

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

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

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# Have you tested positive COVID-19

Consider this global clinical research study testing a possible treatment option.

During this clinical trial, researchers will test an antiviral study drug in people who have tested positive for COVID-19 to learn:

- How well the drug works against COVID-19
- How safe it is
- How well the body handles the antiviral study drug
- If the antiviral study drug can reduce symptoms, recovery time, and hospitalizations

You may be able to take part in this trial if you:

- Are at least 18 years of age
- Have tested positive for COVID-19 in the last 7 days
- Have had signs and symptoms of COVID-19 for less than 7 days and currently have at least one sign or symptom of COVID-19
- If male, agree not to donate sperm or father a child for at least 90 days and agree to use birth control if your partner is pregnant or breastfeeding
- If female, agree not to breastfeed or become pregnant for at least 7 months
- Have not been hospitalized due to COVID-19 or do not anticipate being hospitalized due to COVID-19 in the next 24 hours

The study doctor and staff can provide you with information about additional requirements for participation.

If you qualify, you will get the 5-day trial treatment and trial-related tests at no cost.

For more information, including the possible risks and benefits of taking part in this trial, please contact:

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1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>  
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>



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# Stress Management

By Neetu Malhotra, MD

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

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

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



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

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

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

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

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

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# Self-Care Gifts for the Holidays

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If there has ever been a time to give gifts to help you or your loved ones to relax - 2020 is undoubtedly it. It's been a crazy year that has felt like it will never end. We've been consumed by the headlines in the midst of a global pandemic, natural disasters, economic instability and overall unrest. To think of self-care and relaxation at a time like this seems almost trivial. However, it's during times like these when we need it the most.



**Stress in America™ 2020: A National Mental Health Crisis**, conducted by *The Harris Poll* on behalf of *American Psychological Association*, found that nearly 8 in 10 adults (78%) say the coronavirus pandemic is a significant source of stress in their lives, while 3 in 5 (60%) say the number of issues America faces is overwhelming to them. If your stress is consuming your daily life, seek the advice of a professional. However, if you are looking for simple ways to help you and your loved ones unwind, release tension and calm the mind, here are a few simple self-care gift suggestions for everyone on your list.

## Natural Essential Oils

Aromatherapy is a simple, convenient, and non-invasive way to naturally relieve stress. Oils derived from plants such as lavender, lemongrass, and patchouli have been used for thousands of years to cure ailments including stress and tension. A study conducted by the *International Journal of Nursing Practice* found that nurses who pinned small bottles containing 3% lavender oil on their clothes reported a significant reduction in stress symptoms over the placebo group.

To incorporate essential oils into your daily routine, try using a home diffuser to fill your surroundings with your preferred scent or apply a small amount of essential oils to your pillowcase or sheets. For direct application, look for roll-on blends that mix pure essential oils with a carrier oil that can be applied directly to areas of the skin like your temples, behind the ears or on your wrists.

## Relaxing Baths

It's hard to imagine that a bath can have health benefits, but it's true! Taking a warm bath can reduce your blood pressure, relieve muscle tension, improve blood circulation, reduce headaches and help you fall asleep faster. If you want to increase the benefits, enhance your experience with a high-quality bath bomb. Read the ingredients and look for Epsom salt to help reduce tension, skin moisturizers like shea butter and cocoa butter, and calming natural essential oils like lavender, rose, bergamot, chamomile, and lemon. If you aren't a bath taker, a hot shower can provide similar health benefits. Try adding essential oils to your steamy shower with the addition of a shower bomb or an essential oil shower diffuser.



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## The Importance of Self-Care

If the idea of self-care is foreign to you, here are a few pointers.

First, forget the guilt. Self-care is not indulgent – it's imperative. It gives people the chance to rest and recharge so that they can be more productive and present.

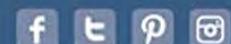
Second, know that self-care is different for everyone. Whether it's a walk on the beach, a tough workout, or a 20-minute face mask, self-care can be experienced in many ways.

Third, self-care is something you need to schedule. Block out "me time" on your calendar. If you wait until a spare moment rolls around, it will never happen.

Fourth, put away the Facebook feed, turn off the television, and remove the distractions. Remember, self-care is about focusing on you and nothing else.

If there was ever a time to refocus your energy towards self-care, this is it! "Me time" will nourish your body and mind and the health benefits can be profound.

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# YOU HAVE PLANNED FOR YOUR ESTATE AND FAMILY, BUT WHAT ABOUT YOUR PETS WHEN YOU PASS AWAY?

By Anthony J. Dimora, Florida Estate Planning Attorney

**L**et us be honest, our pets are our family, and we want to make sure they are taken care of today, tomorrow and always. Good news— Fla. Stat. 736.0408 allows pet owners to establish a specific trust for the care of fifi, fido, fluffy, tweetie etc.

## What is a Pet Trust?

When preparing your estate plan with your attorney, you may want to consider including a pet trust to protect your beloved pet family member(s) as well. A pet trust is one option for pet owners who want to provide for their pets after the owner passes away. Other options may include, but are not limited to, contractual arrangements with a caregiver or honorary bequests made through a valid Florida Last Will and Testament.

One of the big differences between designating who will physically receive your pet in your Last Will and Testament versus establishing a pet trust is important. For example, the person you identify in your Last Will and Testament to receive your pet is under no legal obligation to keep or care for your pet. However, with a pet trust, the trustee, and the trustee's successors you appoint in your pet trust have a legal duty to carry out your instructions and wishes so you can ensure that your pet's future and wellbeing will be safe and secure.

You may ask yourself, what types of instructions should I include in my pet trust regarding the care of my pet? Well, below is a list of some, but by no means all instructions you may wish to provide:

- Daily food and diet routines;
- Preferred toys;
- Crating or uncrating;
- Grooming;
- Daily walks and socialization;
- Preferred veterinarian, hospital and other medical care;



- Kennels and pet sitter preferences;
- Compensation, if any, for the trustee and/or caretaker;
- Liability insurance;
- How to handle end of life arrangements.

In the end, estate planning is all about planning and caring for everyone you love after you pass, even your pets.



## ABOUT THE AUTHOR

*Anthony J. Dimora, Esq. is Partner in charge of the Marco Island office of Woodward, Pires & Lombardo, P.A. He is licensed to practice law in both Ohio and Florida. He focuses his law practice in the areas of estate planning, probate, real estate and corporate matters.*



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# HOLIDAY TRAVEL

## WHAT YOU NEED TO KNOW

By Dr. Alejandro Blanco

**A**ccidents can happen anytime, but during the holidays, they are even more prevalent. With people hustling and rushing to shop, events and cocktail hours, accidents are inevitable.

### Time Matters

Accident victims have only 14 days from the time of an accident to see a doctor if you want insurance to cover your medical fees. Internal Medicine Partners of Naples can help walk you through the process and get you a detailed report of your medical condition.

### Injuries

Car accidents can cause a variety of serious personal injuries and even death. Most people hurt in a car crash suffer impact injuries, from slamming around inside the vehicle upon collision. Some are even injured by being hit by unsecured articles & cargo that become airborne in a crash.

**After most minor accidents, you might feel fine, but these symptoms should not be ignored:**

- Headaches
- TBI (Traumatic Brain Injury)
- Lethargy
- Back Pain
- Neck Pain
- Broken Bones
- Numbness
- Dizziness
- Cervicalgia

**A common condition related to vehicular accident is unfortunately, Traumatic Brain Injury**

Persons involved in automobile accidents may have hit their head on the steering wheel. When the head hits an object, it comes to a direct stop, but your brain continues momentum and strikes against your skull. When your brain bluntly hits against the skull bones, it most likely will be bruised or possibly produce bleeding disorders.



In any brain injury accident scenario, you can think of your head and brain as a raw egg. If the egg is thrown into a wall, the shell hits, and fractures, while the raw egg inside sloshes forward causing significant damage. If your brain injury is caused by a vehicular accident, some laws need to be reviewed about the vehicle's crashworthiness, which tests its crash capabilities for safety. If you were involved in any act of violence, sports injury, or any other trauma to the head that took place, there are also specific laws to coincide with each of the related traumatic experiences.

An MRI or CT scan should have been performed on you after your trauma to detail the initial specific amount of damage your brain endured. More medical testing may be needed to evaluate your overall condition.

### Essential Steps to Take

- Get medical attention
- Speak to a Personal Injury Attorney
- Keep a record of your injuries
- Write down and date any new symptoms (radiating pain, sleep disturbances, hearing loss)
- Update your physician in writing with every new symptom that you endure

### If you've been in an accident, getting medical treatment is crucial

Even if you don't have symptoms, getting a thorough diagnosis via physical examination, diagnostic testing and imaging, medical treatment and follow up are all critical to your wellbeing, and essential if you plan on pursuing legal damages.

Whether you show symptoms of injury or not, it's imperative to have a check-up to rule out possible long-term effects.

### Get Your Free Initial Consultation

*Dr. Alejandro Blanco is accepting new patients. Please call (239) 596-8804 to schedule your appointment.*



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# The Florida Pain Center Treats Their Patients With Whole-Body Care

If you suffer from chronic pain from an injury, illness, trauma, or disease, the unbearable discomfort can disrupt your entire life. Over 116 million people suffer from various types of chronic pain disorders. Chronic pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality of life you deserve.

**T**he Florida Pain Institute treats the whole person comprehensively. We don't just try and mask your pain; we get to the root cause of it and find ways to treat the source of your pain effectively. The body works synergistically, so even though a patient may have hip pain, it can stem from the spine or even the way they walk. Pain also affects a patient's mood, and it is essential to get treatment for any psychological effects that a person may be experiencing. We work directly with other providers to offer our patients full thorough, whole-body care.

#### Pain Conditions We Treat:

- Discogenic Pain
- Reflex Sympathetic Dystrophy
- Neuropathic Pain
- Post Laminectomy Syndrome
- Sacroiliac Joint Pain
- Myofascial Pain
- Spinal Stenosis
- Postherpetic Neuralgia
- Neuroma Pain
- Causalgia
- Radicular Pain
- Facet Pain
- Cancer Pain
- Physiological Aspects of Pain

#### Pain Management Treatments

Along with traditional pain management, we provide alternative measures to get our patients out of pain. Depending on the diagnosis, we offer IntraDiscal ElectroThermal Therapy (IDET), Radiofrequency Neuro-Ablation, Discography, Indwelling Drug Delivery Systems, Botox Injections, Epidural Steroid Injections, Facet, and Sacroiliac Blocks, and Spinal Cord Stimulation are available for the treatment of chronic pain. These procedures have significantly greater success utilizing the approach of The Florida Pain Center.



#### The Florida Pain Center

Personalized patient care is what sets The Florida Pain Center apart. When you visit our Naples campus, you can expect to receive professional care. Expert physician specialists and caring clinical staff provide you with an exceptional health care experience. We are a referral-only clinic. Florida Pain Center utilizes modern equipment and state of the art facilities to assist in your pain management and treatment.

We are a group of pain management physicians offering full-time interventional pain management. We believe that chronic pain is a uniquely human condition that requires us to respond with the utmost compassion and perseverance. Our treatments include non-surgical and surgical methods, as well as more non-traditional techniques, from exercise protocols to the insertion of spinal cord stimulators and spinal infusion catheters for pain and spasticity. When difficult pain problems are referred to us, we know that the physicians and patients see us as a last resort. We accept that responsibility and will work as the patient's partner to improve his or her condition.

The Goal of the physicians and staff of The Florida Pain Center is to improve the quality of life by helping patients restore function and manage chronic pain. This is accomplished by addressing medical, physical, and psychological aspects of pain. The staff of pain management physicians have specialty training to address the complexity of chronic pain conditions. With the advanced training and knowledge of the latest research in treatment and technology of chronic pain, our team works together to tailor a personal program to help you significantly increase your quality of life.

## FLORIDA PAIN CENTER WELCOMES Chaturani Ranasinghe, M.D.



*Dr. Chaturani Ranasinghe* is a Double Board-Certified Anesthesiologist and Interventional Pain Medicine physician. She graduated from the University of Miami School of Medicine in 2006 and then concluded a residency in Anesthesiology at Jackson Memorial Hospital with the University of Miami.



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# HOLLY JOLLY HEARTBURN

By Gabrielle Sellitti

**T**hanksgiving marks the start of all the holiday indulgences. What's not to love about a holiday revolved around food, am I right? Foods that are richer in fat like creamy mashed potatoes and greasy Thanksgiving turkey drizzled with gravy can quickly trigger acid reflux. Unfortunately, the table only gets more buttery when you snowball on top the fried Hanukkah latkes and Christmas cookies that come next on the season's calendar.

Physicians Regional Medical Group's gastroenterologist, Michael Cohen, M.D., specializes in acid reflux or GERD, nutrition, and wellness. "A variety of foods that are associated with the holidays can be triggers for GERD," Dr. Cohen states.

There is a muscle segment called the LES, lower esophageal sphincter, muscle in the lower part of the esophagus that acts like a valve. This valve opens to allow food that is swallowed to enter the stomach. The valve then closes to prevent stomach contents from coming up into the esophagus. Acid reflux generally occurs because of a malfunction of the LES. The valve either stays perpetually open, or intermittently opens at inappropriate times. Either situation can result in reflux.

Alcohol is known to cause a relaxation of the LES muscle and when weakened, acid can flow back into the esophagus and trigger a GERD episode.<sup>1</sup> Make it a point to avoid alcohol or limit it to one drink. Your GERD will thank you for it. Drinking extra water can help you stay hydrated, as well as fill you up so you don't eat as much. This also clears out the esophagus and reduces the chance of reflux.

"While we don't fully understand why the valve malfunctions, we know that certain foods and beverages can cause the valve to malfunction," Dr. Cohen states.

Sometimes it's not what you eat, but how much you eat and when you eat it that can make the holidays treacherous for those who suffer from GERD. For example, lying down shortly after eating is a recipe for reflux.



Physicians Regional Medical Group's General Surgeon, Jonas Mansson, M.D., adds to Dr. Cohen's reasoning by advising not to lay down at least three hours post-holiday feasting. Lying down after eating can cause stomach acid to rise, which in return causes indigestion issues.

Dr. Mansson states, "Some tips for avoiding GERD occurrences are using white sauce instead of red if there's pasta or pizza in your diet. If reflux persists, try drinking milk or even carry an antacid, like Pepcid or Tums, to help relieve symptoms of acid reflux."

Dr. Cohen believes a person with very occasional heartburn does not necessarily need to seek medical attention. However things that can be red flags include frequent heartburn or regurgitation, a significant increase in symptoms, and what we call "alarm symptoms" such as swallowing difficulty, weight loss, or blood in the stool.

Dr. Mansson urges, "If you are having acid reflux daily and are taking antacids daily, it's time to seek help from your physician."

#### References

1. <https://www.uchicagomedicine.org/forefront/gastrointestinal-articles/tips-for-enjoying-your-holiday-meal-while-managing-gerd>

The good news is that people who suffer from reflux can help take control of the disease by watching what they eat. Foods that should be avoided all together include spicy and/or greasy foods, onions, tomato sauce, citrus foods, chocolate, peppermint, caffeinated beverages/food, and alcoholic beverages.

Dr. Cohen encourages that if you cook, some simple tips are to convert fried recipes to baked recipes to avoid the additional use of oil in frying. Also, many baking recipes can be made healthier by substituting apple sauce for oil or butter.

"I celebrate Chanukah and one of my all-time favorite holiday treats are latkes (potato pancakes). While they are delicious crispy golden brown, fried in oil, you can make a "reflux friendly" version by baking them and they're still just as delicious," Dr. Cohen describes.



Michael Cohen, M.D.



Jonas Mansson, M.D.

*Dr. Cohen and Dr. Mansson's offices are located at Physicians Regional - Pine Ridge, 6101 Pine Ridge Rd., Naples, FL, 34119. Dr. Cohen is also located at Physicians Regional - Bonita Springs, 24231 Walden Center Drive, Bonita Springs, FL 34134.*

*For more information or to schedule an appointment, please call (239)-348-4221, or schedule online at [PhysiciansRegionalMedicalGroup.com](https://www.PhysiciansRegionalMedicalGroup.com).*

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MEDICAL GROUP

# WHAT IS THIS THING CALLED 'ENERGY', AND WHY SHOULD I CARE?

By Svetlana Kogan, M.D.

***There are many more things in heaven and earth, Horatio, Than are dreamt in your philosophy.***

Shakespeare. Hamlet. 1.5.



**W**hat images are evoked in your head when you pronounce the word 'energy'? Most of us would think of power-lines, lightning, storms, rockets, nuclear explosions, power stations and most recently, energy bars and drinks.

Not surprisingly, the word 'energy' is almost as old as this world. It derives from Greek *ἐνέργεια* (energeia), which appears for the first time in the work Ethics of Aristotle in the 4th century BCE. In this ancient text, 'energy' is defined as **'the living force'**. As such, it phonetically sounds almost the same in the multitude of languages across the globe. It has to do with everything we do. Energy may just be the definition of life itself.

Back when I was a medical school student in the early 90's, our textbooks would refer to disease as originating at the cellular level. There were physiologic things taking place inside our bodies – and this was the territory where medicine reigned. The word 'emotion' had no place in our lexicon. This was the realm of the psychiatrists – the *other* doctors.

The concept of 'energy' was even more foreign to most physicians: this was the territory of voodoo and shamans – the world of non-medical healing impostors. Despite of this stigma, I intuitively felt that there was so much more than pure mechanics and genetics running this show called Life... What was it? I was not sure. But the fact was that patients did not follow a straightforward formula for curing a disease. Some people survived and recovered despite all odds being against them, and some people did not make it despite all the favorable circumstances surrounding them. Searching for the answers to this incongruity, I continued to read voraciously my

"out there" books on plants, healing, and extra-sensory perception. Only I was hiding these books from my friends and classmates, so as not to appear out of step with those who were supposed to succeed by following the established school of thought.

Over the years, it became clear to me that most of the diseases originated not from the genetic misfortune, but from the severe energetic assault or some sort of misappropriation of energy, or perhaps stagnation of energy.

Energy comes in many flavors: electrical, chemical, mechanical, sound, and electromagnetic to mention a few. Exposure to energy can be good for you in some circumstances and lethal in others. For instance, we all need ultraviolet light to activate the vitamin D, which we produce in our liver. However, few people realize that a round trip in a commercial plane totaling 8 hours at 37,000 feet is the equivalent of one chest x-ray. That is why I always recommend that my pregnant patients should not fly. Very few listen to this warning however.

The one thing that all of these various energies I have described above have in common is that they are quantifiable. Most scientific experiments, in the western sense of the word, require things to be counted, measured, compared, and reproduced with great precision.

But what do we make of the energies that are not quantifiable? How do we measure anxiety? Or love?

Energy is something the workings of which we can sometimes perceive with our five senses. But energy itself is something that is always invisible to us: we can feel it "in our gut", we can "sense it" around us – and this is from the realm of the 6th sense, which we all possess. If you believe in anything of higher order than yourself – like God, Creator, or Nature – you probably noticed that if you feel connected to that higher energy source – you feel balanced, resilient, and full of energy. By the same token, if you feel like you are a free, superior intellect, free of any energetic influence from the universe - when things don't go your way – you feel lonely, helpless, and angry.

Today, working in my practice, I share a lot of what I have learned about energy in medicine with my patients. This gives them a whole new perspective on their illness – a world of possibilities, which they were not even considering before. If a person can recognize his or her energy flow, and handle it with love - this can be very empowering. I do not have all the answers but I make my patients think and feel and look for their own unique energetic path on this journey of life.

So, next time you hear the word "energy", I would like you to think of it as your asset, your living force - your conversation with your Maker. Learn to handle it with care that it deserves. To be continued.



**Svetlana Kogan, M.D.** is a Board Certified Medical Doctor with 20 years of experience. She has appeared as a health expert on FOX, ABC, CBS, and NBC prime time TV, and has authored hundreds of publications for internet and print. She moved her Concierge Internal

Medicine practice from Manhattan NYC to Naples, where her focus is on fusing traditional medicine with holistic approach to illness and prevention.

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# Prendiville Facial Plastic Surgery Joins Quigley Eye Specialists

**F**acial Plastic Surgeon Dr. Stephen Prendiville and his staff have joined Quigley Eye Specialists as part of the new cosmetic surgery division. Dr. Prendiville is now the medical director of the new division that also includes the Assuage Luxury Spa in Fort Myers and The QiLASIK and Med Spa in Naples that was founded in 2013.



“Dr. Prendiville has an excellent reputation and is the only double board-certified facial plastic surgeon in Fort Myers. We are expanding our service offering to include refractive surgery, such as LASIK, and facial cosmetic surgery. Dr. Prendiville’s experience, surgical skills and leadership make his practice the perfect fit for Quigley Eye Specialists,” said Dr. Thomas Quigley, founder of Quigley Eye Specialists.

Dr. Prendiville and his staff will continue to see patients at his Fort Myers office at 9407 Cypress Lake Drive. The phone number of 239-437-3900 will remain the same. No operational changes are planned at this time.

“Working together is a logical next step in our growth,” Dr. Prendiville said. “We serve similar populations that want to look good, feel good about themselves and see their best.”

The office of Dr. Stephen Prendiville joins five other Lee County practices under Quigley Eye Specialists ownership as well as four offices in Collier and Charlotte counties.

## Double-Board Certified

Dr. Prendiville is the only Fellowship-trained facial plastic surgeon in Fort Myers who is certified by both the American Board of Facial Plastic and Reconstructive Surgery and the American Board of Otolaryngology – Head and Neck Surgery. He has performed more than 5,000 surgical procedures.

He is recognized nationally as a facelift expert with more than 20 articles published in medical journals and he has served as guest editor for Facial Plastic Surgery Clinics of North America.



## Honored as an Elite Inductee

Dr. Prendiville is one of only 10 doctors in the U.S. to be honored as an Elite Inductee into the RealSelf 100 and RealSelf 500 Hall of Fame for excellent patient service and his willingness to answer patient inquiries on the RealSelf website, which is the leading online community that helps people make confident choices in elective cosmetic procedures. To achieve Elite Inductee status, surgeons must be among the top 1 percent of more than 1,000 surgeons reviewed.

Dr. Prendiville is the past president and secretary/treasurer of the Florida Society of Facial Plastic Surgery, an association consisting of 250 facial plastic surgeons in the state.

He graduated with his M.D. degree with high honors from Georgetown University School of Medicine in Washington, D.C., and served his residency at Georgetown University.

He was awarded a Fellowship in Facial Plastic and Reconstructive Surgery at St. Louis University in Missouri, where he was a clinical instructor in the St. Louis University Department of Otolaryngology.

Quigley Eye Specialists, founded in 1988, consists of more than 70 medical professionals, including surgeons, optometrists, retina specialists and technicians. Offices are conveniently located throughout Southwest Florida in Fort Myers, Cape Coral, Lehigh Acres, Bonita Springs, Naples, Port Charlotte and Punta Gorda.

For more information, call 239-466-2020 or visit [www.QuigleyEye.com](http://www.QuigleyEye.com).

## About Quigley Eye Specialists

Technology leaders in eye care, Quigley Eye Specialists is one of the nation’s leading multispecialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, retinal issues, corneal conditions and routine eye care. As the number one choice for cataract treatment in Southwest Florida, Quigley Eye Specialists is committed to providing the highest level of quality eye care and service to the community. The practice has served the region for more than 30 years and offers patients convenient locations throughout Southwest Florida including Bonita Springs, Cape Coral, Fort Myers, Lehigh Acres, Naples, Port Charlotte and Punta Gorda.



675 Piper Blvd., Naples, FL 34110  
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[www.quigleyeye.com](http://www.quigleyeye.com)

# ARHI: Clinical Study on COVID-19

ARHI (Advanced Research for Health Improvement) is participating in a comprehensive trial for COVID-19 in the areas of diagnostics, treatments and vaccinations. The Covid-19 clinical trials are underway here in southwest Florida through ARHI, which will be the leading research site for those studies that will commence at the end of October. These trials will be done in collaboration with major pharmaceutical companies and NIH as part of "Operation Warp Speed."

Each day, we learn new facts, figures, and protocols concerning COVID-19, and while there are practical treatment options those are not perfect, and we still do not have a cure or a vaccine. The FDA is investigating specific drugs and running expedited trials to see if they are effective at killing the virus. They are also running plasma testing from the blood of those that have recovered from COVID-19. To create a viable vaccine or treatment; however, we need further research and testing.

Viruses need a host to proliferate and mutate. Once they invade the body, they need the body to continue to live or the virus dies if it does not move into another host. One way that we as hosts to viruses can either ward it off, or fight it aggressively is through a bolstered immune system. COVID-19 is an RNA virus, which is not DNA, but rather encoded RNA. DNA viruses have limited mutation capabilities, while RNA is an unstable molecule that can replicate and mutate quickly depending on their need to survive, and they spread hastily as well. We need medications that will impede these actions in RNA viruses and create a biological environment that inhibits the replication of the virus. Drug interventions will need to focus on building the body's immune response and help fight the disease and infection. The vaccine will focus on stimulating the immune response to destroy the virus before it infects the body.

## Vaccines

A vaccine is a biological preparation that provides active acquired immunity to a particular disease. A vaccine typically contains an agent that resembles a disease-causing microorganism and is often made from weakened or killed forms of the microbe, its toxins, or one of its surface proteins. The agent stimulates the



body's immune system to recognize the agent as a threat, destroy it, and to further recognize and destroy any of the microorganisms associated with that agent that it may encounter in the future. Vaccines can be prophylactic, or therapeutic.

## What You Should Know About Clinical Trials

Clinical trials or medical research studies offer a way for researchers to bring new therapies, medications, vaccines, and devices quicker to patients that need them. When a trial is held, rigorous protocols are always in place to protect the patient's best outcome. Before phase one of any medical trial is brought to humans, they conduct thorough laboratory testing.

The IRB (Institutional Review Board) monitors all clinical trials to make certain that patients are protected. This independent committee of medical professionals and advocates keep track and make sure that federal regulations, ethics, and patient's rights are upheld throughout the process.

## How Clinical Trials Help

Disease states, illnesses and disorders are able to launch innovative and the most advanced treatments when clinical trials show positive outcomes. The average clinical trial allows advanced treatment options to be implemented in patient therapy protocols in an advantageous manner. Clinical trials also have helped countless individuals stave off disease states while under medical care during their researched disorder.

## Diagnostics | Treatments | Vaccines

At Advanced Research for Health Improvement (ARHI), they believe that clinical studies will advance medicine and help people live better lives. With this mentality, they strive for greatness in each area of work that they do.

## Current Studies

Are you interested in participating in a clinical trial? ARHI is currently accepting participants for multiple studies including COVID-19.

To find out more, please contact them today at, 239-230-2021, or email them at [info@arhiusa.com](mailto:info@arhiusa.com).

### ARHI—Clinical Studies for the Advancement of Medicine & Improvement of Lives.

At ARHI, we believe that clinical studies will advance medicine and help people live better lives. With this mentality, we strive for greatness in each area of work that we do.

### Are you interested in participating in a clinical trial?

We are currently accepting participants for studies in the areas of Heart Failure, Pediatric Vaccines, Crohn's Disease, Covid-19 Diagnostics, Treatments and Vaccines Prevention.



### Advanced Research for Health Improvement, LLC

1172 Goodlette Frank Road North, Suite# 201  
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**239-230-2021**  
*Hablamos español*



# REGENERATIVE MEDICINE FOR KNEE PAIN

By Richard Hiler, DABCN

**K**nee pain is a common complaint that causes individuals to seek medical care; however, many specialists will only treat the knee, but this can be damaging for the patient's progress and outcome, as knee pain is usually much more involved systemically.

Feel Amazing Institute sees many patients that have acute or chronic knee pain. Whether it's from injury or degenerative disease, their plan of action is much more involved and gets to the root cause of the individual's pain.

Along with X-rays, MRI or other imaging, Feel Amazing Institute evaluates the patient's level of pain, degeneration, and functionality with several in-office tests, such as nerve conductivity testing, examining and testing muscle strength and misalignment. Just because you have knee pain, your issue might have presented because of decompression issues, an abnormal gait, hip misalignment and other root causes. In order to properly treat your knee pain for an optimal outcome, those issues should be considered.

Standard medicine often only masks pain and symptoms with addictive drugs and corticosteroid injections, and many times unnecessary surgery is recommended. The good news is there are ways to treat knee and joint pain without drugs.

## ALTERNATIVE OPTIONS FOR KNEE AND JOINT PAIN

### PRP (Platelet Rich Plasma)

PRP uses your blood's natural healing properties. The platelet-rich plasma, which is taken from your own blood, is centrifuged and injected directly into the affected joint in an effort to improve joint function, reduce pain, and slow damage to the cartilage. The centrifuge increases the concentration of healing factors from approximately 6% to 94%. In many cases PRP can also help to repair damage to muscle. As with any other arthritis treatment, the overall effectiveness of PRP varies from patient to patient. When the therapy is performed properly, decreased pain and increased function of the joint can be expected in almost all cases.

### HYALURONIC ACID INJECTIONS FOR KNEE & JOINT PAIN *(Insurance will often cover)*

When all else has failed, it's important to know that there are other treatment options available. One such option is hyaluronic acid injections. These injections are essentially a form of knee and joint pain treatment that are often used when other options, like pain relievers, have been proven ineffective.

Hyaluronic acid is a substance that works by serving as a lubricant and shock absorber within your joints. It's already found naturally within the body, although large amounts are often broken down and lost within individuals with osteoarthritis. Your body, and more specifically, your joints, need hyaluronic acid for optimal functionality. If your joints do not have enough of it, the absence of an effective shock absorber means you can expect to experience regular stiffness and joint pain. Hyaluronic acid is injected in the form of a solution or gel. In most cases, you will receive a series of shots over a two to five-week period. Injections are generally given one week apart in an effort to gauge their effectiveness.

The overall effectiveness of these injections varies from patient to patient. It's difficult to say exactly how well this particular knee and joint pain treatment will work for you. Based on past studies and the wide use of the method, however, most patients find that these injections work wonders to significantly reduce pain and stiffness within their joints.

### STEM CELL THERAPY/ALLOGRAFTS

Stem cell therapy is a minimally-invasive way to heal the underlying causes of your knee pain, rather than treating the pain alone. It can slow down degenerative conditions and, in some cases, help new tissue grow.

At Feel Amazing Institute, we use stem cells sourced from the placenta, amniotic fluid, or umbilical cord. The stem cells are sourced from healthy mothers/healthy births and screened in FDA-approved labs before being sent out to practices like ours.

Your joint stem cell therapy will include injections into the affected joints. Each stem cell is a "blank slate" of a cell that can emulate others in the vicinity, making it possible to regrow and heal damaged tissues that can't regenerate on their own. Patients report that the discomfort is minimal, and there is very little recovery time involved.

Stem cell joint therapy is important because once the body starts to degenerate, it will not stop— It ACCELERATES! It is estimated that once degeneration starts in the knee, it will continue to lose 4% to 6% of the cartilage each year until it is bone on bone (approximately 15 to 25 years) unless we RE-generate it.

### Knee Treatment Protocol:

- Viscosupplementation
- Stem Cell Therapy
- PRP (Platelet-rich Plasma) speeds natural healing, reduces pain and inflammation.
- Ozone Therapy- Injections of ozone/oxygen to the joint, promotes regenerative healing
- Insurance will often cover viscosupplementation
- Manual therapies and/or exercises
- Bracing and kinesiotaping

### Feel Amazing Institute

We proudly serve the Naples area with comprehensive Chiropractic, Physical Medicine, and Regenerative Medicine services since 1998. Our office strives for excellence. Whether you suffer from chronic pain, are recovering from an injury, or are seeking overall improved health and performance, we have the skills and experience to help you work toward your goals.

If you are looking for treatment of bulging discs and/or herniations, neck or back pain, spinal misalignment and correction, sciatica, neuropathy (numbness and/or burning and pain in feet and hands), you have found the right place for your health care needs.

We have comprehensive programs if you sustained injuries in a Auto Accident or at Work, or if you have Peripheral Neuropathy, Balance Disorders, or need VAX-D Spinal Decompression Treatments.

**If you are in need of a highly experienced chiropractor, or regenerative medicine in Naples, FL, look no further than Feel Amazing Institute. Call us at (239) 330-1000 or visit feelamazing.com.**



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# It's Flu Season-What You Should Know

**W**ith COVID-19 still lingering in our midst, it's critical to take extra precautions when it comes to the flu this year. Influenza is a highly contagious upper respiratory illness. Getting vaccinated against the virus is imperative and getting the vaccination early will help to stave off your chances of becoming infected before you get the immunization. We're not sure how bad the flu virus may become this season, and for that reason, it's essential to protect you and your loved ones.

According to the Florida Department of Health, last year they reported on the flu as follows: "Overall, deaths due to pneumonia and influenza were higher than expected. Increases in deaths due to pneumonia and influenza are also expected over the coming weeks given the amount of widespread illness in the preceding weeks. Most pneumonia and influenza deaths continued to occur in people aged 65 years and older; of the deaths in people aged 64 years and younger, most occurred in people with underlying health conditions (68%)."

According to the CDC (Center for Disease Control), the H3 influenza virus leads to a much more severe case of the flu. In addition, people infected with H3N2 are more likely to develop bronchial disorders like pneumonia and chronic productive lung illnesses. Although anyone can get the flu, H3 is most unsafe for the elderly, babies and young children, as well as individuals with weakened immune systems.

Consequently, the H1N1 flu virus can subsequently circulate and raise the total number of cases of people infected with the flu. Because the flu virus was so pervasive, physicians were instructed by the CDC to administer antivirals (like Tamiflu) immediately to patients with any indications of influenza, even if a positive flu diagnosis had not yet been determined.

## Flu Prevention

The best prevention is still, of course, to get vaccinated, because even if you get the flu virus, the vaccine will most likely shorten the duration of the symptoms. 30% of H3 strains of influenza are directly affected by the vaccine to protect you against getting the illness and spreading it to others.



Hygiene still plays a huge role in protecting you against influenza's harrowing virus and side effects. Washing yours and your children's hands frequently, avoiding areas with large crowds, sneezing into your arm, wiping down hard surfaces with disinfectants and antivirals, and getting proper nutrition and sleep are also essential to stop the spread of the virus.



## Dr. Ricardo Martinez

Dr. Ricardo Martinez is an internist in Naples, FL and is affiliated with NCH Baker Hospital. He received his medical degree from Superior Institute of Medical Sciences of Santiago de Cuba and has been in practice 20 years. He also speaks multiple languages, including Spanish. He specializes in hospital medicine, ambulatory care and is experienced in hospice and palliative medicine, bariatric medicine, diabetes mellitus, food allergy, and infectious disease.

As of March 16th, 2020, Dr. Martinez has founded Well-Being Medical center in Naples Florida. He is looking forward to providing Medical care within primary care settings and urgent care service throughout the Naples Florida area.

Contact Well-Being Medical center of Naples today at (239) 315-7801.



239-315-7801

[www.well-beingmedicalcenter.org](http://www.well-beingmedicalcenter.org)

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# WHY YOU SHOULD NEVER IGNORE LINGERING OR FREQUENT PAIN IN YOUR LEGS

By Julian J. Javier, MD, FSCAI, FACC, FACP and Leandro Perez, MD, FACC, FSCAI, RPVI

**D**o you have pain in your legs? If so, it could be a sign of a vascular condition. Venous and arterial diseases are the leading cause of pain and discomfort in the legs. Claudication is a painful condition that causes severe pain when walking. If you feel pain in your calf or behind your knee, you need to seek medical attention as soon as possible. Vascular surgeons run several non-invasive diagnostic tests to determine the cause of your pain. It's not something that should be overlooked, as it can cause life-threatening conditions.

## PAD (Peripheral Arterial Disease)

Individuals with peripheral arterial disease (PAD) have blood flow disruptions in their arteries, and it most often affects the legs, but it can also occur in the brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide. PAD can lead to severe medical conditions.

## PVD (Peripheral Venous Disease)

The symptoms of Peripheral Venous Disease are very similar to PAD. PVD is also a blood flow problem but within the blood vessels and veins. PVD usually stems from a narrowing of the blood vessels that carry blood to the legs and arms. Atherosclerosis (plaque buildup) is the primary cause of PVD; however, other contributing factors are injury, abnormal anatomy, and infections, to name a few.

PVD is linked to several other conditions such as Buerger disease, Venous Insufficiency, Venous Thrombosis, Deep Vein Thrombosis, Pulmonary Embolisms, Raynauds, Thrombophlebitis, and varicose veins.

## PAD and PVD Have a Lot in Common

If the cause of the disorder is due to atherosclerosis, individuals will often have a comorbidity of both PAD and PVD, as well as other blood vessel conditions like DVT's (Deep Vein Thrombosis), varicose veins, pulmonary embolisms, and venous insufficiency, as they are interrelated.

Preventing atherosclerosis can be achieved through medications, as well. However, if the blockages are severe and life-threatening, a medical procedure will be necessary to repair the artery or vessel to allow blood to flow normally again.



## PAD and PVD Complications

- Stroke
- Heart attack
- Amputation
- Poor wound healing
- Pain upon standing or walking (leg and calf pain while walking)
- Weak pulse on ankle or foot
- Hair loss on legs and feet
- Leg pain while standing or sitting, which subsides after resting for an extended period of time
- A sensation of tightness & burning may occur in the leg or foot
- Swelling of the legs, which dissipates after elevation
- Dark veins
- Dry, itchy skin
- Ulcers can occur near the ankle and are often painless, but may have a dark rim
- Shortness of breath

Although arterial and venous insufficiency can happen to anyone, the most common factors that put you at risk are family history, smoking, being overweight, and a sedentary lifestyle.

## PAD and PVD Complications

- Stroke
- Heart attack
- Amputation
- Poor wound healing
- Pain upon standing or walking

## Conservative Treatment with Lifestyle Changes

Very often, PAD and PVD are targeted with several lifestyle changes and an exercise regimen. However, if you currently smoke or use tobacco, then you

should cease and consider smoking cessation counseling. This will also help any co-morbid diseases, such as Coronary Heart Disease, Hypertension, Hypercholesterolemia, etc.

More than this, making the right food choices and walking or other forms of cardiovascular exercise will go a long way in controlling PAD and PVD. Taking an aspirin or other anti-platelet medications will also ease any ongoing symptoms of PAD and help prevent any complications from arising.

## Treating PAD and PVD

Treatment for PAD and PVD traditionally consists of reducing and preventing symptoms. This approach is usually taken in a bevy of different ways. There are several levels of treatments. First, come lifestyle changes. If necessary, your doctor may also prescribe high cholesterol or blood pressure medications. And, should your condition continue to progress, there are several non-invasive procedures that can alleviate symptoms as well.



Julian Javier, MD | Leandro Perez, MD

Dr. Julian J. Javier and Dr. Leandro Perez are Cardiac and Vascular specialists with a special emphasis on limb preservation and venous disorder. Dr. Javier and Dr. Perez are board certified in cardiovascular disease and are well known nationally and internationally, authors of multiple articles in prestige peer review journals and book chapters on venous and arterial disease. They are affiliated with Physicians Regional Medical Center and Collier Regional and are accepting new patients.

*To Schedule your appointment with Dr. Javier or Dr. Perez, please call (239) 300-0586.*

**Naples Cardiac and Endovascular Center**  
**www.heartvein.com**

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# Boost Your Immunity

By Cederquist Medical Wellness Center

**L**et's talk about immune support. There's a conundrum of scientific papers, articles, opinionated blogs, etc. that touch on the matter of immune health, especially during this unprecedented time of COVID-19. Today, your trusty Cederquist team dives into the depths of evidence-based, peer-reviewed research in order to provide top-quality advice regarding which supplements we believe to be most effective when it comes to supporting your immune system.

## Vitamin C

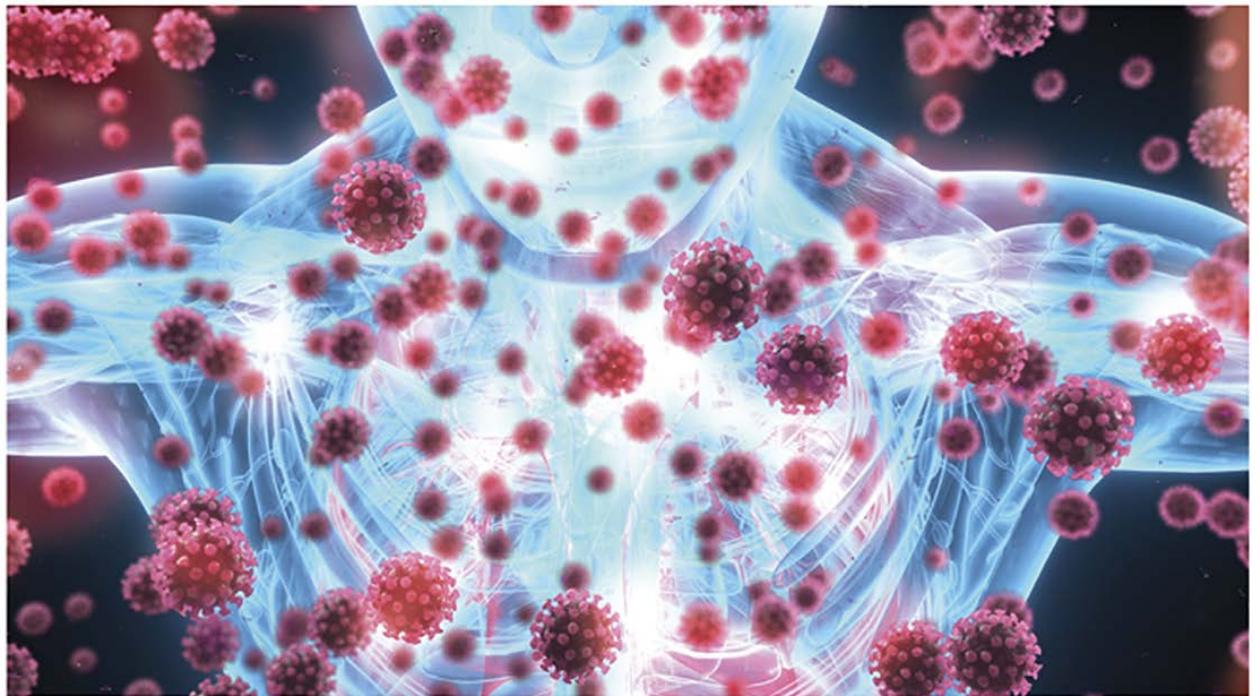
Researchers have observed, time and time again, that Vitamin C deficiency correlates to low immunity and puts people at a higher risk of infections. But how does this actually happen? Vitamin C is known for its antioxidative properties which help defend against environmental toxins, as well as its ability to promote phagocytosis - cellular ingestion of pathogenic bacteria.<sup>1</sup> This helps our body reduce inflammation associated with infections and allows for a speedier recovery. Although we always recommend getting your daily Vitamin C from food sources such as berries, kiwi fruit, broccoli, and tomatoes; supplementation may also be helpful.

## Vitamin D

Vitamin D is more commonly thought about when it comes to bone health, but it also plays an important part in autoimmunity. In fact, Vitamin D has been used to treat tuberculosis for centuries!<sup>2</sup> Vitamin D is necessary for intracellular (within each individual cell) communication, specifically for immune cells.<sup>3</sup> As you can imagine, the better the communication within cells, the easier it is for the entire system to work together. Sources of dietary Vitamin D include salmon, portobello mushrooms, and non-fat yogurt. Supplementation is often recommended for certain groups.

## Zinc

Zinc is a mineral commonly found in foods like baked beans, chicken, and oysters. Zinc is traditionally known for its effects on our ability to taste and smell, DNA synthesis and even wound healing. It also supports immune health by encouraging the growth of T and B cells, otherwise known as immune cells.



Similarly, to vitamin C, zinc will also promote phagocytosis.<sup>4</sup> We recommend that when consuming foods high in zinc, you avoid pairing them with whole grains and cereals as they contain phytates and can inhibit absorption.

## N-Acetyl-L-Cysteine (NAC)

Lastly, N-Acetyl-L-Cysteine or NAC can greatly help reduce oxidative stress commonly caused by respiratory infections. NAC is needed in order to replenish stores of glutathione, an antioxidant your body uses to get rid of free radical damage. Studies have shown that glutathione has the potential to reduce inflammation in our respiratory system, especially in patients suffering from chronic bronchial infections.<sup>5</sup>

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## Our Recommendations

Now more than ever, we can recognize the importance of preventative medicine. We at Cederquist Medical Wellness Center are ready to provide you with the most up-to-date, evidence-based information for you and your loved ones. So, you can rest assured that our expert team of physicians, dietitians, and wellness staff are working around the clock to get you feeling your best. Here at Cederquist Medical Wellness Center we test for micronutrient deficiencies to provide the most comprehensive nutrition analysis to determine what your needs are. Call us today to book your free consultation!



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# HOW TO KEEP YOUR HEART HEALTHY THROUGH THE HOLIDAYS

By Gabrielle Sellitti

**I**n the midst of all the wrapping, baking, and clicking from store to store (online shopping this year!), we tend to lose track of our healthy lifestyles during the holidays. We all seem to be moving at a faster pace than usual, stressed from the unorganized pile of receipts that we don't dare calculate, and ignoring our poor bellies when they scream "please, not another Christmas cookie!" Holidays can really take a toll on our stress levels and diets, even if we're healthy the rest of the year.

The most wonderful time of the year can turn into the unhealthiest time of the year if we're not cautious. According to a study done by UCSF, the average person typically gains around five pounds over the holidays which can be hard on the heart.<sup>1</sup>

Physicians Regional Medical Group's board certified cardiologist, Sarah DeLeon Mansson, D.O., promotes an integrative approach to cardiology with healthy lifestyle choices and therapeutic whole body medicine. One of Dr. Mansson's specialties is in women's heart health.

"The holidays and preparations for the season are always associated with much stress and anxiety, this coupled with a once in a lifetime pandemic will most likely affect our heart health and lead to weight gain even for us that maintain a healthy lifestyle throughout the rest of the year," says Dr. Mansson.

Fortunately, there are ways you can indulge in the joys of the seasons without sabotaging your health. Dr. Mansson gave us the following healthy heart tips to be conscious of this holiday:

## 1. Limit alcohol which can exacerbate conditions such as afib and hypertension.

This could be a tricky one for the eggnog enthusiasts out there. Binge drinking tends to lead to heart palpitations, also known as atrial fibrillation, which increases your risk of heart attack and stroke.<sup>2</sup> That feeling of light-headedness and difficulty breathing is a condition dubbed "holiday heart" for a reason.<sup>1</sup> Instead, try spacing out your cocktails, having a glass of cranberry infused water in-between drinks to stay hydrated, but still keep the holiday spirits high.



## 2. Try to stick to your exercise/daily activity schedule even when you have a packed schedule of celebrations. Trying to maintain at least 30-45min of vigorous exercise per day will help maintain weight and decrease stress levels.

I know. I know. It's getting "chilly" outside (as chilly as Florida can be)! Cold temperatures can be hard on your heart by causing blood vessels to constrict and blood pressure to rise.<sup>2</sup> Plus, the last thing anyone wants to do is dig around the closet for that one winter sweater just to go for a morning jog. However, 30-45 minutes of exercise doesn't have to be your standard routine. Turn on your favorite Christmas tunes and have a 30 minute dance party around the Christmas tree. This way you can stay cozy and warm and enjoy spending some quality time with the whole family (even if dad's dance moves could use some work).

## 3. Be more mindful about healthier snack options such as fruits and vegetables.

Pass on the cheese and meats that can only higher your risk for heart disease. Instead, create a COVID safe activity... or challenge if you will, by having a contest to see who can make the cutest personal plate charcuterie board filled with colorful veggies, fruits, and whole grains. This is a great way to keep the fun in the kitchen while also staying clean with food prep. Now's the time to pull up your Pinterest board of all the snowman and Christmas tree food platters you've been pinning all year!

### References:

1 <https://www.ucsfhealth.org/education/holiday-tips-for-heart-health>

2 <https://theheartfoundation.org/2019/12/21/8-tips-to-keep-your-heart-healthy-during-the-holidays/>

3 <https://www.heart.org/en/news/2019/02/12/are-there-health-benefits-from-chocolate>

## 4. Eat dark chocolate if you want a sweet treat.

The sweetest season of the year is upon us. It seems that everywhere we look grandmas homemade cookie trays are arm's length away. As one may conclude, it might be hard to dodge around the leaning tower of pizzelle's and the glistening sprinkle coated sugar cookies, but that doesn't mean you can't treat yourself a heart healthier way. Try carrying a dark chocolate bar to each festivity you attend, so when cookies start to roll, you can sneak a cube of dark chocolate to curb your sweet tooth! The best part is, dark chocolate is high in flavonoid, which is associated with a lower risk of heart disease. Some studies even suggest that chocolate or cocoa consumption is associated with a lower risk of insulin resistance and high blood pressure in adults.<sup>3</sup>

"Most important is trying to adopt small healthy habits that are sustainable to allow for good cardiovascular health," Dr. Mansson states. Enjoy this season the heart healthy way. Physicians Regional would like to wish everyone a safe and healthy holiday.



Dr. Mansson's office is located at Physicians Regional - Pine Ridge, 6101 Pine Ridge Road, Naples, FL, 34119 and Physicians Regional - Collier, 8340 Collier Boulevard, Naples, FL, 34114.

For more information, or to schedule an appointment, please call (239)-348-4221 or visit [PhysiciansRegionalMedicalGroup.com](https://www.PhysiciansRegionalMedicalGroup.com).

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# CREATE AND MAINTAIN WELLNESS, NATURALLY

BY DR. LINELL KING

**H**umans are creatures of habit. We find great comfort in familiar routines, reliable schedules; the general predictability that structures our days help us to feel a sense of calm and control. Even while we work hard in our jobs and relationships, stressors in life seem more manageable when we can return to the daily grind of work, grocery shopping, and the usual schedule that we are accustomed to.

During times of change and uncertainty, we encounter the disruption of our typical routines and plans, which may feel manageable for the short term, but with sustained uncertainty can absolutely shake us to the core. With limitations on our ability to move about in our world physically and socially, and uncertainty on who to trust for accurate information and the safeguarding of our health, many people are completely overwhelmed, on the brink of or already overcome with panic and fear.

Let's take this time to address the things that we can control, though it may not feel like much. It is our responsibility, now more than ever, to take impeccable care of our bodies, our minds, our immune systems, and to be a messenger of calm for our families and others around us.

Prolonged stress can lead to increased blood pressure, arterial damage, adrenal fatigue, insomnia, anxiety, depression, inflammation, and a weakened immune system. This is the perfect time to take proactive measures to minimize the effects of stress on yourself, which might even inspire those around you to do the same.

## TIME OUT: RELAX

Self-compassion is essential for your health. It sounds harder than it is. It is a simple discipline. It is free, and always available to you in any quantity that you will allow. Your loved ones deserve the best version of you, so if it helps you commit, do it for them. Carve out times throughout the day to relax, to abstain from listening to or reading news or researching. Do what soothes your soul. Take an

epsom salt bath, take a walk, or simply allow yourself ten minutes alone in a quiet space to clear your mind and focus on breathing deeply. Use a meditation app if that helps you to breathe, relax, and "unplug," even briefly. This can have an amazing impact on lowering cortisol, decreasing blood pressure, reducing anxiety, and can help you to feel grounded and more clear-headed. Over time, you will notice that these personal care methods will help you to become calmer throughout the day and that you'll be able to reach a more relaxed state faster, with less effort.

## MOVE YOUR BODY

There have never been more resources available to ensure that you can get a workout in at home. In addition to walking, bike riding, or swimming, you can find any class or exercise program imaginable via the internet, your smart TV, an app for your phone, or even in a magazine! Do it! Exercise regularly, stretch gently, keep yourself strong and your body moving to reduce stress and improve your mood. Gentle, mindful movement, such as Yin yoga or Tai Chi helps to improve flexibility, posture, immune function, bone health, and can help regulate blood pressure and blood sugar.

## MEDITATION AND PRAYER

Taking the time to connect to your own spiritual belief system can also reduce stress and anxiety, promote emotional wellbeing, which can help fight addictions, improve immune function, stave off memory disorders and increase neuroplasticity.

## FIND YOUR PERFECT FORMULA

To keep ourselves healthy, we need a well-rounded treatment protocol that incorporates stress management, great nutrition, high-quality sleep, exercise, and relaxation to stabilize our systems.

It is important to remember that we are all in this together, and to provide and receive the love and support that we all need right now, and always.

At Naples Vitality, we address weight loss, allergies, diabetes, autoimmune disease, chronic fatigue, inflammation, and more through thorough assessment, appropriate testing, and highly individualized functional medicine.

Linell King MD, renowned internist and author of "Mastering Vitality" received his medical degree from the University Of Wisconsin School Of Medicine, and completed his residency at The Johns Hopkins University Sinai Hospital Program of Internal Medicine. He has been practicing for twenty years; currently at his "Naples Vitality" office in Naples, FL.



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# Health Insurance – Medicare 2021 Annual Enrollment

October 15 – December 7th; Individual/Family Open Enrollment

November 1st – December 15th both January 1st, 2021 Effective Dates

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

**Medicare Beneficiaries** who currently have Medicare Advantage Plan and Part D (Prescription Drug Plans) will have received their "Notice of Change" documents in September. These notices compare any plan changes from your current 2020 to your new 2021 plan. You will be automatically re-enrolled in your current plan if you do nothing and the new changes will take place January 1st, 2021. **OPEN ENROLLMENT for MEDICARE PLAN changes starts October 15th and runs through December 7th, 2020 for a January 1st, 2021 effective date.** The last plan you select during this period will be your plan for 2021.

Medicare can be very confusing so I would recommend that you meet with a licensed insurance broker that represents multiple insurance carriers. You should explain to them your current needs and concerns. Before choosing a plan, you need to check the network to make sure you can see your doctors and check your medications to make sure they are in the plan's formulary. Having a local agent that specializes in Medicare Plans is important. If you have a question you should be able to reach the person who enrolled, you in your plan. If you go online or call a toll-free number chances are, they are not local, and you will not be able to talk to them to clarify any questions later.

**Medicare enrollment is NOT the same as Social Security!** There seems to be a lot of confusion between the two.

**Social Security** - you can apply online at [www.ssa.gov](http://www.ssa.gov) for retirement benefits or benefits as a spouse if you:

- are at least 61 years and 9 months old;
- are not currently receiving benefits on your own Social Security record;
- have not already applied for retirement benefits; and
- want your benefits to start no more than 4 months in the future. (We cannot process your application if you apply for benefits more than 4 months in advance.)



Medicare - you can apply online at [www.medicare.gov](http://www.medicare.gov) for Medicare benefits for yourself 3 months before your 65th birthday month. Example, June 20th birthday you can apply as early as March 1st. If your birthday is any day of the month except the 1st, your Medicare will be effective the 1st day of your birth month. For the June 20th birthday example above, your benefits would begin June 1st. If your birthday is effective the 1st of the month then your benefits begin the month before, so a June 1st birthday your benefits would begin May 1st. VERY important: if you DO NOT take Medicare Part B & Part D when you are eligible, when you do take it there is a penalty for each month you did not have them. That penalty will last for the rest of your life or for as long as you take these services. If you have employer coverage (not cobra) this is a valid waiver. If you take these after you leave employment there is a special form your employer must fill out so that you are not charged a penalty.

Both Medicare and Social Security require you to be eligible by qualifying either through yourself or your spouse. Neither Medicare nor Social Security will ever call you, unless they are returning your call. So many scams do NOT give your personal information over the phone or even the mail if you do not know them.

Most people that have worked in the United States of America receive Medicare Part A at no monthly cost to them. This is because they have worked at least 40 quarters (approx. 10 years); this is based on a minimal earnings calculator (see [www.medicare.gov](http://www.medicare.gov) for more information).

**Individual/Family Health Insurance Open enrollment will start November 1, 2020, to December 15, 2020 for January 1st, 2021 effective.** This deadline pertains to fully insured plans that meet the Affordable Care Act (ACA)/Obama Care Guidelines. \*Very important for people that have pre-existing conditions and or would qualify for government subsidies. There are additional lower cost options with National Insurance Carriers for people that are healthy and do not qualify for subsidy, these plans can be purchased year-round. You are NO longer penalized for not having health insurance that meets ACA guidelines.

You should really work with a local broker to explore all your options. Don't invite strangers into your house or give them your personal information over the phone. With Social Media, Facebook, WebEx solicitation if you do not know them please be careful. There are so many scams out there. Go or call a local agent, build a relationship and if in the future you have a question you can back and see them.

Also remember when moving you may have a special enrollment period to apply or change your health insurance coverage. Also check your wills, trusts, and make sure they follow Florida's laws and guidelines. Establish yourself with a local Insurance Broker, Attorney and CPA. Ask a professional, most of the time your first consultation is at no charge.



**Dee Merritt**

We are happy to help, we have agents from Bradenton down to Marco Island, our headquarters are in Fort Myers and we also have an office we use part time in Naples.

To learn more about your options call to schedule an appointment contact:

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\*We also do a complimentary homeowners review

# FIVE THINGS TO CONSIDER WHEN MOVING TO A SENIOR COMMUNITY

Although holiday celebrations and observances may look a bit different this year due to social distancing, it's still the perfect time for older adults and their families to discuss their current or future housing and health care needs.

Beginning the conversation may be daunting, especially for children who may feel their role in the relationship has been reversed as they have taken on increased responsibility for their aging parents. However, please keep in mind that it is far better to develop a game plan before the need arises than to make difficult decisions in the midst of an emergency when options may be limited.

Here are a five tips to consider:

## 1. Begin researching in advance—before the need arises

A good place to start is to ask family, friends and valued advisors for their recommendations and help with researching retirement communities. Waiting until the need arises can often result in hastier or short-term decisions that might fail to meet your long-term needs.

## 2. Determine which type of senior living community will best fit your needs

It's important to understand the different types of senior living options and the types of services and care they offer. From continuing care retirement communities (CCRCs) which require large, upfront entrance fees to "rental" communities, which offer similar services with the flexibility of a monthly fee—there is a community to fit every budget and lifestyle. Begin with a list of your preferences and needs and compare potential communities by taking into account location, specific care services, and additional onsite services such as physical therapy, amenities and activities.

## 3. Get to know the community

Whether you are taking a tour virtually or in person, you can begin to get a feel for a community's amenities, services and safeguards. But it's more than



simply choosing a floor plan and supportive services—it's also about lifestyle. Ask about a community's fitness, art classes or other interests you may enjoy. Can you join a class virtually to test it out? A retirement community can offer the peace of mind that there is an "extended family" to help provide support and care should the need arise. Ask how the community engages with residents and their families.

## 4. Does a retirement community make sense financially?

When compared to the monthly expenses, delivery services, transportation costs, meal expenditures, and the upkeep of a house, many seniors have found that they actually spend less per month and gain countless additional benefits by moving to a retirement community. Take a few moments to compute what it actually costs you to live in your home and compare your present costs to the senior living community. Many communities offer a "Compare the Value Checklist" for your convenience.

## 5. Are the community's supportive care services accredited?

You can learn a lot with a personalized community tour, but how do you measure the quality behind the scenes? The Commission on Accreditation of Rehabilitation Facilities (CARF) is an independent non-profit organization that accredits providers of senior services.

Accreditation provides you the assurance that high standards of quality care, service and safeguards are maintained. Make sure your selected community not only offers access to a comprehensive menu of licensed supportive care and services, but is also CARF-accredited.

"With a maintenance-free environment and a robust calendar of the activities, residents at The Carlisle Naples can lead a more active and engaged lifestyle," said Executive Director Bill Diamond. "Their families also have additional peace of mind knowing there is an entire team dedicated to delivering exceptional care and services."

Located at 6945 Carlisle Court in Naples, The Carlisle offers spacious one-and two-bedroom residences, weekly housekeeping and flat linen services, basic cable TV, all utilities except telephone, and delicious dining with daily, chef-prepared specials. The community is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), an important distinction that provides residents with the assurance that the highest standards of quality care, services and safeguards are maintained. For more information about the community, please call 239-221-0017 or visit [www.TheCarlisleNaples.com](http://www.TheCarlisleNaples.com).



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# Dial Back Your Real Age

By Sebastien Saitta

**A**merican comedian, award-winning actor and best-selling writer, George Burns said it best. "You can't help getting older, but you don't have to get old." Burns, who lived and even worked to 100 years old, understood that the number of candles you blow out on your birthday does not determine how old you are. In fact, we have two ages: a chronological age, our age based on when we were born, and a biological age, which refers to how old our body really is and therefore, our "real" age.

In other words, you can be 70 years old but have the health of a 60-year-old. That's right! You can turn back time, biologically speaking that is. While you have no control over the number of times your body takes a trip around the sun while you're alive, the good news is you do have some control over how your body ages.

Depending on factors that include eating, stress, exercise and sleep habits, along with family history, behaviors, and existing conditions, your biological age will be higher or lower than your chronological one.

A lower biological age in comparison to your chronological age could be an indicator of lower risk of suffering age-related diseases so it's worth the effort to make it happen. Here are some simple steps to help you turn back the clock and grow younger.

## Take the RealAge test by Sharecare

This 10-minute test is free and will get your RealAge result: an estimate of your body's age based on more than 100 factors affecting your health, happiness, and lifespan. You get a personalized health profile, easy-to-implement health tips, and a dashboard that shows your progress toward your health goals. To take the RealAge test, visit [bzpsouthwestflorida.sharecare.com](https://bzpsouthwestflorida.sharecare.com).

## Learn to downshift and reduce stress

Many of us feel that the stress of the pandemic may have taken years off our life. The good news is, learning to downshift can take those years back and has been shown to be a key factor in increasing longevity. In fact, a study published in *Annals of the New York Academy of Sciences* suggests that a downshift activity like meditation has some positive effects on telomere length. Telomeres are DNA-protein structures located on the ends of chromosomes that promote stability and protect DNA. Age is the strongest predictor of telomere length.



To help with stress reduction, RealAge test users will get access to relaxation and wellness videos that empower them to find stillness and peace in their everyday life. This includes Relax 360°- videos of a 360° view of nature that are designed to help users find serenity and freedom from stress, unwind at the end of the day, or ease themselves into a restful night of sleep.

For those who are experiencing financial related stress, RealAge also offers a free financial health assessment that delivers a risk rating for five key categories (Retirement, College Savings, Life Insurance, Debt, Emergency Savings), helps a user understand whether their cause of stress aligns to their risks, and provides goals to work towards to mitigate risk in each category.

## Eat a plant-based diet

Contrary to what many mainstream advertisers want you to believe, slowing down the ageing process has much to do with what you put in your body, not on your body. A study published in *The American Journal of Epidemiology* suggests that eating a diet that is rich in fruits, vegetables and whole grains and low in added sugar, sodium and processed meats could help promote healthy cellular aging and is associated with longer telomere length.

## Exercise

Getting your exercise through moving naturally (a Blue Zones Power 9<sup>®</sup> principle linked to longevity) is one of the best ways to walk away from father time. In a 2018 University of Birmingham study, a group of older people who have exercised all of their lives, were compared to a group of similarly aged adults and younger adults who do not exercise regularly. The results showed that those who have exercised regularly have defied the aging process, having the immunity, muscle mass, and cholesterol levels of a young person.

## Get more sleep

We all remember our younger days when getting less sleep seemed to have little effect the next day. As we get older, we quickly realize that is no longer the case and how truly important proper sleep is to our ability to function and stay healthy. A University of California, Los Angeles team study found that even one night of partial sleep deprivation activates genes related to biological aging in older adults. So be sure to take the proper steps to practice good sleep hygiene and improve your sleep.

The RealAge test will give you helpful tips and recommendations to not only get better sleep and relax more, but also find fun ways to exercise and cook up delicious and nutritious recipes to put you in charge of your well-being. Take the RealAge test today by visiting [bzpsouthwestflorida.sharecare.com](https://bzpsouthwestflorida.sharecare.com).

## Help Optimize Well-Being in the Workplace with RealAge

RealAge test is also a great way for worksites to gauge employee well-being and offer tips and resources for a happier, more productive workforce. If you are a business, find out how you can optimize this free tool to build resiliency for your employees and overall company by emailing [Megan.Greer@sharecare.com](mailto:Megan.Greer@sharecare.com)

*Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare, Inc., Blue Zones Project is a vital part of Southwest Florida's well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information about Blue Zones Project Southwest Florida, visit [southwestflorida.bluezonesproject.com](https://southwestflorida.bluezonesproject.com)*

## 5 Ways to Plan for the Holidays After the Death of a Loved One

By Bob Johnson, RN, General Manager  
VITAS® Healthcare in Collier County



Facing the holidays after the death of a loved one is difficult, especially the first few years. The bereavement experts at VITAS Healthcare offer suggestions to help you and your family cope, enjoy time together, and honor a deceased loved one during the holidays.

**1. Ask each family member for their thoughts and preferences about participating in holiday preparations and traditions.**

At a family meeting, discuss the role your loved one played in your holiday traditions. Maybe you'll miss Mom's signature pie, a brother's prayer, or unique decorating traditions. By talking about what you'll miss most, you and your family are taking the first step to cope with your grief.

**2. Review all holiday-associated activities. Consider what to keep and what to change this year.**

If you and your family decide to continue with holiday family traditions, allow someone to fulfill the role of your loved one. Each member of the family should do only what they feel most capable of handling, and everyone should honor the choices made by the entire family.

Don't feel pressured to recreate the past. Feelings of grief ebb and flow. You may feel upbeat and energetic one moment and

overwhelmingly sad and tired the next. Be kind to yourself, and help others understand how you feel and what you need.

**3. Decide how to include the memory of your loved one in holiday events.**

A chair may be empty, but your loved one will be present in your mind and heart. Look through photo albums and tell stories about your loved one. Remembering can make you feel connected to each other and to the loved one who died.

**4. Respond to holiday invitations.**

Plan to be with people you enjoy, even if just for a few moments. Ask a friend to accompany you, and stay only as long as you want. Allow yourself to decline invitations you don't want to accept.

**5. Realize that your fear of the holidays may be worse than the reality.**

Allow yourself to enjoy "golden moments" of the season. Your loved one would want that for you.

VITAS offers remote bereavement support groups, free of charge. Led by VITAS bereavement specialists, these support groups provide information and guidance to those experiencing grief and loss. Learn more and sign up at [VITAS.com/grief](https://www.vitas.com/grief).

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# Pain, Dryness & Irritation:

## How Women Are Rejuvenating Their Lives

By Joseph Gauta, MD, FACOG

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

### Female Sexual Dissatisfaction Has Many Causes

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

### CO2RE Intima

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



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

### CO2RE Intima Benefits:

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

### CO2RE Intima might be for you if:

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

**10 Minute, Hormone Free,  
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Ask us today if CO2RE Intima is right for you

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Nicole Houser, PA



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# Adjusting to Retirement: Your Mind's Impact on Your Future

Courtesy of: Juan Ocanas, Financial Advisor at Morgan Stanley

**R**etirement, as it's broadly defined, is a goal. Most people have become comfortable with the idea that they need to save and plan for their retirement. But retirement is so much more than a financial portfolio...it's one of the biggest transitions in your life. Here are a few ways to understand and nurture your emotional portfolio as you consider retirement.

## MAKING EMOTIONAL WELLBEING A PRIORITY

There are many ways that you can make emotional wellbeing a priority in retirement. Let's talk through a few options and map out ways you can tangibly bring that to your everyday life.

**Structure your days.** Create a new routine that provides anchor points to your day.

**Set small goals.** Map out the things you want to accomplish over the next 6-12 months. Set achievable goals that you're excited about, while also stretching you outside of your comfort zone.

**Own your emotions.** Find healthy coping mechanisms, and don't forget to be patient with yourself. The key to your retirement success lies in your emotional wellbeing. So, go for a walk. Talk to your partner or a trusted friend. Seek counseling. Journal. Meditate. There are lots of ways that you can own your emotions...the key is to simply start.

**Find an encore job, hobby or volunteerism opportunity.** Fun jobs, hobbies and volunteerism keep you active and engaged. They also help you use and grow skills that enhance your life, as well as the lives of people in your community.

**Focus on relationships and your support network.** Your relationships and social support network are key to your emotional and physical well-being in retirement. Have courageous conversations where you share your unique interests and concerns about this new life stage. Whether it's a spouse, friend, sibling, child or professional counselor, find someone to have these big conversations with.



**Refresh your marriage goals.** Set new goals – a new vision – for your relationship in retirement. Retirement is the perfect time to talk about those dreams you've kept on the back burner. Sharing meaningful activities that you both enjoy reduces tension and increases your pleasure in spending time together. Think about any new activities you wish to try on your own or with others. Be sure to allow time for each partner to pursue personal interests.

**Communicate these goals with your family and financial professional.** You know what they say...teamwork makes the dream work. Share your goals with the people you trust and care for. Ask them for their support as you bring these goals to life. Be sure to also sit down and share these goals with your financial professional, so that they can make sure your financial portfolio and plan help you best bring that vision to life.

## Disclosures

Article by Morgan Stanley and provided courtesy of Morgan Stanley Financial Advisor.

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# Importance of **PROSTATE EXAMS**

**P**rostate cancer is a fairly serious blip on the male health radar as the third most common cancer in men over 70. Prostate cancer – and other prostate issues – can cause considerable discomfort, pain and even death, if they are left undiagnosed and untreated.

No man looks forward to dropping his pants for the annual check-up; but if you're smart, you'll bite the bullet and go anyway. Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life.

## **What is the prostate – and why does it need to be examined?**

The prostate gland is a doughnut-shaped organ that is part of the male reproductive system. A healthy prostate in a younger man is only about the size of a walnut. The prostate sits just under the bladder and is wrapped around the beginning of the urethra. It is surrounded by nerves that control erections and its primary function is to produce a liquid that enriches and protects sperm.

Unfortunately, as men get older this little organ tends to act up. At times, some of the symptoms are simply a sign of aging; however, in many cases prostate trouble is an indication of a more serious problem. Prostate cancer is a primary concern, but other prostate disorders can be just as uncomfortable and a serious concern for male health.

So if you are experiencing symptoms like difficulty or discomfort while urinating, blood in your urine or semen, or painful ejaculation, it's important to have your prostate checked out. Even if you aren't experiencing any symptoms, it's still wise to be screened from time to time, as you can pre-empt and prevent problems before they crop up.

## **What should I expect during a prostate screening exam?**

A prostate screening exam can be done fairly quickly and easily. It might be a little awkward and uncomfortable, but it should be pain-free and over in just a few minutes.



The doctor will likely discuss the procedure with you before getting started. He will answer any questions you might have and he'll make sure you understand what's going to happen. As uncomfortable as you might be, the very best thing to do is to relax and remember it will only take a few minutes. Remember, the doctor is a professional and he very likely does prostate exams on a daily basis. Relaxing and discussing the process openly with your doctor can take a lot of the discomfort out of the procedure.

Regular screenings ensure that problems are caught quickly. Catching a prostate problem right at the start, means that it can be treated and cleared up with far less difficulty.

So men, don't wait around till you run into trouble. A little momentary discomfort is a worthwhile trade for a long, happy, healthy life surrounded by your family and friends. Do yourself a favor and get your prostate checked out.



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**Jonathan Jay, M.D.**  
*Board Certified Urologist*  
Dr. Jonathan Jay is Board Certified in both Female Pelvic Medicine & Reconstructive Surgery (FPMRS) and Urology, a Diplomat of the American Board of Urology and a Fellow of the American College of Surgeons.



**Spencer Land, M.D.**  
*Board Certified Urologist*  
Dr. Spencer Land is a Board Certified Diplomat of the American Board of Urology and is an active member of the American Urological Association, and American Society of Reproductive Medicine.



**Rolando Rivera, M.D.**  
*Board Certified Urologist*  
Dr. Rolando Rivera leads the way with utilizing the latest technology for both urinary incontinence and vaginal prolapse. Improving the QOL for his patients with overactive bladders and pelvic floor disorder.



**David Wilkinson, M.D.**  
*Board Certified Urologist*  
Dr. David Wilkinson is Board Certified, by the American Board of Urology. Dr. Wilkinson's areas of special interest include laparoscopic surgery, robotic surgery, and minimally invasive treatment of prostatic diseases.



# Neck and Back Pain: How Advanced Spineworks is Helping Numerous Patients Find Relief Without Surgery

Dr. Bryan Hunte - Advanced Spineworks

**D**r. Bryan Hunte and his team at Advanced Spineworks' mission is to help you avoid surgery, get pain relief, heal naturally, and emerge stronger than ever! Similar to physical therapy, chiropractic care delivers powerful pain relief and restored function, movement, and balance, but it focuses on spinal manipulation without drugs or surgery. By properly aligning your body's musculoskeletal structure, chiropractic treatment can enable your body to heal itself. Along with chiropractic care, Dr. Bryn Hunte's practice invests in groundbreaking devices and techniques that have helped numerous patients find relief from their chronic pain, inflammation, and many other conditions.

Dr. Hunte Explained, "Chronic pain affects millions of people. Neck and Back pain and other spinal conditions are among the most common reasons patients seek medical care. Our multidisciplinary approach using chiropractic and physical rehabilitation makes us your one-stop source for effective pain relief, rehabilitation, and results.

"My mission is to help patients get back to living their highest quality of life possible and to break the pain cycle to avoid future surgery. Many patients turn to me when other doctors have failed to deliver results. In a perfect world, I would prefer to see patients first before they undergo any unnecessary procedures."

#### As our patient, you can expect:

- A rapid return to normal activities
- Custom exercise routines for faster pain relief and recovery
- Restoration of flexibility & strength
- Improved fitness levels
- A conservative approach to many musculoskeletal conditions
- The ability to prevent future episodes
- Education about injury prevention
- An outside referral to a caring network of doctor's if needed

Dr. Hunte elaborated on his approach to advanced care, "What makes our facility unique is that we take a highly scientific approach to rehabilitation. We don't just stop at relieving pain. We also focus on the corrective phase of care using equipment that cannot be matched by traditional approaches."

"When the musculature is injured, the corrective phase of care is what restores the area and provides pain relief. I highly recommended it, even post surgically. Our equipment has a unique way of restoring this support even in the most severe of cases. It's rewarding to see the patient find pain relief and able to enjoy life again. Two of these advanced corrective devices, include the MCU machine and the Eccentron™."

### Neck/Cervical Spine Pain

#### MCU

Advanced Spineworks offers patients the Multi-Cervical Unit (MCU), and it's the most effective and innovative system for pain relief. A system for the assessment of the weakness which becomes the rehabilitative solution for patients suffering from neck injury, whiplash, and general cervical spine disorders. Its advanced technology helps us perform objective evaluations and standardized treatment.

#### The MCU provides many benefits including:

- Decreased neck pain
- Improved daily function
- Improved range of motion
- Lasting results
- Improved neck strength
- Less headaches or vertigo

Do you have range of motion limitations, cardiac issues, a need to build strength and muscle? ECCENTRON™ can benefit those of all fitness levels and ages with multiple goals.

### Lumbar/Lower Back Pain

#### ECCENTRON™

Advanced Spineworks brings cutting edge technology from BTE, a company that has brought state-of-the-art technology into clinics worldwide, such as the Eccentron™. Dr. Bryan Hunte has incorporated this cutting edge equipment into the practice for all his patients ranging from the athlete trying to perform to the elderly patient trying to avoid surgery. The Eccentron™ takes advantage of the way the body truly builds strength; through focusing on the negative.

#### What are the benefits of using the Eccentron?

- Improved balance – Safely increases strength and stability for improved balance, mobility, and decreased fall risk
- Cardiopulmonary – Provides measurable strengthening for those with low cardiac output

- Easy on the body – Allows you to make major improvements without high impact exercises
- Specificity – Elderly and Extreme Athletes can all strengthened on the same equipment
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- Enhances overall athletic performance – strength, power, reaction, and agility
- Builds muscles for long-endurance – builds fast twitch muscles used in powerful burst movements, and boosts spring quality with high load, high repetition eccentric training

#### Advanced Spineworks

Advanced Spineworks provides a multidisciplinary approach using chiropractic and physical rehabilitation makes us your one-stop source for effective pain relief, rehabilitation and results.

Since 2001, we have delivered physical therapy, chiropractic and manual therapy to patients. Dr. Bryan Hunte will support you in your recovery. Whether you are dealing with back pain, neck pain, headache or a sports injury, we are here to help you every step of the way. Choosing the multidisciplinary approach with the combination of chiropractic and physical rehabilitation through technology that can achieve unparalleled results.

#### What Our Patients Have to Say

*"My husband and I have been seeing Dr. Hunte for several years. He has helped both of us tremendously with our quality of life. He is knowledgeable, caring, kind, and compassionate. We are very happy to have found a practitioner as great as he is. Anyone who chooses him as their practitioner will soon realize he is one of the best!"*—Kelly B.

*"Helping to put my back into place! Dr. Brian has the most advanced equipment in the area (it's not just about cracking your back). It's about an overall process. Thanks!"*—Trinity F.

*"Dr. Hunte is very knowledgeable and professional. His advice and techniques have helped me with rehabilitating my shoulder. I highly recommend using Dr Hunte."*—Anthony S.

If you're looking for exceptional pain relief, fall prevention and rehabilitation in the Bonita Springs area call our office at 239-221-6200. We also serve the communities from Fort Myers to Naples and Marco Island.



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# Treating Ingrown Toenails

**Michael J. Petrocelli, D.P.M., F.A.C.F.A.S., C.W.S.P.**  
Board Certified Ankle and Foot Surgeon and Board Certified Wound Care Specialist

**T**oenails that curl in on the sides can penetrate through the toe's skin causing a great deal of discomfort and even infection. If you've ever had an ingrown toenail, you know that the pain coming from that tiny little area on your body is excruciating and not easily overlooked.

There are ways that you can try to alleviate the pain, but the best option is to see your podiatrist, especially if you have diabetes, have any vascular disease or circulatory complications like venous insufficiency.

### What causes ingrown toenails?

If you wear tight shoes, or shoes with limited toe box space, your toes will be crammed together, and the sides of the toenail can curl in due to the pressure on the nail bed. Other causes are not cutting your nails correctly, repetitious trauma or injury to the toes.

### Symptoms of ingrown toenails

- Redness
- Warmth
- Pain
- Bleeding
- Oozing Discharge
- Nails embedded into the sides of the toe skin

### Treatment Options

The treatment for ingrown toenails is to cut the ingrown portion out of the toe and to apply a chemical along the side of the nail to prevent reoccurrence of the problem. Trying to do this at home is not recommended. Bathroom surgery. It is imperative to use sterilized instruments while doing this procedure to prevent further infection. Home care is then followed by Epsom salt soaks, hydrogen peroxide cleansing, topical antibiotic cream as well as a prescribed antibiotic to be taken orally.

### Collier Podiatry

Dr. Michael Petrocelli has been practicing podiatric medicine for well over 20 years. He is an expert in his field and a leader to his peers. If you are experiencing any foot pain or foot conditions, please contact Collier Podiatry.

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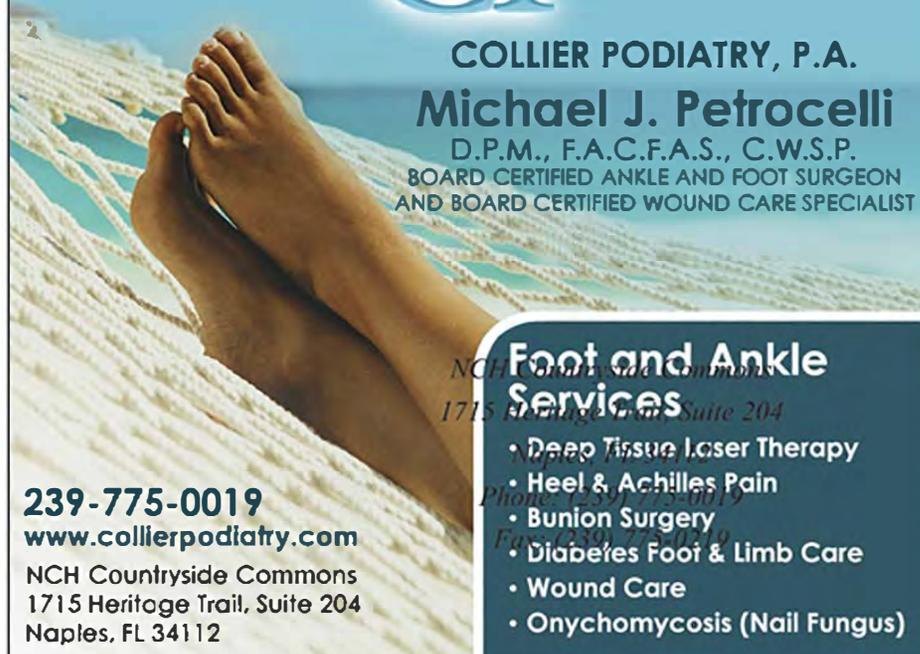
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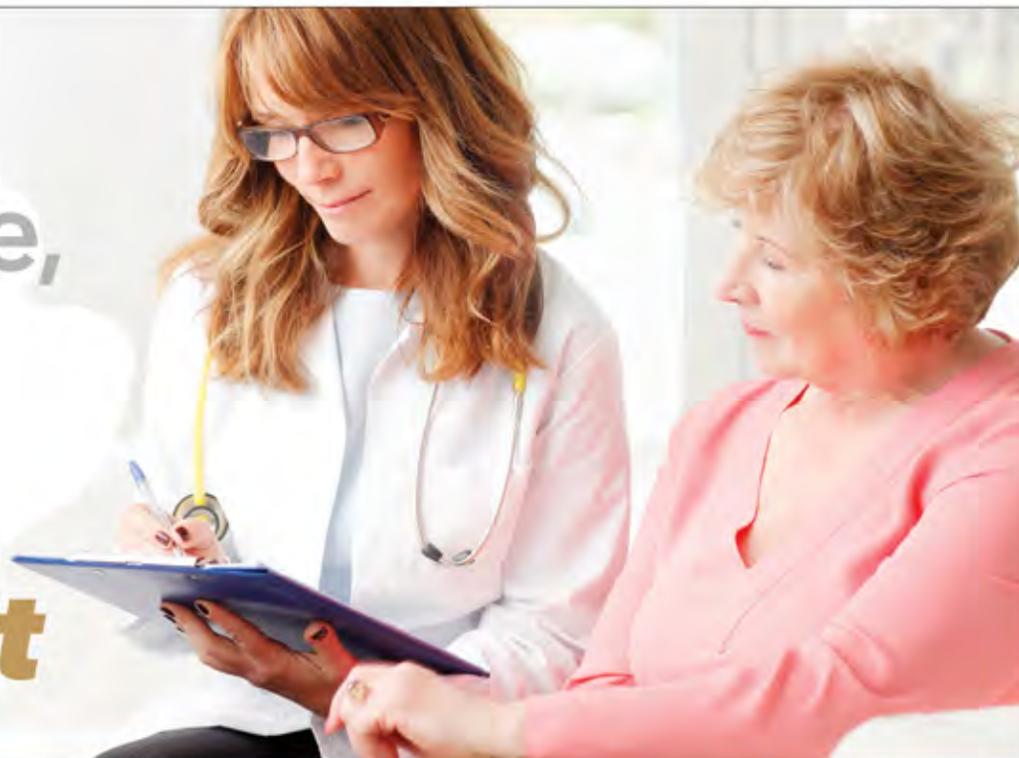
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system tested. The second step is to have a customized plan for your specific needs mapped out, and of course, receive any treatment that you might need. The final step is to bank your stem cells.

#### Stem Cell Cryobank: Why should you collect your peripheral blood adult stem cells?

Collecting your peripheral blood adult stem cells today is like creating a time machine for your immune system. It’s a bit like a computer back up; by banking your stem cells, you have a “backup” to help restore the bone marrow and a compromised immune system through adult stem cell therapy if ever needed.

All body cells age, including the stem cells. The pool of stem cells in the bone marrow is continuously undergoing a process of self-renewal and differentiation. During this process, there is always the risk of genetic damages and/or other cellular damages.

Just the act of aging is enough reason to collect and store your stem cells in a cryogenic bank. As people age, so does their immune system, thereby increasing the risk of infections and the potential development of cancer and other chronic diseases.

Another reason why stem cells should be collected and stored is that with aging, the number of functional stem cells decreases. Further, as people get older, their stem cells also tend to lose their ability to differentiate into new cell lines, including much-needed immune cells.

The good news? By collecting and banking your stem cells—especially while you are healthy—you are collecting a large number of stem cells and an array of differentiated cell lines, including the ones committed to form immune cells. Banking those cells provides the assurance that those frozen cells will not age and they will be available for you at a later date should you ever need to reset your immune system.

### The Maharaj Institute of Immune Regenerative Medicine

10301 Hagen Ranch Rd., Suite 600,  
Entrance C  
Boynton Beach, FL

561-752-5522

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

**THEREFORE, HARVESTING AND STORING YOUR HEALTHY IMMUNE SYSTEM FOR LATER USE, OR FIRST BOOSTING IT, THEN STORING IT CAN BE THE BEST INSURANCE FOR LATER IN LIFE. SOME OF OUR CRYOBANK CLIENTS HAVE SAID, "IT'S LIKE HAVING YOUR YOUNGER TWIN ON STANDBY TO HELP"!**

#### About The Maharaj Institute

Through a science-based approach, The Maharaj Institute focuses on helping all people—the healthy and those facing health issues—in the following ways:

- Providing everyone the opportunity to monitor, adjust and manage the health of their own immune system through a Wellness Anti-Inflammatory Program in the interest of living healthier and longer lives through health preservation.
- Giving those at risk today the means to battle disease and potentially avoid it tomorrow, including those who are cancer survivors but are at higher risk of future bouts with the disease.
- Measuring and developing strategies to improve immune dysfunction which occurs in patients suffering from cancer, recurrent infections, chronic diseases such as Parkinson’s disease, Alzheimer’s disease, Chronic Fatigue Syndrome, stroke, scleroderma and other autoimmune and chronic illnesses as well as disorders associated with aging and frailty.
- Helping the seriously ill regain their natural immune ability to fight and overcome aggressive diseases such as cancer and chronic inflammatory diseases.
- Preservation of Stem Cells/Immune Cells of healthy individuals by Collecting and Storing in a cryogenic bank adult and cord blood stem cells for future use.
- Educating health care professionals and conducting research to improve survival and quality of life of patients.

As we move into the new paradigm of personalized and precision medicine, the Maharaj Institute is uniquely positioned to combine years of clinical and laboratory experience with new innovations in Immunotherapy, Cellular Therapy and Regenerative Medicine, all while giving patients the highest level of compassion, professionalism and respect.

**Become a Maharaj Institute Patient—Experience World Class Care Virtually or in-office—Schedule Your Appointment Today!**

# MAHARAJ INSTITUTE OF IMMUNE REGENERATIVE MEDICINE

## #IMMUNITY POWER

I was diagnosed in February of 2010. I was told there was nothing that could stop the progression. Instead I chose to try adult stem cell treatment. IT WORKED! Exactly 2 weeks into treatment I woke up feeling great! I felt like myself. I could do little things that we all take for granted like rummaging in my purse with my left hand, pull a towel with both hands to dry my back, walk with a swing in my left hip in a normal way. I have a whole list of improvements, and they are still happening! I don't want anyone out there to think there is not a treatment. There is. I am still amazed at what has happened, and even more amazed that somehow my pathway led me to this." -L. Parker



“

*“Being knowledgeable in cutting edge medical field, this to me is the current peak of advances in the future of medicine, NOW! To collect and store one's own immune system for later use for whole body organs, tissue and system renewal. Regeneration at a later date is like a miracle in action today. I would highly recommend it to everyone, who will see that the best is yet to come. Join the Stem Cell therapy revolution!”*

— J. GONZALEZ, MD



## WHAT'S YOUR PLAN TO KEEP YOUR FAMILY HEALTHY?

### 10 POINT PROGRAM EMPOWER YOUR IMMUNE SYSTEM TODAY!

**For more information:**

The Maharaj Institute of Immune Regenerative Medicine  
10301 Hagen Ranch Road, Suite 600, Entrance C, Boynton Beach, FL

<https://www.stemcellimmuneregenerative.com>  
561.752.5522

“



“Dr. Maharaj is the real deal when it comes to immune regenerative medicine. He knows the science better than any anyone. Finding ways to harness the power of the immune system to treat – and better yet, prevent – disease has been his life's work. In addition to helping patients suffering from blood diseases, we are seeing advances in using stem cells to improve the condition of Alzheimer's, Parkinson's and ALS patients everyday, and Dr. Maharaj is right there at the forefront of all of it.”

**Dr. Raborn**

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In the state of Florida law THC or Medical Marijuana is legal to use in form of oil, pills or vapes for qualified medical condition. If you have one of these medical conditions and have tried other treatments without success, our physicians are happy to help you.



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# Do You Need a Little Something to Brighten Your Day?

## Many People are Requesting Aesthetic Treatments, But are They Safe During this Unique Time?

It's been about five months now that we've been safely confined to the comforts of our homes. Many people are now starting to go back into the workforce and other activities, while others will be continuing their face-to-face meetings with co-workers via video chat platforms for a while longer.

Of course, we're not going to back to our "normal" sense of lives as they once were for some time, but we are starting to see a change and an overall acceptance of our new life as it is. In saying this, many people are calling Aesthetic treatment Centers in Naples office asking about their protocols for patient safety because they want to maintain their aesthetic needs or add treatments to their repertoire to look better, feel better and boost their confidence.

If you haven't had Botox or Fillers for a while, you might just now be saying to yourself, "It's time, but is it safe?"

### Aesthetic Treatment Centers (ATC) is the Leading Medical Spa in Naples

#### ATC's Safety Protocols

Aesthetic Treatment Centers in Naples is always on the cutting edge of the latest procedures, and their modern, clean-lined locations are representative of their high standards, and you can trust that they are going above and beyond to accommodate their patients. From the waiting area to the treatment rooms, rigorous disinfection and sanitizing are continued throughout the day, and thorough attention to cleaning after each patient visit is impeccably implored by the entire staff.

Each patient is required to wear a face-covering in and out of the office, and there is no patient to patient contact, directly or indirectly. The appointments are spaced out so that each patient has privacy and 100% attention during their procedure or consultation. The staff is tested regularly and they are testing patients as well.

Upon arrival, each patient's temperature is checked, and they are asked to fill out a questionnaire. The staff also has their temperature checked daily and wear masks and PPE to make your visit worry-free.

#### IV Therapy

Many patients ask for ATC's IV therapy as an additional treatment during their visit. IV therapy is known to boost immunity, improve energy levels, increase hydration, illuminate the skin, and help fight off airborne illnesses.

From vampire facials, vaginal rejuvenation to threading, body sculpting, laser resurfacing, skin tightening, and injectables, Aesthetic Treatment Centers has got you covered. No matter what your areas of concern are, or what treatment you're in need of, ATC is known as the crème de la crème of aesthetics. In fact, Mindy DiPietro, the CEO, and Dr. Kathleen Marc are often referred to as the dynamic duo. Your visit will be personalized, and you will receive not only top-quality-care but also extra add-ons to make your day a little brighter.

#### ATC is Gaining Attention

Mindy and Dr. Marc were recently featured on Kathy Ireland's show, *Worldwide Business* with Kathy Ireland to discuss the connection between science and beauty. You can view the full video here, [ATC.WorldwideBusinessYoutube.com](https://www.youtube.com/watch?v=ATCWorldwideBusiness).

Whether you're wanting a little boost or a transformation, the tranquil, relaxing environment of the Aesthetic Treatment Centers will take your mind off of the day-to-day issues and give you time to enjoy doing something for yourself.

There is a lot to be said about feeling better, being more confident and looking your best that radiates into the rest of our lives. When we feel good, we give more, do more and are generally content and happier in all circumstances.

Aesthetic Treatment Centers is the newest aesthetic concept in Southwest Florida. They specialize in minimally and non-invasive cosmetic services including fat reduction, body sculpting, wrinkle reduction, hair removal, IV hydration, and feminine rejuvenation.

Their mission is to provide the best quality of service, with cutting edge technology, a multi-modality approach and individualized attention for their clients, which help patients fall in love with themselves all over again. In ATC's commitment to providing the best treatment for our patients, they are always searching for the latest, proven trends within the cosmetic and beauty industry.

At ATC you will find only the most effective, safe and desirable minimally and non-invasive technologies on the market providing their patients with beautiful results.

Mindy DiPietro  
CEO

Kathleen M. Marc, MD  
Medical Director



#### Main Office

720 Goodlette-Frank Road, Suite 300, Naples FL 34102

#### Fifth Avenue Location

800 Fifth Avenue South, in Salons by JC, Suite 5  
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# THE SEQUELEA OF BED REST ELDERLY PATIENTS LOSE MUSCLE MASS AT THREE TIMES THE NORMAL RATE

**B**ed rest serves as a time-honored recommendation for both injury and illness, and it is prescribed more often around flu season (the peak of which ends in March). One of the drawbacks of bed rest is the way it can weaken a patient, especially a geriatric patient. A normal muscle, at complete rest, in the absence of illness, loses up to 15% of its strength each week.<sup>1</sup> During bed rest, the first muscles to become atrophied are the trunk and lower extremity muscles involved in gait and upright posture.<sup>2</sup> Illness itself can also cause atrophy of the skeletal muscles, over and above the strength losses caused by rest. Your elderly patients prove particularly vulnerable to the negative sequela of rest. Among a test sample of healthy subjects age 67 and older, 10 days of bed rest resulted in more lean tissue loss than 28 days of bed rest caused in younger test subjects.<sup>3,4</sup> For patients over the age of 70, bed rest is associated with a major, new disability in one-third of prolonged cases.<sup>4,5</sup> Among elderly patients, when the negative effects of bed rest are not addressed assertively, injury or prolonged difficulties become more likely.

Research has found that during periods of bed rest at home, elderly patients tend to spend more time than needed resting in bed or sitting.<sup>4</sup> This stems largely from lack of confidence and fear of self-injury inspired by the sudden loss of strength and fitness. After the injury has healed or illness has abated, many elderly patients still experience considerable risks associated with their period of rest. Rate of recovery from disuse weakness is slower than the rate of loss. With intensive exercise, patients take 2.5 times longer than the period of rest to regain lost strength.<sup>6</sup> The fact of the matter is that most elderly patients do not engage in intensive exercise after periods of bed rest and are more likely to quietly decrease their daily activities and self-care. Fall injuries, medication errors, and other problems become more likely during the months following bed rest.

Among elderly patients, a recent period of bed rest may be an appropriate trigger for a new evaluation of gait, transfers, and independence with self-care tasks. To prevent injury and promote recovery,



home care should be considered. People often think of home care aides as performing tasks for patients. However, the best home care agencies actually emphasize patient engagement in their own self-care functions. Aides trained in assistance with ambulation and transfers give some elderly patients the confidence they need to be more active and to adhere to home exercise recommendations. Home care can be ordered for interim recovery periods for long-term support when newly acquired disabilities do not fully abate.

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**McKenney Home Care, in Naples, FL hosts a Lewy Body Dementia Support Group the first Wednesday of every month.** This is an ongoing support group approved by the Lewy Body Dementia Association in Atlanta and in affiliation with the Parkinson's Association of SWFL and the Alzheimer's Support Network.

McKenney Home Care provides exceptional in-home health services and client-centered care. With a passion for maximizing the quality of life of their clients and families, they are driven to ensure social engagement and specialty services during all stages of life.

For individuals with neurodegenerative disorders, McKenney Home Care delivers enriched specialized training for its caregivers working with Dementia Patients. In addition to specialized videos and manuals, McKenney educates the caregivers through the use of a Virtual Alzheimer's App. This virtual reality experience helps caregivers understand the feelings and experiences of those suffering from Alzheimer's and other forms of Dementia.

If you or someone you know would like more information about McKenney Home Care or the LBD Support Group, please call McKenney Home Care at 239-325-2273 or visit [mckenney-homecare.com](http://mckenney-homecare.com)



**CALL US TODAY!**

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AHCA Registration #299994144

# WHAT YOU SHOULD KNOW ABOUT MEDICAL MARIJUANA

**T**here are two different forms of medical treatment through cannabis. The first is the natural marijuana plant that contains both CBD and TCH, and the second is the altered version of the plant that has been through a hybrid process to lighten the TCH (tetrahydrocannabinol) level. CBD or cannabinoids can treat many different forms of diseases and disorders with no TCH. TCH is the mind-altering, euphoric component of marijuana that gives the "high" feeling. With CBD plants, the TCH levels have been extracted through a vigorous process, leaving zero to little TCH levels. CBD is a great alternative for patients that would benefit from cannabinoids alone, while other more complex medical cases require the additional advantages of TCH to be included in the leaves of the marijuana.

Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD oil (cannabinoids) and TCH through merging directly with our cells. Our natural endocannabinoid system works synergistically with CBD and TCH, creating a multitude of beneficial reactions in the body.

Over 4000 years ago, Asian Emperors used cannabis for its healing properties, noting exceptional improvements in edema (fluid build-up) and also as an anesthetic. In ancient Greece, cannabis was reported in many manuscripts, describing its use for medical conditions such as eye diseases and joint inflammation. Over 300 years ago, in one of Oxford's medical professional journals, it was touted as a means to reduce depression. In the early 1900's, the United States began growing cannabis for pharmaceutical companies to formulate into medications. Since then there been multiple studies in the United States and Europe that affirm that medical marijuana is an effective alternative in the treatment of several illnesses.

The laws and regulations on Cannabis are continually updated, as federal regulatory officials better understand the advantages of medical marijuana. It is used legally in many states, including Florida since the approval of Amendment 2. In Florida the medical marijuana is allowed in the form of pen vape and cartridges, pills, oils, edibles and smokable. The possession of marijuana without an ID card is still illegal at a federal level.

## ARE YOU A GOOD CANDIDATE TO TRY LOW TCH OR FULL POTENCY MEDICAL MARIJUANA?

If you have one Qualifying Condition and have tried other treatments for your respective illness without success, like for example medications or therapy you probably will benefit from marijuana. Medical marijuana will be considered the following step in the intent to improve patient quality of life. In Florida, medical marijuana can be exclusively used to treat and alleviate symptoms of the following medical conditions:

- Cancer
- Chronic Pain
- Chronic Muscle Spasms
- Seizures
- Anxiety
- Epilepsy
- Glaucoma
- Parkinson's Disease
- Multiple Sclerosis

- Crohn's Disease
- Positive HIV/ AIDS
- Posttraumatic Stress Disorder (PTSD)
- Amyotrophic Lateral Sclerosis (ALS)
- Terminal Conditions
- Other Debilitating Medical Conditions of the same kind of class or comparable conditions above, as determined by the Florida Board of Medicine



The process basically consists of first visiting a Qualified Physician, and the physician will determine if the benefits of Low THC or medical marijuana outweighs the risks depending of the current health status. If approved, the patient will apply for a Medical Marijuana Card to the Medical Marijuana Use Registry (MMUR) of the Department of Health of the State of Florida. Application process is quick and can be done online at: [Knowthefactsmmj.com/patients/](http://Knowthefactsmmj.com/patients/). Once you have the card you can reach any of the approved dispensaries to obtain the product. Dispensaries usually home deliver, have several locations and have a health educator available to advise the patient on how to use the products.

Last June 23, 2017 Governor Rick Scott signed SB 8-A legislation to implement Medical Marijuana Amendment. The bill contains significant changes to make the initial regulations more flexible.



### SOME OF THE SIGNIFICANT CHANGES ARE:

- Eliminating the 90 days waiting period for a Qualifying Physician to prescribe the Marijuana
- Added Seasonal Residents as Qualifying Patients
- Eliminates Sale Tax in Marijuana Products
- Allow the Low THC product to be used publicly, but not the full potency marijuana
- Telemedicine visits are prohibited
- Pregnant woman can be certified to use Low THC products

Because this is strictly for medical use, there are multiple regulations and protocols that physicians must adhere to when prescribing and dispensing medical marijuana. Dr. Ralph Rodriguez and Dr. Alejandro Blanco from Internal Medicine Partners of Naples have a great deal of experience in diagnosing and deciphering the need for TCH and CBD in their practice.

### Dr. Ralph Rodriguez

Dr. Ralph Rodriguez, MD, is a Board Certified Internal Medicine physician more than ten years of experience practicing medicine in different settings. Dr. Rodriguez started his career at the University of Puerto Rico, Medical Sciences Campus, where he completed his medical degree and residency program in Internal Medicine. He relocated to Fort Myers, FL on 2008 and worked for Lee Memorial Hospitals, and then decided to join NCH Hospitals of Naples, FL where he currently practices as Hospitalist physician since 2010.



He is a member of the American Medical Association, the American College of Physicians, Collier County Medical Society, The American Professional Wound Care Association and he's the Treasurer for Hispanic American Doctors Association of SWFL. He is also certified in Hyperbaric Medicine & Problem Wound Care Management and is experienced in Platelet Rich Plasma treatments.

### Dr. Alejandro Blanco

Dr. Alejandro Blanco, MD, is Board Certified in Internal Medicine. He obtained his Medical Degree in the Autonomous University of Guadalajara School of Medicine in Mexico. Then he completed his education as Internal Medicine Physician in Ramon Ruiz Arnau University Hospital in Puerto Rico in 2012. He relocated to the beautiful city of Naples FL and worked as Hospitalist in NCH Hospitals.



Dr. Blanco is member of the American College of Physicians, American Medical Association, Collier County Medical Society and The American Professional Wound Care Association. He is also certified in Hyperbaric Medicine & Problem Wound Care Management and is experienced in Platelet Rich Plasma treatments.

Please contact Internal Medicine Partners today to find out more about your options and to schedule a consultation. Hablamos español.



1726 MEDICAL BLVD SUITE #201  
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QUESTIONS: [ADMIN@IMP NAPLES.COM](mailto:ADMIN@IMP NAPLES.COM)

# The Hearing Healthcare Field Has Made Major Adjustments Due To COVID-19!

By Høglund Family Hearing and Audiology Services

## I would like to share FIVE INSIGHTS that Clinicians and Patients have experienced while dealing with this Pandemic Crisis:

### Hearing Loss is much more challenging when people are wearing masks on their faces!

Visual clues make communication much easier for people with hearing loss. When everyone's face is covered in a mask... *communication suffers*. This is especially true with hospital grade masks that also cut the volume by **10 to 12 Decibels** in many cases. This requires loved ones and Medical Professionals to speak much louder in an attempt to communicate... and *raising your voice makes it appear that you are angry* with the person you were speaking to, and often leads to hurt feelings and increased stress!

People who have been procrastinating or fighting the use of hearing aids, therefore, create even more stress in the household. People whose hearing aids needed to be repaired often found that some of their Hearing Care Providers needed to temporarily close their Practices due to Pandemic concerns. *Høglund Family Hearing and Audiology Centers* will gladly help repair any broken hearing aids throughout this Pandemic in our attempt to make communication with loved ones easier.



John and Patricia Høglund  
LIAS, BC-HIS, ACA

We established a **Pandemic Hotline** to help people during this crisis through Telemedicine approaches, and curbside drop-off of broken Hearing Aids to maintain social distancing, if someone was quarantined or at high risk! We will continue to offer this assistance at **NO CHARGE** until the world returns to normal! Pandemic Hotline: **239-360-3753**

### Technical Advances in Hearing Aids have been a Godsend throughout this Pandemic!

Many of today's modern hearing aids can be programmed without a Patient needing to physically visit their clinician! **Starkey Hearing Technology's** new *Livio* line of hearing aids can all be programmed from a distance, so if you happen to have any Starkey

product... call our offices and we will explain how to make these programming changes quickly and easily. ● Our Practice happens to be blessed with extremely talented and caring "millennials" who understand this new technology like the back of their hands, and will patiently walk you through the steps required to make these changes. **Do not be concerned about your technical skills...** they will make this easy for you! Again there is **NO CHARGE** for this service!

### Doctors and Hospital Employees are Absolute ANGELS!

I'm sure we speak on behalf of all Southwest Florida residents, in expressing our *admiration and appreciation* to these **Healthcare WARRIORS!** In appreciation, many of the manufacturers have agreed to provide **Special**

**Pricing (UP TO 50% OFF)** for anyone involved in medical care. We will also provide special evening and weekend appointments for anyone involved in healthcare, and assure you that you will not be exposed to any other Patients to ensure your safety! **Thank You, and Bless You for your service!**



### The Stress of this Crisis has made Tinnitus UNBEARABLE!

*Stress fuels Tinnitus... and Tinnitus fuels stress.* It has long been known that the stress hormone cortisol acts like kerosene on a fire to Tinnitus distress. The emotional trauma of this economic crisis and health pandemic coupled with a lot more time alone in a quiet environment... have dramatically impacted the lives of Tinnitus sufferers! The **American Tinnitus Association ATA.org** has

PROUD SUPPORTER OF:



many resources including a Tinnitus hotline at 1-800-634-8978. Locally, you can call today to arrange a **FREE Emergency Tinnitus Consultation** with John Høglund by calling our Southwest Florida Pandemic Hot-line: **(239) 360-3753** if you need additional information to help you get through this crisis!



### SILENCE IS ... LONELY!

We have all heard the phrase "Silence is Golden" for as long as we can remember, but when it is challenging to communicate with those around you, and you have difficulty hearing people over the phone, it makes the world a lot lonelier! **Loneliness can contribute to depression** and Social Isolation can dramatically increase these feelings of loneliness! You owe it to yourself to hear your best! Please call our offices now and we will arrange an appointment in the future when the pandemic risk has been reduced, and let us give your hearing the attention and care it requires! **Quality-of-life often depends on quality of communication with others!** All of our Clinics offer **FREE HEARING TESTS** for your convenience, and you will receive a dated copy for your medical files!

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# Diabetes or Depression?

## What Your Symptoms May Be Telling You

By Denise A. Pancyrz - Diabetes Reversal & Holistic Lifestyle Coach, Speaker, Author

**P**eople with diabetes are 2 to 3 times more likely to have depression than people without diabetes. Unfortunately, only 25% to 50% of diabetes patients who have depression get diagnosed and treated.

Getting a diabetes diagnosis can be like a roller coaster ride. Consistent glucose levels can be difficult to achieve especially when prescribed insulin. Depression and anxiety may be likely.

When glucose levels are high or too low, you may feel tired or anxious causing you to feel hungry and overeat. Depression can make you feel like a mouse in a wheel, never being able to get ahead and improve.

### What are symptoms of diabetes depression?

- Inability to concentrate
- No longer finding pleasure in activities or hobbies you enjoy
- Insomnia or sleeping too much, not wanting to get out of bed or off the couch
- Feeling isolated or alone
- Feeling sad
- Feeling anxious or irritable
- Feeling lethargic
- Feeling hopeless or guilty
- Thoughts of harming yourself or suicidal thoughts

### How can I address this?

Realize you are not alone. Depression is not a weakness and it is not something you can just snap out of. It also does not mean you have to remain in a depressed state.

Contact your physician to discuss your symptoms. They can help determine your best course of action. There is no shame or blame. Talking with other people with diabetes can help create a bridge to feeling better.

Reduce your frustration from your loved ones telling you what to eat and not eat. Take note that people love you and want to be part of your solution even if the message is not to your liking. Tell your

loved ones what you need so they may give you the support you prefer, not what they believe you need. It requires an honest conversation.

Gaining education can help put the disease in perspective. You may be unknowingly sabotaging your efforts. Therefore, glucose improvement seems to elude you.

Jumping from different diabetes supplements without improvement can add to your depression and frustration. This is a strategy that rarely works.

Depression caused by diabetes is real. But what if it is not depression causing your symptoms? Symptoms of depression are a parallel to side effects from the disease of diabetes.

- **Inability to concentrate** – high glucose levels and medication can attribute to brain fog, that inability to think clearly. Long-term high glucose levels can lead to cognitive issues.

- **No longer finding pleasure in activities or hobbies you enjoy** – when you have lost hope of improving, this disease can take the fun out of life. Getting derailed in your quest to improve, can temporarily make fun activities feel like it's too much of a chore.

- **Insomnia** – caused by erratic glucose levels is a known side effect. Contributing factors can be from diabetic neuropathy, sleep apnea, frequent trips to the bathroom from high glucose levels.

- **Feeling isolated or alone** – when you feel you are trying your best, but others don't understand what you need and when you need it. Having difficulty communicating your needs can add to your feeling of being alone in managing this disease.

- **Feeling anxious or irritable** – when glucose levels are erratic, it can affect your mood and mental health. Struggling with eating foods that help you versus food you love can make anyone cranky! The constant worry of your health can induce or add to your anxiety.

- **Feeling lethargic** – glucose levels that are too low or too high can be a cause of low energy. Are you aware diabetes is an energy problem?

- **Feeling hopeless or guilty** – hopelessness and guilt create stress. Stress impacts your glucose levels. Sometimes you can be your own worst enemy and intensify your feelings of guilt unnecessarily.

Does it surprise you that the underlying cause of these symptoms is due to uncontrolled glucose levels? Good healthy living practices can help improve your glucose distress. Get started in three steps.

The first step is to make a commitment to your health. It cannot be for anyone else except you.

Second, keep an open mind. Stop putting up that imaginary wall that shields you from information overload. Make one change at a time.

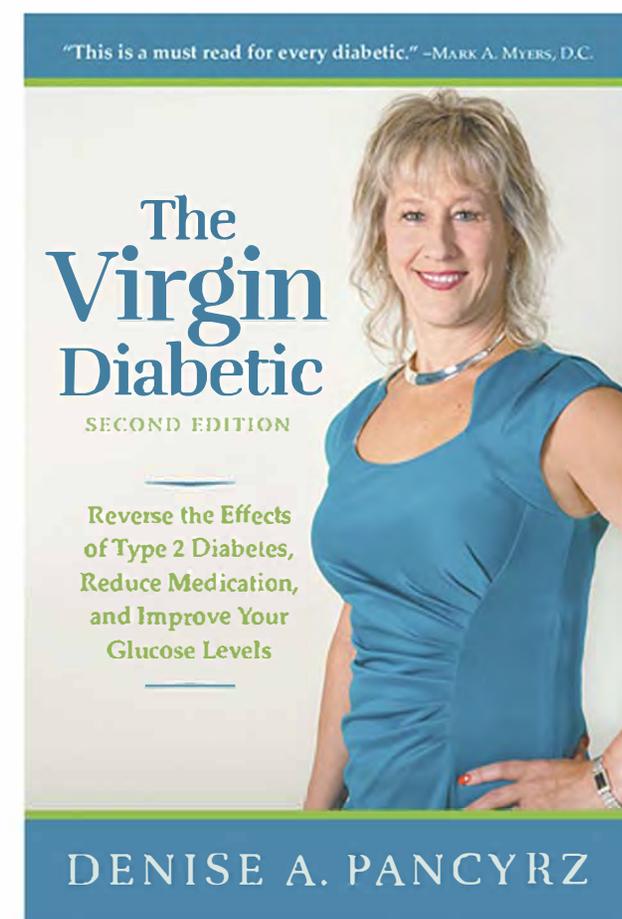
Third, changing your health is not a race. It's best to keep a steady pace moving forward.

Don't struggle needlessly.

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# LET'S TALK ABOUT STRESS...

By Jamie Kliewe, Owner, Licensed Therapist & Board Certified Holistic Health Practitioner

**T**his word will elicit different responses from different people. A lot of people only equate stress to certain types of events that might occur in our lives such as relationship loss, financial hardships, death of a loved one, major illness etc. We do not often stop to contemplate our everyday lives in the absence of these more dramatic events and realize the stressors that are occurring in our natural course of daily activities and its impact on our mental, physical, spiritual and emotional health. Often times it is these layers of unnoticed stressors that stacked on top of more dramatic stressors, such as those mentioned above, that put us over the proverbial edge and cause us to suffer more major consequences in our mental, physical, spiritual and emotional health. We might find ourselves so strung out due to these overwhelming stress factors that we end up either getting scripts for pharmaceutical interventions or self-medicating with drugs, alcohol, food, gambling, shopping or other vices to find relief. These remedies typically lead to more cycles of stress and more "medicating". We find ourselves in a hopeless and helpless state of consciousness with little vision as to how to stop the "merry go round". This in turn leads to more and more stress. You can see that there is no end to the viscous cycle unless we purposefully stop the "merry go round" from spinning.

According to prominent clinical data, stress factors are the leading cause of most physical and mental illnesses. While the relationship between stress and illness is complex and the susceptibility to stress varies from person to person, chronic stress has a significant effect on the immune system which in turn can ultimately manifest into an illness of some sort. There are many chemical reactions in the body that are directly affected by stress factors that can lead to a myriad of mental and physical pathological conditions. It is safe to say that if we want to really get to the ROOT cause of most illnesses we must address the stress factors.



So, the big question is what are the options and where to begin? The best place to start is to recognize that stress factors and their effects are not always obvious and we need to be aware that they exist if we are to develop a strategy aimed at reharmonizing and rebalancing our mental, physical, spiritual and emotional health. The next goal is to find a way to slow down the "merry go round". Jumping off the "merry go round" at full speed can leave us banged up, bruised and a bit dizzy, but if we can slow it down first, we can recalibrate and regain our footing before stepping off completely. This can be done by finding practitioners who offer stress reducing techniques that encourage parasympathetic nervous system (the relaxation aspect of your nervous system) activation to draw a line in the sand with the stress that begins to allow your body to slow down and reharmonize. This stress motion can cause all the systems in the body to become imbalanced and it takes a minute to allow for the shift back into harmony. It's not an overnight process so be patient. Next, it is imperative to find the proper professional help to dive deeper into unresolved mental and emotional factors that are often a catalyst for making the "merry go round" spin faster and faster. It's the momentum behind the stress. These things must be unburied and dissolved so that the stress doesn't mount up again causing us to fall back into the downward spiral. Another important factor is then recognizing the need to nurture and be kind to ourselves. We need to do that by feeding

our bodies the right fuel and to find a suitable exercise, prayer and meditation practice to keep important neurochemicals in balance. With all of this said, this process should not be done in a manner that causes more stress. That would be counterproductive, so we highly recommend that you find coaches or mentors that can assist you on your journey to wellness. I promise you that you will not regret taking the steps to control stress and regain balance and harmony. It's an investment that will pay handsome dividends!

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*Jamie Kliewe, Owner of Omni Balanced Life Center, Licensed Therapist & Board Certified Holistic Health Practitioner, works along with her team of highly professional and dedicated therapists to help the Southwest Florida community members achieve their highest level of health. OMNI's team approach offers traditional and holistic treatments and services that work in collaboration with your general health practitioner to achieve a true whole person approach to healthcare.*

# Alleviant Offers Virtual Visits Via Telemedicine

## Mental Health Awareness



**D**uring this time, we are all adjusting to a new normal by social distancing, practicing good hand hygiene and staying safe at home. However, many of us have needs that require us to seek ongoing medical and mental health check-ups. For those with mood disorders such as depression, anxiety or bipolar disease, it's critical that you do not stop your medical treatment protocol. If you notice your symptoms getting worse, seek help sooner rather than later. The practitioners of Alleviant Health Centers of Naples are available for their patients in need of ongoing therapy appointments.

Alleviant has implemented virtual telehealth, which patients can access via their smartphone, tablet or computer. With a telehealth visit you can get a full psychiatric evaluation, receive a diagnosis, be prescribed medication that can be called into your pharmacy of choice or engage in a psychotherapy session.

### Virtual Visit Tips

- Make sure you have a list of questions and/or symptoms ready
- Call the office or email to schedule your virtual visit
- Choose a private, quiet location where you are comfortable

- Check your device beforehand to make sure your camera and sound work
- Most private insurance companies cover telehealth, but you may want to check before scheduling
- Medicare covers telehealth
- Alleviant's staff is available to walk you through the steps if you have any difficulty

### Mental Health Awareness

Each year millions of Americans face the reality of living with a mental illness. There is a national movement to raise awareness about mental health. During May, each year we come together to fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.<sup>1</sup>

NAMI, the National Association of Mental illnesses "You Are Not Alone" campaign features the lived experience of people affected by mental illness to fight stigma, inspire others and educate the public. Now more than ever before, it is essential for mental health professionals, the community and patients to come together and show the world that no one should ever feel alone.<sup>1</sup>

Source:  
<https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

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- **Psychotherapy:** Meet with our Psychologist for individual, couples and family therapy. Trauma therapy using Eye Movement Desensitization and Reprocessing (EMDR).



*Stephen Durand moved to Naples 15 years ago to attend Wolford College where he received his training as a Certified Registered Nurse Anesthetist (CRNA) and earned a Master's degree from*

*Florida Gulf Coast University. Stephen and his wife Liz, who is also a Registered Nurse (RN) love working side by side. "We experience great joy and satisfaction from helping people feel better."*



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# Not A Lab Rat Day Exposes How History is Repeating Itself When It Comes to Vaping



**T**his year, Students Working Against Tobacco (SWAT) wants other teens to know that when it comes to e-cigarettes, aka "vaping" products, history is repeating itself.

E-cigarette companies use the same tricks, including flavors and marketing campaigns, tobacco companies used for decades to target and recruit young smokers.<sup>1</sup> Not a surprise considering Big Tobacco companies own or have significantly invested in e-cigarette companies.<sup>2,3</sup> These are the same tobacco companies that for decades lied about the addictiveness and health effects of cigarettes.<sup>4</sup>

SWAT is Florida's youth-led movement to combat Big Tobacco. *Not A Lab Rat Day* is a statewide initiative that empowers youth to stand up and declare that they refuse to be the tobacco and e-cigarette industry's "lab rats" as we wait and see the long-term health effects of vaping.

SWAT chapters across the state are holding events at their schools and in their communities to dispel myths and educate their peers about the e-cigarette industry's connection to Big Tobacco. In Collier County, the SWAT chapter(s) will create an interactive table to educate classmates at lunch on the dangers of electronic cigarettes and the marketing tactics tobacco companies use at the point of sale to entice youth to try tobacco products.

#### Here are the facts:

- Marlboro cigarette maker Altria purchased a 35% stake in JUUL for \$12.8 billion in December 2018.<sup>5</sup>
- Imperial Brands, the makers of Winston and Kool, owns the e-cigarette brand Blu.<sup>6</sup>
- R.J. Reynolds (RJR), the makers of Newport and Camel, owns the e-cigarette brand Vuse.<sup>7</sup>

Youth vaping has increased dramatically across the country, including right here in Collier County. E-cigarette companies claim their products are intended for adults, but alarming rates among teens tell a different story. About 25% of Florida high school students are vaping<sup>8</sup> compared to 4% of Florida adults.<sup>9</sup>



Participants in *Not A Lab Rat Day* events will complete placards stating that they will not be "lab rats." SWAT plans to send placards collected statewide to the headquarters of major e-cigarette companies.

For more information, visit [swatflorida.com/not-a-lab-rat/](http://swatflorida.com/not-a-lab-rat/).

#### About Not A Lab Rat Day

*Not A Lab Rat Day* will be observed annually on the third Wednesday of October to bring awareness to e-cigarette use among youth, encourage youth to stand up against Big Tobacco and the e-cigarette industry, and to push for change within their communities.

#### About Students Working Against Tobacco (SWAT)

SWAT is Florida's statewide youth organization working to mobilize, educate and equip Florida youth to revolt against and de-glamorize Big Tobacco and the e-cigarette industry. SWAT is a united movement of empowered youth working towards a tobacco free future.

To learn more about Students Working Against Tobacco, visit [www.swatflorida.com](http://www.swatflorida.com) or follow us on Instagram at @swatflorida.

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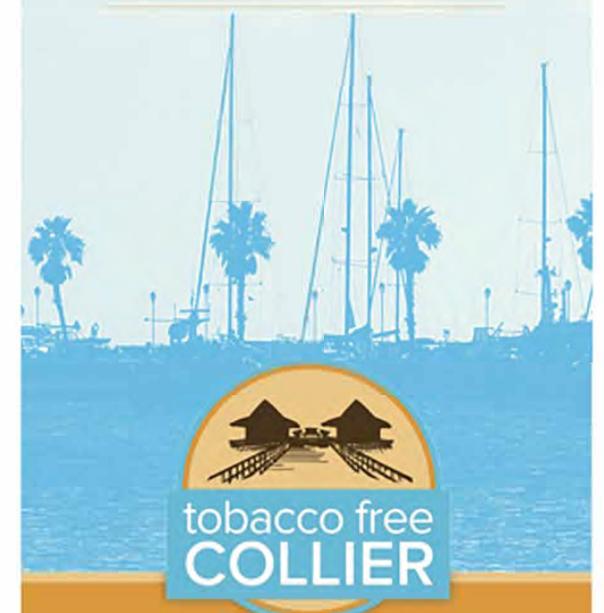
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# Venous Disease: What You Need to Know

Various forms of venous issues affect 25 million people in the US. The symptoms of venous insufficiency are leg swelling, pain, tingling, cramping, discoloration, and in some cases, varicose veins, to name a few. Many people feel the need to elevate their legs more often to help improve blood flow. What causes venous insufficiency? When a person's legs are swollen, achy and they have a heavy sensation, very often, it's from damaged valves. When our veins are working properly, they pump blood back to the heart. Valves in the veins are made to open and close in one direction if these valves or the wall of the veins are damaged, the blood is unable to work against gravity, and the result is a pooling of the blood in our legs. This pooling is called stasis and can present significant risks to our health.

Sometimes venous insufficiency is more of a cosmetic issue and poses little health concerns. This is usually noted in spider veins, which is when the tiny capillaries are damaged, but when the veins are damaged, this can cause varicose veins, which can lead to a much more severe health issues. Neither of these should be taken lightly. A vascular surgeon will be able to report whether or not your symptoms are superficial, or dangerous and in need treatment.

Although it can happen to anyone, the most common factors that put you at risk for vein issues is being a female over the age of 50, pregnancy, sitting for extended periods of time, a family history of varicose veins, smoking, being overweight, and a sedentary lifestyle.

Some people develop ulcerations, or sores on the lower legs and ankles, due to the low level of oxygen in the veins and the uptake of white blood cells. These ulcers can be extremely painful and are often quite resistant to healing.



## Treatment Options for Venous Insufficiency

Many people start with conservative treatment approaches like compression stockings, gradient compression devices, exercise, and medications. However, when the disease is advanced, surgery is necessary. The good news is that the procedures are done through minimally invasive catheters or through ultrasound.

Because the veins and arteries balance each other out, when a person experiences chronic symptoms, it's critical to see a physician. If the veins are damaged, it's not unusual that the arteries are not pumping blood efficiently either. DVTs and chronic venous insufficiency can be fatal and must be treated to prevent further damage to your circulatory system and your overall health.

If you or a loved one has any of the venous symptoms or risk factors discussed above, you must seek medical attention immediately. Making an appointment with a vascular surgeon specializing in venous disease is critical.

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**Russell Becker, DO  
Vascular Surgeon**

Dr. Becker received his fellowship training in vascular and endovascular surgery at Wayne State University in Detroit. He is board-certified by the American Osteopathic Board of Surgery. He's a fellow of the American College of Osteopathic Surgeons, and he retains active memberships with the Society for Vascular Surgery and the American Association for Vascular Surgery.

Dr. Becker has experience and interest in all areas of vascular and endovascular surgery, including treatment of conditions like carotid artery disease, hemodialysis access creation and maintenance, and diseases of the veins.

Beyond performing surgery, Dr. Becker is a well published author of vascular surgery literature. He has previously served as an investigator in numerous new and developing clinical device trials and has been a part of the clinical faculty in vascular surgery at Michigan State University College of Human Medicine in East Lansing, Michigan.



**Duke M. Pfitzinger, Jr., DO  
Vascular Surgeon**

Dr. Pfitzinger balanced his collegiate football career while obtaining his undergraduate degree from Southern Illinois University. He received his medical degree from Chicago College of Osteopathic Medicine. He then returned to Kansas to finish his general surgery residency at the University of Kansas. During his surgical training, he realized his passion for vascular surgery.

Dr. Pfitzinger then moved his wife and three kids south to North Carolina, where he fulfilled his interest in vascular surgery, completing his vascular fellowship at University of North Carolina at Chapel Hill. He has multiple publications and presented at national conferences. He has an interest in complex aortic reconstruction, carotid, and peripheral arterial disease treatments along with other aspects of vascular care. When he is not working, he spends time trying to keep up with his two boys and daughter and all things related to the water.



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# Hair Loss in the COVID-19 era

By Vivian Wong, MD, PHD

## Are you suffering from hair loss?

Hair loss is a hot topic right now. Since the onset of the COVID-19 pandemic, a lot of patients are presented with sudden onset hair shedding and thinning. This condition is known as telogen effluvium, a form of hair loss characterized by excessive hair shedding over the entire scalp. This could be triggered by serious illness, stress, pregnancy, and nutritional deficiency. If you are experiencing hair loss, this could be due to COVID-19 or stress from the pandemic. The interval between the trigger and the shedding may be weeks to a few months. For further evaluation, the first step is to see a board-certified dermatologist, which is extensively trained in hair loss disorders. There are many causes of hair loss, and sometimes you need further workup or treatment. We have a wide range of treatment options that we could customize to you. A combination of medical therapies and procedures work well for hair loss.

## Here is some advice on hair care practices that could help improve hair health:

**1.** Minimize hair brushing, especially when your hair is wet. Your hair is prone to physical injury especially when wet.



**2.** Air dry instead of using a hair dryer. Heat can damage your hairs. When using a hair dryer, use the low heat setting.

**3.** Go for a natural hair style. Avoid chemical or heat treatment. Avoid hair extensions or styling that could cause traction on your hair follicle.

**4.** Reduce stress through exercise, meditation, and spending quality time with love ones.

**5.** Protect your hair and scalp from the sun. Ultraviolet rays can be harmful to your hairs. If you have further questions about hair loss and hair care, please schedule an appointment at Skin Wellness Physicians.

## MEET Vivian Wong, MD, PHD

*Dr. Wong is a board-certified dermatologist with a dual M.D. and Ph.D. She joins Skin Wellness Physicians after a career as a faculty member and core teaching faculty at the Department of Dermatology at Harvard Medical School in Boston, Massachusetts. She completed her dermatology residency and served as the chief resident at Brown University. She is a renowned researcher with collaborators in North America, Europe and Asia. She has authored over 250 articles and textbook chapters to date on important topics such as eczema/atopic dermatitis, melanoma and basal cell carcinoma. She has been interviewed as a dermatology expert by the Boston Magazine, Boston25 News and QuantiaMD. She has spoken and presented at more than 50 international and domestic conferences and received more than 40 awards and research grants for her scientific and clinical endeavors. She also serves as a consultant to medical diagnostic, therapeutic and technology companies.*

*Dr. Wong is a leader in adult and pediatric dermatology, as well as cosmetic dermatology, offering procedures including Botox, cosmetic fillers, Kybella, chemical peels, lasers, and scalp injections for hair health. During her free time, she enjoys spending time with her family and cooking.*

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# Chefs For Seniors Nutrition Tips

In 2013, Nathan Allman started Chefs for Seniors with his Father Barrett, a long time restaurant owner. Chefs for seniors makes customized meals for the week in their clients home while offering companionship and nutrition safety checks.

Nathan Allman explained, "My father and I started cooking for clients in the Madison, Wisconsin area ourselves, but quickly realized that we'd tapped into a real need in the community. We were soon hiring chefs and expanding to new markets. We now have franchises operating throughout the country and have served thousands of clients. I've seen firsthand the impact proper nutrition has had on our client's lives."

## Nutrition Tips for Seniors

For older adults, proper nutrition is especially important for maintaining or improving health and overall well-being. While everyone's exact dietary needs are different and should be discussed with a healthcare professional, the following nutrition tips are some of the best practices for seniors.

### Portion Control

To reach or stay at a healthy weight, how much you eat is almost as important as what you eat.

Aging causes changes in metabolism and activity levels. Seniors typically have a slower metabolism, which means the body doesn't digest food and absorb nutrients as quickly. Therefore, seniors don't need to eat as much, but should focus on the nutrient density of their food choices.

It's important to eat healthy foods to ward off disease and illness. We have an epidemic of diabetes in our society, along with cardiovascular disease and cancer.

### Healthy Eating Tips

- Eat less sugar
- Limit sodium
- Eat plenty of vegetables and fruit
- Eat calcium-rich foods
- Eat breakfast
- Eat more protein
- Add beans, nuts and seeds to your diet
- Ask your provider about the best diet for you

There is no one diet that is right for everyone. Diets should be custom tailored to your specific needs.



## About Chefs for Seniors

As individuals age, shopping and preparing meals can become a difficult task. With so many other issues to worry about such as being a caregiver, suffering from arthritis, or other disorders that limit mobility, cooking is one thing that many seniors wish they didn't have to do. Chefs For Seniors is a welcomed answer for many that want nutritious, flavorful foods custom-prepared right in the comfort of your home by a licensed chef that not only provides gourmet-style meals, but also compassionate companionship. They also have specialty meals for low sodium, low fat, and other dietary needs.

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

## Professionally Prepared Meals and Clean Up!

Chefs for Seniors offers rotating menu options, which includes select Chef creations inspired by the region. Clients select their desired meal in advance, allowing the chef to shop and prepare the meals on the designated cooking day. Chefs prepare the meals between two to two and a half hours. And an added benefit is that after the meal is prepared and stored according to the client's preferences, the chefs clean before leaving the house.

The price of our services are region-specific and depends on your individual needs. Our goal is to provide an affordable solution that seniors can use long-term. We offer three different service packages to meet a variety of needs: Standard, Custom, and Non-Standard. Some Long Term Health Insurance Policies may cover certain in-home services like Chefs For Seniors. During a 2-hour home visit, your personal chef will prepare 4 different entrées and 10-12 individually-packaged servings of meals. The exact number of servings depending on your appetite and the types of meals ordered and serving sizes can be adjusted with your chef.

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

## What if I Have a Special Diet or Dietary Concerns?

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

## Do I Have to Supply the Cooking Equipment?

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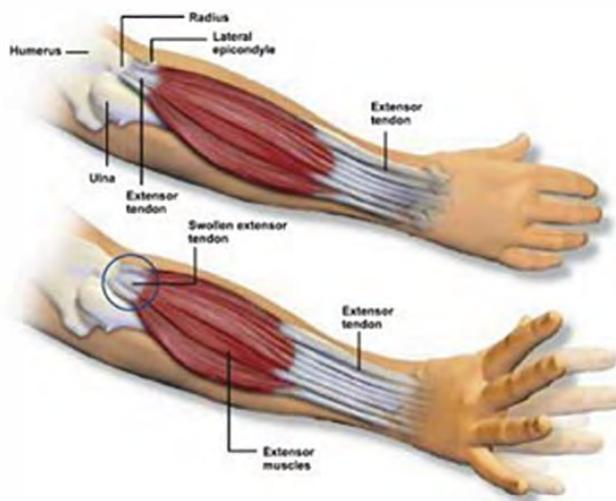
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# Are You a Tennis Player Suffering From TENNIS ELBOW?

**T**ennis elbow is a fairly common, painful condition among recreational tennis players, particularly those above forty years old. At the same time other work-related activities could also produce the same problem. It typically begins with inflammation on the attachment of particular muscles of the outside of the elbow, that later progresses into pain, weakness and depending on the severity of the symptoms inability to grip or manipulate objects with the hand on the involved side.

When it comes to tennis players there is a common number of events that are typically found in the history prior to developing Tennis Elbow, here are a few examples:

1. Beginners often practice too long without paying too much attention to the racquet they use.
2. Someone returning to the sport after a period of inactivity and not coming back gradually to their usual volume of play.
3. For the ones that have played for a while, switching racquets and/or strings, racquets that have higher stiffness combined with higher tension and less forgiving string materials are a dangerous combination.
4. Working on classes or training sessions focuses on strokes like backhand, serves or overheads, they all place an increased load on the wrist extensors at some point causing increased mechanical loading on the side of the elbow.



5. Painters, plumbers, carpenters, are also prone to developing tennis elbow, since they perform repetitive movements against resistance for extended periods of time.

Keep in mind that due to the anatomy and the biomechanics of our upper extremities, the faulty movements at the wrist are the ones at the beginning of this chain reaction leading to problems at the elbow. The most commonly involved muscle group is the ECRB, that runs from the lateral side of the elbow down to the wrist.

### TREATMENT OPTIONS

The first step to ensure proper treatment is to visit an MD, who will rule out any other issues and establish the best plan of care that in most cases is conservative care.

This approach might include further testing like an MRI, EMG or X-Ray and then the recommendation of medication, rest, steroid injection, a brace, PRP (platelet rich plasma) injection and Physical Therapy. Most cases of tennis elbow resolve well with a conservative approach only very few will require a surgical approach. Nevertheless, for some patients the rehabilitation process could be long and frustrating, lasting for several months.

### PHYSICAL THERAPY

The main goals of the PT approach include:

1. To relieve pain by improving range of motion, stability and muscle activity in the involved area. Therapists utilize manual therapy interventions, also modalities like ultrasound combined with electrical stimulation and the most adequate exercises to ensure faster recovery.
2. To address flexibility and movement patterns not only of the wrist and elbow but the entire movement chain, which includes the neck and shoulder.
3. To provide a gradual return to full function, including specific recommendations for tennis return including type of strings and their tension, a personal plan to gradually and successfully prevent set-backs due to doing too much too soon.

The team approach has the highest odds of success when dealing with the nagging tennis elbow, a coordinated work from the Medical Doctor, Physical Therapist, Tennis Pro, Personal Trainer and others will offer the best results. In my personal experience patients that have utilized this team approach will more likely recover faster and also have less risk of reoccurrence.

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# Macular Degeneration:

## Why You Should NEVER Ignore Changes in Vision

Dr. Katia Taba, Board-Certified Ophthalmologist and Retinal Specialist

**W**hat exactly is Macular degeneration? The macula is the central area of the retina that provides the most intricate details of sight, the ability to recognize faces, read small print, and drive. It is an oval area that receives light filtered through the cornea and lens, and it provides visual communication to the brain. When there is damage to the retina due to specific issues, degeneration can occur, and it is a serious disorder that should never be overlooked. In adults over the age of 50, age-related macular degeneration (AMD) is the leading cause of blindness. It is estimated that more than 10 million Americans have some degree of AMD, and unfortunately, although there is still no cure for the disease it might be preventable to some degree and comprehensive treatment for some forms of the disease are available for the past 15 years. Early diagnosis and treatment are optimal.

Dr. Taba of Personalized Retina Care of Naples wants to alert individuals about the signs and seriousness of this disorder. Recently the AAO (American Academy of Ophthalmology) published an article detailing the condition. A portion of that publication is below.

**Age-related macular degeneration** is a problem with your retina. It happens when a part of the retina called the macula is damaged. With AMD you lose your central vision. There are several forms or macular degeneration and the most common one is the age-related macular degeneration. You cannot see fine details, whether you are looking at something close or far. But your peripheral (side) vision will still be normal. For instance, imagine you are looking at a clock with hands. With AMD, you might see the clock's numbers but not the hands.

### TWO TYPES OF AMD

#### Dry AMD

This form is quite common. About 80% (8 out of 10) of people who have AMD have the dry form. Dry AMD is when parts of the macula get thinner with age and tiny clumps of protein called drusen grow. You slowly lose central vision.



**Normal Vision**



**Macular Degeneration**

#### Wet AMD

This form is less common but much more serious. Wet AMD is when new, abnormal blood vessels grow under the retina. These vessels may leak blood or other fluids, causing scarring of the macula. You lose vision faster with wet AMD than with dry AMD.

Many people don't realize they have AMD until their vision is very blurry. This is why it is important to have regular visits to an ophthalmologist. He or she can look for early signs of AMD before you have any vision problems.

#### Who Is at Risk for AMD?

*You are more likely to develop AMD if you:*

1. are over 50 years old
2. have a family history of AMD
3. smoke cigarettes
4. have hypertension (high blood pressure)
5. are overweight
6. eat a diet high in saturated fat (found in foods like meat, butter, and cheese)

*\*Having heart disease is another risk factor for AMD, as is having high cholesterol levels. Caucasians (white people) also have an elevated risk of getting AMD*

In a Similar Publication, Genetics and Age-Related Macular Degeneration, describes how genetics plays a role in AMD.

#### Many Genes Influence AMD Risk, But Two Stand Out

Large genome-wide association studies have identified over 30 genes associated with the risk of developing AMD. These kinds of studies look for genes that are more common in people with certain conditions. If a lot of people have a particular variation of a gene and also have a particular condition—while other people without the variation don't have the condition—that gene is said to be associated with the condition. Variants in all 30-plus of these genes contribute different levels of risk of developing AMD.

*Variations in two genes have been more closely connected to both developing AMD and whether it progresses to the advanced stages of the disease.*

*These are:*

- the complement cascade (group of genes) on chromosome 1; and
- the ARMS2/HTRA genes on chromosome 10.

The presence of these genetic variants doesn't mean that someone will definitely develop AMD. These variants mean that one may have a higher risk of AMD or developing advanced disease in the future.

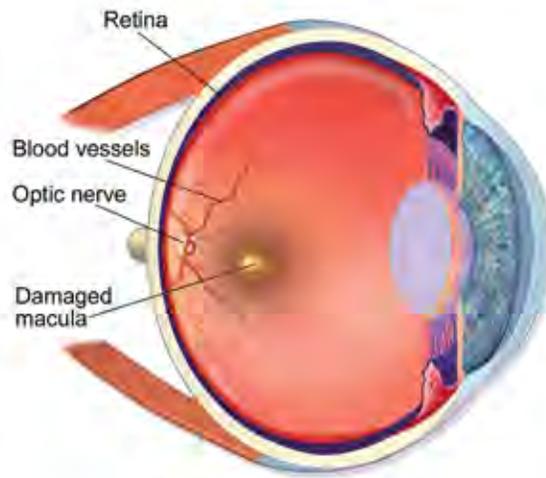
The complement cascade is an essential part of the body's immune system. It controls a series of proteins that protect against invading pathogens like bacteria and viruses. Complement can sometimes incorrectly target the body's healthy cells, including cells in the retina.

Some researchers believe that inflammation and immune mechanisms are part of what causes AMD. The connection between complement gene variants and AMD supports this theory. There are several variants of the complement genes, and they create different levels of AMD risk.

While scientists are intensively researching ARMS2/HTRA1, the role of these genes in AMD is not yet understood. It appears there is a strong connection, but we don't yet know what these genes do.

Other genes associated with increased AMD risk are involved in cholesterol and lipid (fat) metabolism, collagen production, DNA repair, protein binding, and cell signaling. Research on these genes and their role in disease onset and progression is still underway.

In addition, certain gene variants can have a protective effect against AMD, reducing an individual's risk of developing the disease. These include variants in other parts of the complement and immune gene groups, and other genes that affect lipids.



Macular Degeneration

**Genetic Testing and The Future of AMD**

Academy of Ophthalmology does not currently recommend genetic testing for AMD. Gene therapy is not available for prevention or management of the disease, so there is no benefit of identifying which genes are involved in any individual's case of macular degeneration.

As future studies shed more light on AMD and individual genotypes—and if treatment tailored to individuals become available—genetic testing for AMD may become helpful. We may one day have targeted therapies for AMD based on the individual's genes and lifestyle.

In the meantime, anyone with a family history of AMD should have their eyes examined as recommended by an ophthalmologist, get enough exercise, eat a well-balanced diet and quit smoking. If you have AMD, existing treatments, including vitamin supplements and medications, can be very effective.

**Protecting & Preventing Vision**

*There are many things we can do to prevent loss of vision. Some of these include:*

- Stop smoking
- Wear protective eyewear
- Wear sunglasses
- Control blood pressure
- Control blood sugar
- Exercise
- Reduce sugar and salt intake
- Eat a healthy diet that consists of omega-3 fatty acids, lean protein (avoid red meat) and plenty of fresh fruits and vegetables.

If you are experiencing any changes in your eye health, whether it is blurry vision, pain, impaired vision, or any other visual irregularities, it is imperative that you see an ophthalmologist right away. The earlier disease or disorders are detected, the better the outcome and treatment options are for you. You will find a friendly and warm environment at Personalized Retina Care of Naples. Please call (239) 325-3970 today to schedule your eye exam. Same-day appointments are still available.

**Personalized Retina Care of Naples** provides comprehensive diagnosis and treatment for retinal disorders. Dr. Taba also gives second opinions on retinal and general eye conditions. Dr. Taba is a Board-Certified Ophthalmologist and is Fellowship trained in surgical and medical retinal diseases.

**There are ways to regain your independence and correct low vision. To find out more, or to schedule your appointment, please call (239) 325-3970 today.**

1. K Boyd, What Is Macular Degeneration? American Academy of Ophthalmology, <https://www.aao.org/eye-health/diseases/amd-macular-degeneration>  
 2. R. Mukamal, Genetics and Age-Related Macular Degeneration, American Academy of Ophthalmology, April 2019, <https://www.aao.org/eye-health/diseases/age-related-macular-degeneration-amd-genetics>

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- Macular Holes and Puckers

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# Is Selling or Buying a Home During the Holidays a Good Idea?

**T**he housing market here in Florida is booming, and the good news is we don't have a seasonal market, it's year round and that includes the holidays and into the new year. Getting your home ready now is critical and if you are thinking of buying, start researching locations, neighborhoods, and amenities that you prefer now. It's also wise to contact your mortgage lender to discuss your purchasing options.

When you are considering selling or purchasing a home, one of the best ways to eliminate unnecessary stressors is to be prepared from the beginning stages.

**Buying:** For both buying and selling it's important to do some research on comparable homes in the area. Know your price and limitations before you even begin to look at houses or to list yours.

Buying is usually a little more fun than selling, as it's typically an exciting time to make suitable transitions in your life. Other things to consider ahead of time are the location of the house or neighborhood you're interested in. Is it near your work, or does it have a good school system? The size of the home matters; you don't want to go too small or too big. Compromising on size is not recommended.

You should also consider the total cost of the home, like HOA fees, repairs, maintenance, insurance, taxes and the mortgage. If you can, it's best to get pre-approved for your home loan as this will cut down on the time of purchase, as well as your total loan allocation.

**Selling:** Now is the time to clean everything up! From gutter, yards, the exterior, and the interior, getting your home in tiptop condition is the key to attracting buyers.

Keeping your lawn tidy, trimming trees back, and making the house looking fresh with either pressure washing it, or painting the exterior are often overlooked by sellers, but never by the potential buyer.



If you have a lot of clutter in your house like toys, office supplies or paperwork on the counters, knick-knacks, boxes, or laundry, you must clean it up, organize and keep it kept away when you have a showing or open house.

Making sure your house is clean, smelling good and attractive to potential buyers is also of critical importance. If your agent or broker will be showing your home, please make sure it's clean and fresh, open the blinds or drapes, spray a nice light fragrance, brew a fresh pot of coffee, or bake some fresh cookies to make it appear and smell more homelike.

Ask yourself what you'd want to inspect if you were buying a home. Do your appliances work; are they clean? Does your bathroom look updated or at least uncluttered and tidy? Make sure your air conditioning and heating system is in peak condition, and you may also want to have your roof checked.

With just a few simple tips, you can alleviate unnecessary stress before you even list your house. When you do decide to list, it's essential to go with an agent or broker that has experience.

**If you are someone interested in selling or buying a home for ANY reason, Robert Nardi of Nardi Realty is the premier expert in the Naples area.**



**Robert L. Nardi, Licensed Broker and REALTOR®**

Robert has been involved with technology for over 35 years. He is originally from Cleveland, Ohio where he graduated Summa Cum Laude from

Baldwin-Wallace College in Berea, Ohio where he majored in Business with an emphasis in Accounting. He worked for a major law firm, Jones Day for many years where he managed the Firm's technology help desk and was a guest speaker at numerous Customer Service & Support functions across the country.

After leaving Cleveland, he moved to Minneapolis, Minnesota where he took over the Directorship of Client and Administrative Services for the technology consulting firm, Perfect Access Speer.

Warmer weather began calling him and he settled in Naples, Florida. He loves everything about the Naples community, Florida, Real Estate, and life in general.

After working with CENTURY 21 for over 5 years, where he was ranked a top producer, he realized there was a need for a boutique firm that treats each customer like their only customer. There were special customers & properties that need "one on one" attention. Therefore, he created Nardi Realty to fill that gap.

From 2011 to today, he serves on the Grievance Committee for the Naples Area Board of REALTORS®. During these years he was Vice-Chair and Chair of this committee. In the past, he was Treasurer of the Women's Councils of REALTORS® and still performs audits of this organization on a yearly basis. He was on the Naples International Film Festival board of directors.

With his in-depth knowledge of real estate in Southwest Florida, customer service, and technology expertise, he and his firm, Nardi Realty, can offer customers superior service and therefore, superior results. And the results are in! In the past 3 years, he has personally sold over \$40 million in properties!



To find out more, please call (239) 293-3592 or visit [www.BuyNaples.net](http://www.BuyNaples.net)

# Compounded Hormone Replacement Therapy

**U**pon aging, women will start to experience symptoms of hormonal imbalance, which can be related to perimenopause, menopause, postmenopause, giving birth or from a hysterectomy.

Females tend to experience an imbalance of estrogen, testosterone, and progesterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency. Bone loss in women can exacerbate stress fractures caused by osteopenia or osteoporosis.

Changing the hormone levels through bio-identical hormone therapy can alleviate or in many cases eliminate these symptoms and life fluctuations. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

In the U.S., Bio-identical Hormone Therapy (BHT) has been used since the 1930s. And based on hundreds of current medically thorough studies, the results for patients overall quality of life and dramatic changes in their hormonal symptoms are astounding.

Bio-identical hormones are equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level. For example, a very popular synthetic estrogen cream that many physicians prescribe is made from a pregnant horse's urine. Most people can see why the body would not fully accept this substance.



Bio-identical hormones are made from plant sources and are easily received by the body as natural and normal. They are much more therapeutic and effective than synthetic hormonal substances.

Bio-identical progesterone will provide the most efficient way to mesh with the body's natural progesterone receptors. This is critical because body receptors are structure specific. A few of the benefits from bio-identical progesterone are proper embryo development and survival, increase in bone health, protection against breast cancer and endometrial growth, an antidepressant effect, controlling blood clotting and an increased sex drive. The side effects are fatigue and lack of energy or drowsiness.

On the contrary, Progestin (synthetic) doesn't have quite as many benefits. In fact, it has more negative effects, like, miscarriages, weight gain, decreased sex drive, increased risk of breast cancer, high risk of fractures and osteoporosis, increased blood clotting risks, anxiety, depression, migraine headaches and other health related disorders.

Opposite of what some uninformed physicians believe, women that have had a hysterectomy see just as many benefits with progesterone therapy. It's has been widely studied and proven that bio-identical, hormone replacement is just as important and beneficial for their health, even though they no longer have a uterus. For women, progesterone is essential for all of life's stages, and it provides beneficial results outside of the uterus because progesterone receptors are embedded in almost every cell in the body. Women without a uterus still need progesterone therapy.

## MISIRx Compounding Pharmacy

Obviously, the bio-identical progesterone hormone therapy is the better option due to its ability to work with the body naturally, and due to the proven health benefits that coincide with the treatment. At MISIRx Pharmacy, they understand the importance of providing this type of hormone therapy for their patients.



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'Tis The Season...

## KICK-OFF THE SEASON AND GET IN THE MOOD WITH THE P-SHOT, O-SHOT, GAINSWAVE, AND MUCH MORE AT ORCHIDIA MEDICAL GROUP

By Dr. Viviana Cuberos

2020 has been stressful enough, why not kick-off the holidays by getting yourself something that'll help you enjoy it all the more? Orchidia Medical Group offers multiple treatments and procedures to get your mojo back in the bedroom, as well as aesthetic services to help you look and feel your best. Who can't use more of that right now?

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The P-Shot is spun down blood of platelet-rich plasma that is taken from the patient and injected back into their bodies. The P-Shot is comprised of the patient's stem cells that stimulate new tissue growth, collagen formation and is 100% natural, so the body accepts it 100% of the time with no adverse reactions. Stem cells have the potential to differentiate into many different types of cells and can serve as an internal repair system, which can replace damaged or worn out tissue.

The P-Shot also helps men with Peyronie's disease by stimulating circulation and lessening the scar tissue associated with the disorder. No longer do men have to rely on the tiny blue pill that causes so many adverse side effects. Now, there is a safe, natural alternative to help so many men with ED and Peyronie's disease.

#### Umbilical Cord Stem Cells (Wharton's Jelly)

Our own stem cells are not always enough due to limitations, which are usually due to aging, or severe injuries; stem cells from other sources increase platelets in the blood, which travels to the injured area to increase healing more effectively. Many healthcare providers are supplying patients with inferior stem cells that do not work as well as umbilical cord stem cells. Umbilical cord stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

These stem cells can be used to treat and replenish areas of the entire body from head to toe including ED. Stem cells work wonders in repairing and regenerating damaged tissue, and the human body completely readily accepts them.

#### O-Shot (PRP Injections) for Women

The O-Shot is a non-surgical, minimally invasive treatment that uses PRP (platelet-rich plasma) to stimulate tissue growth and regeneration. PRP is spun down from the patient's blood in a centrifuge, and it is packed with powerful growth factors. O-Shot injections are performed in the comfort of the office. The use of PRP (platelet rich plasma) in the O-Shot Procedure is an effective way to help vulvovaginal restoration because it's natural and doesn't increase estrogen levels. Over 85% of women see marked improvement after an O-Shot. The tissue becomes healthier and more comfortable for sexual activity without having to take hormones Replacement Drugs.

Orchidia Medical Group's mission is to utilize the latest in medical science and apply this with the simple understanding that you want to look, feel, and live better. Let them help you realize your potential wellbeing and become the individual that you have long desired. Your wellbeing is worth it!

If you or someone you know could benefit from the P-Shot procedure, please contact Orchidia Medical Group today at 239-330-9855, or visit their website at [orchidiamedicalgroup.com](http://orchidiamedicalgroup.com)

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## Ideal EMSculpt Candidates

EMSculpt is the ideal treatment for anyone looking to build muscle and reduce fat to help get defined abs or a non-invasive butt lift. It works exceptionally well for individuals that eat healthy diets and exercise, but still have stubborn areas of fat pockets, or for those who want more definition. Treatment plans are customized to achieve the look and results you desire.

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Each treatment in the series takes approximately 30 minutes. The series is mapped out precisely for you with your physician and EMSculpt specialist. Since EMSculpt is non-surgical and non-invasive, there is no downtime. You could schedule a treatment for your lunch break and return to work immediately after. Regular physical activities can be resumed immediately and are encouraged after your EMSculpt treatment.

## Results

Patients feel the tightening and lifting effects immediately after the treatment, which feels similar to an intense workout. Within just a few short weeks (2-4) after the last session in the series, patients will see major because the underlying muscles require time to strengthen fully. The body gradually and naturally eliminates fat cells that are destroyed through apoptosis during the series of treatments, and results continue to improve for weeks to months after the treatment series. One round of EMSculpt treatment can increase lean muscle by up to 16% and reduce fat by up to 19% in the treated area.



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## Internal Medicine Partners of Naples

Along with comprehensive medicine and wellness, Internal Medicine Partners also specializes in anti-aging. Their doctors, Dr. Blanco, and Dr. Rodriguez are recognized in the Naples community for great dedication to their patients and quality of care. They are experienced Hospitalist at NCH Community Hospitals. Both are Board Certified in Internal Medicine. Internal Medicine Partners of Naples offers traditional medicine both in their practice and hospitals providing their patients with the best quality and continuum of care.



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# The Holidays—Understanding Your Pets Safety Needs During This Time of Year

**T**his time of year often revolves around candy, strings of lights, tinsel, ornaments and lots of festive foods – Sounds great, right, well not so much for our pets safety. When it comes to our pets, Christmas decorations can be rather alluring. Cats and dogs may find it irresistible to play with the decorations, and dogs often try to eat them. This is a major health hazard to the safety of our beloved pets, as tinsel and ribbons can tangle around the intestines, which is a life-threatening situation, and usually requires extensive surgery to remove.

The same issue holds true for Christmas balls. If your pet bats them around the floor or paws at them on the tree, they can shatter and cause lacerations internally and externally. Tree lights can cause the same scenario, but with the added worry of getting a jolt of electricity. And we certainly don't want pets getting tangled up in lights or having the tree fall down on them.

It's best to monitor your pet. Never let them play with the decorations and keep them blocked off from the area when you're not home.

## Holiday Treats

Many foods, drinks, herbs, and ingredients are toxic to our pets. When we think of some of the top contenders, most people are aware of the health hazards that chocolate can induce in pets, and with Christmas just around the corner, what better time to discuss these foods and the risks they pose to our pet's well-being.

Chocolate causes severe toxicity with just a minimal amount, especially dark chocolate. Some of the side effects are vomiting, diarrhea, lethargy, seizures, rapid heart rate, and in some cases, death. The smaller the breed, the more dangerous chocolate can be, as well as the amount of chocolate the animal has ingested.

Raisins, grapes, and cherries are also very toxic to animals. Grapes and raisins affect the liver and kidneys in dogs and cats. Even if eaten in small amounts, it can cause significant damage and death.



Cherries are poisonous to cats and dogs and can cause respiratory failure and death. The pits and seeds in fruits (cherries, avocado, peaches, apples) contain cyanide, so these are especially toxic and can also cause choking.

Sugar is not necessarily toxic, but it is not suitable for cats or dogs to eat sugar, because as with humans, sugar can lead to diabetes, obesity, shaking, lethargy, and dental decay. Sugar alternatives like xylitol are incredibly toxic to dogs. Don't ever let your pet eat candy, mints, toothpaste, or gum made with xylitol or other sugar substitutes.

Nuts can cause severe reactions in dogs and cats, this especially true of macadamia nuts. If your pet gets into holiday candy that is packed with chocolate and nuts, this can be a double whammy. If it also has dried cherries or raisin, it's not a good combination. But again, if this happens, it's important to try and figure out how much they consumed and also to take their size into consideration. If a Chihuahua eats a box of dark chocolate, then you definitely will want to seek medical attention. It's always best to be proactive, so even if a Border Collie eats the same amount, getting them checked out will be the best option for your pet's health.

Aside from candy, some people think it's okay to feed animals leftovers or give them food scraps from the table but understanding the difference between safe foods and the dangerous ones is imperative to your pet's health.

## Holiday Dinner Dangers

Onions and garlic can cause anemia in pets. Anything in that family, such as powdered spices, chives, scallions, shallots, these are all very toxic to cats and dogs.

Bones may seem like a reasonable thing to give a dog, but they can splinter very easily, which can cause choking, blocked airways, and internal bleeding. Fat trimmings or other fatty foods can lead to liver and pancreatic disorders. Salty Ham is a big no-no for pets too, as their sodium tolerance is very limited.

Mushrooms in the yard are especially toxic to animals. Even if your curious puppy eats a small mushroom, the toxicity can cause severe gastrointestinal issues, seizures and even death.

There are so many things that can cause toxicity in your pets; it is best only to feed them their allocated dog or cat food and treats. If your pet gets into candy or other toxic foods, don't hesitate! Get to your veterinarian's office or the Animal ER as soon as possible.

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# Tune Into Health With Acupuncture

By Toni Eatros, MS, Dipl Ac, AP

**R**emember the days of rabbit ear antennas on your television sets? If you were lucky enough to find the exact seating position in your living room to optimize your body's own magnetic field and the tilt of the earth's axis, these beauties could tune in your favorite show with the crystal clarity of a thick San Francisco fog. If - heaven forbid - you wanted to tune to another channel, this required a coordinated, two-handed effort of spinning and rotating the antennas, the likes of which would rival even the most skilled of Olympic fencers.

The point here is, that no matter what show you wanted to watch, you could pick it up on your set, but only if the antenna was functioning properly and only if it was aligned in the right position. The signal was always in the air, but whether or not your show came in clearly depended upon the antenna's ability to transfer the signal to your TV set.

**For those of you struggling with your health, keep in mind that you always have the potential for improvement.**

Your body was created by an intelligence that is unerring, infallible, and always on the job, and this intelligence is expressed through the body's energetic meridian system.

**Research shows that acupuncture can help with many more health problems other than just for aches and pain.**

The problem is usually not with the meridian system itself, but rather with the transmission of energy through the body. Just like the old VHF signals being broadcast over the air, the energy is always present;

***If you have been feeling under the weather, exhausted, tired or just plain worn down, it may be time for you to come in for a tune-up. Give us a call today!***

the signal is always there. Remaining healthy is a matter of transferring that signal as efficiently as possible to all parts of your body, and in this case your meridian system functions as the antenna. The more out of balance your system becomes, the weaker the signal gets. Bringing the meridians back into its proper balance allows for the signal to broadcast at full strength.

Imbalances choke off vital energy traveling throughout the body, but instead of a fuzzy picture, you get sciatica pain, headaches, asthma, fatigue, numbness, digestive disorders, allergies, chronic sickness, etc. Every physical and emotional symptom can be traced back to an imbalance in the flow of this energy through the meridian system.

Acupuncture works by supporting and balancing the "signals" being broadcast by your body and laying the ground for optimum expression of health. Clearing the meridian system of imbalances allows the free flow of energy to every cell, organ, nerve, and tissue, resulting in crystal clear, HD reception and picture-perfect health.

### 3 INDICATORS THAT YOU NEED A TUNE-UP

Here is a list of three signs indicating that you should immediately come in for an acupuncture tune-up. Both your body and mind will thank you for getting tuned up as soon as possible.

### CHRONIC BACK AND NECK PAIN

If you experience chronic back and neck pain, it is highly recommended to come in and receive acupuncture. Back pain is one of the leading reasons that people seek out acupuncture. So if your neck or back are bothering you, it is time you sought out acupuncture.

### ANXIETY

Acupuncture is great for those who experience anxiety or nervousness. If you are having trouble relaxing and achieving a balanced and peaceful state, you should try acupuncture. Acupuncture improves the body's functions and promotes overall health due to the specific use of certain acupuncture points on the body. Acupuncture is a great alternative to pharmaceuticals for managing stress and reducing anxious feelings.

### DIGESTIVE PROBLEMS

A healthy digestive system is important to living an active, healthy and worry-free lifestyle. In order to maintain a high-functioning digestive system it is important that the entire body has a smooth and consistent flow of energy. Acupuncture will help regulate this and promote a smooth flow throughout the entire body, in turn, alleviating the symptoms of poor digestive function. We have great success at Acupuncture and Natural Health Solutions treating heart burn, reflux, indigestion, chronic diarrhea, bloating and abdominal pain.

This year has been full of a multitude of stressors. Stress affects the flow of energy through our body, leading to symptoms and illness. Have you felt the pressures of 2020? Are you not feeling quite like yourself? Are you experiencing back pain, anxiety or digestive disorders? If so, I encourage you to call and come in for a relaxing acupuncture treatment and find your balance again. You can schedule online at [www.AcupunctureSolutionsOnline.com](http://www.AcupunctureSolutionsOnline.com) or you can call during office hours, 239-260-4566. We are actively taking precautions to reduce the spread of COVID with increased sanitation and limited patients at one time.

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# Easy Holiday Hosting and Toasting

If the very notion of holiday hosting has you feeling a bit overwhelmed, get organized with these simple ideas that can help you serve up a successful holiday celebration.

**Entertainment:** Ensure guests enjoy a good time by offering entertainment that is suitable for their personality types. If your guests are more drawn to energetic activities, choose light-hearted, competitive games like charades. For guests who are more laid back, organize classic board games. There are many popular games available in special holiday editions for extra-festive fun. You can also simply play holiday movies and music in the background for crowds that would rather just mingle.

**Beverages:** Stock up on refreshments all ages can enjoy. Keep a kid-friendly favorite like lemonade on hand, and tea is a traditionally well-received option for the grownups. Put a special holiday touch on your drink menu with a recipe like this Holiday Hot Tea featuring Milo's Famous Sweet Tea, which has been fresh brewed from custom-blended tea leaves with no added acids or preservatives for generations.

**Favors:** Send guests home with a sweet memory of the event, such as an ornament that connects to the party's theme or a bag of seasonal treats like homemade cookies or candy to nibble on during the trip back home.

**Simple Snacks:** Building your menu around simple snacks and finger foods guests can nibble on while they mingle is perfectly acceptable for almost any type of holiday gathering. Include options that can satisfy all the taste buds. You can even combine sweet and sour with a seasonal crowd-pleaser like this Lemonade Cranberry Orange Bread, which draws its flavor from a secret ingredient: Milo's All Natural Lemonade.

Find more holiday hosting ideas and recipes at [drinkmilos.com](http://drinkmilos.com).



Photo courtesy of Getty Images (Lemonade Cranberry Orange Bread)

## Lemonade Cranberry Orange Bread

Prep time: 15 minutes

Cook time: 1 hour

Servings: 8

- 1 can cranberry sauce
- 3/4 cup Milo's All Natural Lemonade
- 1 orange, zest only
- 2 tablespoons vegetable oil
- 1 egg
- 2 cups flour
- 1 cup sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon baking soda

Heat oven to 350 F.

In large bowl, mash cranberry sauce into small pieces. Add lemonade, orange zest, vegetable oil and egg; mix until blended.

In separate bowl, combine flour, sugar, baking powder, salt and baking soda. Combine wet and dry ingredients; mix until batter is formed.

Pour batter into greased loaf pan. Bake 1 hour. Let cool 20 minutes before slicing and serving.

## Holiday Hot Tea

Prep time: 5 minutes

Cook time: 2 hours, 30 minutes

Servings: 12

- 12 cups Milo's Famous Sweet Tea
- 2 cans (12 ounces each) frozen limeade juice concentrate
- 1 orange, thinly sliced, plus additional for garnish (optional)
- 12 whole cloves
- 4 cinnamon sticks
- 1 teaspoon vanilla
- 1 cup fresh cranberries
- 1 cup ginger ale
- raw sugar, for garnish (optional)

In large slow-cooker, combine sweet tea, limeade concentrate, orange slices, cloves, cinnamon sticks, vanilla, cranberries and ginger ale; stir.

Heat on high 30 minutes then reduce heat to low for 2 hours, or heat on low 2 hours then reduce setting to warm overnight.

Invert moistened glass rims in sugar then fit orange slice over rim, if desired.

Note: For easier serving, place cloves in tea ball or double layer of coffee filters sealed with kitchen twine.



# Do You Have A Thyroid Disorder?

By Josephine V. Jasper, MD F.A.C.E.

**D**uring your yearly physical, did you ever wonder why the physician places their hand on your throat and asks you to swallow? This common test allows your doctor to check for thyroid nodules. Although thyroid nodules are extremely common and usually benign, there are growing numbers of people with thyroid cancer and other thyroid issues.

The thyroid is a butterfly shaped gland. It produces two main hormones that regulate body temperature, metabolism, heart rate and other factors. These two hormones are T3 and T4.

In recent years there have been several celebrities that have shared their personal stories of thyroid issues. Most recently, Supermodel, Gigi Hadid shared that she suffers from Hashimoto's Disease, which is an autoimmune disease that attacks the thyroid.

Along with cancer and Hashimoto's, thyroid nodules could suggest that that you may suffer from hyperthyroidism or hypothyroidism. If left untreated, thyroid issues can lead to dangerous conditions like AFIB, blood disorders and heart disease.

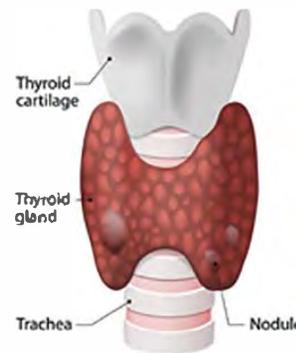
### Hyperthyroidism Symptoms:

- Overactive appetite
- Fatigue
- Anxiety
- Nausea
- Lack of concentrate
- Irregular heartbeat
- Sleep disturbances
- Dry/Brittle & hair breakage
- Itchy dry skin

With Hyperthyroidism, an overproduction of the T3 and/or T4 hormones causes the body to react to the over secretion of the thyroid hormones in negative ways. The most common form of this disorder is Grave's disease, which is an autoimmune disease. Grave's causes the body to attack it's on thyroid gland. Other causes can be from genetic mutations (can run in families), and tumors in the ovaries or testes.

### Hypothyroidism Symptoms:

- Tendency to be cold
- Dry itchy skin
- Swollen eyes
- Forgetfulness
- Lack of concentration
- Lack of appetite
- Weight gain
- Fatigue
- Menstrual changes
- Hair loss
- Depression & anxiety



With hypothyroidism, the thyroid is underactive, producing too little T3 and/ or T4 hormones. The causes of hypothyroidism are autoimmune diseases, like Hashimoto's, surgical removal of the thyroid (cancer patients), environmental radiation exposure, or radiation treatment of the thyroid. Although there is no cure, there are many different medications available to successfully treat hyperthyroidism and hypothyroidism.



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# How to **ENJOY** Having Your Home Professionally Cleaned

**Y**our house is a mess. You have no free time. You hate to clean. If this sounds familiar, you're not alone. Over 100 million people in the US and Canada feel the same way. As you plan to hire house cleaning services, here are some tips that will make your experience even better.

## Remember that you're hiring human beings

If you plan on every speck of dust being gone after your clean, you're most likely setting yourself up for disappointment. You'll enjoy your service more if you are realistic about what you're getting. While professional house cleaners are exceptional at what they do, they are not super human. They can't clean your master bathroom in 5 minutes. Humans also make mistakes. If something isn't done well, relax, call the house cleaning service at the office, and let them know. Depending on the type of issue, most professional house cleaning companies will send someone out to re-clean the area and make sure to correct the situation.

## Leave your home while it's being cleaned

Do you like when someone looks over your shoulder while you work? Neither do house-cleaners. Relax. Professional house cleaning services screen their employees, conduct background checks, and are bonded and insured. Get the most out of your cleaning service by getting out of your house during the cleaning process. Not only will you enjoy the great feeling of walking into a clean home, but the cleaning staff will be better able to focus on their job. While leaving isn't a requirement, you just might find out how great it feels to abandon all thoughts of cleaning!



## Leave a tip

Tipping service professionals is nothing new. Everyone tips their server at a restaurant, the bellboy, the valet. Tipping your cleaning professional is a good thing. Think about this; a professional cleaner is in your home, touching virtually all of your possessions. Cleaning is a physically demanding job. House cleaners are constantly bending down, scrubbing, walking up and down stairs, reaching up high, and moving heavy things around. And if hard work isn't enough, remember that they're dealing with all your dirty stuff! It's well worth a few extra dollars to say thank you. And who doesn't love a tip? Remember, a happy cleaner is a great cleaner.

## To clean or not to clean

It's a question most people grapple with. Should I clean my house before the cleaning person comes? This is really up to you and there is no right answer. If you have hired a cleaning person for a set amount of time, the cleaner will be able to provide a deeper clean if your home is very tidy before their arrival. But, some people don't like even tidying up. If that's you, then letting the house cleaner do that might be well worth it. In the end, you have to decide how you want the house cleaner spending their time.

## I clean my home in 1 hour...they should too

People always think a professional house cleaner should be able to clean their home faster than they clean it themselves. This is a misconception. When most homeowners clean their homes, they clean very differently than someone they hire. Homeowners know what areas they can skip and usually don't clean all the areas that professionals do. For example, many homeowners may skip the toilet when cleaning the bathrooms, only wiping down the counter and mirror. And even if they do tackle the toilet, they usually don't get the floor behind it. Professional home cleaners must clean everything, which, in the end, usually takes longer.

If you're realistic about your house cleaning service, you'll be much happier. And if there is something you're not happy with, simply call the office. You'll be much better off working through a few small issues than constantly jumping from one cleaning service to the next. Once you and the professional company get it right, having your home professionally cleaned is one of the best feelings around!

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# Holiday Fun for the Whole Family

**C**elebrating the holidays with family meals and activities is what the season is all about, and when those moments and at-home projects are kid-friendly, you can get the whole gang involved.

A simple wecknight at home during the holiday season can turn into family fun time starting with a recipe like these Reindeer Hot Dogs, a dish that requires little prep time and allows for help from little ones. Made with Gwaltney Hot Dogs, a tasty, kid-friendly dinner solution requires just a handful of easy-to-find ingredients.

Once everyone is finished eating and all have pitched in to help with cleanup, turn your attention to a family activity that transforms everyday supplies into this Wooden Snowman Ornament for seasonal decor to hang on a tree or elsewhere in the house.

Find more kid-friendly recipes to involve the whole family at [gwaltneyfoods.com](http://gwaltneyfoods.com).



- Heat oven according to crescent roll package directions.
- Cut hot dogs into three equal sections.
- Lay out crescent rolls and wrap around middle sections of hot dog pieces.
- Cut triangles out of end sections to look like antlers.
- Cut two slits at top of dough; press end hot dog pieces into slits.

Bake according to crescent roll package directions. Cut out small circles from sliced cheese for reindeer eyes. Cover cheese pieces with small slices of black olives for pupils. Add ketchup to hot dogs for red noses.



## Reindeer Hot Dogs

Prep time: 20 minutes

Servings: 10

- 1 can refrigerated crescent rolls
- 1 package Gwaltney Hot Dogs
- 1 slice white cheese
- black olives
- ketchup



## Wooden Snowman Ornament

Craft courtesy of Gwaltney

- 7 ice pop sticks
- Hot glue gun
- Foam paintbrush
- Black paint
- Glitter
- White paint
- Googly eyes
- Colored craft foam
- Sequins
- Buttons
- String

- Line up six ice pop sticks next to each other vertically.
- Place line of hot glue horizontally across sticks, about one-third of the way down, and adhere seventh stick to create brim of snowman's hat.
- Using black paint, brush top third (brim to top of hat) and let dry.
- Mix glitter into white paint and brush lower two-thirds of sticks, creating snowman's face.
- Use googly eyes, colored craft foam, sequins and buttons to create details of face and hat, such as mouth, nose and hat decor.
- Glue piece of string to backside to hang ornament.

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# It's A Wonderful Life

By Pastor Timothy Neptune

**E**very year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is...who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.



When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



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*Tim Neptune is the lead pastor of Venture Church Naples, located on the campus of Florida South Western State College in Naples, FL.*

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### Lethargic

**After an accident**, the emotions of shock, anxiety, or depression can cause you be **lethargic**.



### Back Pain

The **back pain** you may be experiencing after a **car accident** is likely due to a condition called **discogenic** pain.



### Numbness

**Herniated discs** are often caused by the trauma of an **auto accident** and can result in altered sensation.



### Dizziness

Some typical causes of **dizziness** after a **car accident** include whiplash and concussions.



### Cervicalgia

**Cervicalgia** or **neck pain** can arise after **car accident** leading to **whiplash**. Severe neck pain can also lead to headaches or dizziness.

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every minute  
*still* matters.



We know you are concerned about your health. We are, too. And if you experience sudden symptoms of an emergency, getting fast medical help could save your life. We are taking extraordinary precautions to be sure our emergency room and other care settings are safe. So, don't delay care in an emergency. If you experience chest pain, sudden dizziness, weakness or numbness in your arms or legs, severe abdominal pain, high fever, or any other symptoms of a possible medical emergency, seek emergency care immediately.

Learn how we're keeping patients safe. Visit [PhysiciansRegional.com/covid-19](https://www.physiciansregional.com/covid-19).



8300 Collier Blvd.  
Naples, FL 34114

6101 Pine Ridge Rd.  
Naples, FL 34119

*In an emergency, call 911.*