

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

Health & Wellness[®] MAGAZINE

March 2021

Lee Edition - Monthly

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f t **FREE**

Whole-Body Nutrition

is Critical for Optimal Health

Kidney Cancer

Are You at Risk?

Golfers:

Don't be Handicapped with Foot Pain

Diet & Heart Health

Campo Felice

Elite Dining That Residents Love

Colonoscopies Save Lives.



WE ARE VAIN ABOUT OUR VEINS



MEET OUR DOCTORS:

*Johan Escribano, MD, RPVI, Matthew Sanders, MD, RPVI,
Abraham Sadighi, MD, FACS and Michael L. Novotney, MD, FACS*



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

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TESTIMONY:

Over the last several years I noticed my weight kept creeping up slowly until I was 20 lbs heavier than I should be. I knew this was common with most of my patients at my age, but I was never happy with the fad diets being promoted daily on TV. When I saw the "before" picture that was taken by my daughter a couple of years ago, I really felt I had to do something about the belly fat. Fortunately, a colleague from North Carolina told me about the Ultimate Light Therapy procedure. I had already started to exercise and cut back on the late night snacks, but wasn't making the progress that I wanted with getting rid of the belly roll and saddlebags. My wife and I used this therapy and within one month, I noticed a significant change in inches around my waist and hips. My wife liked the change in her upper back and the face lift reduced a slight double chin and wrinkles beside her eyes. I went from a tight size 38 waist to my present comfortable 34 inches! Once I saw the difference it made for my wife and myself, I started to mention it to my patients. I will not endorse any procedure until I have experienced it personally. It has now been over 2 years that I have remained at this weight and size. I did put a couple of pounds on during the last Christmas holidays, so I used the therapy twice to get me back on track.

We have now used the Ultimate Light Therapy on over 120 people with great results. If you are serious about getting rid of extra weight and problem areas like your belly, saddlebags, thighs, arms and facial wrinkles and double chin, give me a call to schedule a free consultation and I can show you how you can get similar results and feel good about your shape! ~ Dr. Larry Johnson

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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

Urology Experts



DR. MIRANDA-SOUSA and the rest of our highly-equipped staff members are always available to help address your urological concerns. When you visit Urology Experts, you'll find an open and welcoming environment where you'll be met by a team who is dedicated to providing individually catered care for each patient's unique needs. We take pride in our urological experience and expertise, and are skilled in diagnosing numerous urological symptoms, from simple to complex. Peruse our website and learn more about our excellence in both the services we offer and our level of skill. We look forward to giving you the best care possible.

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TRUST YOUR EYES

TO OUR U.S. MILITARY VETERANS

Dr. Elmquist, Dr. Wagner and Dr. Eccles-Brown



From left: Nina Burt, O.D.; Sarah Eccles-Brown, M.D.; Kate Wagner, O.D.; E. Trevor Elmquist, D.O.; Yasaira Rodriguez, M.D.



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KIDNEY CANCER: Are You at Risk?

By Neetu Malhotra, MD

The kidneys are a major part of our detoxifying system. These two small bean-shaped organs clean the blood and filter waste products and toxins from the body through the urine. Kidney cancer is one of the ten most prevalent cancers. The lifetime risk for developing kidney cancer is about 1 in 46 in men and 1 in 82 in women.¹

The symptoms of kidney cancer often go unnoticed or don't begin to show until the tumor(s) has grown. However, some of the key indicators are as follows:

- Blood in the urine
- Fatigue
- Loss of appetite
- Weight loss
- Fever or infection
- Swollen abdomen
- Lump on the side of the abdomen (with or without pain)
- Anemia
- Swollen legs and ankles
- Chronic inflammation
- High blood pressure
- Shortness of breath

If you have symptoms or your physician finds a lump during a physical examination, they will order diagnostic testing such as a renal arteriogram, MRI, CT Scan, blood and urine analysis, and a needle biopsy may be necessary.

There are some increased risk factors, which make some individuals more susceptible to renal cancer. The risks factors included:

- Being over the age of 40
- Being male
- Being black
- Smoking
- Obese
- Overuse of NSAIDs and other prescription medications
- Family History
- Chemical Exposures
- Kidney disease

Most kidney cancer appears first in the tubules of the kidneys. When the malignant cells form a tumor(s) the growth rate is typically slow, so the

likelihood of an early diagnosis is increased, and the treatment can usually be performed before the tumor has metastasized into any other organs.

Treatment

Depending on the stage and size of the tumor(s), your physician will develop a specific treatment plan tailored to your needs.

Typically, performing a nephrectomy treats kidney cancer. There are three main types of this surgical option. The first is a Partial nephrectomy, which removes the tumor and some of the surrounding tissue. The second is a Simple nephrectomy, which removes the entire kidney, and the third treatment method is a Radical nephrectomy, which removes the kidney, adrenal glands, lymph nodes, and any questionable surrounding tissue margins. These procedures can usually be done laparoscopically. Some patients may also require radiation or chemotherapy treatments.

Associates in Nephrology

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

Chronic Kidney Disease Program

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

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

Source:

1. https://www.nftr.org/cancer-types/kidney-cancer/?gclid=CjwKCAIAYc2BBhAaEiwA44-wW9qTM7gXbIKsBU1ldxNN-rM70KwmG3i43bZni6h175MIIQCzwNsKORoCE5QQAvD_Bwe

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

Services Provided

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

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

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

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March is Colorectal Cancer Awareness Month.

Colorectal cancer continues to be one of the top three most commonly diagnosed cancers and affects men and women equally according to the National Cancer Institute. One in nineteen people will have this diagnosis during their lifetime. Early detection with screening colonoscopy has been a key part of prevention which has led to a steady decline in cancer related deaths over the past 30 years.

COVID-19 has certainly had an effect on these gains due to the decline of in-person doctor visits and patients' uncertainty about maintaining their normal health screening examinations. Based on comparisons from 2019, screening efforts for colorectal cancer have declined by 86% in 2020. This is very concerning because we estimate that this decrease in screening could lead to over 4,000 unnecessary colon cancer deaths.

Colonoscopy is still the only procedure available to actually prevent colon cancer. It does this by finding and removing precancerous polyps before they grow into colon cancer. Polyps are small growths found in at least 25% of patients. You wouldn't know if you had any, because usually they don't give you any symptoms.

While the previous age of screening for average risk individuals used to be age 50, it is now advised by the American Cancer Society to begin screening at the age of 45. For patients who are considered high risk, such as those with a family history of colon cancer, screening begins at age 40 or even earlier.

If you have received a notice from your gastroenterologist or your colorectal surgeon reminding you that it is time for your colonoscopy, don't let COVID delays put you at increased risk for developing colorectal cancer. While colorectal cancer can be treated, early prevention by way of screening colonoscopy continues to be the key to success!



Left to right: Dr. Nagesh Rovipati, Dr. Jeff Neale, Dr. Valerie Dyke, Dr. Janette Gaw, Dr. Fia Yi - Board Certified Colorectal Surgeons



The Colorectal Institute
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Radiation therapy for colorectal cancer

Radiation therapy uses high-energy x-rays to destroy cancer cells. Radiation may be used to treat many types of cancer, and this includes colorectal cancer. Colon cancer is typically treated with surgery and chemotherapy, but postoperative radiation therapy is an option in some patients if it is thought that some of the cancer had been left behind.

For patients with rectal cancer, most patients are treated with preoperative chemotherapy in conjunction with radiation therapy. The goal is for this up-front chemoradiation to reduce the size of the rectal tumor, which will enable a smaller surgery and decrease the likelihood for a permanent colostomy, and this has an obvious impact on quality of life.



Timothy Kerwin, MD
Physician, Radiation Oncologist

Another goal of radiation in these patients is to kill the cancer cells that may be in the lymph nodes within the pelvis. This strategy improves cure rates and decreases the chance for the cancer to spread or recur.

There are some patients who unfortunately have incurable colorectal cancer. In these patients who have had their cancer spread or metastasize, radiation therapy may be considered to eradicate these pockets of disease. For other patients with advanced disease who are too frail for curative treatment, radiation may be used to shrink the tumor or stop internal bleeding.

Regardless of the context in which radiation is used, your radiation oncology team will utilize state-of-the-art technology to maximize cure rates while minimizing side effects.

For more information, call (239) 593-3030 or visit genesiscare.com/USA.



SAVE YOUR VISION AS YOU AGE

The effects of aging are not limited to wrinkles and gray hairs. Changes in eyesight are also common as we grow older, often leading to eye conditions including cataracts, glaucoma and age-related macular degeneration.

March is Save Your Vision Month, a timely reminder of why we must take a proactive approach to our vision as we advance in years.

“Your vision is one of the first senses you may notice changing as you get older,” said Dr. Sarah Eccles-Brown, board-certified ophthalmologist and partner at Elmquist Eye Group. “The good news is that most normal age-related eye changes should not stop you from being active well into your golden years.”

The most common age-related vision changes generally become evident between ages 41 to 60 and include the need for more light, difficulty reading and doing close work, problems with glare and reduced tear production.

The most important thing you can do for your eyes is to get an annual eye exam, especially once you turn 40. Regular comprehensive eye exams play a critical role in eye health, even if there are no noticeable vision problems. Exams allow your eye doctor to monitor, detect and treat developing eye conditions before permanent damage occurs.

“This is the only way to find some common eye diseases that have no early signs or symptoms,” Eccles-Brown added. “Early detection and treatment are key to saving sight.”

Common age-related eye conditions include:

- **Cataracts** – Clouding of the normally clear lens of the eye, making things look blurry, hazy or less colorful.
- **Age-related macular degeneration** – The leading cause of irreversible vision loss among the elderly, causing loss of central vision.
- **Glaucoma** – A disease of the optic nerve, commonly associated with high eye pressures.

Early detection and diagnosis are most important in preventing loss of vision. In some cases, symptoms can be managed with lifestyle changes and medication. In more advanced cases, surgery may be necessary.



Cataract surgery involves removing the eye’s natural lens, which has become cloudy and formed a cataract, and replacing it with an artificial lens implant. If you need cataract surgery, there are a variety of intraocular lenses available to correct your vision, ranging from traditional single vision to presbyopia-correcting lenses that can expand your range of clear vision with a reduced need for eyeglasses. Additionally, minimally invasive glaucoma procedures can also be performed in conjunction with cataract surgery, such as the iStent inject® and Kahook Dual Blade® to lower eye pressure.

What about the visible signs of aging?

Over time, the skin and muscles of your eyelids lose their elasticity and sag. Beyond the cosmetic impact, these changes can also result in impaired vision as they begin to block peripheral vision.

“While aging eyelids typically result in cosmetic concerns for patients, treatment may be required when the field of vision becomes obstructed,” said Dr. Yasaira Rodriguez, an ophthalmologist for Elmquist Eye Group who specializes in cosmetic and surgical eye procedures. “Surgical and non-surgical eyelid treatments can help correct sagging eyelids as well as restore a more rested and youthful appearance.”

For those plagued with undereye bags and droopy lids, an eyelid surgery called blepharoplasty can enhance the positioning of upper eyelids by removing loose skin and excess fat. This restores the eyelid’s natural contour while restoring peripheral vision.

Non-surgical cosmetic procedures like dermal fillers and neurotoxins also offer a safe and effective way to reverse visible signs of aging. Cosmetic procedures can help improve the appearance of fine lines and wrinkles, poor skin texture and lost facial volume. These procedures are minimally invasive with a short recovery time.

There are risks associated with any medical procedure. An ophthalmologist specializing in these procedures can help you determine the best course of treatment for your individual needs.

You can take steps now – and throughout your life – to protect your vision. Healthy habits and regular eye exams can help maintain vision as you age.

“You won’t get another pair of eyes,” Rodriguez added. “Take a proactive approach now to help preserve your vision for the future.”

You must care for your eyes now to save your vision for years to come. Make an appointment with your eye doctor today.

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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Do You Have Varicose Veins or Venous Insufficiency?

Vascular & Vein Center at Gulfcoast Surgeons Provides Advanced Procedures that Offer Optimal Results

At Vascular & Vein Center, vein stripping and other surgical, often painful procedures with considerable downtime are a thing of the past. With advanced procedures like VNUS® Closure and Endovenous Laser Ablation to treat varicose veins, our innovative, minimally invasive treatments provide a conservative approach and optimal outcomes.

The VNUS Closure Procedure

The VNUS® Closure procedure is a treatment for varicose veins. The procedure brings advanced technology to an age-old disease. We perform the Closure® procedure on an outpatient basis. Using ultrasound, we position the Closure® catheter into the diseased vein through a small opening in the skin.

The tiny catheter delivers radiofrequency (RF) energy to the vein wall. As we deliver the RF energy and withdraw the catheter, the vein wall heats up. This causes the collagen in the wall to shrink and close the vein. Once we close the varicose vein, blood reroutes to other healthy veins.

Following the procedure, we place a simple bandage over the insertion site, and we may provide additional compression to aid recovery. We encourage you to walk and to refrain from extended standing or strenuous activities for a period of time.

Patients who undergo the VNUS® Closure procedure typically resume normal activities within a day.

VenaSeal™ Closure System

The VenaSeal™ closure system treats venous reflux disease in the lower extremities. This procedure uses an adhesive to seal the diseased vein.

It is the only non-thermal, non-tumescent, non-sclerosant procedure approved for use in the U.S. that uses an advanced formulated medical adhesive that seals the vein.

During the procedure, we attach a catheter to the VenaSeal closure system dispensing gun. We insert the catheter into the diseased vein under ultrasound guidance.

We will conduct a series of trigger pulls to deliver the medical adhesive in specific areas of the vein. This will effectively seal the vein, and the body will reroute blood flow to healthy veins.

This procedure should minimize your discomfort and reduce your recovery time. After the procedure, we will place a small bandage over the access site. You should be able to quickly return to normal activities. Additionally, patients report minimal bruising after the procedure.

Three clinical studies determined this treatment is effective, with proven safety and high closure rates.

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

Vascular & Vein Center at Gulfcoast Surgeons

The Vascular and Vein Center at Gulfcoast Surgeons is one of the first and most respected vein clinics in Southwest Florida. Their surgeons, Dr. Abraham Sadighi, Dr. Michael Novotney, Dr. Johan Escribano, and Dr. Matthew Sanders have performed thousands of vascular and vein surgeries over the past 28 years.

Their 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.

Call the Vascular & Vein Center at Gulfcoast Surgeons today at (239) 344-7061 to make an appointment with a vascular surgeon who specializes in arteries and veins.



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VARICOSE VEINS	CHRONIC VENOUS INSUFFICIENCY		
Bulging veins	Leg swelling	Skin color and texture changes	Venous ulcers
			

Telemedicine for Treatment of Anxiety and Depression During the COVID-19 Pandemic

As a mental health provider, I have recently been involved in much discussion about the mental health effects of COVID-19 infection. Patients often discuss the anxiety and depression associated with the fear of contracting the disease or the isolation necessary after becoming exposed or infected with COVID-19. A report from a Centers for Disease Control and Prevention poll showed that 41% of respondents have faced mental health challenges related to COVID-19. Additionally, the poll showed that 31% of respondents were experiencing anxiety or depression symptoms. Another thirteen percent said they had started or increased substance use and 26% were experiencing trauma or stress-related disorder symptoms. Eleven percent of respondents said they had seriously considered suicide in 30 days prior to the survey.

While COVID-19 is causing widespread anxiety and depression throughout the United States it is even more devastating to those individuals already suffering from these mental health disorders. As a provider who cares for these individuals, I must ask myself what I can do to improve the health of my patients.

Fortunately, there are innovative ways to connect these patients with their psychiatric care providers. In these unprecedented times, many psychiatrists are offering to treat patients via telehealth or telemedicine. Specifically, this allows patients to meet with their psychiatrist from the comfort of their homes using only a smartphone, computer or tablet. We at Affiliated Medical Group (AMG) have been utilizing this technique for several years and have the capacity to ensure that our patients can easily adapt to this form of medical visit.

The overwhelming spread and size of the COVID-19 pandemic has prompted the majority of insurance plans to accept telehealth as a viable option to patient visits. Just check with your plan in advance to see if this type of visit is covered or call us and our staff will be glad to assist you with the process. The State of Florida has been overwhelmingly supportive of the use of telemedicine and has encouraged providers and patients alike to engage in this form of medical care. Affiliated Medical Group's experienced providers and staff can assure you that your visit will result a quality outcome that is inclusive of the same type of care that you would receive if you visited one of our office locations.



Additionally, your provider will utilize a secure HIPAA-compliant platform to conduct the telehealth session and you can be assured you that your health information is fully protected.

Patients who suffer from anxiety disorders may experience intense and excessive worry and fear about everyday situations. And COVID-19 may significantly increase these patient's level of discomfort and worry. Fear of the unknown and uncertainty over how long we will have to resort to limiting our daily lives, fear of contracting the coronavirus or even worry about how this will affect one's financial situation are legitimate concerns. These concerns affect everyone but may create unhealthy anxiety for many people. We urge people to not leave these feelings untreated as they may significantly undermine overall health. Providers understand your anxiety and can offer you many different ways to cope with these issues. There are highly effective medications to deal with anxiety and your psychiatrist can craft a medication regimen that effectively works for your individual needs.

Additionally, the continued social distancing and isolation created by the pandemic have heightened the depression of many people. The 24/7 barrage of devastating stories related to the pandemic have no doubt created additional depression for many Floridians. Those already suffering from a depressive disorder may find that their current medications are no longer effective and need to adjust their current medications. Affiliated Medical Group providers can assist you with this problem from the comfort of your own home via our telemedicine visits. We encourage you to virtually visit us and let us help you better deal with the depressive effects of the pandemic. Again, there are numerous medications that are available for the treatment of depression so that no one should suffer from the debilitating effects of the disease.

Furthermore, it is important that we recognize that adults are not the only ones experiencing mental health issues as a result of COVID-19. Children's lives have been disrupted in many ways, from home schooling to decreased physical and social activities. These changes can be terribly upsetting to children and need to be adequately addressed by parents and at times a mental health professional. We have seen the additional issues created for these children and our experience allows us to be in a position to help them and their parents. Telemedicine can be extremely effective in assisting children as they do not need to leave the "safe" confines of their home to go to a doctor's office. Telehealth has proven to be a very effective method of ensuring care for children.

There is no doubt that the COVID-19 pandemic has heightened the levels of anxiety and depression in individuals throughout America and the World. As medical professionals and government officials have encouraged people to stay at home in order to prevent the spread, the question to be asked is how to receive treatment for mental health services. Telemedicine is the solution and it offers people the opportunity to receive treatment from the comfort and safety of home. Now is the time to embrace your own health and to embrace a new mechanism for treatment. Do not let the COVID-19 pandemic decimate your mental health, utilize telehealth to allow your psychiatric provider to ensure you receive the care you need during difficult times. As the pandemic lessens its grip on all of us, we will be supporting the return to the office for some patients but for now embrace telemedicine and stay well.



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Golfers: Don't be handicapped with foot pain

Fort Myers foot and ankle surgeon shares advice

As millions of avid golfers get ready for another season of pars and bogeys, they should be aware of potentially serious foot problems that can result from years of playing the game.

Although golf is not considered a rigorous sport, the physical act of repeatedly swinging a golf club in practice and on the links can lead to a condition known as hallux limitus, a jamming and deterioration of the big toe joint. The movement and weight transfer that occur during the swing's follow through can cause this problem and other chronic foot ailments.

When golfers follow through on their swing, they can overextend the big toe joint on the back foot. Those who have played the game avidly for several years eventually can wear out the cartilage or jam the big toe joint. The likely outcome, if left untreated, is painful arthritis in the big toe, which would make it very difficult to continue playing golf. Golfers who have pain and swelling around the big toe joint or have less mobility in this area than other parts of the foot should visit a foot and ankle surgeon for an examination and appropriate treatment. A history of trauma to the big toe area and bone structure also can precipitate the condition. Individuals with a long first metatarsal bone (big toe), for example, are more susceptible to joint compression and hallux limitus.



If golfers experience pain in the big toe area when playing, they should consider it a warning sign that intervention is necessary before the joint becomes arthritic. In most situations, orthotics can be prescribed to provide relief, but others with advanced cases may require surgery.

Commonly associated with golfing is tendinitis. Overuse of the tendon responsible for stabilizing your big toe can cause inflammation and eventual weakening or rupture. Treatment for tendinitis can take you away from golfing for a few weeks.

Another foot problem that is common in golfers is a neuroma or pinched nerve at the bottom of the foot. The weight transfer to the front foot that occurs in the follow through applies pressure that, over time, can cause a pinched nerve.

I also advises golfers not to wear shoes that have a spike located directly beneath the ball of the foot. The pressure from that single spike, magnified by the several thousand steps taken during an average round, can cause intense pain and swelling in the ball of the foot, known as metatarsalgia. Any pair of golf shoes can be made more foot friendly without sacrificing traction by removing the poorly located spikes.

Heel pain, known as plantar fasciitis, is also seen in golfers. As the sport is not as vigorous, most individuals do not "warm up" or stretch. Add on lack of supportive shoe gear, and we are begging to have heel pain.

All of these concerns can be addressed with appropriate shoe gear or orthotics. Come in today to discuss the mechanics of your feet and how custom inserts would benefit you. To learn more contact your local foot and ankle doctor.

Sahiba Singh
DPM, AACFAS

For more information, you may contact Dr. Sahiba Singh at Family Foot & Leg Center at (239) 430-3668. Family Foot & Leg Center has 8 locations throughout Collier, Lee, & Charlotte Counties to quickly resolve all your foot and ankle problems.



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CAMPO FELICE: ELITE DINING THAT RESIDENTS LOVE

INSIGHT FROM CAMPO'S DISTINGUISHED CHEF

We caught up with Charles Currao, Campo Felice's distinguished chef, to find out more about the culinary choices, prime, fresh ingredients, and variety he brings to the dining experience at Campo Felice.

Chef Currao explained, "Campo Felice is a unique place for seniors to enjoy their independent lifestyle. We take great pride in our cuisine and offer the best dining in the area. I've been a chef for over 25 years and have worked in some prestigious, high-end resorts and food service destinations. I've spent the last decade in senior living communities, and here at Campo Felice, we do things differently.

"We run our dining rooms and eateries as high-quality restaurants, and our residents enjoy the variety and quality of our menu options. In our main dining room, *Francesca's*, we update our 2-page menu nightly to include specials, favorites, various entrée salads, and multiple options for those with specific dietary needs. Typically, we have seven specials varying from vegetarian dishes, to sandwiches and seasonal fare. We also offer our "Always Available" meals, like filet mignon, herbed salmon, and rack of lamb, to name a few. Our selection of soups and salads, and various sides serve as the perfect complement to each meal.

"Not only do we focus on making each and every one of our options delicious, but we also keep in mind that our meals need to be nutrient-dense and healthy.

Therefore, we only use fresh fruits and vegetables, never frozen or pre-packaged. We get our local, fresh seafood delivered from Captain Jerry's, as well as farm-fresh eggs and meats."

"I visit with residents in the dining area nightly, and what I hear most is that the food is beyond their expectations. They love that they can eat upscale menu options in our beautiful dining room on a daily basis. We're located right on the river, and every seat has a water view."

"When residents come to us from another senior living community, they commonly comment on how different Campo Felice is - more comfortable and luxurious in comparison to their previous home - as well as how impressed they are by the delicious, varied and superior dining experience."

"In addition to our main dining room, *Francesca's*, we also have *Barneys*, our Italian restaurant that offers brick oven pizza, Stromboli, and other traditional Italian foods. We also have a *Bistro* that offers soups, entrée salads, and lighter fare, and we have a full bar specializing in amazing cocktails and lite bites like burgers, mozzarella sticks, chips, dips and more. Takeout is always available and can be delivered to the resident's apartment. I also ask residents for suggestions and menu ideas. Some will give us their favorite recipes, and we try to incorporate those into the menu."

"Here at Campo Felice, breakfast and dinner are included, so many residents choose to eat a big breakfast and an earlier dinner, or they might choose to have a light lunch on-site or out on the town with friends or family. Our location is prime and is what draws many residents to choose Campo Felice as their home."

"We offer resort-style living with high-end amenities, like a pool, a full calendar of special events, and exercise classes. Housekeeping and valet services are included as well, and, as I mentioned, the location is key."

A sample of Some of Campo Felice's Menu Options Include:

Campo Felice Specialties

Grilled Filet Mignon

Our signature steak grilled to perfection served with sautéed mushrooms and demi-glace.

Coconut Shrimp

Jumbo shrimp lightly coconut battered and served with tangy sweet & sour sauce.

Fresh Filet of Lemon Herb Salmon

Our favorite grilled fresh salmon garnished with lemon dill sauce.

Herb Marinated Lamb Lollipops

Marinated bone-in lamb chops grilled over open flame. Served with mint jelly.

Weekly Features

Shrimp & Scallop Scampi

Served over rice pilaf

Grilled Pork Porterhouse Chop

Marinated in teriyaki, honey & garlic and grilled to perfection

Chicken Cordon Bleu

Stuffed with ham and cheese, supreme sauce

Eggplant Parmesan

Breaded eggplant layered with marinara sauce & three cheeses

Roast Turkey BLT Wrap

Tomato, lettuce, bacon and pesto mayo in tortilla wrap

Grilled Ahi Tuna Salad

*Served on mixed greens, bok choy, tomato, bell pepper and carrots
Served with sesame ginger dressing*



When it comes to luxury and service, countless residents and their families agree that Campo Felice is the leader in setting standards and creating senior living spaces that are far above the rest.

Bid your worries goodbye and make carefree your new favorite word at Campo Felice!

Translated to “happy fields” in Italian, our Active 55+, resort-style rental community boasts an incredible location in the Historic River District area of downtown Fort Myers, a fine selection of luxurious amenities and splendid one and two-bedroom apartments—all in one ultra-modern, high-rise building.

Enjoy a resort-inspired living experience unlike anywhere else! Some of our highlights include 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, complimentary breakfast, valet parking and a SUN® Program calendar full of events, to name a few. Each of our open-concept units incorporates premium finishes like granite countertops, stainless steel appliances, washer/dryer sets, ample natural sunlight, porcelain wood grain tile floors, as well as jaw-dropping skyline and river views.

Community Amenities

- Covered Parking
- 2,200 sq. ft. Fitness Center
- SUN® Program Full Calendar of Events
- 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

Live the full Campo Felice experience by taking advantage of our luxury amenities! At our Active 55+ resort-inspired 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 you’re on a never-ending vacation.

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Colonoscopies Save Lives: Are there Viable Alternatives?

When it comes to colorectal cancer, early diagnosis is critical because colon polyps go unnoticed most of the time. Polyps are cell growths on the lining of the colon or large intestine. If you have them, it's best to have them removed. Polyps don't turn cancerous in every case, but your risk of developing cancer increases with the type, number and size of colon polyps you have.

Colon polyps affect upwards of 200,000 people a year. Colon cancer is the third most common type of cancer in the United States. If caught early on, it can easily be treated. Typically, there are little to no signs or symptoms of colon polyps, so it's essential to have screenings on a regular basis. In 2018, the American Cancer Society updated screening guideline recommendations for persons at average risk to begin colon cancer screening at age 45. The previous recommendation was age 50.

Due to the preparation and the perceived reputation of the procedure, many people put off having a colonoscopy, but this is detrimental. It's imperative to be screened for colorectal polyps. If you're considering or currently rely on at home tests that you mail into a lab to check a sample of your stool, these have an extremely high false positive rate.

There is Another Way.

Virtual Colonoscopy

A virtual colonoscopy is a CT scan of the colon without the need for anesthesia or a colonoscope. A virtual colonoscopy captures intricate images of the colon lining and will show polyps or any irregularities. This test is highly accurate at finding polyps.

Procedure Details

A virtual colonoscopy procedure requires the same oral preparations as a traditional colonoscopy to clear stool from the colon. The procedure will begin by having air introduced into the colon through a small enema tip. This allows distention of the colon to enable the CT scanner to take detailed 3D images. The procedure requires you to lie comfortably on the scanning table first on your back and then on your stomach. The test takes approximately 15 to 20 minutes.

To speak with a Virtual Colonoscopy representative at Radiology Regional Center, call Monday-Friday 8:00 a.m. to 5:00 p.m. EST, 239.931.6399.

Accuracy of a Virtual Colonoscopy

Recent medical research, including studies published in the New England Journal of Medicine, suggest that Virtual Colonoscopy is nearly as accurate as the conventional Colonoscopy screening in detecting significant polyps. Researchers from the National CT Colonography Trial gathered results from 15 different medical facilities that showed that virtual colonoscopy was able to detect 90% of polyps 10 millimeters or more in diameter. That's the same accuracy reported for colonoscopy itself in other studies. Colonoscopy is, however, able to detect much smaller polyps.¹

Results

After your exam, a board-certified radiologist will review your CT images. As with other procedures offered at Radiology Regional, confidential reports will be generated and mailed to you within 3 business days. In the event of a positive test, the report will be sent to your referring physician at your request.

What if Polyps are Detected?

If the radiologist sees one or more polyps, you will be instructed to schedule a visit with a gastroenterologist that will perform a colonoscopy. During the colonoscopy, the polyps will be removed and tested for cancer. In some cases a sigmoidoscopy may be recommended.

Why should I go to Radiology Regional for this exam?

Radiology Regional has been providing high-quality diagnostic services in Southwest Florida for 50 years. The Center is owned and operated by an innovative and devoted group of board-certified radiologists educated at distinguished institutions such as Duke, Harvard and Mount Sinai. The skills required to interpret virtual studies are different from those required for conventional Colonoscopy. Virtual Colonoscopy requires a radiologist trained in reconstructing and interpreting the images from the CT scanner.

How much does a Virtual Colonoscopy cost and is it covered by insurance?

We are currently offering the Virtual Colonoscopy health screening at an introductory price of \$490. Since the Virtual Colonoscopy is a screening exam, it's not covered by Medicare or private insurance. Full payment is required at the time of service.

Source:

1. <https://www.cancer.gov/types/colorectal/research/virtual-colonoscopy-results-qa>

Why Radiology Regional?

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

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/IAC 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.

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Do You Have A Weakened or Tight Pelvic Floor?

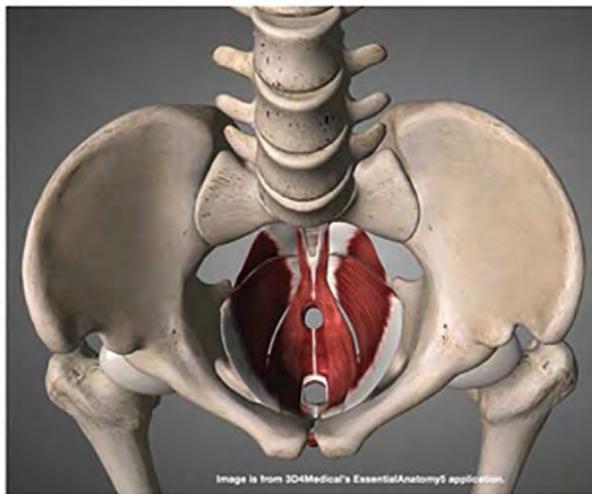
What You Should Know

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

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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Healing Injuries With The Integrative Approach: Combining Nutrition, Exercise and Regenerative Medicine to Help You Heal!

Dr. Sebastian Klisiewicz, D.O.

Injuries and the resulting chronic pain are unfortunate but common. Often, after an injury, the body is able to heal. At times, adequate healing does not occur, leading to chronic pain and functional impairments. In times like these, the body may need a little help. Commonly prescribed anti-inflammatory and pain medications do not help the healing process and neither do steroid injections. These treatments have unwanted side effects and can actually impair the healing process. Luckily, there are many natural ways to help the body heal. Proper nutrition and exercise are the foundation, while Regenerative Medicine injections are the most effective way to stimulate the healing response.

Healing from an injury requires adequate nutrients to support the immune system. A healthy diet of fruits, vegetables and quality proteins is essential. At times, support from high quality nutritional supplements may also be necessary. Adequate protein is needed to form the building blocks for repair. Muscles, tendons, ligaments and bones are all held together by collagen fibers. Collagen is mostly composed of protein. When the body is healing and rebuilding collagen, protein requirements increase. Unfortunately, protein malnutrition is common even in our modern society.

Most people don't lack in the amount of their carbohydrate intake, but many lack in the quality of their carbohydrates. Complex carbohydrates such as vegetables and fruits are best at maintaining a steady blood sugar level and providing the vitamins and minerals needed for healing. Simple carbs such as breads, cookies and sodas can spike blood sugar levels; this has a negative effect on the immune system and the body's ability to heal. People with chronically elevated blood sugars often have poor wound healing and impaired recovery from surgeries and injuries.

Micronutrients such as vitamins and minerals are also necessary for healing. For example, Vitamin C is needed for proper collagen production and immune system function. The recommended daily amount is about 100mg per day, but when the body is healing from trauma, injury or surgery, the daily requirement may increase to 2000mg. When vitamin C is deficient, healing of wounds, tendons

and bones is impaired and delayed. An array of nutrients such as the B vitamins, vitamin A, magnesium and zinc are all needed in adequate amounts to support proper healing as well.

Proper exercise is also supportive to the healing process and its best when supervised by a licensed physical therapist. Strength training will build muscles around the joints and spine providing protection while flexibility exercises will improve range of motion and blood flow to the area. Gentle mechanical loading of the injured tissue with supervised exercise is also necessary for healing. This stimulates cells to release growth factors and lay down new connective tissue such as bone, tendon and muscle. Without tissue loading, the cells are not activated and the healing may be delayed. On the other hand, excessive loading can damage the tissue and inhibit the healing process.

Exercise also stimulates the body to increase the release of stem cells. Large amount of stem cells are found within the bone marrow, especially in the pelvis. When stimulated, these cells leave the bone marrow and cruise the body looking for areas to heal. At the injury site, they release growth factors and orchestrate the healing process. They can also transform into specific bone, cartilage or muscle cells and do the actual work of tissue rebuilding. A bout of intense exercise significantly increases circulating stem cells, this effect occurs within minutes and can last about 24 hours.

Regenerative Medicine Injections such as Platelet Rich Plasma (aka PRP) and Bone Marrow Stem Cells are the best way to stimulate the healing process. They are like a gift from oneself to heal oneself. PRP is prepared by processing one's blood in a centrifuge in order to concentrate the platelets. Platelets are packed with growth factors, and when injected into the injured area, they kick start the healing process. Bone marrow stem cells are derived from the bone marrow of the pelvis, the best source of live stem cells. On the other hand, research at Cornell University has shown that most of the "bought stem cells" on the market are actually dead cells. Once the Bone Marrow Stem Cells are injected into the injured or degenerated tissue, they orchestrate the healing response and release an array of growth factors for months.

Regenerative Medicine procedures work best when combined with good nutrition and physical therapy. At Integrative Rehab Medicine, we offer advanced Regenerative Medicine combined with the integrative approach. All our procedures are done with ultrasound guidance and performed only by a highly trained medical professional. Our team of clinicians, physical therapists, nurses and dietician work together to optimize each patient's healing potential to help them regain function and improve their quality of life.

DR. SEBASTIAN KLISIEWICZ, D.O.

Board Certified in Physical Medicine
and Rehabilitation

Dr. Sebastian is a leading physiatrist in Estero, Fort Myers and Bonita Springs (Southwest Florida). He is the founder and medical director of Integrative Rehab Medicine in Estero, FL. He combines his extensive knowledge in Regenerative Medicine, Osteopathic musculoskeletal medicine, Physical Rehabilitation and Functional & Natural medicine to create personalized and integrated treatment plans for each patient.

Dr. Sebastian completed his medical studies at the Chicago College of Osteopathic Medicine (CCOM) followed by a residency in Physical Medicine & Rehabilitation (PM&R) at the Medical College of Wisconsin in Milwaukee. After residency, he worked as an Assistant Professor for Loyola University Medical Center in Chicago. In 2014, he moved his family to Southwest Florida to work at Lee Health's Spine Center. In August 2019, Dr. Sebastian opened his private clinic, Integrative Rehab Medicine. Dr. Sebastian has extensive training in prolotherapy, PRP injections and Bone Marrow Stem Cells. During his time in Florida, he further advanced his knowledge in Integrative Medicine through course work with the Institute for Functional Medicine. Since, he has educated doctors and the public on the Integrative approach at numerous medical conferences and community events.



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A CAREER OF SMILES

By Susan Anderson, EdD, RDH



We know the value of a nice smile. A nice smile is a confidence-booster, both personally and professionally. A nice smile can change a person's outlook on life. There's a way for you to help others achieve and maintain that smile. It's a rewarding start to a career in the dental field, with room to grow!

Hodges Connect, an initiative of the Professional Education & Training division at Hodges University, has launched the Foundations of Dental Assisting program designed to give you a strong basis of knowledge and practical skills. During the six weeks, students will learn dental terminology, anatomy, instrument sterilization, communication and patient privacy, appointment scheduling, financial arrangements and inventory maintenance.

Students will also learn how to properly mix and prepare dental impression trays and prepare stone models for diagnostic purposes.

A dental career is a way to help others obtain and/or maintain their smile. When you smile, it's a way to demonstrate friendliness and positive interactions with others. It's natural for people to be drawn to others who are welcoming and seem happy.

There is also a strong connection between oral health and your overall health. With good, oral care, which includes brushing and flossing your teeth daily, and regular visits to your dentist, you can keep mouth bacteria under control. A lack of good oral care can lead to oral infections like gum disease and tooth decay. Studies have shown that gum disease is linked to chronic health problems like diabetes, heart disease and stroke. Poor oral health in pregnant women has been connected to premature births and low birth weight.

Susan Anderson is the dental hygiene program director at Hodges University.



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Shopping for the Best Incontinence Underwear?

There Might be a Better Solution

Do you experience accidental bladder leaks before making it to the restroom? Are you on the search for the best incontinence underwear?

Although incontinence underwear may help conceal leaks you experience or prevent leaking to your clothes, it does not treat your underlying symptoms. If you struggle with bladder control or leaks, this may be a sign that you have overactive bladder.

What is Overactive Bladder?

Overactive bladder is an umbrella term that includes the frequent and urgent need to empty your bladder. One of the most common symptoms of overactive bladder is a sudden urge to urinate, resulting in unintentional urine loss which is referred to as incontinence.

Overactive bladder can affect 1 in 3 people in the United States over the age of 40.^{1,2} Though this bladder control issue may occur more often as people get older, it is not a normal part of aging.

You may be suffering from overactive bladder if:

- **Urgency** - You experience a sudden or compelling need to urinate with inability to hold urine or control it
- **Urgency Incontinence** - You experience an urgent need to urinate and have urinary leakage accidents or trouble holding urine before making it to the restroom
- **Frequency** - You go to the restroom to urinate so often that it disrupts your life—typically 8 or more times a day
- **Nocturia** - You wake up more than 1 time per night because you need to urinate

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

Bladder Institute is now offering Axonics® Therapy, a long-lasting solution that is clinically proven to help regain bladder control and deliver clinically meaningful improvements in quality of life*.

What is Axonics Therapy?

Axonics Therapy is an advanced treatment option that works by providing gentle stimulation to the nerves that control the bladder and bowel, which can help 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!

*50% or greater reduction in symptoms

References:

1. Coyne KS, 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 International*. 2009;(104): 352-360. US Census Reporter <https://censusreporter.org/profiles/01000US-united-states/>
2. Census Reporter website. <https://censusreporter.org/profiles/01000us-united-states/>. Accessed July 19, 2019.
3. Pezzella A, McCreery R, Lane F, et al. Two-year outcomes of the ARTISAN-SNM study for the treatment of urinary urgency incontinence using the Axonics rechargeable sacral neuromodulation system [in press]. *NeuroUrol Urodyn*. 2021.

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/visi. Caution: Federal law (USA) restricts this device to sale and use by, or on the order of, a physician.
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— Tricia M., Patient —

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Whole-Body Nutrition is Critical for Optimal Health

By Dr. Doreen DeStefano, NhD, APRN

Whole-body nutrition is a balance of diet, exercise, limiting stress, sleeping sufficiently, eliminating chemicals and toxins, and supplementing your health with the right nutrients.

Healthy Foods that Feed Your Body

Many foods that contain chemicals, excessive salt, and sugar can cause inflammation to occur in the body. When the body is inflamed, it can exacerbate disease states, and it can also create a great deal of pain, especially in the joints, neck, and spine. If you suffer from chronic pain from migraines, arthritis, or back, to name a few, you should consider changing your diet and exercise program.

For the most part, you should focus your shopping efforts on fresh produce, lean protein like poultry, seafood and eggs, and some dairy. The Mediterranean diet is an exceptional example of what foods you should be eating, which provide essential nutrients for overall health and alleviating inflammation. This diet emphasizes eating plenty of vegetables, fruit, healthy fats, whole grains, and lean protein (especially cold-water fish) while avoiding excess salt, sugar, simple carbs, and saturated fats. Eating this way is thought to prevent inflammation and alleviate pain by proving the heart, brain, and entire body with antioxidants, and the good fats that it needs to function properly. Excessive sugar, simple carbohydrates, processed foods, and chemicals are known to cause inflammation and degeneration.

When you shop, check the labels on your food, and if you are buying processed, convenient foods, invest in healthier low-sodium versions. If you're eating at a restaurant, ask for sauces or condiments on the side, and use them sparingly. Also, order steamed vegetables, lean meat, and in general, make wise choices.

Exercise

Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise helps to increase circulation, improves nutrient, and oxygen-rich blood flow and helps you build strength and to lose weight. If you can work out harder, it's extremely beneficial to get your heart rate up daily with cardiovascular exercise. Stretching can also relieve pain.



There have been significant studies on the benefits of water activities for individuals that suffer from chronic pain. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for individuals with pain. The oxygen consumption (VO₂) is three times greater in water than on land. Working large muscle groups leads to this uptake of oxygen or VO₂; however, doing a lot of running and legwork on land increases the risk of injury and puts undue stress on joints at a greater level than with water-based therapy. The point is, get moving!

IV & Chelation Therapy

IV therapy administers high dose vitamins, minerals, amino acids, and other essential nutrients to fight disease, eliminate symptoms, and alleviate associated effects. Many individuals have digestive malfunctions and liver complications that prevent oral medications and supplementations from getting into the bloodstream and to the appropriate cells in the body.

A few examples of IV treatments are Alpha Lipoic Acid, Chelation, Glutathione, High-Dose Vitamin C, Meyer's Cocktail, and Magnesium. These IV treatments help with countless issues from asthma, arthritis, diabetes, cholesterol, hormonal disorders, and so much more. Glutathione is one of the most potent antioxidants and is a master at detoxifying and healing the body.

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

Doreen DeStefano, NhD, APRN

Dr. DeStefano came to Fort Myers in the early 1980's, leaving and coming back again several times until finally settling here in 2001. She has a lifelong background in health and wellness that began in middle school when she started running.

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

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

Learn more about unique and effective therapies with Doreen DeStefano.

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



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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

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To find out more, please contact them today at, 239-230-2021, or email them at info@arhiosa.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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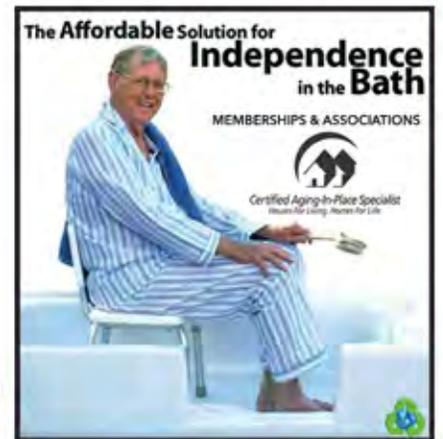
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- Acne: Are They Right for You?
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Featured Article

"The Other Side of Parkinson's Disease"

By Ramon A. Co, MD - Medical Director, Parkinson's Disease Treatment Center at USF Florida

—Parkinson's disease (PD) is traditionally recognized by the motor signs that usually bring the patient to the attention of medical attention: tremor, rigidity, slowness of movements and changes in gait pattern. A second line of, with lesser precision, these patients go on to:



TRITEL CONCIERGE MEDICINE

MEDICAL PRACTICE OF PAUL TRITEL, MD

The rise in membership inquiries that we have received in the past few weeks is a testament to the demand for concierge medicine. It's increasing steadily. Lack of access to quality healthcare has become even more of a concern as people critically assess their exposure to COVID during the peak of the pandemic. While the market for concierge medicine grows in popularity, it's important to understand how unlike a commodity this service really is - determine whether it's right for you - and then how to go about finding the best physician for your needs. Not all concierge practices are created equal.

The benefits of having a concierge physician are many, and most people that have one will retain them for life. Price and value are very different metrics, and as you age, you understand more clearly that *health is wealth*. Ask yourself: how important is my healthcare to me? Then ask yourself: what would it be like if my doctor were not only there for me 24/7, *but also acted as my advocate* in the oft strained interactions between specialists, hospitals, pharmacies and insurance companies?

With concierge medicine, getting an appointment is easy. That appointment is usually an hour (if you need it). It could also be 5 minutes if that's all you need. The emphasis is on YOUR needs.

You should have 24-hour access to your doctor when needed. Your doctor's staff should be able to help coordinate your care every step of the way. Going to your appointment should be a pleasurable experience that you actually look forward to because you will be heard and comprehensively assessed. Early diagnosis and treatment are cornerstones of quality medical care. These typically do not occur with traditional medical care - and you know this because we've all been in a 7-minute doctor's appointment. It's undignified.

There are many different models of concierge medicine. In order to find the practice that best suits your needs, think about what your expectations are and what you really want from your doctor. You have needs, and you deserve to have those needs met. You already know whose needs come first in a traditional medical practice - the doctor's. The business model is: In-and-out as quickly as possible, and treat only the ailment for which that particular doctor is aware of on that particular day.



Improved access is just the beginning. Size also matters.

What is the size of the concierge doctor's panel? Concierge practices should have a "cap" on the number of patients that each doctor has. Practices with small patient panels allow for increased access to care. Our concierge practice has a cap of 300 patients, whereas some practices may have in excess of 1000. If a practice hesitates telling you their cap - that's a huge red flag.

What is the quality of care you will be receiving? Researching a doctor's training, level of experience, and reviews may provide some insight. Recommendations from family and friends have some merit, but it is important to do your own research. Studying their website will provide you basic information such as if they are a member of a group practice, franchise model, or solo practice.

Just as important as having a qualified doctor, it is imperative that you like your doctor. You should have the ability to meet and speak to the doctor directly. Whether it be by teleconference or in person, ask yourself if you see them as someone that you want to spend time and build a personal relationship with. I pride myself on having open, honest relationships with all my patients. It is absolutely critical for providing the highest level of care.

Who does your doctor work for? Whether directly or indirectly, most doctors receive their compensation from Medicare and insurance companies. Our medical practice is opted out of Medicare and insurance companies. The only compensation that we receive is from our patients. This allows us to focus completely on our patients' needs. In this model, you will still use your health insurance for everything except your membership fees. There are benefits and drawbacks to every

model, but at the end of the day, you want no conflicts of interest, and our patients intuit this almost immediately after joining our practice. Most describe it as a "breath of fresh air", as Americans have become accustomed to the traditional, *flawed* model of healthcare in this country.

You should ask your doctor if they bill Medicare or your insurance company in addition to their membership fees. Ask if will you be charged additional fees for your appointments. You should also ask if there are any other fees that you may incur. Ask if your membership has any additional perks such as blood draws in the office so you can avoid going to other labs.

Most all concierge practices have some sort of written membership agreement. I would ask about the details of that agreement - and actually read it and ask questions before you sign. How much is the annual membership fee and does it have to be paid up front? Ask if you have the ability to opt out of the agreement if circumstances change? Are any of the membership fees refundable if you want to leave the medical practice? Protect yourself!

Unfortunately, having health insurance is not the same thing as getting health care. If your health is important to you, then you should consider joining a concierge medical practice. At TCM, we've found that concierge service is just as valuable to young people with kids and busy schedules, as it is to retired people with delicate and complex medical histories. I've heard from friends, family and acquaintances that they "don't need it yet" - and that certainly could be the case. But like almost every medical event, illness or injury, you really never know when you will. But if you have a quality concierge physician, you get what you need *when you need it*, and know that your needs are being met by a true advocate that you can trust - and is a mere phone call away.



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SLIP AND FALL TIPS

By Charles Etgen - Certified Aging in place consultant

Falls are the second leading cause of accidents in the home and account for 8.9 million trips to the emergency room every year. Fortunately, most are preventable. With a few simple changes around the house, you can reduce your risk greatly. According to the National Safety Council there are lots of preventative measures that you can take to reduce your risk of becoming a statistic. Key problem areas include stairs and under lit, wet or cluttered areas.

1. KEEP THAT FLOOR CLEAN AND CLEAR

Clean up messes, spills and debris immediately. Clean up the things that naturally clutter the floor. Newspapers, books, shoes should all be put away. Reduce the clutter and you won't have to tap dance so much.

2. BANISH THE CORDS

Tie up those computer cords and television cords and modem cords and... All those cords can cause a nasty fall. Draw them together and tie them off.

3. NON-SKID AREA

Use throw rugs and a non-skid bottom in areas that can be slippery such as kitchens and bathrooms. Consider putting down a permanent non-skid surface that can't be removed.

4. LET THERE BE LIGHT

Upgrade the lower wattage bulbs to higher ones so you can see where you are stepping. Install night lights along whatever hallways or rooms you may use at night.

5. KEEP A STURDY STEP-STOOL AROUND

in case you need to reach higher shelves. Better yet keep your most used items shoulder height.

6. BATHROOM SAFETY

Most likely the worst room in the house is the bathroom. We have already discussed a few things you can do but what about the tub? That's a big step and for a lot of people a dangerous one. Consider these solutions: You can replace your tub with a walk-in shower or you can opt for a solution growing in popularity called The TubCut™. Here the existing tub is cut and a section is removed. Pieces are fit into place converting your tub into a walk-in shower and can be done in one day with no demolition. A Permanent Non skid surface on the



floor of the tub and a few Safety Grab bars in the tub area as well as by the toilet these installations at the very least should be applied in the bathroom.

"The TubCut™ is custom fitted to each tub and gives a finished look, is weight bearing and reversible," said Paul Echavarria of Access Designs. "We have been installing TubCuts™ for decades and we have dealers throughout out the USA & Canada."

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Barti Contracting, Inc is a contracting firm out of Cape Coral, Florida. We specialize in both commercial and residential from large remodels to new home construction. Ron and Michelle, husband and wife team, started Barti with the hopes of bringing your dream home to life. Whether you need a kitchen upgrade, addition or full remodel, we do it all.

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"Ronnie is meticulous to details and his work is impeccable. I had my master bathroom gutted and am very happy with the results. His wife Michelle was so helpful in organizing the details and keeping me informed when the next steps were going to happen. I am extremely pleased and will have other contracting jobs by this company. They are a fun couple and dedicated to their company."—Kathy K.

"Barti Contracting is a wonderful family run company. Ron and Michelle and their employees are professional, honest and go beyond the norm to accommodate their customers. The quality of their work is of the highest order and this praise comes from a perfectionist. I was so happy with the extensive remodeling of my recently purchased condo. They also accommodated me when I had last minute requests and other projects."—Belle H.

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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.

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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10% THC CAP PROPOSAL

Evidently, the last few years within the Florida cannabis industry have progressed rapidly with proposed changes such as the Smoking amendment that currently allows patients to purchase cannabis for smoking use. Other small victories such as defeating a proposal for recreational cannabis that would have further exacerbated the issue of vertical integration have created quite the storm of optimism among those in the community. But despite these wins, there are other problems surfacing this coming year that could negatively affect both dispensaries and patients.

Rep. Jose Oliva is proposing a hard limit on the percentage of THC allowed in all medical marijuana products; a leap back from the current progression in the program. Cited from a UK study done in the 1950's, Oliva is quoted saying "We're seeing different strains now in Europe that are 100 times stronger, and we're starting to learn that this has some schizophrenic results, especially in young, developing brains." Every year we see similar policies trying to trek its way into senate and undermine Florida's already strict medical program and Florida marijuana cardholders see this as an uphill battle they're willing to fight for. Patients across social media outlets cannot stress enough how much this could negatively affect them as well as the dispensaries revenue. The bottom line is that this proposal will not benefit anybody in the marijuana industry from the patients all the way to the top executives at places like Trulieve.

While these initiatives have not slowed down yet, it is very important to note that most of these laws have not made it past the House and should not be a major concern to current card holders. Despite this, it is important to stay up to date with the current direction of Florida's ballooning marijuana industry although this particular proposal shouldn't worry any medical card holders anytime soon.



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How to Manage the Sandwich Generation in Your Home

It's no secret; today's family caregivers feel the squeeze while caring for family and parents.

A survey of 40 moms, between ages 35 and 54, who care for their family and aging parents, report extreme stress levels, according to an American Psychology Association survey. These family caregivers are stuck in the "sandwich generation," caring for themselves, their kids, and their parents, all at once. The stress of this level can take its toll on relationships with everyone living under the same roof, including themselves.

"If you're a mom or a family member stuck in the sandwich generation, it's vital to realize the importance of not letting stress destroy your family."

"It's not surprising that so many people in that age group are experiencing stress," says psychologist Katherine Nordal, Ph.D., executive director for professional practice, American Psychological Association. "The worry of your parents' health and your children's well-being, as well as the financial concern of putting kids through college and saving for your retirement, is a lot to handle."

If you're a mom or a family member stuck in the sandwich generation, it's vital to realize the importance of not letting stress destroy your family; it's time to learn how to manage stress positively. Often, the way the mother manages stress is used as a model by the rest of the family; modeling healthy stress management is the answer for you and your family to survive the squeeze of the sandwich generation.

Strategies to help manage your stress

Put yourself first

Remember the last time you flew in a plane and the flight attendant demonstrated the oxygen mask? They said, "Put the oxygen mask on yourself before helping others." The same goes for you as you juggle caring for two generations. After all, if you don't take care of yourself, who will?



The best rule to live by while in the sandwich? Take time for yourself. Even if it's just a walk, a swim, or a bike ride, do something for yourself that you enjoy. Eat well and drink plenty of water.

You are just one person; it's OK to feel guilty

You can't handle all the changes and challenges that come with caring for two generations by yourself. Accept that you can't always manage everything and allow yourself time to feel guilty if necessary; most women in this situation feel guilty about not being able to do everything for everyone. (Remember, this is normal, and so are you!)

Communicate with your family

When you have your entire family on the same page, you'll be amazed at how much better you'll feel, and your family will, too. Others may surprise you by how willing they are to help.

The first step is managing everyone's expectations by telling your children that you might not be able to attend all their after-school games or explaining to your parents that your kids' needs come first. You can assign new chores to kids and spouses so that they can help you with the day-to-day management of the household.

"The most important communication you can have is to hold a weekly family meeting."

The most important communication you can have is to hold a weekly family meeting, where members have the opportunity to voice concerns, suggestions, and emotions. By talking openly about the situation rather than hiding from it, your family is more likely to adapt better and help more.

Ask for help from family or others

If you have other siblings or family nearby, it's a terrific idea to reach out to them for support. Ask them to cover for you every week, or whatever will be of the most significant help to you. You'd be surprised at how many friends are willing to lend a hand occasionally, too.

Respite care to the rescue

One of the greatest gifts you can give to someone stuck in the middle of the sandwich generation is to hire an in-home caregiver to help out when needed. A day off will help minimize stress, and it can allow you to be the daughter again! A day or two a week who can not only care for kids and parents, they can help with meal preparation, light housekeeping, laundry, and errands. Having help at home is a proven stress reliever that will make a big difference to your wellbeing.

Take care of yourself while caring for your family. They need you.



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Diet And Heart Health: Making Good Choices Can Be Confusing



When it comes to diet and nutrition, there are countless gurus and influencers claiming they have the best advice, but the truth is, depending on your overall health, some diets are just downright dangerous. If you have any heart or vascular conditions, you need to caution this type of advice and speak to your cardiologist about what's best for you.

For example, many people are jumping on the ketogenic bandwagon, and while it's beneficial for some individuals, it can wreak havoc on the endothelial and arterial walls if done improperly. Saturated fats, processed meats, and dairy might sound delicious, but they can be detrimental to heart health and cause excessive plaque to form in the arteries throughout the body. If you want to limit simple carbs like bread, pasta, chips, and cookies, that's a fantastic idea and can help you maintain a healthy weight and reduce the risk of chronic disease.

There is no one magic diet, but avoiding added sugars, white flour, packaged foods, and snacks is a great way to feel better, increase energy and reduce the risk of diabetes, heart disease, and many other conditions. However, it's not just about what we avoid that's important, but it's also critical to eat a healthy diet the majority of the time.

If you can, increasing your intake of fresh or frozen vegetables and fruits is a great way to increase fiber, phytonutrients, and numerous vitamins into your diet. This will feed your cells and can even help to reduce some of the damage that may have taken place over the years. It's also wise to add in lean proteins. These can be plantbased or animal products, or a combination of both. Things like finfish, shellfish, nuts, seeds, and legumes are an excellent choice to feed and nourish your body.

It's also important not to go FAT-FREE. Yes, you may think all cardiologists favor fat-free diets, but those old ways of thinking are outdated. It's important to avoid most saturated fats, but eating healthy fats is vital for the body to function properly. Foods like olives, avocados, walnuts, and extra virgin olive oil are full of essential nutrients and fatty acids that we need to thrive optimally.

There have been several recent studies on the effects of the Mediterranean Diet and Heart disease. Although the results vary somewhat, in the end, after following patients for several years, those on a Mediterranean style diet, which is rich in plants and fish, and limits sugar, meats, and packaged foods have a significantly less incidence of heart disease. The Mediterranean and similar diets also show that it has the most impact on those with high blood pressure, high lipid counts (cholesterol, triglycerides), diabetes, and obesity.

At Cardiac Care Group, they take your symptoms seriously and are prepared to see you and to discuss your conditions. They specialize in providing a wide range of services that focus on the prevention, prompt diagnosis and state-of-the-art treatment of cardiovascular disease.

Dr. Joseph Freedman MD, MBA



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 as well.

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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.

Tee Off to Wellness by Keeping Your Swing Strong in Spring

While golf has often been considered a low-impact physical activity without great risk for injury, damage to the ankle, knee, hip and wrist can often be caused by this sport. While injuries are common, they are also avoidable if you play it safe. Take the proper measures to keep your swing strong this spring by incorporating exercise techniques that help build your muscles and reduce the likelihood of injury.

Golfer's elbow, known as medical epicondylitis, is among the leading injuries for golfers. This is the inflammation of the tendons that attach your forearm muscles to the end of the arm bone in the elbow area. A tight grip on the golf club and frequent repetitive motions over time can cause the forearm muscles and tendons to become damaged from overuse, resulting in pain and tenderness in the elbow.



You can combat the development of golfer's elbow by incorporating a few precautionary steps into your routine. First and foremost, it is essential to stretch before you begin your day on the golf course, focusing on shoulders, back and legs. Stretching before tee time will help your body to best promote a fluid and full range of motion for your golf swing. Once you have warmed up and stretched, hit the driving range to practice your drive.

One of the most successful ways to avoid developing golfer's elbow is to strengthen the muscles in your forearm and slow your golf swing so that your arm will absorb less shock upon hitting the golf ball. For the best results, try the following exercises from the American Academy of Orthopaedic Surgeons:

- **Squeeze a tennis ball.** Squeezing an old tennis ball for 5 minutes at a time is simple, but do not overdo it. Progressive strengthening avoids recurrent injury.

- **Wrist curls.** Use a lightweight dumbbell. Lower the weight to the end of your fingers, and then curl the weight back into your palm, followed by curling up your wrist to lift the weight an inch or two higher. Perform 10 repetitions with one arm, and then repeat with the other arm.

- **Reverse wrist curls.** Use a lightweight dumbbell. Place your hands in front of you, palm side down. Using your wrist, lift the weight up and down. Hold the arm that you are exercising above your elbow with your other hand in order to limit the motion to your forearm. Perform 10 repetitions with one arm, and then repeat with the other arm.

Incorporate these exercises into your regular routine to ensure that your body is prepared to tee off this spring. Another form of stretching, not mentioned in medical textbooks for the treatment of elbow inflammation is simple swimming. Swimming makes you stretch out the tendon on both sides of your elbows.

Many common sports injuries offer warning signs, such as swelling, reduced range of motion, numbness and tingling, muscle tenderness and joint pain. When caught early, simple treatments such as resting, applying hot or cold compresses and taking over-the-counter pain relievers are often enough to improve the symptoms. If pain persists, more intensive therapies, such as anti-inflammatory medications or injections or physical therapy, may be required to address the issue. Other more serious problems require arthroscopic diagnosis and surgical options may be considered.

If you are experiencing pain caused by a golf or other sports-related injury, make an appointment to speak with orthopedic a specialist. Dr. Edward R. Dupay, Jr. and his staff are ready to answer all of your questions.



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.

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

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MOST BACK AND NECK PAIN CAN BE TREATED WITH A NON-SURGICAL PROCEDURE

By Physicians Rehabilitation

Unfortunately, as we age, back and neck pain due to injury and degeneration tends to become progressively worse and can become chronic if left untreated. Some of the most common reasons for backaches are trauma or sports-related injury, lifting heavy objects, improper spinal posture, poor sleeping posture, ballistic movements, and degenerative disease.

Back Pain and Spinal Injury

The spine is made up of wedges of vertebral bone consisting of sacral, lumbar, thoracic, and cervical vertebrae, as well as vertebral discs, ligaments, tendons, and muscles that attach to the spine. Over 30 nerves run down the entire spinal column. When our backs are injured, the surrounding muscles often contract as they try to protect the spine, but this causes even more discomfort to our bodies. Not only is the back affected with pain, but the arms, legs, and neck may experience permeated pain from the tension, too. Compressed nerves are being impinged by the narrowing of the vertebrae.

Neck/Cervical

The vertebrae of the neck have a natural c-shaped curvature (lordotic), which acts as a shock absorber for the upper extremities. If the curvatures are damaged or deformed from injury or other health conditions, the discs and joints in the neck and cervical spine will be under an excessive amount of force. Any irregularities in the neck can lead to degenerative disc disease, spurs, fusion, and neurological disorders.

The typically recommended treatments for spinal compression are pain medication and surgery, but most patients are reluctant with good reason. Long-term spinal complications and failed back surgeries often lead to unresolved chronic pain, and pain medications are very often addictive; therefore, most individuals are unenthusiastic about taking pain medication prescriptions. Surgery often fails patients and leaves them in chronic pain.

There is a better way; a results-driven solution that doesn't include any drugs or surgery shows favorable results in relieving back pain. For many years the experts at Physicians Rehabilitation have been utilizing a natural therapy for back discomfort called spinal decompression.

The practitioners at Physicians Rehabilitation are Medical Doctors (not chiropractic care providers), which is critical for optimal outcomes.

Spinal Decompression

Spine decompression therapy is a medical technology that gently stretches the spine and decompresses discs. The injured disc is located and gently pulled, creating a vacuum, which allows the disc to be "pulled back in," taking the pressure off the nerve. Spinal decompression therapy treatment is able to reduce the pressure in the disc, allowing fluids and nutrients to re-enter the disc, thus reducing swelling and relieving the pressure on irritated or pinched nerves.

Physicians Rehabilitation doctors are experts in an advanced non-surgical procedure known as VAX-D.

VAX-D is a non-invasive medical technology that stretches the spine and decompresses the spinal discs. VAX-D treatment is able to reduce the pressure within the spinal disc, thereby relieving the stress on inflamed and pinched nerves. In short, VAX-D breaks the cycle of pain caused by bulging and degenerated discs, and other spine-related disorders, by eliminating nerve compression. By removing the cause of back pain, the body is allowed to heal naturally.

VAX-D is a decompression device and achieves the same goal as surgical treatment of the spine, which is to relieve pressure by decompression. VAX-D, therefore, unlike the popular but relatively ineffectual traction device, more precisely addresses the physiology or reason for spinal pain. Although traction devices can stretch the lower back, they have not demonstrated the ability to decompress the lumbar and cervical discs or reduce spinal nerve compression. VAX-D works by reducing the pressure within the discs, not to zero, but to negative levels! No other device has been shown to reduce the disc pressure to these desired negative levels. It is this negative pressure that causes the disc bulging or herniation to decrease in severity. This, in turn, reduces pressure on the spinal nerves, which ultimately leads to less or no pain.

The VAX-D treats the entire spine; however, VAX-D cervical (neck) treatment is designed specifically for neck pain and works in the same way.



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Why VAX-D is the Superior Procedure

VAX-D therapy has been proven safe and effective in numerous clinical studies. Over 3000 patients per day are treated with VAX-D. The other so-called "decompression treatments" simply do not have published clinical trials proving that they can lower intradiscal pressure and result in positive clinical outcomes. VAX-D studies have been published in prominent, respected, reliable, and peer-reviewed medical journals, with all of them showing a marked reduction in pain and a significant increase in activity and mobility.

VAX-D is easy, convenient, and painless. It is non-invasive, so it does not have the pain, risks, and complications that are associated with surgery, injections, and anesthesia. Patients will require an MRI prior to treatment to make sure no other serious conditions are causing their pain. Once treatment commences, many patients experience relief of their pain during the first several treatment sessions, and then a gradual reduction in symptoms as treatment progresses. The treatment duration plan is 15-25 days, while each session takes about 30-40 minutes. It's that easy.

Physicians Rehabilitation

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient. Our clinical care providers are able to employ a wide variety of physical modalities by utilizing state-of-the-art tools.

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.

CALL PHYSICIANS REHABILITATION TODAY!

Invisalign vs Braces: What's the Difference?

By Dr. Ricardo S. Bocanegra, DDS

Both Invisalign braces and the older traditional brace are intended to improve the alignment of your teeth to produce a straighter smile and smile and better oral health. While traditional braces have been used by orthodontists and dentists for decades, Invisalign is a newer concept intended to meet the needs of modern people. Invisalign has pros and cons like any other treatment but these are for the patient to decide upon.

Though there are some similarities between the Invisalign and braces, there are probably more differences.

Here are a few:

- **Clear vs Visible:** While Invisalign aligners are made from see-through BPA-free plastic, which renders them virtually invisible to other people, traditional braces are made from metal wires and elastic bands. This makes them more visible which can cause anxiety for some patients.

- **Convenience:** Invisalign braces can be removed from the mouth whenever necessary though guidelines suggest patients should wear their trays for 20 - 22 hours per day. In contrast, traditional braces cannot be removed as they are stuck to teeth by wires.

- **Treatment Length:** The Invisalign process is substantially shorter than the usual treatment period for traditional braces. Because of how Invisalign works, patients only have to wear the trays for 6 to 18 months whereas traditional braces have an average time of 2 years.



- **Cost:** The baseline cost for Invisalign braces tends to be higher than traditional metal braces, though the upper costs are not significantly different. Ceramic braces are usually more expensive. Speak to one of our dentists for an exact guide to Invisalign cost.

Who is Invisalign Suitable For?

Invisalign is suitable for almost anyone wanting to improve their smile or arrange their teeth in a more orderly fashion.

- **Teens:** The Invisalign can help correct most misalignments in teenagers' teeth. Invisalign braces are ideal for teens because they use clear aligners to achieve a glowing smile and improved dental health. This is particularly useful as teenage years are so often fraught with self-consciousness. With shorter treatment times and easier use, Invisalign is an ideal treatment for teenagers who want that winning smile.

- **Adults:** More and more adults are choosing corrective dental work and taking control over their own health. Invisalign is ideal for adults who want flexibility with their alignment procedure and want to achieve that improved smile without using a highly-visible metal brace.

Patients needing corrective work on their back teeth may not be suitable for Invisalign. To get a professional opinion on the suitability of yourself or a family member for the Invisalign treatment, simply contact our dental office in Fort Myers, FL at 239-482-8806.



Ricardo S. Bocanegra, D.D.S.

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John and Patricia Hoglund
LHAS, BC-HIS, ACA

Crowds will be limited, and masks will be required at the restaurants to keep a **SAFE** environment for learning, so please RSVP as soon as possible if interested. This new research will answer all your questions concerning new treatments for both hearing loss and memory loss... you will be amazed to see how closely these conditions are tied together!

Hearing Loss **DRAMATICALLY** Increases Alzheimer's Disease Risk!

Hearing loss can have much larger consequences than just the frustration of misunderstanding friends and loved ones. A number of studies have come to light showing a **link between hearing loss and dementia**. Specifically, studies out of Johns Hopkins found that hearing loss is associated with accelerated cognitive decline in older adults and that **seniors with hearing loss are significantly more likely to develop dementia** over time than those who retain their hearing. A third Johns Hopkins study revealed a link between hearing loss and accelerated brain tissue loss. The researchers found that for older adults with hearing loss, brain tissue loss happens faster than it does for those with normal hearing. **Some experts believe that interventions, like hearing aids, may delay or prevent dementia**. Brandeis University Professor of Neuroscience, Dr. Arthur Wingfield, has been studying cognitive aging and the relationship between memory and hearing acuity. He says **unaddressed hearing loss not only affects the listener's ability to "hear" the sound accurately, but it also affects higher-level cognitive function**. Specifically, it interferes with the listener's ability to accurately process the auditory information and make sense of it.

How Hearing Loss Affects Cognitive Function

"They say your brain is like a computer", says John **Hoglund of Hoglund Family Hearing and Audiology Center**, "and data gets into your computer through your five senses. The sense of smell, taste, and touch all give us information about the world around us, but most of the data getting into your computer all day every day



comes from our eyes (what we see and read) and our EARS (what we hear). There is a phrase that most people have heard from the computer field that says **garbage in ... garbage out!** We find that the ongoing misinformation and flawed data getting into your computer begins to take its toll and leads to tragic consequences!"

When we have a hearing loss, the connections in the brain that respond to sound become reorganized. **Fortunately, for many people, hearing aids can provide the sound stimulation needed for the brain to restore the normal organization of connections to its "sound center"** so it can more readily react to the sounds that it had been missing and cognitively process them. *We "hear" with our brain, not with our ears.*

"**Even if you have just a mild hearing loss that is not being treated, cognitive load increases significantly,**" Wingfield said. "You have to put in so much effort just to perceive and understand what is being said that you divert resources away from storing what you have heard into your memory." As people move through middle age and their later years, Wingfield suggested, it is reasonable for them to get their hearing tested annually. *If there is a hearing loss, it is best to take it seriously and treat it!*

Even mild hearing loss doubled the dementia risk of memory problems. That risk appeared to increase once hearing loss began to interfere with the ability to communicate — for example, in a noisy restaurant. It is therefore recommended that regularly scheduled Hearing Tests should be a part of Senior's routine medical testing, and that hearing loss should be addressed as early as possible before these negative consequences begin to develop.

These Seminars will discuss this research in much greater detail.

TUESDAY	WEDNESDAY	THURSDAY
March 23	March 24	March 25
FORT MYERS 11am AND 2pm FAMOUS DAVE'S OF FORT MYERS 12148 S. Cleveland Ave.	CAPE CORAL 11am AND 2pm BEEF O'BRADY'S OF CAPE CORAL 2514 Santa Barbara Blvd.	ESTERO 11am AND 2pm CONNOR'S STEAK AND SEAFOOD Gulf Coast Town Center 10076 Gulf Center Dr.

SPECIAL GUEST SPEAKER Wendy R. Bond, M.D.



Dr. Wendy Robinson Bond is Board Certified by the American Board of Psychiatry and Neurology. For the past 13 years, Dr. Bond has been practicing General Neurology in the Fort Myers and Cape Coral Area. She is a current member of the American Academy of Neurology, AAN Fellow. Locally, she is a member of the Lee County Medical Society. Because of her personal experiences with Alzheimer's Disease, she joined the **Neuropsychiatric Research Center** of Southwest Florida founded by the renown clinical research expert Dr. Fred Schaerf. She continues, to maintain the high quality of clinical research trials here in Southwest Florida, in hopes of finding some relief for everyone suffering from this type of dementia. Dr. Bond and/or members of her clinical research staff will share clinical research in the new treatments being developed to treat Dementia and Alzheimer's Disease.

If you prefer a private consultation instead of a group lecture, please call our clinic response line (239) 360-3753 to arrange an appointment with John Hoglund or Dr. Bond.

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Health Insurance What you need to know!

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

2020 was certainly a trying year for all of us with COVID19 changing the way we live, work and even who we meet. Health Insurance is often looked at as a bill that is optional and not necessary. Really? Why would you not consider your health and life not the most important thing? If you become terminally ill you might not be around much longer so that new car, all the channels on your TV become less important to not at all. Some of the reasons I hear people do not get insurance is, it is too confusing, how do I know what I need, it costs too much for as little that it covers, I never hit my deductible, it cost too much, and I am healthy. Everything costs too much if there is no presumed value!

All the answers could be so simple if you work with an agent, and I always recommend that you, see them and get to know them, check them out. Why? Just because someone has a license does not always mean they are good at what they do or have your best interest at heart. Most of the time (99%) there is no charge to you for insurance professional assistance and the cost is the same as if you did it all yourself. Did you ever go online and then get bombarded with e-mails and phone calls? If you talked to any of those people that called, and you bought something from them. Would they be available if you have a question? Can you reach them directly? What if they sold you the wrong thing, now what? These are just some of the reasons you should work with a trusted professional. We do advertise but 85% of our business comes from client referrals. Our clients remain our clients.

Medicare – Generally when you turn 65 you are eligible for Medicare, once you have worked 40 quarters roughly 10 years there is no cost for Medicare Part “A” Part A covers Hospitals, Skilled Nursing, Home Health & Hospice. Medicare Part B you can choose to take at 65 or you can hold off if you are still working and have credible coverage. Also, if you then want Part B later there is a special enrollment period Jan-March, and the earliest effective date is July. If you did not have group health insurance that is considered qualified, you would have a late enrollment penalty for each month you did not have Part B & Part D and that penalty will last monthly for the rest of your life. Part B covers, doctors, imaging, blood work, ambulance, durable medical equipment, etc. Part D is a Medicare Drug Plan and covers medications. During your initial enrollment period it is very important to understand your options! Medicare Supplements are NOT guaranteed. You can purchase them during your 1st 6-month of Medicare Part B being effective. There are a lot of things you need to know. Again, work with an agent you can trust! 2021 Annual Enrollment Period was 10/15-12/07 for 1/1/2021 effective date. But did you know that Jan 1-March 31, there is an Open Enrollment Period that you can make one change and that change will be effective the 1st of the next month? Example you bought a Part C Advantage Plan HMO and do not like the referral process. You can change to another Part C Advantage Plan; you can also go back to Original Medicare and purchase a stand-alone drug plan. But before you go back to original Medicare make sure you get approved by a Medicare Supplement that works

with Original Medicare before enrolling in a drug plan. Remember I said a Medicare Supplement is NOT guaranteed enrollment. **Very important:** when you move you need to know your options. Can you keep the same plan, do you need to make a change and what does that look like in your situation?

Individual/Family Health Insurance – Being young and healthy does not mean you do not need health insurance. Do you know anyone that knew when they were going to be diagnosed with cancer, or when they were going to have a heart attack or even a serious accident? I do not, it happens, and insurance is there to help you get the care you need and limit your financial exposure. What are your insurance options, and what is best for you? Employer Group Coverage, Individual Medically Underwritten Health Insurance, Medicaid, or the Government Market Place Guaranteed Issue Health Insurance. There is a lot to know about the differences as well as the cost. The monthly premium should not be your only consideration. *You do not know what you do not know* so ask the experts that do know about all of them and can help educate and guide you thru the enrollment process. When it comes to medically underwritten plans most of them you can enroll all year long, but you can also be denied based on underwriting. The Market Place Has Opened up a Special Enrollment Period this year due to COVID February 15- May 15th, 2021. There are some carriers that have joined the Market Place this year that DO NOT have all the local hospitals in network, so be careful when making choices.

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THE BIDEN ADMINISTRATION AND FLORIDA ESTATE PLANS

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

D.C. veteran Joe Biden has ascended the presidential throne, and rumors of potential legislation impacting estate plans across the country are rampant. Candidate Biden generally advocated for increases to the estate tax (death tax) rates on wealthy taxpayers and repeal of the tax cuts passed under the Trump administration. Although the new Biden administration has yet to introduce any formal legislation, there's a good chance we'll see significant federal estate law changes within the next year or two. Thus, many Floridians are rightfully concerned about the implications of the Biden administration and Florida estate planning.

As a brief overview, likely topics of future legislation include the estate and gift tax exemptions, basis step-up for inherited assets, and capital gains rates. Tax law amendments in any of these areas could have a huge impact on estate plans. And additional estate-plan-related legislative proposals are bound to start popping up once more pressing issues like pandemic relief have been addressed.

Concerning the question of the Biden administration and Florida estate planning implications, before diving into the potential changes in greater detail, we want to emphasize that it's never a good idea to rush to make major modifications to your Florida estate planning without careful deliberation. While hypothetical future legislation may ultimately call for a Florida estate-plan update, that should only occur after you've had time to consult with an Florida estate planning attorney as well as your tax adviser and consider the big-picture, long-term implications of modifying your plan.

Reduced Estate Tax Exemption and Florida Estate Planning

For 2021, the tax code allows an \$11.7 million (doubled for married couples) lifetime exemption to the estate and gift taxes. In practical terms, that means only the largest estates end up qualifying for the federal estate tax. However, as recently as 2017, the exemption was less than half its current level, and it's been below \$1 million in the 21st Century—with higher maximum rates.

Significant exemption increases were passed during both the Obama and Trump administrations. The most recent Trump administration federal estate tax exemption increase, though, is scheduled to sunset in 2026 unless Congress opts to extend the current, historically high level. That seems unlikely under the current Congress, and President Biden has not only come out in favor of letting the higher exemption expire (returning to 2016 levels), but also lowering it even further to \$3.5 million per person (where it stood in 2009). Even more, President Biden has promoted an estate-tax rate increase that would bump up the top rate from the current 37% to 45%.



If implemented, those two policy changes would likely lead to considerable increases in both the number of estates that qualify for the estate tax and the tax liability of estates that already qualify. If that happens, irrevocable trusts in Florida and other estate-planning strategies designed to mitigate estate-tax liability—only relevant to a relatively small number of estates in recent years—are destined for a resurgence in popularity.

Florida estate plans are impacted by all of the above only insofar as the federal estate tax since Florida has no state inheritance tax.

Reduced Gift Tax Exemption

Adjacent to the potential estate-tax exemption reduction, the Biden Campaign also proposed reducing the lifetime gift tax exemption to \$1 million. Under current rules, the estate and gift tax exemptions are linked together. Qualifying gifts exempted during life count against the estate tax exemption available upon death. Under the proposed change, the two exemptions would, in all likelihood, still be linked. But total lifetime exempt gifts would be capped at \$1 million—less than ten percent of the \$11.7 million in tax-exempt gifts presently available.

It's worth noting that, under IRS guidelines, gifts made by taxpayers before the estate and gift tax exemptions are reduced will not be taxed retroactively. That means that a gift made while eligible for exemption won't become non-exempt

later as a result of future legislation. With that guideline in mind, estates that are sure to qualify for the federal estate tax may be better off planning for large gifts sooner (while the higher gift-tax exemption remains in place) rather than waiting to transfer assets through a future estate (when the exemption might be lower).

Again, concerning Biden administration and Florida estate planning, the Florida gift tax exemption will only be impacted at the federal level.

'Bye-Bye' Basis Step-up for Florida Estate Assets

Capital gains tax liability attaches to gains derived from appreciating assets when the gains are realized (typically, when an asset is sold). The taxable amount is essentially the difference between the acquisition price (the "basis") and the sale price.

Current tax rules allow taxpayers who inherit appreciating assets a valuable tax benefit in the form of a "step-up" in basis which applies to all Florida estate plans. When an heir's basis in an inherited asset "steps up," taxable capital gains are measured by comparing the asset's sale price to its value when inherited—rather than to the price paid by the decedent purchaser.

As you can probably imagine, a step-up in basis sometimes results in titanic tax savings. If an appreciated asset is sold by an heir soon after inheritance, the growth is essentially tax-free—any appreciation during the decedent's lifetime is covered by the stepped-up basis.

However, President Biden has come out in favor of eliminating the step-up. So, there's a chance the tax advantages associated with passing on appreciating assets will cease sometime in the next four years. Without a stepped-up basis, increases in an inherited asset's value from the original time of purchase until the owner's death would again be taxable.

The additional tax might be charged to estates (if assessed at the time of death) or to heirs (if the tax is assessed when the gain is realized). Either way, anyone with an estate that includes assets with substantial taxable appreciation—and anyone who anticipates inheriting appreciating assets in the foreseeable future—needs to be prepared for what could translate into a much larger tax bill.

Capital Gains Rate Increase

Warren Buffet loves to taunt his secretary about how he gets to pay a lower tax rate (that's the kind of thing billionaires talk trash about). The long-term capital gains rate is the reason he gets to rub that in her face. Under current rules, long-term capital gains (i.e., growth earned on assets held for at least one year) are taxed at a rate below all but the two lowest income tax brackets.

So, if Warren Buffet makes a couple million selling Coke shares he's been sitting on for at least a year, he'll probably be taxed on the profit at 20% (or, maybe 15%—depending on how much of his earnings count as "taxable income"). On the other hand, a salary that lands you squarely in the middle class likely results in a marginal income-tax rate of 22%.

In your face, Secretary.

Now, illustrations like these often neglect to mention that, because of the progressive nature of the tax code, taxpayers in the 22% bracket don't actually pay 22% of their earnings to the IRS. And there's also a 3.8% surtax on taxpayers with especially high net investment income. Setting those issues aside, though, the point is that you and Warren Buffet are both almost always better off if your earnings qualify as long-term capital gains rather than taxable income...for now, that is.

The Biden Camp has bandied about the idea of raising the maximum long-term capital gains rate to as high as 40%. Critics argue that a cap gains rate that high would be more than the current top income tax rate (37%) and would disincentivize long-term investment.

So far, the capital gains tax increase has been only informally suggested. And, even if concrete legislation comes to fruition, the forty percent rate would probably only affect taxpayers who measure their annual investment income using seven digits. Even so, there's a reasonable chance that taxpayers with even modest investment income may see higher capital gains rates under the Biden regime. If a tax code change happens, it'll be a good idea to update your estate plan in advance.

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Maintaining Healthy Friendships

By Pastor Timothy Neptune

In last month's article we talked about the importance of investing in our relationships with our friends. In this article I want to share with you four steps to building and maintaining healthy friendships.

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, "As iron sharpens iron, so one person sharpens another." Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, "A man who has friends must himself be friendly..." Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

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Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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Molnupiravir COVID-19 Clinical Trials

Learn about a clinical research study evaluating an oral antiviral candidate for adults ages 18 and older who have not been hospitalized due to COVID-19.

About Molnupiravir (MK-4482)

An oral antiviral candidate for adults with COVID-19.

About Clinical Trials

A clinical trial is a research study that tries to answer questions about whether an investigational medication is safe and effective in the people who take it. These studies may help doctors find new ways to help prevent, detect, or treat health problems.

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About the Specific Clinical Trial

MK-4482-002

is a Phase 2/3 clinical trial evaluating the safety and efficacy of molnupiravir, an oral capsule taken every 12 hours for five days, in individuals ages 18 and older who have not been hospitalized with mild or moderate COVID-19.

This study is striving to recruit diverse patient populations in order to better understand the safety and efficacy of molnupiravir in the treatment of all patients with COVID-19. **Total study participation time will be approximately seven months** and study visits may happen in the hospital, clinic, at home or virtually.

To learn more, including possible risks and benefits of participation and to see if you may qualify, visit WWW.ARHIUSA.COM

You may be able to take part in this trial if you are at least 18 years of age and you:

- 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
- 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.

Why are COVID-19 Clinical Trials Important?

As of November 1, 2020, there are estimated to be more than

46 MILLION

confirmed cases of COVID-19 around the world¹

There is a critical need to bring more treatment options to patients with COVID-19, and clinical trials help researchers evaluate if investigational treatments and vaccines are potentially safe and effective for people diagnosed with the disease.

Why Participate in a COVID-19 Clinical Trial?

Participants in the MK-4482-001 clinical trial²:



Receive medical care for COVID-19 from a dedicated research team that includes doctors and other healthcare professionals



May help researchers learn more about COVID-19



Taking part in this trial is voluntary and you may stop for any reason at any time. If you decide to stop taking part, or stop taking the trial treatment, we will ask you to have a final visit for final medical tests and exams

Where Do Clinical Trials Happen?



Clinical studies can take place in many locations, including hospitals, universities, doctors' offices, a participant's home, and community clinics. You can find more info on clinical trials in your area by visiting www.clinicaltrials.gov and for more specific information on COVID-19 clinical trials close to you, visit [INSERT WEBSITE].

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1. World Health Organization. WHO Coronavirus Disease (COVID-19) Dashboard. <https://covid19.who.int>. Accessed November 1, 2020.
2. ClinicalTrials.gov. Learn About Clinical Studies. <https://clinicaltrials.gov/ct2/about-studies/learn>. Accessed October 5, 2020.

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IRB Approved at the
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