalized Aging Management:** Everyone's skin ages differently. Regular assessments allow dermatologists to craft personalized treatment plans that address your skin's unique needs, from addressing sun damage to managing age-related conditions like rosacea or seborrheic keratosis.
- **Tracking Changing Moles and Spots:** What appears as a harmless freckle today could develop concerning characteristics over time. Consistent monitoring creates a valuable baseline for detecting meaningful changes.



Expert Guidance on Products and Treatments:

The skincare industry overwhelms consumers with countless anti-aging products. Your dermatologist can recommend evidence-based solutions truly appropriate for your skin type and concerns.

Healthy Habits for Aging Skin

Between professional visits to Art of Dermatology, maintaining these daily habits supports optimal skin health:

- **Sun Protection:** Apply broad-spectrum SPF 30+ sunscreen daily, regardless of weather conditions. Wear protective clothing and seek shade when possible.
- **Hydration:** Both internal hydration (drinking water) and external moisturizing help maintain skin's barrier function and elasticity.
- **Gentle Cleansing:** As skin becomes more delicate with age, harsh products can cause irritation. Opt for gentle, pH-balanced cleansers.
- **Antioxidant-Rich Diet:** Consuming foods high in vitamins C, E, and omega-3 fatty acids supports skin's natural repair processes.
- **Quality Sleep:** During deep sleep, skin undergoes essential regeneration and repair processes critical for healthy aging.

The Art of Dermatology Difference

At Art of Dermatology, we combine medical expertise with aesthetic sensibility. Our comprehensive skin examinations include advanced technologies

for detecting subtle changes invisible to the naked eye. Our dermatologists take time to understand your concerns, family history, and lifestyle factors affecting your skin health.

Rather than simply treating visible problems, we partner with you in preventative care—identifying risk factors and potential issues before they manifest. This approach not only supports graceful aging but potentially prevents serious health complications.

Don't wait for visible problems to appear. Schedule your comprehensive skin check at Art of Dermatology today and take the first step toward lifetime skin health. Remember, healthy aging isn't about fighting time—it's about supporting your skin's natural processes with expert care and attention.

Your skin's journey deserves the art of professional dermatology.

Art of Dermatology is the premier choice for comprehensive **Dermatology, Surgical, and Aesthetic** services. We are dedicated to offering exceptional care for the diagnosis, treatment, and enhancement of your overall skin health.



AD ART OF DERMATOLOGY
MEDICAL • SURGICAL • COSMETIC

239-356-3503
theartofderm.com

Hope and Optimism

By Pastor Timothy L. Neptune

Hope is confidence in God...not wishful thinking. To have hope is to trust in God to meet our needs...even in the midst of difficult times. When we do go through tough times our confidence in God can get a little rattled, as the Old Testament figure Job experienced. In the midst of his pain and heartache he cried out, *"Where then is my hope? Who can see any hope for me?"* (Job. 17:15)

Ultimately, hope comes from God. The Scriptures say, *"May the God of hope fill you all with joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit."* (Romans 15:13) Hope is an essential element of the Christian's life. In 1 Corinthians 13 the Apostle Paul included hope as one of the top three qualities of a person's life: *"And now these three remain: faith, hope and love. But the greatest of these is love."* (1 Cor. 13:13)

As followers of Christ, we are called to be dispensers of hope. We should exude a confidence and trust in God that demonstrates that we have hope. Yet I pose the question, "Can a person be filled with hope without being filled with optimism?" According to the encyclopedia, optimism is "to anticipate the best possible outcome." Can we demonstrate hope in God without anticipating the best possible outcomes of the situations we face?

I believe we can. In fact, I think hope is best exemplified when it is demonstrated in the face of negative circumstances. There are many times when hope and optimism go hand in hand. David had both when he faced Goliath. He had confidence in God and he expected the best possible outcomes...Goliath's defeat and an Israelite victory over the Philistines. And yet, there are many examples of people who had hope in God but did not anticipate the best possible outcomes.

Simon Peter is a good example. He and the disciples had been fishing all night and had caught nothing. They had worked so hard and yet still had nothing to show for their labors. And then Jesus tells them to cast out the net one more time. Simon did not expect to catch any fish. He was pessimistic. But, he had confidence in Jesus, so he cast the net. Though the circumstances did not look promising, his hope in God made up for his lack of optimism.

Esther is another good example. She had confidence that God would ultimately provide deliverance for the Jews but as she prepared to go before the King she said, *"...I will go to the king, which is against the law; and if I perish, I perish!"* (Esther 4:16) She demonstrated hope but not necessarily optimism.

The point is this: hope and optimism are not the same thing. You can still be hopeful even if you are not optimistic. You can still be a dispenser of hope even if you think you are going to face hard times ahead because you know that God will meet your needs.

Jesus didn't sound very optimistic when he said, *"These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation (a rather pessimistic view); but be of good cheer (maintain your hope), I have overcome the world (which is the basis of our hope)."* (John 16:33)

Hope doesn't mean that the best possible situations will always occur, but it does mean that in some way God will bring something good or useful out of the situation. As we look into the future, we may not always be filled with optimism, but we must always be filled with hope...God is still in control!



Ready for the moments that matter



Stay active. Stay thriving.

Enjoy life to the fullest. Lee Health provides the complete, compassionate care your family deserves – for a lifetime.

Primary and specialty care, new technology, and convenient locations. We'll keep you ready to enjoy the moments that matter.

*Learn more about all we do.
leehealth.org/ready*



LEE HEALTH