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Health & Wellness[®] MAGAZINE

January 2021

Lee Edition - Monthly

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MATTERS:
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ON JOINT WELLNESS**

**KEEPING A
CLOSE EYE ON
GLAUCOMA**

**IN WITH THE
GOOD, OUT
WITH THE BAD**

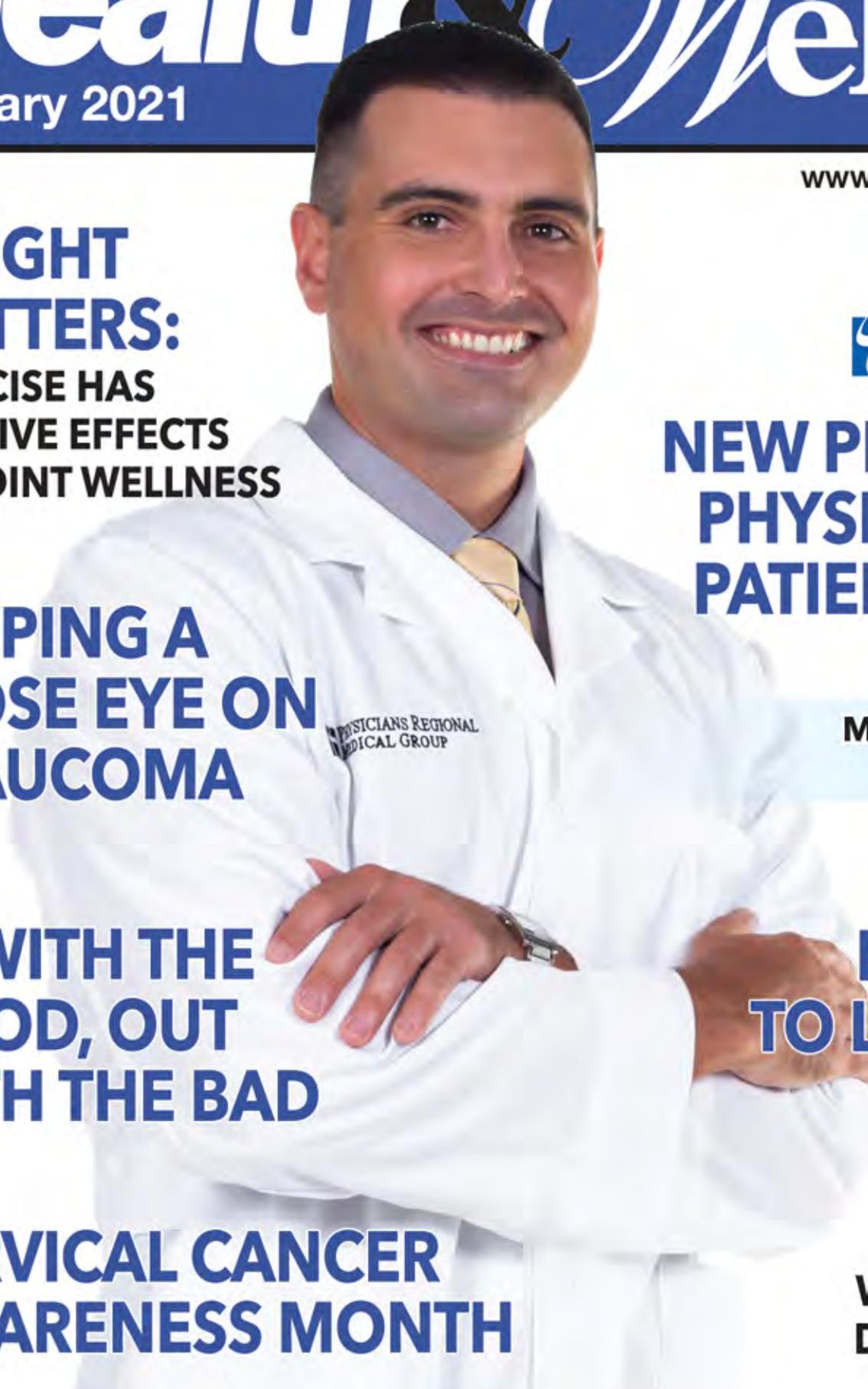
**CERVICAL CANCER
AWARENESS MONTH**

**NEW PRIMARY CARE
PHYSICIAN OFFERS
PATIENT-CENTERED
APPROACH**

**MICHAEL IANNIELLO, D.O.
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*Johan Escribano, MD, RPVI, Matthew Sanders, MD, RPVI,
Abraham Sadighi, M.D. F.A.C.S. and Michael L. Novotney, M.D. F.A.C.S.*



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contents

JANUARY 2021

6 COVID-19: New Challenges in Kidney Transplantation

7 Do You Have Venous Claudication?

8 January is Cervical Cancer Awareness Month

9 New Primary Care Physician Offers Patient-Centered Approach

10 Keeping a Close Eye on Glaucoma

11 Keep Your Feet Safe at the Gym in the New Year

12 You Might Not be Able to Travel The World Right Now...

13 Do You Have A Weakened or Tight Pelvic Floor?

14 Non-Invasive Treatment for Chronic Pain

16 Subspecialty Radiologists and Advanced Imaging Technology: Why This is Critical for Your Diagnosis

19 Are Bladder Leaks Disrupting Your Normal Life?

22 ARHI: Clinical Study on COVID-19

24 Did You Miss the Annual Enrollment Period for Medicare OR the Affordable Care Act Health Insurance? You May Still Be Able to Enroll!

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26 You Are Only As Healthy As Your Cells

27 Integrative Medicine: What Kind of Hippie Dippie Stuff is That?

28 No More Resolutions to Lose Weight!

29 In with the Good, Out with the Bad

30 Regenerating Joint Cartilage Do Stem Cells Really Work?

31 Medical Marijuana for the Average American

32 Coronary Artery Disease: Are You Ignoring the Symptoms?

33 Weight Matters: Exercise Has Positive Effects on Joint Wellness

34 New Year's Resolutions: How Can Getting my Hearing Tested Make 2021 a Better Year for Me?

35 Stress and Weight Gain

36 A Story of Hope for Adult Children and Their Parents

37 Find Out What so Many People Are Raving About in Body Sculpting

38 Implant Dentistry Can Give You a New Smile!

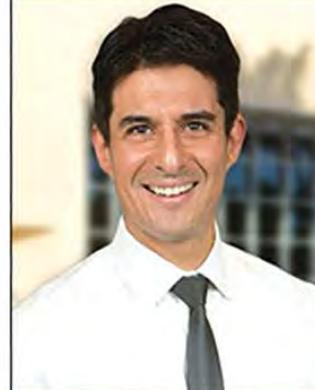
39 It's Season! What Does That Mean for Your Pet's Health & Safety?

40 What is an AB Trust?

42 How Much Omega-3 Do You Need for Results?

43 Spiritual Wellness: Slowing the Pace of Your Life

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COVID-19: NEW CHALLENGES IN KIDNEY TRANSPLANTATION

By Gautham Mogilishetty, MD

Chronic Kidney Disease (CKD) is a slow progressive deterioration of kidney function leading to kidney failure. CKD progresses from stage 1 to stage 5, which is the final stage, when a patient is deemed as End Stage Renal Disease (ESRD). These patients require kidney replacement therapies such as Dialysis or Transplantation to survive.

In the United States there are more than half a million people suffering with ESRD needing some form of dialysis treatment such as Hemodialysis or Peritoneal Dialysis. This form of treatment is essential for their survival but it is associated with high morbidity and mortality. The 5 year survival for ESRD patients on dialysis is 35%. In other words, if 100 patients were started on dialysis today, only 35 of them will be alive in 5 years.

Kidney Transplantation is the treatment of choice and a potential cure for ESRD. It not only provides qualitative improvement in lifestyle, but also in quantitative terms known as survival benefit. Patients who have had a kidney transplantation survive longer as compared to being on dialysis across all age groups. This survival advantage is most pronounced in younger patients. Those patients below the age 50 have a three fold increase in survival, those above 65 have 2 fold increase, while those above 75 years have only one and half fold increase in survival advantage.

Then the question one would ask is why is transplantation not offered to all. It is standard of care to offer the best treatment option for kidney failure first. The answer to this difficult question is two fold, one is lack of availability of organs and the risk associated with surgery along with life long immunosuppression.

There are about 100,000 patients waiting for kidney transplantation and on an average only 15,000 kidney transplantation are done every year in United States.

The median waiting times for kidney transplantation nationally is 4 years and in some regions it is as high as 8 years. To give you a perspective, every 14 minutes someone is added to the deceased donor organ wait list and every 2 hours someone dies waiting for an organ. These patients wait patiently for their turn, hoping and praying everyday, for their gift of life to arrive. These patient know that time is not on their side and longer their stay on dialysis shorter their life expectancy. It's a fight for survival and all patients continue to soldier along bravely.

To make matters worse, COVID 19 pandemic has put additional challenges to receiving a kidney transplantation. Who would have thought that the next world war would be up against this invisible enemy. It's an enemy that we cannot see and more importantly outnumbers us by trillions. People with comorbid conditions are at greatest risk with the highest mortality. CKD patients, especially older population, are extremely vulnerable to this virus.

In this pandemic, CKD patients now face new challenges with regards to their transplantation process. Center of Disease Control (CDC) has made recommendations that elective surgeries and non-essential procedures that include transplantation to be postponed. However, Transplantation in "high acuity/unhealthy patients" were allowed to proceed based upon centers operational level. Each transplant center will base their decision on issues like circulating COVID-19 infection burden in their areas and operational issues such as testing ability, bed, OR space availability, and personal protective equipment. In the process, transplant evaluations were postponed, transplant wait evaluations were not updated or delayed, living donor surgery was postponed by 28 days and finally only some centers still continued deceased donor kidney transplantations with reduced immunosuppression. Fortunately, patients residing in SWFL who were on the waitlist still received deceased donor kidneys during the peak of the crisis.

Risk of acquiring COVID-19 from organ donation is low. All donors are screened for COVID-19 symptoms and exposure history. If a kidney donor tests positive for COVID-19, the organ is not used for transplantation. Post transplant patients are at high risk for severe disease from COVID-19 with mortality of 30% as compared to general population it is 1-5%.

It is important that one takes measures to help keep yourself safe and reduce the chance of acquiring the COVID-19 infection. Be sure to wear a mask when outside the home, maintain 6 feet distance between you and others, carry hand sanitizers, washing hands frequently, and make trips to labs for necessary tests only. Fortunately, post kidney transplant clinic visits have been facilitated by Telehealth, minimizing patient exposure and in some cases patients also had in home testing depending on their insurance plans.

The most important aspect for the post transplant patient is good nutrition to boost innate immunity, exercise as permissible and finally it is critical to be complaint with immunosuppression medication.

In times of uncertainty, there are people who take advantage upon others who are vulnerable, scamming people who want to prevent and /or treat COVID-19. The best way to avoid being such a victim is to know your facts...knowledge is power. There are investigational COVID-19 vaccines and treatments in early development but have yet to be fully tested for safety and efficacy. Fraudulent COVID-19 products come in many flavors, including dietary supplements, vitamins, minerals, foods(ginger, garlic, turmeric) as well as questionable products like herbal remedies, immune boosters which might interact with your immunosuppression medication putting you at risk for rejection and transplant organ failure.

Transplant centers need to balance the risk of patient dying waiting for a kidney transplantation against the risk of dying acquiring additional challenges been on immunosuppression. COVID-19 is here to stay and like the Influenza, the only real answer is a meaningful vaccination. Until then, using common sense, and shielding one self from the virus is the prudent approach.

Gautham Mogilishetty, MD

Gautham Mogilishetty, MD, is a board-certified transplant nephrologist. His areas of expertise include kidney transplant care of immunosuppressed patients, cardiovascular outcomes in kidney recipients post-transplantation, and living kidney donations with long-term outcomes.

Dr. Mogilishetty earned his medical degree from Osmania Medical College in Hyderabad, India. He completed his internal medicine residency at the University of Missouri-Kansas City. Dr. Mogilishetty completed a nephrology fellowship at the University of Arkansas in Little Rock, Arkansas, and a fellowship in transplant medicine from Oregon Health and Science University in Portland, Oregon.

Dr. Mogilishetty is a member of the American Society of Nephrology, the National Kidney Foundation and the American Society of Transplantation and is a member of the Royal College of Physicians, London.

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Do You Have Venous Claudication?

What is claudication?

Claudication causes pain most commonly in the legs. It is caused by insufficient blood flow. Claudication often indicates peripheral artery disease and is a symptom of narrowing or blocked arteries.

Symptoms

Pain, a burning feeling, or a tired feeling in the legs and buttocks when you walk. Shiny, hairless, blotchy foot skin that may get sores, and it causes numerous lifestyle and activity limitations.

Claudication causes pain when walking or exercising. The pain typically subsides once the person is sitting down or resting again. If you notice that your calf hurts when you walk, you should make an appointment with a vascular surgeon immediately.

Claudication Treatment

Getting a proper diagnosis through a physical examination and imaging is critical. In some cases, diet and exercise might help open the arteries, but more often than not, PAD (peripheral arterial disease) is the cause of claudication. Once treated, patients can return to normal activities doing what they enjoy and love, such as walking, bicycling, golfing, etc.

More on PAD

Individuals with peripheral arterial disease (PAD) have blood flow disruptions, usually in the feet and 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. Currently, 8.5 million Americans have peripheral artery disease.

Symptoms of PAD

- Claudication (Pain after walking or exercising in calf, hips or thighs)
- A change in the color of your skin on feet or legs
- Erectile dysfunction (males)
- Hair loss or diminished hair growth on feet and legs
- Impeded toenail growth
- Leg numbness or weakness
- Leg or foot feels cold compared to opposing limb
- No pulse or a weak pulse in your legs or feet
- Non-Healing ulcers on feet or legs
- Shiny or thickened skin on your legs



A Healthy Diet and Exercise is Essential

Maintaining a healthy diet is critical to keeping your lipid levels in proper balance, coordinately it will assist in supporting the vascular structures through nutrient and antioxidant-dense foods. Typically, vascular surgeons and cardiologists recommend a low-fat diet full of healthy fruits, vegetables, and lean protein. Preventing atherosclerosis, or the hardening of the arteries due to plaque build-up can be achieved through medications as well. However, if the blockage from PAD is severe and life-threatening, a medical procedure will be necessary to open and repair the artery to allow blood to flow normally again.

PAD Treatment

- Peripheral Vascular Stent
- Angioplasty
- Bypass Grafting
- Worst-Case May Require Amputation

PAD must be treated to prevent further damage to your circulatory system and your overall health. If you or someone you know is experiencing any venous or arterial issues, please contact your physician immediately.

If you or a loved one has any of the symptoms or risk factors discussed above, it's important to seek medical attention. Making an appointment with a vascular surgeon specializing in venous disease can be critical.

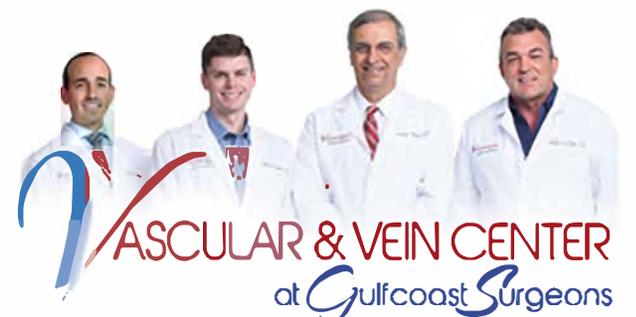
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They focus on diseases of the vascular system that can range from harmless but unattractive spider veins to dangerous conditions such as peripheral artery disease. Their caring and dedicated team will help you identify problems and offer the best treatment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

The Vascular and Vein Center at Gulfcoast Surgeons offer a fully equipped vascular lab and state-of-the-art Angio suite to provide a higher level of service and care for their patients. You'll find comfort in knowing that they have a long-standing reputation for positive surgical outcomes that allow you to get back to healthy living.

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January is Cervical Cancer Awareness Month.

Do not forget to encourage all the women in your life to follow up for their Pap smear and cervical cancer screening.

One of the most impressive stories of cancer treatment advancement is that of cervical cancer. At the beginning of the 20th century, cervical cancer competed with breast cancer as the most common cancer in women. That changed drastically thanks to Dr. Papanicolau who immigrated from Greece and worked in the U.S.

In 1928, he noted that changes in the cells found in the vaginal smear could detect early cervical cancer. Furthermore, abnormal cells in the vaginal smear can predict the presence of premalignant changes in the cervix years before it turns into cancer. The introduction and widespread use of the Pap smear as a screening tool led to the gradual decline in cervical cancer incidence and mortality.

Currently, cervical cancer is not even one of top ten cancers in women in the U.S. Furthermore, in 1983, German Virologist Dr. Zur Hausen discovered that the HPV virus causes cervical cancer. Once the cause was identified, a vaccine was developed and first introduced in 2006. The vaccine prevents HPV infection and thus prevents the development of cervical cancer. The vaccine is approved for women and men up to age 45. Interestingly, cervical cancer is no longer a medical disease but a social challenge.

Most women who develop this cancer in the U.S. have no health insurance and thus no access to vaccination and screening that could have prevented cancer. During January, we want to raise awareness and bring extra attention to cervical cancer. It is essential to remember and encourage the women in your life to keep up with

their cervical cancer screening. Please contact your OBGYN or primary care provider to schedule your next cervical cancer screening.

Fadi Abu Shahin, MD, FACOG, ABIHM
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NEW PRIMARY CARE PHYSICIAN OFFERS PATIENT-CENTERED APPROACH

Building a relationship with a primary care physician (PCP) can help you prevent illness and disease, manage chronic conditions and maintain your desired quality of life. So, it's important to choose a PCP who shares this philosophy.

The newest PCP at Physicians Regional Medical Group is one such doctor. Board certified Internal Medicine physician Michael Ianniello, D.O., approaches patient care holistically, by focusing on treating the patient as a whole person – mind, body, and spirit.

“Empathy and a caring heart are qualities any physician should aspire to,” he says. “After that, I focus on three main points with my patients: prevention; education; and treatment.”

Disease prevention is the number one goal, he says. Many chronic conditions are preventable, and may be avoided with lifestyle modifications and possibly low-dose prophylactic medications, he explains. And of course, educating patients about their own role in staying healthy is critical.

“Education not only helps patients prevent illness but also is an important part of treatment,” he says. “I do my best to provide my patients with as much information and resources as I can so that they can understand their illness and how it is being treated.”

Dr. Ianniello also says it's important to remember that medications and procedures often do not work the same for every patient. “That's why I work to tailor individual treatments specific to each patient.”

As a primary care physician, Dr. Ianniello specializes in general medicine for men and women age 18 and older, including geriatric patients. In addition to supporting routine health maintenance, Dr. Ianniello specializes in cholesterol management and commonly deals with musculoskeletal complaints (such as back, neck and joint pain). He also offers more specialized techniques, such as lymphatic drainage, which can assist in the healing process for infectious diseases and other conditions.



Dr. Ianniello grew up in the South Miami-Dade area, and he professed his desire to be a doctor at age 5. He completed medical training at Nova Southeastern University in Fort Lauderdale. Fascinated at a young age by exercise physiology and human anatomy, Dr. Ianniello has a background in competitive bodybuilding.

When he is not helping patients live a healthier lifestyle, Dr. Ianniello enjoys doing things outside of the office. “I enjoy working out, but my #1 hobby is fishing. I am also very involved in my faith and attend church every weekend. I am a devout Catholic and am part of the Knights of Columbus.”

*You can find Dr. Ianniello at Physicians Regional Medical Group – Bonita Springs,
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Keeping a Close Eye on Glaucoma

Elmquist Eye Group highlights importance of early detection

Changes in our vision are not always glaringly obvious.

In fact, subtle changes in vision can easily be written off or missed entirely. While these changes are a common occurrence as we age, they may also indicate a more serious condition.

January is National Glaucoma Awareness Month, bringing awareness to a subtle, yet sight-threatening condition that affects three million people in the United States.

A disease of the optic nerve, glaucoma can progress without any warning signs. In fact, it is estimated that only half of people with glaucoma are even aware they have it. However, if left untreated, this condition can lead to vision loss and even blindness.

“Glaucoma is the second leading cause of blindness worldwide,” said Dr. Yasaira Rodriguez, comprehensive ophthalmologist for Elmquist Eye Group. “However, without regular eye exams to monitor slight changes in vision, this condition is often left undetected until more noticeable signs of vision loss occur, such as diminished peripheral vision.”

Glaucoma is commonly associated with high eye pressures, either as a result of fluid overproduction or a blockage inside the eye’s natural drainage system. Too much pressure within the eye puts strain on the optic nerve, which has potentially vision-threatening consequences.

While glaucoma can affect any person at any age, people over 60 years old as well as those with high blood pressure, diabetes or a family history of glaucoma are at a higher risk of developing the eye disease.

“Comprehensive eye exams are necessary to detect this condition before permanent vision damage occurs, especially for those with higher risk factors,” Rodriguez said. “We have advanced technology such as optic nerve analysis and visual



field testing that helps us monitor and detect changes in vision that may be an early indication of glaucoma.”

Your eye doctor may conduct a range of tests to evaluate for glaucoma. Common assessments include measurement of inner eye pressure, visual field testing, optic nerve analysis and imaging, gonioscopy, and measurement of corneal thickness.

While there is no cure for this condition, there are multiple treatment methods that can prevent further damage and protect your vision. Treatment options often include prescription eye drops to help lower the pressure within the eye. Oral medications may also be prescribed. In more advanced cases of glaucoma, lasers and surgery may be needed to control disease progression.

“Many patients experience challenges with administering topical drops, having difficulty remembering doses or skipping them altogether. This greatly reduces the effectiveness of the treatment,” said Dr. Sarah Eccles-Brown, board-certified ophthalmologist and partner at Elmquist Eye Group. “When other treatment options are required, an ophthalmologist can help you make a well-informed decision about your eye care and when surgery may be the next step.”

Minimally invasive procedures including the iStent inject® and Kahook Dual Blade® procedures can help enhance fluid outflow in order to relieve interocular pressure and prevent further damage. Additionally, sustained-release implants such as the DURYSTA™ implant can be injected into the anterior chamber of the eye to help administer drug treatment in place of topical eye drops.

“Depending on a patient’s needs, these minimally invasive options can bring relief by helping ensure that they are receiving the consistent drug delivery they need or even decrease their reliance on glaucoma medications and their associated costs and side effects,” Eccles-Brown added.

A proactive approach to eye care plays an essential role in evaluating, detecting and treating diseases that you may not realize are affecting your vision. Protect your eyes and overall health by scheduling a dilated eye exam with Elmquist Eye Group’s team of highly skilled associates.

With more than 25 years of service to the Southwest Florida community, Elmquist Eye Group offers experienced doctors who are dedicated to patient care. Dr. E. Trevor Elmquist, Dr. Kate Wagner, Dr. Sarah Eccles-Brown, Dr. Nina Burt and Dr. Yasaira Rodriguez of Elmquist Eye Group are available to answer your questions. With three U.S. military veterans leading the practice, Elmquist Eye Group’s team stands ready to serve you right here in Southwest Florida. For more information, visit www.Elmquist.com, call 239-936-2020 or stop by an Optical Boutique location in Fort Myers or Cape Coral.

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Keep Your Feet Safe at the Gym in the New Year

Don't let foot injuries keep you from your fitness resolutions

By Sahiba Singh, DPM, AACFAS

In the New Year, don't forget to keep your feet in tip-top shape while following through with your resolutions to get fit. Fort Myers, FL foot and ankle surgeon Sahiba Singh, DPM, AACFAS offers tips for foot safety while at the gym.

Start new workouts gradually — Increase your stamina and the length of your workouts gradually to avoid overuse injuries such as stress fractures or tendon strains and sprains. Stretching your muscles before and after workouts also helps prevent these types of injuries. If you do feel you've sprained your ankle, be sure to seek treatment right away. Untreated or repeated ankle sprains may lead to chronic ankle instability, a condition that causes persistent pain and a 'giving way' of the ankle.

Wear the right shoe and sock — Wear well-fitting athletic shoes designed for the exercise or sport. Shoes that do not support the arch of the foot and provide cushion for the heel can cause heel pain (plantar fasciitis). Shoes that are too small can also cause a neuroma, or a thickening of the nerve tissue, in the foot and may require injections, medication or physical therapy. Wearing cotton or non-slip socks are also key to help avoid painful blisters, which can become infected and cause more serious issues.

Use good technique — Improper exercise techniques can result in injury to the tendons or ligaments in your feet and ankles. Incorrect posture or misuse of exercise equipment can cause decreased stabilization in the foot and ankle, leading to joint sprains and muscle strains.

Gym Safety

Protect yourself from bacteria — Sweaty shoes, public showers, exercise equipment and the pool deck at the gym are breeding grounds for fungus, viruses and bacteria, including drug-resistant strains like MRSA (methicillin-resistant *Staphylococcus aureus*), which has become increasingly more common. Never go barefoot while in public areas; water shoes can provide a great barrier between your feet and the wet surfaces. It is also best to cover cuts and cracks in the skin or ingrown toenails since these minor tears in the skin's surface can act as entry points for bacteria. If you have a cut or scrape that becomes red or swollen and is not healing in a timely manner, don't hesitate to see a foot and ankle surgeon for an examination.

Above all, it's important to listen to your body. If you experience an injury or pain, call Dr. Singh's office at 239-430-3668 for an evaluation. Don't let your feet slip, nor your resolutions!



Dr. Singh's vast knowledge and experience in podiatric medicine and care is accredited to her successful completion of Podiatric Residency from the Geisinger Community Medical Center. She received her Doctor of Podiatric Medicine from Temple University. She is licensed and certified with both the state of Florida and Pennsylvania, and is an associate member of the American College of Foot and Ankle Surgeons (ACFAS).

Dr. Singh is accepting new patients by calling 239-430-3668 (FOOT) or through the patient portal at www.NaplesPodiatrist.com

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1645 Colonial Blvd, Fort Myers, FL 33907

Dr. Patrick Bartholomew, DPM, AACFAS
530 S.E. 16th Place, Suite A, Cape Coral, FL 33990

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YOU MIGHT NOT BE ABLE TO TRAVEL THE WORLD RIGHT NOW, BUT CAMPO FELICE BRINGS CULTURAL EXPERIENCES AND RELAXING ESCAPE TO THEIR SENIOR COMMUNITY EVERY DAY

2020 brought about numerous changes in the way we live our lives. It's unfortunate that we can't travel to new destinations and favorite vacation spots, but as we're adjusting, we're also figuring out how to still have fun and enjoy our time to a certain degree.

Many seniors want to live a life that's carefree, full of zeal, in a great location, and with numerous top-of-the-line amenities to choose from.

Why book a flight to Italy when you can have an every-day vacation right at home, at Campo Felice? Fort Myers' premier 55+ luxury active senior living community offers everything you will need to enjoy your golden years. Translated to "happy fields" in Italian, our all-inclusive rental community gives a whole new meaning to senior living in Fort Myers, FL. Boasting open concept one and two-bedroom apartments, along with a myriad of exclusive amenities, you miss out on nothing when you choose Campo Felice as your home. Don't worry your best furry friend can come too!

Our ultra-modern high-rise building is located in the Historic River District area within Downtown Fort Myers. It overlooks the Caloosahatchee River and has quick access to US-41, I-75, MLK Jr Blvd, as well as Public Bus Transportation. This makes it easy for you to reach the best destinations in town, including Florida Repertory Theatre, JetBlue Park, Fort Myers Yacht Basin, FGCU, Lee Memorial Hospital, various restaurants, and retailers.

Luxurious Apartments

Campo Felice redefines luxurious resort-inspired living, thanks to the wide selection of smartly designed one and two-bedroom apartments in Fort Myers, FL featuring amenities galore. Pick the home that best fits your style and begin a rewarding retirement experience unlike anywhere else!



Campo Felice's generous floor plans allow for ample sunlight as well as scenic water or city views you will love waking up to. They also have contemporary finishes like porcelain wood grain tile floors, large vanity mirrors, and granite countertops. More practical features include stainless-steel appliances, emergency pull cords, motion detectors, as well as washer/dryer sets in select units. For added convenience, we take care of housekeeping, maintenance, as well as private transportation. We also include all utilities and two gourmet meals daily.

Grand Amenities

At Campo Felice, you can do everything, from staying active in our exquisite common areas, to relaxing in the comfort of your home. Some of our most noteworthy amenities involve four uniquely designed dining venues, a sparkling swimming pool with jet spa, a 2,200-square-foot fitness center, a 49-seat movie theater, Bel Fiore Salon & Spa, a dog park, a ballroom, and more. Our dedicated services include 24-hour security and maintenance, housekeeping, valet parking, a SUN Program full calendar of events, to name a few.

Bid your worries good-bye and make "carefree" your new favorite word at Campo Felice!



Community Amenities

- Covered Parking
- 2,200 sq. ft. Fitness Center
- SUN® Program Full Calendar of Events
- Four Unique Dining Options
- Concierge Service
- 24 Hour On-Premises Security
- Full Riverfront Bar
- Library & Computer Lab
- Private Transportation
- Ballroom
- 49-Seat Movie Theater
- Bel Fiore Salon & Spa
- Dog Park
- Billiard Room
- Bocce Court

Live the full Campo Felice experience by taking advantage of our luxury amenities! At our Active 55+ resort style community you can do everything, from staying active in our exquisite common areas, to relaxing in the comfort of one of our luxurious one and two-bedroom apartments. Add an excellent location in the Historic River District of downtown Fort Myers, FL to the mix and you'll feel like on a never-ending vacation.

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Do You Have A Weakened or Tight Pelvic Floor?

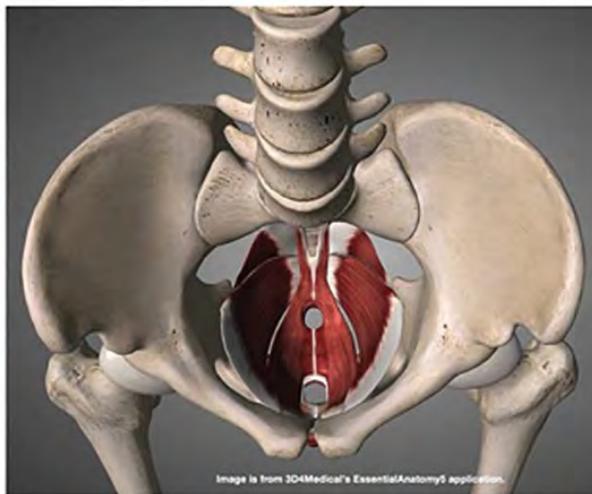
What You Should Know

By Alejandro Miranda-Sousa, M.D. and Griselda Tarsia, RN

The muscles of the pelvic floor are a group of muscles that support the pelvic organs. These muscles support the bladder, rectum, prostate in men, and vagina and uterus in women. As we age, our muscles tend to weaken or get too tight. Conditions that involve this chronic pelvic pain in both men and women are often caused by muscle tightness. When these muscles don't behave appropriately, they can enter into a spasm or a cramp and this could mimic other conditions. Because of this, the organs supported by these muscles do not work properly and can cause urinary and/or fecal incontinence and sexual dysfunction in men and women along with many other symptoms.

This condition is frequently underdiagnosed and can greatly affect your quality of life. Many people suffering from pelvic floor dysfunction do not want to leave their home due to their symptoms and can have frequent unnecessary visits to the emergency room. Many of our patients even suffer in their personal relationships due to their symptoms. There are many reasons why these muscles do not work correctly including a fall, trauma, surgery or stress. Stress can cause you to unknowingly clench your pelvic floor muscles, which can lead to knots or trigger points in the muscle and cause pain or discomfort.

Fortunately, we have a minimally invasive treatment available to treat the muscles thereby improving your quality of life. You can expect to see a 70-80% or more improvement in symptoms.



If you suffer from any of the following symptoms, pelvic floor therapy might be the right treatment for you:

- **Stress Incontinence-** leaking urine with coughing, sneezing, heavy lifting, or laughing
- **Urge Incontinence-** leaking urine when you get a strong desire to urinate
- **Urinary Frequency-** getting the desire to urinate many times during the day
- **Nocturia-** getting a strong desire to urinate many times at night
- **Frequent urinary tract infections**
- **Fecal Incontinence-** leaking of stool
- **Constipation/Diarrhea**
- **Incomplete bladder emptying**
- **Vaginal Pain**
- **Penile Pain**
- **Pain with intercourse**

Alejandro Miranda-Sousa, MD



Dr. Miranda-Sousa is a board certified urologist. He is an author and co-author of multiple research and clinical peer-reviewed medical articles. He received Best Abstract from the

American Urological Association in 2007 and is Fellowship Trained in Urodynamics and Neurourology.

Our providers are highly-qualified, skilled experts in the area of urinary and bladder disorders, pelvic floor prolapse, prostate cancer, along with many other related disorders. Dr. Miranda-Sousa and his staff are ready to answer any of your urological questions and concerns, as they treat all of their patients with the utmost of care.

To make an appointment, please call 239-226-2727, or visit their website at urologyexperts.com.

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NON-INVASIVE TREATMENT FOR CHRONIC PAIN

REGENERATIVE MEDICINE

Regenerative Medicine is a growing field of interest because it gives real results that patients can see and feel! It is a proven approach to enhancing your overall health and will greatly eliminate most painful joint and soft tissue disorders.

Sounds impressive but confusing, right? Well in layman's terms it means our bodies were designed to heal themselves! Makes sense ... you cut yourself, it heals.

Imagine if pain medication was no longer needed. Imagine if the need for a surgical procedure was prolonged or no longer necessary. Through new technologies in regenerative medicine, there are now treatments available that may enhance your own body's natural ability to heal.

Regenerative medicine is used for the management of pain, sports injuries, to expedite the healing from surgery, hair loss, sexual health and even to combat the signs of aging.

The regenerative medicine healing process replaces, creates and regenerates human cells and tissues to maintain- normal function, meaning these treatments kickstart the body's ability to build diminished tissue, improve damaged tissue and restore function that has otherwise deteriorated. When injured or invaded by disease, our bodies have the innate response to heal and defend. Harnessing and enhancing the body's own healing powers with the utilization of regenerative medicine is the new frontier of medicine, with results that may be miraculous.

MAYO CLINIC



We are excited to announce that regenerative medicine has been endorsed as a new field of academic rank at Mayo Clinic - the first addition to academic rank at Mayo in three years.



AESTHETICS - NONSURGICAL FACELIFT

When you think of lifting and sculpting the face, does your mind immediately conjure up notions of incisions and sutures via plastic surgery? The truth is, face lifts are not as popular as they used to be, and that's mostly due to the viable alternative options that are readily available.

We can do so many things that are much less invasive and more cost effective that will give us those augmented results that make us look younger and can help to restore our confidence level.

What are facial fillers?

Cheek fillers are injections that raise the volume of the area above and around your cheekbones. This provides the illusion of a more defined bone structure. By injecting volume under your skin layer, cheek fillers can also smooth out wrinkles and fine lines.

How long they last

Depending on the type that you choose, cheek fillers can last anywhere from 6 months to 2 years before results are no longer noticeable. The dermal filler material eventually dissolves and metabolizes into your skin tissue.

PERIPHERAL NEUROPATHY

Peripheral neuropathy primarily affects the hands, legs and feet. Endocrine disorders, especially diabetes play a large role in peripheral neuropathy, as do obesity, infections, alcohol, cancer treatment, and vascular disorders.



Rather than mask the pain while the condition gets worse, our clinic uses a specific type of **Laser Light Therapy**, which is now FDA Approved for treatment for neuropathy. It is a more natural, non-invasive, painless and effective therapy. Instead of covering up the symptoms with harmful drugs that can lead to dangerous side effects, this cutting-edge approach focuses on healing the damaged nerve endings.

Laser Light Therapy will work to stimulate the body's tissues at the cellular level. The red and near-infrared light energy will penetrate the skin, and the mitochondria within the body's cells will absorb it. This light absorption energizes the mitochondria and speeds up the healing process of the damaged nerves and the tissues surrounding them. Laser Light Therapy also increases the oxygenation of injured tissue as well as increases cellular function.

Patient Testimonial:

I have been a patient of Dr. Larry Johnson for over ten years for different low back and various joint pains. However, last year I started to suffer with pain and tingling in both of my legs and feet that would keep me from sleeping. Dr. Johnson explained to me that I was dealing with neuropathy and he could help to resolve my pain with a laser light therapy machine that he has used many times before for my condition. After six treatments, my pain was starting to go away and was finally gone after a few more treatments. I have always relied on Dr. Johnson to help me for any problems I have encountered over the years and I have always recommended him to my family and friends. —Shirley W.

Patient Testimonial:

I cannot say enough about this procedure. It's safe, it's effective, and best of all, IT WORKS! In 12 sessions I lost 10 pounds and an overall total of 12 inches. A huge thank you to Dr. Johnson and his wonderful staff. —Sherry L.



Dr. Johnson After Losing 20 lbs

SPOT FAT REDUCTION

Our clinic has treated more than 100 satisfied patients for spot fat reduction for over 3 years. A cutting-edge new Light Therapy made in the United States is the first machine of its kind with a new micro-chip technology that is the latest and most advanced method for immediate fat loss. You no longer have to wait for results to show up months from your procedure; with the Laser Light Therapy you may see up to two or more inches of fat loss with the first treatment. An alternative to invasive liposuction, the Laser Light Therapy is in the forefront of the aesthetics industry for one simple reason—It Works!

HOW DOES IT WORK?

By using red and near-infrared light therapy, the treatment penetrates the layers of the dermis and is absorbed directly by the fat cells. It immediately shrinks the fat cells down in a rapid rate, and the excess fat is distributed into the bloodstream and metabolized by the body's natural detox system and eliminated as waste.



SHOCKWAVE THERAPY FOR CHRONIC JOINT PAIN / ED

With *Shockwave Therapy*, there are no side effects from the treatment. More importantly, it is completely painless, and non-invasive as well. Patients can resume their normal activities, including sexual activity following each treatment session. Shockwave Therapy offers regenerative treatment and on average, patients will start noticing results after the third or fourth treatment.

How Shockwave works. The Shockwave procedure breaks up plaque formation in blood vessels and stimulates the growth of new blood vessels. This process, called neurogenesis, increases blood flow.

Shockwave Therapy is also FDA approved for the treatment of **Plantar Fasciitis**.

Erectile Dysfunction might well be the "canary in a coal mine" of men's health, indicating that men need to "metaphorically evacuate" before they develop life-threatening disorders; Coronary Artery Disease, Cardiovascular and Myocardial Infarction.

More than half of all men 40 to 70 years of age have experienced erectile dysfunction — "an inability to attain or maintain an erection sufficient for sexual performance" — according to the Massachusetts Male Aging Study.

Some other factors that affect ED are smoking history, blood pressure, body mass index, A1c, and obesity.

CHIROPRACTIC TREATMENT

The Activator Method Chiropractic Technique is a *gentle, low-force approach* to chiropractic care. Used safely on patients of all ages since the late 1960s, it brings relief for a variety of health concerns.

Because of its effectiveness and gentle nature, the Activator Method has grown to become *the world's most widely used instrument adjusting technique*.

The unique hand-held Activator instruments have been *studied extensively* with results published in hundreds of peer-reviewed research papers, and was designed to give patients a specific and gentle adjustment.

Is the Activator Method right for you?

Patients of *all ages can enjoy the benefits of an Activator adjustment*. The technique is especially helpful for children who sometimes have trouble lying still. The Activator adjustment is so quick and comfortable, children often look forward to their next visit!



The Activator Method is an *especially good choice for older patients*, or those with arthritis, osteoporosis or other boneweakening conditions. The low-force thrust of the Activator Adjusting Instrument, along with the doctor's *ability to pinpoint the exact location of the problem* can relieve a patient's pain *without added discomfort*.

Patient Testimonial:

Dr. Johnson came highly recommended to me by a friend due to the terrible amount of back pain I was having. I had overworked myself and had a hard time even walking upright. After my very first visit, I was able to stand and walk normally and with much less pain. By the end of week one of treatment with Dr. Johnson, I am virtual back to normal and pain free! I would recommend Dr. Johnson's office to anyone I know. Very professional, and caring people there! Plus his use of The Activator makes the whole process painless.

— Rebecca M.



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Subspecialty Radiologists and Advanced Imaging Technology:

Why This is Critical for Your Diagnosis

This year, over 190,000 new cases of prostate cancer will be diagnosed. Prostate cancer is the third leading cancer among males. It is often a silent killer, as it rarely shows signs or symptoms until it has developed maturely and even metastasized into other areas of the body.¹ This year alone, it will take over 33,330 men's lives. But it doesn't have to be this way. Prostate cancer can be diagnosed and treated effectively. Early diagnosis is critical and achievable with the right steps. Due to accurate diagnosis, 3 million men in the US are prostate cancer survivors.

Dr. Kevin Kadakia is a Fellowship-Trained Radiologist with a subspecialty in Abdominal Pelvic Radiology. We spoke to him to find out more about prostate cancer diagnostic tools and how Radiology Regional diagnose cancer and other abnormalities at a more vigorous rate due to technological advances and subspecialty trained radiologists.

Dr. Kadakia explained, "Generally speaking, prostate issues predominately can be detected early if they take the right steps. Because one of the most common cancers for men is of the prostate, it's essential that they begin screenings at age 50 or sooner, depending on risk factors, symptoms and family history. If there is high risk or a family history of prostate cancer, it is recommended men start screening at age 40 to 45.

"The good news is that it is detectable and treatable if acted on quickly. At Radiology Regional, we have reduced the death rate significantly from years past by regularly screening individuals and doing so with advanced technology and expert in-house radiologists trained for abdominal pelvic abnormalities.

"After the age of 50, a PSA blood test is recommended to check levels, yet, sometimes these can be elevated due to a list of other issues, such as an enlarged prostate (typically due to aging), but this usually results in benign hyperplasia and is unrelated to cancer.

"Other issues can make your PSA levels go up as well like taking a daily aspirin or being overweight. If the PSA is over 2.5, or if you are at high risk, patients should receive additional screenings and be sent to a urologist. Urologists specialize in the urinary, prostate, and reproductive organs, and they will determine if a patient needs diagnostic imaging with MRI.

"Years ago, providers did not have the advancements that we do today, and prostate biopsies were done with numerous needles (approximately 30), which was done blindly. Most prostate cancer tumors are under 1 cm in size, so this blind, shooting-in-the-dark technique was, unfortunately, unable to detect most cancer.

"Today, with the advancements of MRIs, it's changed the entire field, but in saying that, you must have the right MRI. They are not all the same. Traditional MRI machines will not pick up the intricate size of many tumors or other abnormalities. It's imperative that patients ask their imaging center if they use a 3T MRI (3 Tesla). In southwest Florida, very few radiology centers have a 3T MRI. We are the largest center with 3T, and we do the majority of prostate screenings in the area, so patients can trust that we are the experts for quantity and quality. A 1.8T MRI is not going to detect the tiny areas that a 3T MRI will, so for patients getting screenings, they need to understand this technology is significant in their diagnosis, their treatment, and their survivorship.

"If caught early, prostate cancer treatment is minimal compared to the later stages, or if it's metastasized into other organs. Once we detect cancer, the urologist will have the patient come in for a biopsy that can be targeted specifically to the area of concern. This eliminates the guessing game. The biopsy is performed under guided-ultrasound, and the pathology results are typically back in 3 to 5 days.



It's Your Choice.
You have a right to the best medical imaging.

"The 3T MRI can also detect the tumor's size, if it has spread, metastasized, or if it's confined to an area in the prostate. If a patient does have an adenocarcinoma diagnosis, the treatment will be high-frequency ultrasound, radiation, or prostatectomy depending on the stage. It might also be untreatable if it's a late diagnosis, but those can often be treated with hormonal medications. Most people can lead a very normal life after diagnosis and treatment.

"I want to make sure patients know that they are getting a 3T MRI, and I want them to know who is reading their images. If it's not a trained subspecialist, it can be very challenging to get a proper diagnosis. The days of general radiology are over. It's virtually impossible to be a general radiologist that can specialize in the entire body; that's why Radiology Regional only brings on fellowship-trained radiologists and hires those that specialize in various areas of the body and brain. My family lives here in Florida, and I'm proud to be able to serve my community as an expert and provide the highest-level of care for our patients."

Radiology Regional is a physician-owned, well-established imaging practice with over 30 board-certified radiologists that work closely with your doctor. You will get personalized service and expertise in a warm, comfortable environment, which is not always offered with a big group or hospital-owned organization. Radiology Regional also provides the newest technological advances. Their superior imaging equipment includes 3T wide-bore MRI, 256 Slice CT, 3D Mammography,

Nuclear Medicine, PET Scans, and Siemens ultrasound. Radiology Regional is a premier diagnostic facility that takes pride in offering the highest quality healthcare to the community.

At Radiology Regional, they take your health personally. They have a group of in-house, subspecialty, fellowship-trained radiologists that are experts in diagnosing and detecting conditions within the abdominal and pelvic areas, including the prostate. The machines they invest in are not standard; these are state-of-the-art, high-tech imaging equipment that can find even the most intricate details that would otherwise be missed.

Radiology Regionals has a high-resolution prostate MRI to find small prostate cancers, a dynamic MRI to diagnose pelvic organ prolapse, MRI technique to accurately stage rectal cancer for surgical planning, specific protocol to best evaluate the ovaries and uterus and another MRI technique to focus on the bones and muscles, among several others. All imaging exams are not equal, and Radiology Regional goes above and beyond to offer high-quality studies to help guide medical management.

Radiology Regional

For over 50 years, Radiology Regional has expanded its scope of services and number of outpatient facilities to meet the growing needs of their patients and referring physicians. Radiology Regional has thirteen, ACR accredited and convenient locations to serve you. Their dedicated team of board-certified radiologists, registered technologists, and other specialists are committed to providing their patients with exceptional care utilizing the most advanced technology and techniques available.

Radiology Regional has 13 locations in 3 counties, Lee, Collier and Charlotte.

Ask your physician to refer you to Radiology Regional for your imaging needs. Make your choice the best choice for you!

Contact Radiology Regional today at (941) 255-7945,
(239) 425-4678 (Español)



Kevin Kadakia, M.D., M.B.A.

Dr. Kadakia graduated from the University of Miami with a Bachelor of Science in Microbiology/Immunology. He earned his M.B.A. in Healthcare Administration from the University of Miami School of Business in Miami, Florida. He attended the Miller School of Medicine at the University of Miami where he received his medical degree. Dr. Kadakia performed his internship at Jackson Memorial Hospital/Miami Veterans Affairs in Miami, Florida and went on to earn his residency in diagnostic radiology at University of Texas Southwestern Medical Center in Dallas, Texas. He completed a fellowship in body imaging at Stanford University Hospital and Clinics in Stanford, California. Dr. Kadakia is board certified by the American Board of Radiology and is a member of Lee County Medical Society.



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Welcomes Dr. Gautham Mogilishetty



We are excited to announce that board-certified transplant nephrologist, Gautham Mogilishetty, MD, has joined Associates in Nephrology.

Dr. Mogilishetty has more than 20 years' experience, completing Fellowships in both Nephrology and Transplantation.

His areas of expertise include:

- Kidney transplant care of immunosuppressed patients
- Cardiovascular outcomes in kidney recipients post-transplantation
- Living kidney donations with long-term outcomes

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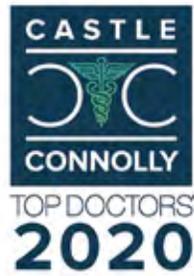
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Have you tested positive
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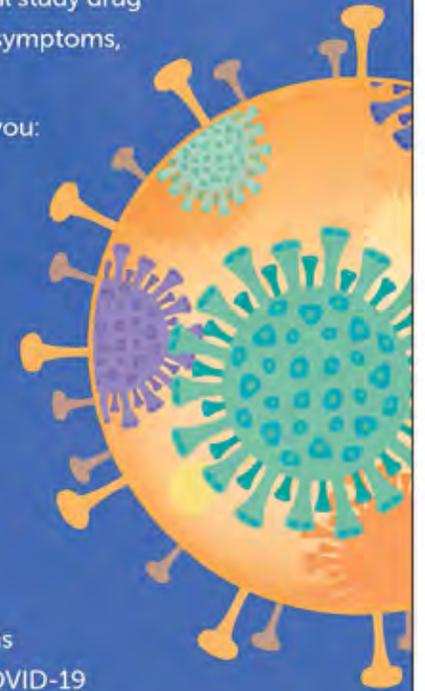
Consider this global clinical research study testing a possible treatment option.

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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Are Bladder Leaks Disrupting Your Normal Life?

By Joseph Gauta, MD, FACOG

Do you get sudden, strong urges to urinate and are unable to control it? Do you go to the restroom 8 or more times a day? Do you have accidental leakage before you make it to the restroom? If you answered “Yes” to any of these questions, you may suffer from overactive bladder or urinary incontinence.



What causes bladder leaks and incontinence?

Bladder leakage, urinary incontinence or overactive bladder symptoms are not a normal part of aging. Millions of people worldwide suffer from these life-altering symptoms.^{1,2} These symptoms may occur because of abnormal communication between the brain and the bladder. This may lead to the feeling of an urgent need to urinate and an unwanted bladder contraction. You may also experience a need to rush to the restroom and leak or lose urine before you make it in time.

The good news, there are treatment options available to help regain control of your bladder.

The Doctors at Florida Bladder Institute are now offering Axonics® Therapy, a long-lasting solution that is clinically proven to improve bladder control and deliver clinically meaningful improvements in quality of life*.

What is Axonics Therapy?

Axonics Therapy is an advanced treatment option that is used for treating symptoms of overactive bladder (including urinary urgency incontinence), fecal incontinence and urinary retention.¹

Axonics Therapy works by providing gentle stimulation to the nerves that control the bladder and bowel, which can restore normal control and result in symptom improvement.

If you and your doctor believe you are a candidate for Axonics Therapy, you will first try the therapy for a brief test period that allows you and your doctor to see if the therapy provides satisfactory reduction of your symptoms. If it is determined that the therapy is right for you, you will have an outpatient procedure where a miniaturized Axonics implant is placed just beneath the skin in the upper part of your buttock.

What are the benefits of Axonics Therapy?

Axonics Therapy provides the possibility of saying goodbye to bladder leaks!

Long-lasting symptom relief: Designed to provide therapy for at least 15 years, providing a long-term solution for your symptoms

Relief without compromise: An implant that will not limit your access to full-body MRI's*.

Clinically proven results:

- 89% of treated patients achieved clinically significant improvements at 1-year³
- 93% of patients were satisfied with their therapy³

*50% or greater reduction in symptoms

References:

1. Coyne KS, Sexton CC, Thompson CL, et al. The prevalence of lower urinary tract symptoms (LUTS) in the USA, the UK and Sweden: results from the Epidemiology of LUTS (EpiLUTS) study. *BJU Int.* 2009;104(3):352-360.
2. Census Reporter website. <https://censusreporter.org/profiles/01000us-united-states/>. Accessed July 19, 2019.
3. Benson K, et al. *NeuroUrol and Urodyn.* 2020

Important Safety Information: Implantation and use of the Axonics System incurs risk beyond those normally associated with surgery, some of which may necessitate surgical intervention. Results and experiences may vary and are unique to each patient. No promise or guarantee is made about specific results or experiences. For more information about safety and potential risks, go to: www.axonics.com/isi. Caution: Federal law (USA) restricts this device to sale and use by, or on the order of, a physician.
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It's time to regain control!

Take the first step towards symptom relief. Call us at 239-449-7979 to schedule your Axonics Therapy consultation today.

“Brilliant. Amazing staff. Incredible results. Totally life changing. I am going to retire and work on my bucket list instead of settling for ‘I have issues’.”
— Tricia M., Patient —



Nicole Houser, PA



Joseph Gauta, MD



Amber Thompson, PA-C



www.FloridaBladderInstitute.com

1890 SW HEALTH PKWY., SUITE 205, NAPLES, FL
info@floridabladderinstitute.com

Dr. Joseph Gauta

Dr. Gauta is the founder of The Florida Bladder Institute located in Naples, FL. He is the first physician in SW Florida to be dual board certified in Female Pelvic Medicine & Reconstructive Surgery as well as OB/Gyn. The Florida Bladder Institute continually delivers the highest quality care with compassion, discretion and dignity to their patients. A full array of the latest diagnostic, therapeutic, rehabilitative and surgical techniques are offered. The Florida Bladder Institute is an independent healthcare practice, and Dr. Gauta and his staff are not employed by a hospital or insurance companies.



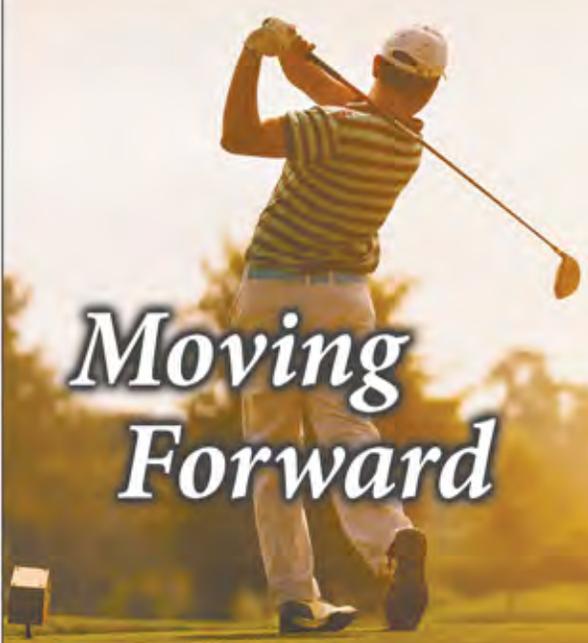
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I'm Dee Merritt, a licensed sales agent in Southwest Florida. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs. Take advantage of my knowledge and experience to:

- Take the confusion out of Medicare
- Receive one-on-one service
- Get help comparing plans
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

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Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2020 UnitedHealthCare Services, Inc. All rights reserved.



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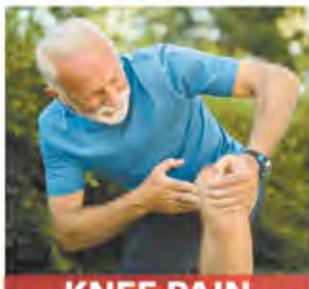
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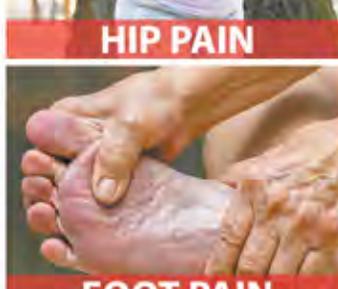
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TESTIMONY:

I have suffered with left hip pain for over two years. I tried wearing a brace which gave me a little relief, but after standing for a while, the pain would always come back. Dr. Johnson told me about the new procedures he is now offering at his clinic utilizing Regenerative Medicine and recommended I have the Stem Cell treatment to repair the degeneration in my hip. I did the treatment on a Wednesday and by Friday I was pain free! I didn't have any down time or rehab exercises to do and was amazed at the results. I am starting to have pain in my right hip and will have the same treatment done there before it gets any worse. - Yami T.

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Health Conditions

- Erectile Dysfunction
- Headaches
- Low Back Pain
- Mid Back Pain
- Neck Pain
- Sports Injuries
- Chronic Muscle and Joint Pain
- Sciatica
- Plantar Fasciitis
- Tendonitis
- Shoulder/Hip/Knee Pain
- Hair Loss

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.

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.



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Did you miss the Annual Enrollment Period for Medicare OR the Affordable Care Act Health insurance? You may still be able to enroll!

SEP's "Special Election Periods" might save the day.

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

Medicare AEP "Annual Enrollment Period" was October 15-December 7th for January 1st effective date.

This applies to Medicare Advantage Plans and Part D Prescription Drug Plans.

If your current plan was Non-renewed –

30.4.3 - SEPs for Non-renewals or Terminations

A SEP exists for members of MA plans that will be affected by plan or contract non-renewals and plan service area reductions that are effective January 1 of the contract year. In order to provide sufficient time for members to evaluate their options, the SEP begins December 8 and ends on the last day in February of the following year. Enrollment requests received from December 8 through December 31 will have an effective date of January 1. Enrollment requests received in January will have an effective date of February 1. Enrollment requests received in February will have an effective date of March 1.

30.5 – Medicare Advantage Open Enrollment Period (MA OEP)

42 CFR 422.62(a)(3) (Rev. 2, Issued: August 12, 2020; Effective/Implementation: 01-01-2021) During the MA OEP, MA plan enrollees may enroll in another MA plan or disenroll from their MA plan and return to Original Medicare. Individuals may make only one election during the MA OEP.

MA OEP occurs: January 1st to March 31st. If you enrolled in a MA plan you may add or drop Part D coverage during the MA OEP. Individuals enrolled in either MA-PD or MA-only plans can switch to one of these 3 options:

*Medicare Advantage with Part D * Medicare Advantage with no Part D * Original Medicare (with or without a stand-alone Part D plan)

The effective date for the MA OEP is the 1st of the month following receipt of the enrollment request.

Note: The MA OEP does not provide an opportunity for an individual enrolled in Original Medicare to join a MA Plan. It does not allow for Part D changes for individuals enrolled in Original Medicare, including those enrolled in stand-alone Part D plans. The MA OEP is not available for those enrolled in Medicare Savings Accounts or other Medicare health plan types (such as cost plans or PACE).



It is very important - Dropping a Medicare Advantage Plan to go back to Original Medicare does NOT guarantee you acceptance in a Medicare Supplement Plan that works together with Original Medicare. Medicare Supplements in this situation require medical qualifications unlike the original enrollment into Part B (you have 6-months from Part B effective). You can also qualify if you lose coverage due to a plan drop, moving out of the plan service area, loss of creditable employer group coverage. During the guarantee issue period you may not be entitled to all the companies Medicare Supplement Plans.

COVID19 and Hurricane ETA is covered as an SEP

The Market Place - Since the 2021 Open Enrollment Period is over, you can now enroll in or change a Health Insurance Marketplace® plan only if you have a life event that qualifies you for a Special Enrollment Period.

Life changes that can qualify you for a Special Enrollment Period.

*Changes in household – marriage, had a baby, adopted a child, or placed a child for foster care. Divorce, legally separated and lost health insurance (must be losing coverage)

*Change in residence – Moving to a new home in a new Zip code or county, Moving to the U.S. from a foreign county or US territory, If you're a student moving to or from the place you attend school, If you're a seasonal worker, moving to or from the place you both live and work, Moving to or from a shelter or other transitional housing.

*Loss of Health Insurance - You may qualify for a Special Enrollment Period if you lose health coverage through your employer or the employer of a family member, including if you lose health coverage through a parent or guardian because you are no longer a dependent.

Losing individual health coverage for a plan or policy you bought yourself - You may qualify for a Special Enrollment Period if you lose individual health coverage if: Your plan discontinued (no longer exists), lose eligibility for a student health plan, lose eligibility for a plan because you no longer live in the plan's service area, an individual or group health plan coverage year is ending in the middle of the calendar year and you choose not to renew it, household income decreased, or you qualify for savings on a Marketplace plan.

Losing eligibility for Medicaid or CHIP -You may qualify for a Special Enrollment Period if you lose Medicaid or Children's Health Insurance Program (CHIP) coverage.

Losing coverage through a family member - You turn 26 (or the maximum dependent age allowed in your state, Florida is 30) and can no longer be on a parent's health plan- lose job-based health coverage through a family member's employer because that family member loses health coverage or coverage for dependents, lose health coverage through a spouse due to a divorce or legal separation, lose health coverage due to the death of a family member, lose health coverage through a parent or guardian because you're no longer a dependent.

**** information provided cms.gov; medicare.gov, healthcare.gov and FEMA.gov*



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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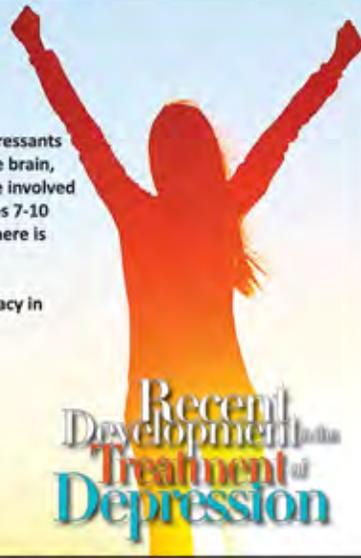
What is it?

Ketamine Infusion Therapy is a safe, reliable, and rapid treatment tailored to a person's unique medical profile. Antidepressants typically work on the serotonin and noradrenergic systems of the brain, whereas Ketamine acts on the Brain's NMDA receptors which are involved in functions of memory and cognition. Initially, a single dose gives 7-10 days of relief; however, by infusing 3 days/week over 2 weeks, there is extended relief lasting months or years.

Ketamine Infusion Therapy has also demonstrated clinical efficacy in patients suffering from:

- Major Depressive Disorder
- Pain from Fibromyalgia and other Neuropathic causes
- BiPolar Disorder
- OCD
- Post Partum Depression
- PTSD

Doctors Say 'Club Drug' Ketamine Rescues Suicidal Patients
<http://nbcnews.to/2nGd2pP> - Find even more at NBCNews.com



Why Ketamine?

- Rapid results
- Virtually no side effects
- Treatment course is only 2 weeks
- Most see improvement after one treatment

Our office offers Ketamine Infusion Therapy in addition to other treatments. Learn more at www.paswfl.com or call us at **239-332-4700**.

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- Nerve recuperation • Improves wound healing
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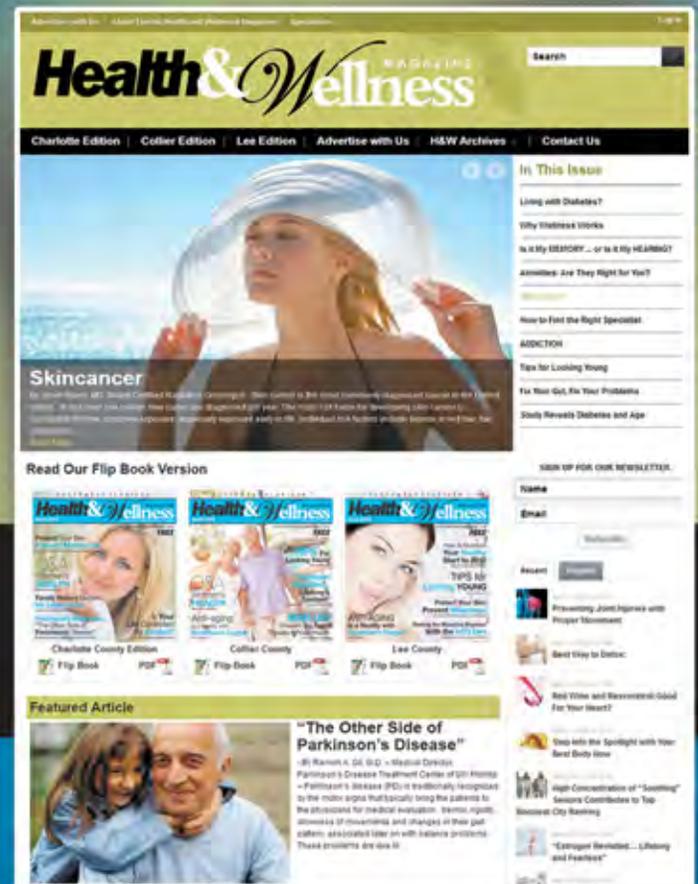


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You Are Only As Healthy As Your Cells

Recharge Your Cells with PEMF (Pulsed ElectroMagnetic Field) Therapy

By Sheryl Hensel

Most fluids in the body are electrolytes, which are ions (charged particles) dissolved in liquids. Therefore, it's easy to compare the human body to a large battery that generates electricity and needs to be charged from time to time.

Did you know the body consists of approximately 75 trillion + cells? They all understand each other and function via electromagnetic impulses.

Each cell is a sophisticated miniature power plant by itself. Therefore, all we truly are is ENERGY. Whenever one of these power plants shut down, trouble begins. Once a cell has lost 60% of its energy, it stops working and uses the remaining energy to survive. Immediately, healthy cells are taking over to do the job. This has an impact on our health.

Illness begins when more and more cells are affected by energy loss, and this often results in being prescribed medication from a doctor. Medication all too often covers up symptoms but doesn't cure the problem. There is a time and place where medicine is life-saving, but it won't recharge a weakened cell. It also won't resolve the root cause of the disease that is setting in. The energy-deprived cell does not crave a chemical; it simply needs to regain lost energy. It's good to know that cells can be "recharged" to health by exposing them to pulsed electromagnetic fields (PEMF) and that functions that were lost can recover.



PEMF has been proven to enhance circulation, improve blood supply, increase oxygen usage, improve hand-eye coordination, aids in quicker bone and wound healing, absorb nutrients, improve ATP production, and detoxify to the cellular level.

The Biology of Energy

In biology, energy is often stored by cells in biomolecules, like carbohydrates (sugars) and lipids. The energy is released when these molecules have been oxidized during cellular respiration. The energy released from them when they are oxidized during cellular respiration is carried and transported by an energy-carrier molecule called ATP.

Research and Findings, You Can Trust

You may not know that Nikola Tesla discovered PEMF technology over 100 years ago, and NASA holds the patent. They used PEMF therapy to maintain the astronaut's health when they left earth's frequency, Schumam's Resonance. This technology has been around for a long time, and the company we work with has found a way to utilize that technology for home-usage.

Wellness Achievers works with a 25+-year-old company that has manufactured a device that helps your body get oxygen into the cells. We have a team of LifeStyle Consultants around the country but have made The Villages our home base. We do weekly presentations and training classes, so our customers have a complete understanding of how to best use the system. It is also possible to have a presentation in your home with friends and neighbors. The mat is also beneficial for your four legged friend from horses to dogs to cats. They love PEMF healing.

What makes Wellness Achievers stand out is our impeccable customer service. We pride ourselves in not only making sure you have the easiest setup experience but also get the best usage from your unit. You may find other companies and devices online, but they won't give you the personalized service that Wellness Achievers will provide.

Our goal is to:

- * Help you move towards optimal health
- * Alleviate shoulder, back, knee, sciatic pain
- * Get you out participating in the activities you have worked so hard to have the free time to do
- * Increase your stamina and quicken your recovery time
- * Spend your quality time playing with your grandchildren and loved ones
- * Help you live a longer life with less pain and medication



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Wellness Achievers

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Sheryl @ 949-220-4900.

Someone will get back to you within 24 hours.

Integrative Medicine:

What Kind of Hippie Dippie Stuff is That?

Integrative medicine is a partnership between a health care professional and a person seeking optimal health and wellness. The two parties work together to achieve optimal health for body, mind and spirit. There is active discourse aimed at achieving the goals decided upon. The patient is very active in the process, and ultimately achieves much more than the absence of disease. He or she achieves optimal health.

As health care costs rise, and insurance covers less, we must maintain our health as much as possible. We must decrease our need to enter the medical system. One way to do that is by achieving optimal health and reducing dependence on prescription medication. Dr. Doreen DeStefano, ARNP can help you do just that. Check out her approach in the vignette below.

Interviewer: So I guess we'll start with the basics: What's your name?

Doreen: Oh good, an easy question! My name is Doreen DeStefano, NHD, APRN, MpBA
Interviewer: That's a lot of letters after your name. What do they all mean?

Doreen: Haha, yes I know. They mean that I am a Nurse Practitioner with a Doctorate in natural health. I also have a Master's in Public Business Administration, and of course, a Masters in Nursing.

Interviewer: So what does that mean, exactly?

Doreen: I am a fully licensed medical practitioner. I can order diagnostic studies, make a diagnosis and prescribe treatment, including medication. However, I believe in partnering with my clients and asking them to participate to a large degree in their health. I don't like to go straight to pharmaceutical support if we can use patient behavior, and naturally occurring things to accomplish the desired goal.

I like to use natural means to repair the body whenever possible. For example, if a patient has high cholesterol we are going to really work with nutrition, exercise, and nutrient supplementation

before we use pharmaceuticals to reduce cholesterol. Of course, it's patient specific. We always do what is in the best interest of the patient.

Interviewer: OK, so say I had high cholesterol I'm already taking medication for it. What would you do?

Doreen: First we would get a full health history, we would do a full physical exam, and I would look at your labs. I would do some of my own testing, like a Cleveland Heart Lab. We know that 50% of heart attacks occur in people with "normal" cholesterol levels. Research shows us that the inflammation of the blood vessel wall is a very important factor that we must measure, and if it's high, we need to lower it. Also, there are different types of cholesterol, some "good" and some "bad". Even within the good and bad cholesterol, there are subtypes that are "good" and "bad". Standard cholesterol testing doesn't tell us all that.

Interviewer: What do you do with all that information?

Doreen: Well, it's different for everyone. But in brief, we can teach our patients how to eat to lower inflammation and decrease "bad" cholesterol and increase "good" cholesterol. We find ways for the patient to move regularly. We find something that they like and can be consistent with. Even gardening is good exercise. We figure it out. We provide lifestyle modification options to create a healthier lifestyle, like maybe eating less red meat, or smoking cessation. We also have natural supplements that the patient can take at home to help decrease inflammation, lower bad cholesterol and increase good cholesterol. We have in office treatments like hyperbaric oxygen and intravenous vitamins and minerals that help to optimize patient health. If the patient ultimately needs a prescription medication, then we use them. But we find that motivated people can usually decrease their cholesterol and inflammation to healthy levels. Then they can reduce or eliminate the need for medication.

Interviewer: It sounds difficult. Is it?



Dr. Doreen DeStefano, ARNP

Doreen: Well honestly, integrative medicine isn't for everyone. It's a partnership in health. The patient actually does more work than the practitioner. Diet and lifestyle change isn't easy. Some people don't want to do it. But some people really enjoy it. There are challenges, but the spectacular way that you feel when you optimize your health is beyond comparison.

Interviewer: So essentially, you help people get healthier without drugs as much as possible.

Doreen: Yes. I find I am very much a teacher and a coach. It's a holistic approach. We don't look at anything all by itself. We look at people as part of several environments, their own internal and external environments, and the environment in which they live. Each of those things effects the other. We strive to integrate all those pieces into optimal health.

Interviewer: What is optimal health?

Doreen: That is the state in which you look your best and feel your best physically, emotionally, and spiritually. You are simply your best you.

Call Root Causes today to make an appointment to meet your best you!



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No More Resolutions to Lose Weight!

By Chrisanna Harrington, MA, RDN, LMHC

What would it be like to never diet again? What would it be like to finally feel comfortable in your body? Have lab work that shows your health and not your illness? At PASWFL, we can help you achieve permanent weight loss, without surgery, without a diet, without prepackaged food, without shots to risk damage to your metabolism. How do you ask? Simply we design a plan for YOU, an individual based on your body composition, based on foods in their natural state, which you are used to eating; based on your lab values, based on your lifestyle. And then, we will see you every two weeks to a month to follow your progress and coach you to understand nutritional science, understand metabolism, and understand what is happening in your body based on science, not magic.

We run labs, and a specific lab we are looking at is Fasting Insulin. The Fasting Insulin level will tell us if you are Insulin Resistant. What is Insulin Resistance? Insulin Resistance is when your cells become resistant to insulin, and so the blood sugar that is in your bloodstream cannot get into the cells. These are the symptoms:



We treat Insulin Resistance, not with a High Protein Diet that can decrease kidney function, we design a program with 25% carbohydrate to get your Insulin production down, so your body can start to function normally again.

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We have many people who come in and feel shame about their eating habits. Binge Eating Disorder is now a psychiatric diagnosis. The symptoms of binge eating disorder are:

- Eating at a faster pace than average.
- Eating until one is over-full and physically uncomfortable.
- Overeating even when he or she doesn't feel hungry.
- Being embarrassed by the binge eating and often eats alone to hide it.
- Feeling guilty, sad, or disgusted with him or herself after the episode.

Even though this is a psychiatric diagnosis, this Binge Eating disorder, there is a physiological explanation as well. Binge Eating has to do with two gastric hormonal systems called Ghrelin and Leptin, as well. Typically, Ghrelin produced in the stomach goes up when your body needs food. You eat, then the fat cells release Leptin to shut down the Ghrelin, and you stop eating. As a human being puts on too much adipose or fatty tissue, this system gets dysregulated or goes haywire! Ghrelin then never turns off because your cells become Leptin Resistant. I tell my patients, "It's like you are always hungry, and you can never get enough!" They usually say, "Exactly." There is no shame; there is a physiological explanation. The shame is not seeking professional treatment, and the insanity would come from thinking that you can manage this yourself with a diet.

Believe it, or not our clients did not gain weight over the Holidays; they either stayed the same or lost weight.

How can that be? It is because they have a meal plan to eat on regular days, and then they learn cognitive changes or shifts to understand how to eat on holiday or at a party.

Within the first two weeks, our clients tell us they have brighter minds, fewer aches and pains, and the swelling decreases. We also track the lab values. We can track the reduction in C-reactive protein and improved mobility. We track fasting insulin to let us know if the Insulin Resistance is improving, and we track HgbA1C to measure the adherence to the meal plan. We will also track your GFR to measure kidney function, which lets us know what level of protein your body can handle.

Nutrition impacts every cell in your body. Your nutritional health is not a game of yo-yo dieting. Your nutritional and mental health impact the functioning of your life. Registered Dietitians are the only licensed nutritional professionals that are recognized by the State of Florida to provide nutrition care to the public. At PASWFL, we not only have a dietitian, but she is also a licensed mental health therapist, as well. We also have the oversight of a medical doctor and psychiatric nurse practitioners, allowing for a holistic approach to your nutrition and mental health!

Do you want proof? Just ask Tom:



Start: 277#
HgbA1C: 6%
Fasting Insulin: 12
Body Fat: 34%

Ten months later: 196#
HgbA1C: 4.3%
Fasting Insulin: 3
Body Fat: 17%

Call for your appointment today: 239.332-4700 Ext. 107 and visit our website: www.paswfl.com to complete new patient forms! We look forward to helping you have brighter New Year's Resolutions, such as starting a new hobby, because you will never have to diet again!

In with the Good, Out with the Bad

Naples Soap Company

2021 is here, and it's time for a fresh start! We're all accustomed to making New Year's resolutions to lose weight, exercise more, eat healthier, give up bad habits and make other lifestyle changes. But, there's one health-related resolution that never makes the list: a pledge to take better care of your skin! It's surprising that skincare is often overlooked despite the fact that your skin is the largest organ of your body, and it serves as the most important barrier to keep the bad out and the good in.

So, what you can do to resolve to take better care of your skin? Let's start with avoiding the bad, then we'll recommend some good.

For years, Naples Soap Company has maintained a list of toxic and harmful ingredients they call "Badditives." Items on this list are harmful and toxic ingredients that they won't use in formulating their products, and they urge people to avoid using products containing these ingredients. Although the "Badditives" list is quite long, we're highlighting three nasty ingredients here that you should avoid.

Triclosan

Check your medicine cabinet for anything that is labeled as antibacterial. Triclosan was commonly used in antibacterial products like hand sanitizers, antibacterial soaps, body washes and some cosmetics. However, in 2016, the FDA issued a rule stating that over-the-counter antiseptic wash products containing triclosan can no longer be marketed to consumers. Studies have shown that triclosan alters hormone regulation in animals, may contribute to antibiotic-resistant germs, and may be harmful to the immune system.

Parabens (Methyl, Butyl, Ethyl, Propyl)

Parabens are a preservative that can be found in deodorants, lotions, shampoos and other face care products. Parabens disrupt the endocrine system and have been found in breast cancer tumors and may contribute to hormonal imbalances and reproductive issues.

Phthalates

Found in fragrant lotions, nail polish, liquid body wash, hair spray and other products, phthalates are used as a lubricant or softener. They are known to be an endocrine disruptor that has been linked to breast cancer and reproductive issues. For some users, products made with phthalates can cause skin and eye irritation, nausea, dizziness, and vomiting.



Let's Focus on the Good

Selected for their many health benefits, you'll find these three natural ingredients in many of the products offered by Naples Soap Company.

Cocoa Butter

Cocoa Butter is used in over a third of the Naples Soap Company skin and hair care products. Cocoa Butter is derived from cocoa beans. It is high in fatty acids and helps hydrate the skin, create a protective barrier and improves elasticity. It works well to reduce stretch marks, smooth wrinkles and help calm skin conditions like eczema and psoriasis.

Coconut Oil

Not only is coconut oil a great alternative for cooking, but it also does wonders for the skin. Made by extracting oil from coconuts, the fatty acids in coconut oil have been found to possess antimicrobial properties, reduce inflammation and help keep skin moisturized. Naples Soap Company uses this ingredient in their natural soaps, body oil, bath bombs, sea salt scrubs and other products.

Vitamin E

In addition to eating a diet rich in vitamins, you should also look for products made with vitamins to support healthy skin. Vitamin E is a powerful antioxidant that is effective at reducing UV sun damage and free radicals. It is a fat-soluble nutrient with anti-inflammatory properties that help improve skin health and cell functions.

As we all look to put 2020 behind us, let's put the Badditives there, too. Read the labels of the products you use and focus on making better choices not only with your diet and exercise, but also with your daily skin and hair care routine. You'll see a transformation towards feeling better and looking better, too. Cheers to a new year!



DEANNA WALLIN
Naples Soap Company
Founder & CEO

In 2009, Deanna Wallin, Founder & CEO of Naples Soap Company, set out to create a line of skincare products designed for people with skin sensitivities. After personally suffering from psoriasis and eczema, she turned her experience as a former nurse and her passion for skincare into a successful business with locations throughout Florida and product distribution to hundreds of boutiques and spas across the country.



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REGENERATING JOINT CARTILAGE: DO STEM CELLS REALLY WORK?

By Physicians Rehabilitation

Articular cartilage provides a smooth cushioning between bones at the joints. When cartilage is damaged by injury or disease, bones can rub directly against each other, causing pain and inflammation, which can eventually result in arthritis. It progressively gets worse, so treating it is imperative.

Can you regenerate joint cartilage?

Many orthopedic specialist will tell patient's that cartilage cannot be regenerated due to outdated thinking and the hope that patients will succumb to surgery; however, stem cell therapy actually is proving to be an effective treatment for regeneration of tissue, including joint cartilage.

Stem cell therapy

Stem cell therapy offers the opportunity to repair and heal worn out and damaged tissues naturally, without the need for surgery. Stem cells modulate the immune response to injury, regenerate musculoskeletal tissues and prevent tissue damage. The result is improved mobility, better quality of life and better outcomes.

Stem cells have the unique ability for self-renewal, and mesenchymal stem cells (MSCs) have the potential to differentiate into bone, cartilage, ligament and tendon tissues which the body uses to maintain, repair and rebuild tissue. MSCs can be obtained from bone, tendon, skin, adipose tissue, umbilical cord blood and amniotic fluid.

Studies have focused on the ability of stem cells to promote fracture healing, regenerate articular cartilage in degenerated joints, heal ligaments and tendon injuries, and more. Stem cells are used in lieu of surgery, to enhance nonsurgical treatments and to augment healing as part of the surgical procedure. The use of stem cells to regenerate tissues is called regenerative medicine.

Stem Cell Therapy Details

MSCs work by replacing impaired and failing cells with healthy cells to heal and maintain damaged tissues. They naturally release anti-inflammatory chemicals that decrease inflammation and pain. MSCs create new blood cells to improve healing, especially in tissues with a poor blood supply including cartilage, tendons and ligaments. The result is tissue regeneration, pain relief, and improved function.

Stem cell therapy is the procedure that harnesses the regenerative capacity of naturally occurring stem cells and targets them to specific areas for renewal. We can



treat a diverse range of injuries and conditions with stem cell therapy. Stem cell therapy is regenerative joint preservation and is a vital and viable option to eliminate pain and restore function, safely and with low risk.

Benefits of stem cell therapy

Stem cell therapy provides accelerated healing and pain relief that can last years, and in some cases, can permanently eliminate pain and disability. The goal is to reduce pain, improve function and eliminate the need for surgery. Stem cell therapy can reduce the need for extensive physical therapy and rehabilitation, usually needed after surgery or an injury.

Stem cell therapy can help prevent the onset of arthritis and help patients avoid joint replacement surgery. It is the only therapy that can halt the progression of osteoarthritis.

Are Stem Cells Ideal for Everyone?

If you suffer with joint, tendon, or ligament pain or joint arthritis, and desire to improve your quality of life, and avoid invasive surgery and potential complications, stem cell therapy may be for you. Not everyone is a candidate for stem cell therapy. The only way to know if you are a good candidate is to schedule a consultation.

Each patient receives a complete evaluation to diagnose their condition, and determine their suitability for the treatment, including review of the patient's medical history and physical examination. Imaging studies will be necessary to rule out other possible diagnoses.



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5668 Strand Ct., Naples, FL 34110
855-276-5989 | www.PhysiciansRehab.com

Stem cell therapy can treat the following:

- osteoarthritis of the knee, hip, shoulder, wrist, ankle or elbow
- damaged cartilage and bone within a joint
- spine pain
- muscle, tendon and ligament tears
- labral injuries of the shoulder and hip, and
- other joint conditions that can benefit from stem cell therapy

Treatment Can Be Maintained Over Time

Stem cell therapy can have significant lasting results, but in some cases, it is best to think of it as maintenance, much like an oil change. Don't wait until your arthritis or joint inflammation gets worse. It depends on the severity of the condition, but seeking treatment early is ideal, and it helps to maintain injections as recommended by an expert in regenerative medicine.

What Our Patients Have to Say

"My husband had treatment on both knees and a shoulder and had very good success at age 85. Caring professionals include injections and physical therapy."—Sandi S.

"Pain level coming in was an 8, going out a 1. I had my left knee operated on and I didn't want to go through that pain anymore, so I wanted to try something different...getting in and out of the car, walking stairs was a catastrophe...Now I'm hitting the golf ball better than before."—Andre F.

"When I first came here to Physicians Rehabilitation, my pain level was between a 9 and a 10, and now my pain level is next to nothing."—Leann B.

Physicians Rehabilitation

At Physicians Rehabilitation, every patient receives a customized treatment plan based on their needs and is designed to produce superior results. The health-restoring benefits improve quality of life and in some cases, patients can avoid surgical treatment and lengthy recovery.

Our goal is to identify the source of your pain, promote healing and eliminate your pain. We begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction. Our therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments.

For your convenience, we have offices in Fort Myers, Lady Lake, Naples, Port Charlotte and Sun City Center Florida. Contact us to learn about how stem cell therapy can restore your health.

CALL PHYSICIANS REHABILITATION TODAY!

Medical Marijuana for the Average American

Change in modern laws within the last 20 years has allowed marijuana to resurface and make waves in most states due to either full legalization or allowing it to be prescribed through medical means. Studies have come to fruition suggesting that access to marijuana has a direct inverse correlation to opioid usage and overdoses with the opioid overdose mortality rate between 1999 and 2010 being 21% lower than expected. Access to medical marijuana has also been linked to a drop in Medicare prescriptions for ailments such as chronic pain, anxiety, and depression. Anecdotally, many patients of ours are reducing or stopping their prescriptions that once held a grip on their day to day life. The answer for the age old question "How can one plant act as a blanket medicine for many illnesses?" is due to the wide variety of cannabinoids found throughout the plant. Cannabinoids are the compounds found within marijuana with a select few contributing to the psychoactive effects of the plant. THC and CBD are the most widely known and provide the majority of the relief with THC being the component known for the 'high' that also bestows analgesia, appetite stimulation, and sleep. While CBD is commonly known for its ability to help induce sleep and reduce inflammation.



These cannabinoids are the main two but there are still a huge list of others (and variations of the main two) such as CBN, CBG, CBC, and many more. New research is released everyday further cementing medical marijuana as a staple in our society, giving new life to a plant as old as history itself.

While medical marijuana may not be ideal for everybody, it has a solid track record of use over the last two millennia with modern scientific research to back it up thanks to a shift in legality. See if medical marijuana can benefit

you by calling or visiting one of our offices today and we can start taking the steps to provide relief from whichever obstacles life has thrown your way.

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Coronary Artery Disease: Are You Ignoring the Symptoms?

Dr. Joseph Freedman MD, MBA

Feeling shortness of breath, heart palpitations, chest pain and tightness? Do you know the signs of Coronary Artery Disease (CAD)? And if you're experiencing them, are you taking steps to see your cardiologist to find out what's the cause?

For many people, that have CAD symptoms, they, unfortunately, ignore their signs. Ignoring heart irregularities can be fatal! And if you are experiencing any, the best time to have diagnostic testing is when these indicators are acting up.

What diagnostic tests are available?

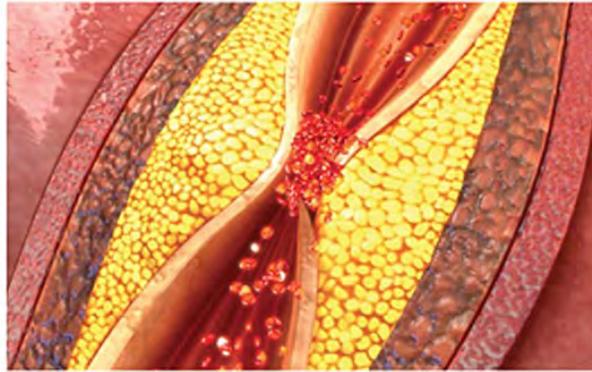
In today's modern medical world, we have so many tests that can pinpoint exactly what's wrong with our hearts; if only more patients would take advantage of getting tested to know where their risk factors and cardiac health fall, they would give themselves a jump start on living a much healthier life with greater longevity.

An electrocardiogram (EKG or ECG) measures the electrical activity of the heartbeat. If you are experiencing heart symptoms, this is usually the first test that will be administered in an office setting or in the ER. If there are any abnormalities, more testing will follow to eliminate issues, or in many cases, put the pieces together to find out what's causing your warning signs.

Stress tests are one of the most common methods to detect heart function during exercise and at rest. If you are unable to exercise, there are nuclear stress test options that utilize an injectable contrast to mimic the heart rate elevation of exercise, while you lie or sit down. Either way, a stress test is a staple to discovering the functionality of your heart.

Sometimes stress tests are not enough, and further testing like an angiogram is required to see how the inside (lumen) of the blood vessels, arteries, and heart chambers are working via CT imaging. An angiogram can show blockages and other blood flow abnormalities.

Many times, cardiologists will ask patients to wear a Holter Monitor for anywhere from 24 hours to several days depending on your specific situation



and risk factors. The monitor is a portable electrocardiography device that continuously monitors the rhythm and the heart's activity.

An echocardiogram is an ultrasound of the heart that can detect how the blood is pumping and it can also identify the size and thickness of the valves, chambers, and arteries.

There is also another vital test called a calcium score. This test measures the amount of plaque in your arteries. Although this test is beneficial in diagnosing blockages and treating your cardiac condition, it is not covered by insurance at this time, but the price usually ranges from \$75 to \$300 and is available at most diagnostic imaging centers.

CAD Symptoms

- Chest Pain and tightness
- Lightheaded
- Dizzy
- Tired/Fatigue
- Shortness of breath
- Anxiety
- Rapid heart rate
- Sweating
- Gray color to the skin
- Arm/Shoulder Pain
- Abnormal heart palpitations

Depending on your diagnosis and indicators, the treatment can vary from merely taking medications to having a non-invasive procedure, or a surgery. The best advice any cardiologist will give you is, "Don't ignore your symptoms!" If you have any heart irregularities or discomfort, seeking medical attention fast is imperative.

If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately.

Joseph Freedman, M.D., Cardiac Care Group

Dr. Freedman brings many years of experience as a cutting edge cardiologist specializing in the prevention, diagnosis, and treatment of all cardiac disease. He trained at the prestigious Cleveland Clinic, continually ranked #1 in Cardiovascular Care, where he focused on cardiac imaging. He achieved five board certifications in Internal Medicine, Cardiology, Comprehensive Adult ECHO, Nuclear Cardiology and Cardiac CT. During his tenure as the lead noninvasive cardiologist at Florida Medical Center in Ft. Lauderdale, he helped lead the hospital to achieve Level 5 chest pain certification, the highest designation of cardiac excellence.

He has spoken on national health care radio programs and has appeared on local news, highlighting the latest in cardiovascular care. Dr. Freedman prides himself on being an advocate for the patient. Every patient is unique, and he works carefully with leading local and national experts to make sure patients receive the best specialty procedural care possible for that particular case. Dr. Freedman has done research in cardiac MRI studies of the heart, in nuclear scanning, and has participated in the research trials of several leading cholesterol-lowering drugs. Dr. Freedman also has extensive experience in pulmonary hypertension and ran a large clinic in Broward County for these specific and often undiagnosed patients. *Dr. Freedman speaks Spanish.*

Contact Cardiac Care Group at (239) 574-8463



3208 Chiquita Blvd S., Suite 110, Cape Coral, FL 33914

(239) 574-8463

www.flccg.com

This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.

Weight Matters: Exercise Has Positive Effects on Joint Wellness

Each New Year people everywhere incorporate goals for losing weight and staying fit into their resolutions. When it comes to joint health, the two main reasons to exercise and watch your weight in this New Year include preventing joint pain and reducing your risk for osteoarthritis.

Osteoarthritis (OA) is the most common type of arthritis in the United States and is also called the “wear and tear” arthritis. Being overweight can increase a person’s risk for developing osteoarthritis due to added wear and tear on the joints. OA is a result of smooth cartilage that once cushioned the joints wearing away and becoming rough and frayed. The stress of bearing extra body weight is particularly challenging on the knee and hip joints. Our knees, for example, feel a force that can be two to five times a person’s body weight during daily activities such as going up and down stairs and squatting. In OA, cartilage does not grow back or heal. The damaged cartilage can cause severe pain, limit a person’s activities and potentially cause a total loss in mobility.

With exercise, weight loss and weight management, the reduced pressure on the joints also greatly reduces the risk of joint pain and OA. Exercise strengthens the muscles that surround each of our joints. Strong muscles help with weight bearing on the joints and as a result, the bones in the joints will carry less of the weight which helps to protect the cartilage from damage. Muscle strengthening exercises can be found below:

- **Calf Stretch:** Stretching your calves and the muscles in the back of your leg will help improve flexibility and support movement.

- Lean forward against a wall with one knee straight and the heel on the ground. Place the other leg in front, with the knee bent. To stretch the calf muscles and the heel cord, push your hips toward the wall in a controlled fashion. Hold the position for 10 seconds and relax. Repeat this exercise 20 times for each foot. A strong pull in the calf should be felt during the stretch.

- **Step-ups:** A step-up is an exercise that strengthens quadriceps. The quadriceps muscles in the thigh help support the knee joint.

- Start by standing in front of an eight to 10 inch tall step or riser. Step the right foot up onto the stair and then lift your body up, balancing with the left leg off the step behind you. Next, step your left leg down first and continue down with the right. Try now on the other side, stepping your left foot onto the stair and lifting the right leg off the ground behind you. Repeat each side for about 10 repetitions.

- **Hamstring Stretch:** Hamstring stretches reduce tightness in the back of legs, help with preventing joint pain and also reduce injuries.

- Lie on the floor with both legs bent. Lift one leg off of the floor and bring the knee toward your chest. Clasp your hands behind your thigh below your knee. Straighten your leg and then pull it gently toward your head, until you feel a stretch. If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull your leg toward you. Hold this position for 30 to 60 seconds. Repeat with the opposite leg.

Living with joint pain caused by being overweight can be very challenging. Remember that starting an exercise program to achieve your goals in the New Year will require proper preparation and support by those around you (including your doctor). Start slow and steady to engage in a safe and effective approach and over time as you get stronger, you can increase the duration and number of strength exercise repetitions. Ultimately, taking steps to improve over-all fitness can provide joint protection and reduce irreversible long-term health risks.

To schedule your appointment, please call Orthopedic Associates of Southwest Florida at 239-768-2272, or ask your physician for a referral.



Edward R. Dupay, Jr, DO
Board Certified

Dr. Dupay graduated from Xavier University in Cincinnati, Ohio. He received his Doctor of Osteopathy at the University of Health Sciences, College of Osteopathic Medicine in Kansas City, Missouri.

Dr. Dupay completed his Internship and Orthopedic Surgery Residency at Flint Osteopathic Hospital in Flint, Michigan. Dr. Dupay has been in the Fort Myers / Cape Coral area since 1987. Dr. Dupay enjoys seeing the "Weekend Warrior" athlete, as well as all patients suffering from crippling osteoarthritis.

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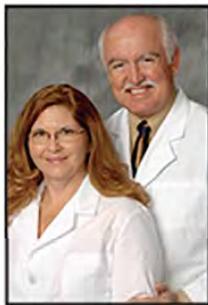
New Year's Resolutions:

How can getting my hearing tested make 2021 a better year for me?

By Hoglund Family Hearing and Audiology Services

If you want to make a New Year's resolution that will really boost your life and well-being throughout all of 2021, then get your hearing tested!

"Addressing hearing loss can add to quality of life in many ways", states **John Hoglund ACA, BC-HIS** of Hoglund Family Hearing and Audiology Center." Our lives are influenced in so many ways by our ability to communicate with others!" Here's a short-list of what getting a hearing test and using professionally fitted hearing aids, if recommended by your hearing care professional, may do for you:



John and Patricia Hoglund
LMAS, BC-HIS, ACA

- **Strengthen ties with family and friends.** Healthy relationships rest largely on good communication. In one Better Hearing Institute (BHI) study, more than half the respondents said using hearing aids improved their relationships at home, their social lives, and their ability to join in groups. Many even saw improvements in their romance.

- **Raise your spirits.** People with untreated hearing loss often feel angry, frustrated, anxious, isolated, and depressed. But research shows that when they use hearing aids, many become more socially engaged, feel a greater sense of safety and independence, and see a general improvement in their overall quality of life.

- **Lead you to feel better about yourself.** An important perk of using hearing aids can be enhanced emotional well-being. Research shows that when people with hearing loss use hearing aids, many feel more in control of their lives and less self-critical. One BHI study found that the majority of people with mild and severe hearing loss felt better about themselves and life overall as a result of using hearing aids.

- **Keep your mind sharp.** Studies out of Johns Hopkins linked hearing loss with accelerated cognitive decline in older adults and found that seniors with hearing loss are significantly more likely to develop memory problems over time. BHI studies found that many people with hearing loss report improvements in their cognitive skills with the use of hearing aids.

- **Unleash your earning potential.** Hearing your best at work helps you do your best. One study found that using hearing aids reduced the risk of income loss by 90 to 100 percent for those with milder hearing loss,

and from 65 to 77 percent for those with severe to moderate hearing loss. And people with hearing loss who use hearing aids are more likely to be employed than their peers who don't.

- **Reduce your risk of falling.** A Johns Hopkins study showed that people in middle age (40-69) with even just mild hearing loss were nearly three times more likely to have a history of falling. The intensive listening effort demanded by unaddressed hearing loss may take cognitive resources away from what is needed for balance and gait, experts have suggested.

"Hearing loss can be isolating, frustrating, and embarrassing. In addition to taking away daily pleasures, it can also threaten your independence" remarked **John Hoglund ACA, BC-HIS**. "Patient's families very often remark how much more lucid, outgoing, and invigorated their family member became when they could understand voices more clearly!" "It can be a lifechanging event for people!" **TO HEAR BETTER... IS TO LIVE BETTER!**

Age-related hearing loss affects one in three of us by age 65. That shouldn't be surprising. We've punished our ears with a lifetime of noise — from lawnmowers and hair dryers to car horns and loud music. But even as technology may have accelerated hearing loss, it is also offering unprecedented help. New hearing aids — some as small as a jelly bean — are producing greater amplification with less distortion. In fact, new technologies have made it easier to manage hearing loss and stay engaged in life.

Today's hearing aids help people with hearing loss better hear sounds and people from all directions, and they filter out noise. Many sit discreetly and comfortably inside the ear canal and out of sight; and many are wireless, so they can interface easily with other high-tech devices like smartphones, home entertainment systems, conference-room speakerphones, and hearing loops. Some are even waterproof; and others are rechargeable. "Our ability to help those with even the most complex pathology, has improved dramatically by these technological improvements. The sound quality, comfort, and technical performance especially in environments with background noise, is better than at any time in history" John continues,



"We have an agreement with every manufacturer we work with to give our Patients a **SIXTY-DAY TRIAL PERIOD**, so you will be certain that you are satisfied with the performance of these *virtually invisible* hearing solutions!"

So, start the New Year, with a Resolution to improve your quality of life by improving your hearing!

Hoglund Family Hearing and Audiology Center also offers **FREE HEARING TESTS** to let you know the exact amount of hearing loss you may have, and furnish you with a dated copy of this evaluation for your personal medical records! "We never wanted *expense* to be a barrier to *education*", John states, "so these consultations and evaluations are done on a *complimentary* basis!"

All it will **COST**, is a little of your **TIME**... but the **KNOWLEDGE** you receive may be **PRICELESS!**

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STRESS AND WEIGHT GAIN

Weight gain is not just about food choices, activity level and portion control. Stress plays a significant role in the obesity epidemic. Traumatic events such as a death, divorce or even COVID can have a dramatic impact on weight. But more frequently chronic stress, can impact health and affect the body's ability to lose weight.

Let's say a car stops abruptly in front of you and you almost get into an accident or you tune into the 10 o'clock news and hear one negative story after another. As stress rises, your body starts to respond to a threat or demand (think "fight or flight") by calling on the adrenal glands (located on top of your kidneys) to release a flood of stress hormones, in particular adrenaline and cortisol to protect you from the "threat." These hormones affect your blood pressure, pulse, digestion, thinking, immune system and breathing. They also control the release of excess sugar (glucose) into your blood stream via the liver and muscle. This dump of glucose can lead to weight gain.

The "threat" will be over in a matter of seconds or minutes and your body chemistry and physical sensations will return to normal. However, if you are in a constant state of anxiety, ruminating on a problem or situation such as job issues, caring for a sick loved one, financial problems, even exercise (which can be counterproductive if you stress about doing it) then the adrenal glands will respond with a continuous drip of cortisol. "Chronic elevated cortisol levels can lead to serious issues," states Dr. Amit Sood of the Mayo Clinic and "contribute to obesity."

This constant drip along with an unhealthy diet can cause the body to incorrectly process food and store fat. I call this situation Adrenobesity™. Adrenaline and Cortisol stimulates the liver and muscles to release glycogen (glucose) for instant energy. Because there is no "fight or flight" issue, the pancreas responds to the increase by pumping out extra insulin. Insulin acts as a key, unlocking the cell for glucose entry. If your cells are full, insulin is rendered ineffective and the excess glucose is sent to fat cells for storage. Not good! The excess of glucose and insulin create an inflammatory state, which makes losing weight difficult, even if you are watching every calorie.

What can you do to improve the situation?

1. Get enough sleep (8 hours at least)
2. Eat to protect your pancreas (the goal: keep your glucose between 70 and 100)
3. Deep breathing
Inhale through your nose (to the count of 1,2,3,4; hold your breath for 4 counts and then exhale through your mouth 4,3,2,1)
4. Increase activity. I don't believe in strenuous exercise. Yard work, weights, yoga, tennis, walking, hiking, swimming, even taking clothes out of the dryer (squat – take one piece out, squat – second piece). Before you know it, you've done 20 squats.



Candice Rosen,
Health Counseling

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A Story of Hope for Adult Children and Their Parents

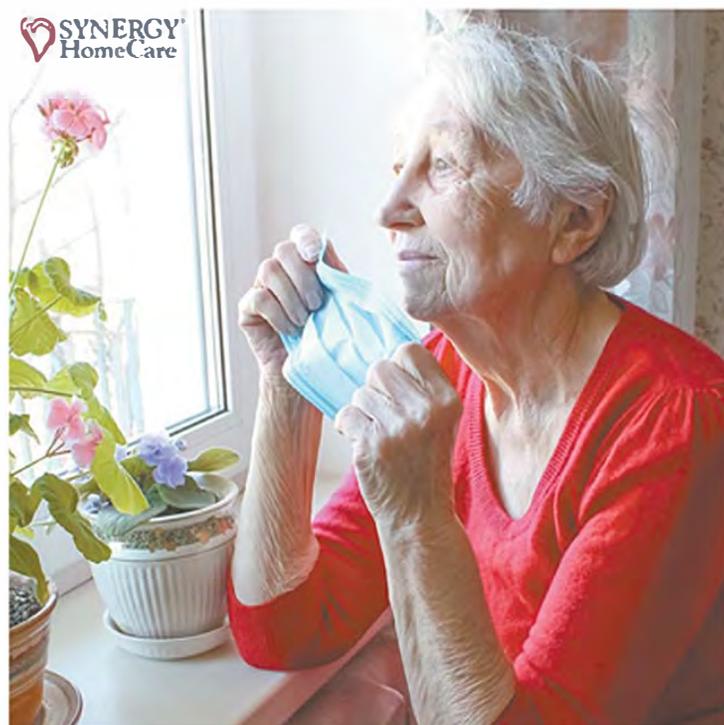
Before the COVID-19 pandemic hit our lives like a runaway train, you probably worried about your aging parents living alone, wondering, "Are they healthy? Taking care of themselves? Eating enough? Taking their medication on schedule?" What about the guilt of not visiting them as often as you probably should?

Today, with sheltering in place, your parents may be lonelier than you realize. If you felt you didn't visit them enough in the past, the situation is likely worse now because you can't visit them for fear of COVID-19 exposure. Don't be hard on yourself—you can take steps to heighten your parents' sense of purpose and provide them with something to look forward to every day.

Prevent the loneliness of isolation from damaging the already fragile health that comes naturally with age. Consider in-home care from a professional home care agency that practices CDC-recommended safety measures to help prevent exposure to and transmission of COVID-19.

Prevent your isolated parents from succumbing to loneliness

You may live a block away, an hour away or 2,000 miles from your parents. Even if you live near them,



COVID-19 restrictions prevent visiting face-to-face today or in the near future. You're concerned about their well-being, but what can you do?

Consider in-home care

In-home care is a robust and dependable solution to reduce or eliminate loneliness for your parents, providing peace of mind for you. In addition to caring for your parents' daily needs such as dressing, preparing meals, running errands and light housekeeping, in-home caregivers do much more. Our SYNERGY HomeCare caregivers engage older adults in meaningful activities like arts and crafts, reading, listening to music, setting up video calls with friends and writing letters.

In addition to the activities mentioned above, there are scores of things seniors can do with their caregivers to feel more connected to others. With in-home care, each day seniors have something to look forward to doing with their caregiver, and that provides hope while reducing loneliness.

As social creatures who thrive on social connections, the prolonged disconnection from friends and family has been difficult. Professional caregivers understand the relationship between socialization and good health. They focus on activities that deliver interaction with the people your parents care about—video coffee chats with friends, FaceTime with the grandchildren, coordinating window visits and sending little gifts to the family that has special significance.

Connect through a project

Additionally, you can give your parents a project to do while they're physically isolated. Ask them to be the family historian by journaling about the struggles your family, the country and the world are enduring as we navigate the pandemic. Or request they put a photo album together using the old box of prints in the garage. Call them daily to check on their progress, discuss and be a part of a shared project. The idea is to give them a purpose that makes them feel connected to family and special for being the one chosen to manage the project.

In-home care provides peace of mind

As an adult child, the peace of mind you experience from your parents' home care stems from the daily communication provided by the caregiver. Knowing how your parents are doing, how their emotional and physical health is will be what you look forward to each day. It's this level of contentment and the variety of services offered in their home that make a profound impact on the quality of their lives.

Home care is in demand today, particularly by adult children like yourself. Doing whatever it takes to ensure your parents are in a good place emotionally, distanced from potential COVID-19 exposure and well cared for within their own home by compassionate, friendly caregivers is your goal. SYNERGY HomeCare's caregivers are committed to getting your parents through isolation with smiles on their faces, good health and warmth in their hearts.

The peace of mind you will experience is priceless.

"As the coronavirus continues to spread throughout the world, adult children of aging parents worry about their parents' safety as well as the repercussions of isolation. With 16.9 percent of the U.S. population aged 65 and older, it is a concern many face."

COVID-19 Isolation hits senior hard: Lonely, depressed & declining health. Research has linked social isolation and loneliness to higher risks for a variety of physical and mental health conditions, such as high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease and even death.

The coronavirus has left many seniors unusually isolated, separated from friends and family they once depended upon for socialization, rides to the grocery store or trips to the doctor. These are the seniors who are at the highest risk for loneliness, depression and susceptibility to disease and illness.



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(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. There is minimal discomfort and no downtime.

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Implant Dentistry

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If you're missing teeth, implant dentistry may be the best option to get a new smile. Dental implants can improve your smile in a variety of ways, and some of them may even be surprising. Here's what you need to know.

Understanding the Basics of Implant Dentistry

Implant dentistry has existed since the 1980s, but it's really gained popularity in the last decade. Essentially, when you get a dental implant, we put a small metal post in your jaw bone. The jaw bone ossifies around the post, and then we place a crown on the post. The result is a prosthetic tooth that looks and feels just like a natural tooth.

Replacing One or More Teeth

The most noticeable way that implant dentistry helps to preserve your smile is by replacing missing teeth. You can replace one or multiple missing teeth with implant dentistry. If you just need to replace a single tooth, the process is exactly as described above. Typically, if you are missing several teeth, we will place implants in different locations in order to distribute the pressure of the bite. The hybrid denture is when they place a bridge between the implants. There are also full dentures that can work with implant dentistry. With this option, the implants work as anchors for your dentures, and you just snap the dentures into place. This creates a more secure, natural feeling fit.

Preventing Future Decay

On an aesthetic level, implant dentistry helps to improve your smile, but implants also help your smile in other, indirect ways. When you are missing teeth, other teeth often began to move into those areas. Your mouth has a natural tendency to fill those gaps. As that happens, your teeth come out of alignment. This can lead to issues with chewing, headaches, and even TMJ syndrome. On top of that, when your teeth rub against each other due to misalignment, that can trap food debris and lead to cavities. By choosing implant dentistry, you help to minimize some of the risk of future decay.

Preserving the Integrity of Your Jaw Bone

Implant dentistry can also help to preserve the integrity of your jaw bone. When you are missing teeth, your jaw bone starts to deteriorate. You can see this effect in many people who have lost all their teeth. Their jaw line loses its strength, and the mouth almost seems to collapse in on itself. Basically, this happens because when there aren't any teeth with roots to stimulate the jaw bone leading to the atrophy and resorption of the jaw bone. Dental implants mimic the role of the root of the teeth. They convince the jaw bone that it is still integral to the body's function. This prevents the jaw bone from deteriorating and safeguards your smile.



Dental implants are changing the way people live. With them, people are rediscovering the comfort and confidence to eat, speak, laugh and enjoy life. For more information about dental implants or to schedule a consultation appointment, call our office in Fort Myers, FL at 239-482-8806.



Ricardo S. Bocanegra, D.D.S.

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It's Season! What Does That Mean For Your Pet's Health & Safety?

Naples has become a popular winter destination for multiple reasons. The days are warm and full of sunshine, the city is clean and well-maintained by even the highest of standards, and there is so much to do here. Whether you want to go to the beach, kayak, take a leisurely stroll, eat at 5-star restaurants or enjoy the numerous other activities available, Naples is becoming not just a winter hotspot but also a year-round getaway.

With all of the extra occupants, things like traffic and scheduling appointments can be delayed somewhat. When it comes to your pets, safety, and health is our top priority, and we understand that getting an appointment is of the utmost importance. If you are visiting Naples or are one of our welcomed residents that we share our community with, Animal Oasis' goal is to keep your pets in peak form throughout the season and beyond.

Animal Oasis offers wellness visits, vaccinations, as well as urgent care and surgery depending on your pet's needs. With a full imaging center, highly experienced technicians and doctors, and a well-staffed office to serve you, your pet can be taken care of comprehensively in the comfort of our office.

Ways to keep your pets safe during the busy season

- If the dog park is overly crowded, it might be best to walk your dog and return at another time.
- Don't let your pets stay out in the sun too long as they can get overheated quickly, and sunburn is also a concern.



- If you are staying in a new place for your vacation, find a safe place to enclose your pet, but make sure they are comfortable and have plenty of cool freshwater.
- If you are going on the boat or beach with your pet, don't let them drink salt water. This can lead to them becoming very ill and even dying from salt-water intoxication.
- Don't let them lick or eat reptiles, as many of these are severely toxic.
- It might be cute to see your pets with their head half out of the car window, but this is dangerous. Many pets fall out of the window and it's tragic to them and their owner.
- Exercise your animals in the cool of the morning and evening
- See a veterinarian if anything is out of the ordinary with your pet or if they experienced an injury.
- Don't leave pets in the car unattended.
- If you'll be gone for long periods of time, consider hiring a pet sitter or dog walker. We can recommend a few.

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**Please call to schedule a telemedicine appointment. Please note not every type of appointment is eligible to be handled via telemedicine.*

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WHAT IS AN AB TRUST

By Steven J. Gibbs, Esq.  GIBBS LAW OFFICE, PLLC

Business and investment strategies are designed to take advantage of the existing legal framework. So, for example, if the U.S. tax code includes a credit incentivizing business investment in a certain area, a strategy that makes maximum use of that credit might make sense. Estate planning, of course, is no different. If your goal is to reduce or eliminate estate taxes, you'll want to develop a strategy that makes the best use of available exemptions and exclusions. Here's the thing, though: the legal framework that governs estate planning sometimes changes. In fact, it changes pretty regularly. And when that happens, you need to be ready to adapt your strategy to reflect the new reality. This scenario recently played out in relation to a fairly well-known estate-planning tool called an "A-B trust" (or "bypass trust"). Not too long ago, AB Trusts in Florida (and elsewhere) were a common, sophisticated way for married couples to reduce their overall estate tax liability. But when the tax code changed in 2011, they all the sudden became less useful. That's not to say A-B trusts are completely obsolete—they can still serve some important purposes. They're just relevant to fewer taxpayers than they once were.

And this raises an important question if you already have an AB trust in Florida built into your estate plan: Do you leave the Florida AB trust in place or adapt to the new situation? The answer won't be the same for everyone. And to make the right decision, you need to know how AB trusts in Florida work, what they can do, and why they're not quite as useful as the once were.

The motivation behind an AB trust, as it relates to an AB Trust in Florida where there is no federal inheritance tax, is to eliminate or reduce a married couple's eventual combined estate tax liability by maximizing the benefits of the unlimited spousal estate tax exemption and the lifetime exemptions of both spouses. Under the unlimited marital deduction, a decedent spouse can transfer some or all of his or her wealth to the surviving spouse without incurring one iota of estate tax. It doesn't matter how large the estate is, if the transfer goes to a surviving spouse, it's tax free.



The snag—at least under the old version of the tax code—was that, upon the death of the surviving spouse, his or her estate would be taxed on all wealth that exceeded the surviving spouse's lifetime exemption. So, if the first spouse simply transferred everything to the second, the first spouse's exemption was essentially wasted. A-B trusts are intended to make full use of both spouses' exemptions, thereby reducing their combined tax liability.

How AB Trusts in Florida Work Today

Practically speaking, an "A-B trust" actually consists of a pair of complementary trusts created through a Florida last will or a separate Florida revocable living trust. When the first spouse ("Decedent") dies, all assets in his or her

estate over the amount of the lifetime exemption are transferred to the "marital trust" (or "A trust"). The surviving spouse ("Survivor") is the beneficiary of the marital trust and has control over its assets, so no federal estate tax in Florida is owed on assets in the marital trust due to the unlimited spousal exemption.

Also upon Decedent's death, the other trust ("bypass trust" or "B trust") is funded with assets valued at the amount of Decedent's exemption. Importantly, the bypass trust is an irrevocable trust, and Survivor cannot have any control over assets in the trust. The bypass trust can be used for Survivor's support to a degree, but for the most part Survivor will be relying on the marital trust.

When Survivor dies, the assets held in both trusts are distributed to the ultimate beneficiaries named in each trust (often the couple's children or grandchildren) and this is the basis for many dynasty trusts in Florida, often used for high net worth estate planning in Florida. The final beneficiaries of the two trusts can be the same or they can be different (the latter works well when the spouses have children from prior marriages). The marital trust is now subject to federal estate taxes as part of Survivor's estate, but only to the extent its value exceeds Survivor's lifetime exemption. The bypass trust, though, is not included within Survivor's estate, having already passed through Decedent's. That's why it's called the "bypass" trust—because it bypasses the second spouse's estate.

For the strategy to be effective, the couple's assets in Florida (and elsewhere) must be titled appropriately—allocated fairly evenly between the two spouses—before the death of the first spouse. If all assets are held jointly, and the surviving spouse therefore automatically receives the full interests upon death, they won't be able to use the bypass trust to cash in on the first spouse's exemption.

Changes to the Tax Code and AB Trusts in Florida

Starting in 2011, A-B trusts became less useful due to a tax-code amendment that made estate tax exemptions "portable" between spouses in Florida and elsewhere. That is, a surviving spouse can now claim any unused portion of his or her decedent spouse's exemption. So, if the first spouse simply leaves everything to the surviving spouse—and the survivor files the requisite paperwork with the IRS—the couple can take advantage of both of their entire exemptions without the need for an A-B Trust. In effect, the surviving spouse's exemption is enlarged and ends up equaling the regular exemption plus whatever exemption the decedent spouse did not use.

Another change to the tax code that has limited the utility of A-B trusts is the substantial estate tax exemption increases enacted by Congress. In 2001, the estate tax exemption was \$675,000, which means any estate valued at more than \$675,000 was subject to the tax. But, starting in 2002, the exemption amount has repeatedly increased so that, in 2019, it stands at \$11.4 million—or just shy of *seventeen times* higher than the 2001 amount. Obviously, far fewer estates are qualifying for the tax now compared to 2001. And, when you also consider the portability of exemptions between spouses, the number of married couples to whom A-B trusts are relevant has very significantly decreased.

When to Consider Consolidating an AB Trust

Given the changes to the tax code, an A-B trust that served a valuable purpose in an estate plan developed in 2001, or even in 2010, might have become superfluous. After all, why use two trusts when one might be sufficient? If your only reason for creating an A-B trust was to mitigate estate taxes, it may now be unnecessarily complicating an estate plan and limiting the options of the surviving spouse.

Portability is a simpler way of accessing both spouses' exemptions. And one of the drawbacks of an AB trust in Florida and elsewhere is that it limits the survivor's access to and control over assets held in the bypass trust. If for some reason—be it long-term nursing home care, medical expenses, or just an exceptionally long lifespan—the wealth in the marital trust ends up being insufficient to meet all the survivor's needs, having substantial wealth tied up in the bypass trust and not easily tapped could become a serious problem. If you instead move that wealth into a single trust accessible by a surviving spouse, this potential scenario is eliminated.

If the first spouse has valuable assets he or she wants to pass on to someone else (such as children from a prior marriage), that can still be accomplished by directly bequeathing those assets through a will or through a living trust. The first spouse can claim the exemption up to the value of wealth left to children, leave the rest to the surviving spouse, and the survivor can still use through portability whatever unused exemption is remaining.

If you end up deciding to rely on portability, it is vital that the first spouse's estate file the form necessary for the second spouse to claim the remaining exemption—even if it doesn't look at the time of death like the combined estate will qualify for estate tax. If, for instance, a surviving spouse outlives the other by two or three decades, an estate that didn't look like it would owe any estate taxes might have appreciated to the point that the survivor's exemption alone is insufficient to cover everything.

It's also worth mentioning that every time an appreciating asset passes through an estate, it receives a step-up in basis, which means the tax basis converts to the asset's value at the time of inheritance rather than the amount of the investment. Getting two step-ups (one for each spouses' estate) for securities that have dramatically increased in value since the time of purchase can result in big income tax savings.



When an AB Trust Can Still be Useful

The principle purpose served by AB trusts in Florida and elsewhere is to ensure a couple takes advantage of both spouses' federal estate tax exemptions. But that's not the only purpose. About a dozen or so states have their own versions of the estate tax,

and, of those, only Hawaii and Maryland allow portability of exemptions. Estate-tax exemptions at the state level are often considerably lower than the federal exemption, too.

Florida residents don't need to worry about paying any estate taxes to Tallahassee. But if a surviving spouse might move to a state that does have the tax (New York, for example), an AB Trust in Florida to take advantage of the state exemptions might be a good idea.

The portability that has diminished the utility of AB trusts also extends to the gift tax exemption in Florida because the two exemptions are linked. However, generation-skipping tax ("GST") exemptions in Florida and elsewhere are not portable. So, a couple who intends to skip over a generation and leave wealth directly to their grandchildren might be best served by using an A-B trust to make the most of their GST exemptions.

Setting aside transfer taxes, there are still situations in which an A-B trust could prove useful. For instance, an AB trust in Florida can be set up to comfortably provide for a surviving spouse for life but make sure that, when the survivor dies, the heirs to whom the decedent spouse wanted to leave wealth get what was intended. The trust can prevent an unfortunate situation where a surviving spouse disinherits the decedent's children from a prior marriage; or loses a sizeable portion of the legacy to creditor attachment; or spends irresponsibly and leaves little for the decedent's heirs.

It's true that AB trusts in Florida and elsewhere often aren't the only instrument that can serve these purposes. A spousal support trust established through a will could just as easily take care of the surviving spouse before ensuring that the first spouse's children benefit from the estate. But, if a workable Florida AB trust is already in place, it might not be necessary to get rid of one in favor of the other. Sometimes, it's better to get wealth past the estate tax earlier, without relying on portability. When a surviving spouse claims a leftover exemption, it isn't indexed for inflation. If there's only a couple years between their deaths, that probably won't make much difference. But if the survivor hangs on for a few decades longer than the decedent, assets that would have been placed in a bypass trust might have gained markedly in value. If you opt for portability, all that appreciation will be tacked on to the surviving spouse's taxable estate, and the leftover exemption might no longer cover the entire value. But, with an AB trust in Florida, those appreciated assets aren't included in the survivor's estate because they were already exempted as part of the first spouse's estate when transferred to the bypass trust.

You also need to remember that Congress changed the tax code and made AB trusts across the country less widely applicable. You can't be sure that estate tax laws won't change again. If the currently massive exemption is reduced to be more consistent with 20th Century levels—or if portability is taken off the table—an AB trust that looks like an unnecessary complexity now could end up being a bigtime tax saver in the future.

Like most things in Florida estate planning, the utility of an AB trust in Florida depends not just on the current state of the law, but also on your individual circumstances and goals. An experienced estate-planning attorney can help you decide if an AB in Florida trust would be beneficial in your situation or if you're better off consolidating an existing AB trust strategy into another planning instrument.



Steven J. Gibbs is a trust and estate planning attorney who provides complete Estate Planning, Trust Planning, Business Planning, Asset Protection, Elder and Medical Planning, Real Estate, Probate and Trust Administration legal services in Florida and California. Steve's main offices are located in Fort Myers, Florida, and San Juan Capistrano, California. Estate planning legal services are provided statewide in these locations.

The Gibbs Law Office was founded by Steven Gibbs in January 2009 upon the commitment to provide client-centered legal services.

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How Much Omega-3 Do You Need for Results?

By Anne-Marie Chalmers, MD

Taking fish oil? Are you noticing results?

When it comes to getting benefits from an omega-3 supplement, taking an effective dose of the right kinds of fatty acids is crucial. Take a moment to grab your supplement, if you're taking one, and then keep reading to find out if your fish oil is living up to your expectations.

First Things First: Why Is Fish Oil Beneficial?

Fish oils contain polyunsaturated omega-3 fatty acids, a group of nutrients found in every cell of the body. Omega-3s are critical for fighting inflammation and promoting healthy cellular functioning. That's why scientists have extensively researched these fatty acids for a variety of health issues, including cardiovascular health, mood disorders, cancers, joint problems, skin issues, dry eyes, and much more.

The two most important members of the omega-3 family are called EPA and DHA for short. Found predominantly in fish and fish oil, EPA and DHA are not the only types of omega-3s that exist. However, almost all omega-3 research to date has concentrated on these two fatty acids.

When you read about the benefits of omega-3s in the news, it's usually EPA and DHA from fish and fish oil that they're talking about – not the plant-based omega-3 found in walnuts, flaxseed or chia seeds (that one's called ALA).

Fish Oil Benefits Are Dose-Dependent

In research, you'll often see scientists refer to omega-3s as having a dose dependent effect. Simply put, the beneficial effects of omega-3s are related to the amount consumed.

In research showing clinical benefits, scientists frequently use much higher doses than what's found in a regular fish oil capsule – usually 6 to 10 times more omega-3s! In fact, numerous studies show that the anti-inflammatory benefits of omega-3s don't kick in unless you consume at least 2000 mg EPA/DHA daily.

For certain conditions – like rheumatoid arthritis, hyperlipidemia, and cancers – the daily doses necessary to have an effect can be even higher (3000 mg EPA/DHA and up).

Many Omega-3 Supplements Contain Low Levels of EPA/DHA

Unfortunately, many supplements contain deceptively low omega-3 doses. Oftentimes, capsules advertise that they provide 1000 mg of fish oil. However, since natural (non-concentrated) fish oils contain a maximum of 30% EPA and DHA combined, that means you only get 300 mg of EPA/DHA per capsule.

Natural krill oil capsules contain an even lower percentage of omega-3s.

With most capsule products, these percentages mean you have to swallow handfuls of pills to get any benefits.

How Does Your Fish Oil Supplement Stack Up?

The best way to discover how much omega-3 is available in your fish oil supplement is to look at the EPA and DHA levels listed in the supplement facts.

If you don't have your omega-3 product handy, we've done the work for you by calculating the number of servings necessary to get 2000-3000 mg EPA/DHA in different supplement categories. Keep in mind that specific products will vary depending on the brand and source of the oil. *See chart below*

If you can't imagine swallowing all those pills, you're not alone. That's why alternatives to capsules – like fresh liquid fish oil – exist.

Do I Need to Take a Fish Oil Supplement?

The amount of omega-3s a person needs varies depending on diet, lifestyle, age, genetics, and health condition. One thing is certain, however: Most of us need more omega-3s than we think we do.

In the United States, an estimated 95% of Americans do not have optimal omega-3 levels. Even in surveys of omega-3 supplement users, only 19% of participants achieved adequate omega-3 scores.

If you think you already consume enough omega-3s, a simple omega-3 index blood test can provide the answer.

Feeling the Difference

Increasing your intake of omega-3 fatty acids is a wonderful way to improve your health. If you're hoping to experience noteworthy results, however, pay attention to the dose. It makes all the difference!

This article was abbreviated from a longer version published on omega3innovations.com. For the full text, visit:

<https://omega3innovations.com/blog/how-much-omega-3-fish-oil-daily-will-produce-results/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



Call us at 941.485.4400
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Product Type	Dose Per Unit	Servings to Achieve 2000 - 3000 mg EPA/DHA Dose
Regular fish oil capsule	~ 300 mg EPA/DHA	7 – 10 capsules
Concentrated fish oil capsule	~ 600 mg EPA/DHA	3 – 5 capsules
Krill oil capsule	~75 mg EPA/DHA	27 – 40 capsules
Teaspoon of cod liver oil	~1000 mg EPA/DHA	2-3 teaspoons
Serving of wild salmon	~ 2000 - 3000 mg EPA/DHA	6 oz fillet

Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

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

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

What he is saying in these passages is that we need to understand that life isn't about things. Contentment means this: I don't need more in order to be happy.

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

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

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

If you find yourself making statements like this:



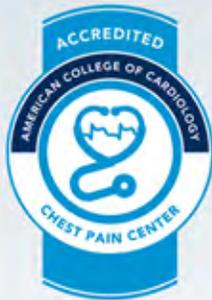
- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

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

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



Tim Neptune is the lead pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit www.venturenaples.com.



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