

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

Health & Wellness[®] MAGAZINE

April 2021

Lee Edition - Monthly

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What's On YOUR Skin?

Perhaps You're
Due for a Skin
Check?

ATTENTION LADIES

Have You Put Off
Your Annual Screenings?

Spring Into a New Healthier Lifestyle

& Begin to Age Well

April is Head and Neck Cancer

Awareness Month

TOP 5 STRESS DISEASES

and 5 Natural Ways
to Combat Stress

Parkinson's Disease Awareness Month



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*



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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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COVID-19: NEW CHALLENGES IN KIDNEY TRANSPLANTATION

By Neetu Malhotra, MD

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

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

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

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

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

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

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

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

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

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

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

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

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

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WHAT'S ON YOUR SKIN?

Perhaps You're Due for a Skin Check—Not All Physicians Have the Same Expertise

By Joseph Onorato, MD, FAAD

Living in Florida year-round or even for just a few months out of the year, is beautiful and we're blessed to have so many sunny days, but with all of the sunshine, there is the looming possibility of skin damage and cancer. Most people know that it is critical to wear sunscreen, avoid overexposure, and get skin treatments and checkups, but not all take this advice.

No judgment—We've all had days where we've inadvertently gotten a little burnt, not to mention our younger years when we would bask in the sun for hours. The earlier the diagnosis of skin cancer or other conditions, the better.

Every hour a person dies of melanoma, and this year alone, over 76,000 new cases of melanoma will be diagnosed. On average skin cancer screenings take about 10 minutes, which could potentially save your life.

Along with the unfortunate diagnosis of melanoma, there are many other concerns and cancers that can be detected in your dermatologist's office with a thorough, proper, skin cancer screening. On a regular basis, you should have a screening at least once a year. And, because some forms of skin cancer grow very rapidly, if you are experiencing any new forms of lesions, bumps, moles that are of concern, you should schedule a dermatology appointment immediately.

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Whether you want to focus on antiaging and esthetic procedures or medical dermatology for the health of your skin, or a combination of both, SWFL Dermatology Plastic Surgery & Laser Center has the most comprehensive options. Not only are there numerous services, but you can trust that you are in the best hands with the most experienced practitioners.

SWFL Dermatology Plastic Surgery & Laser Center is a privately owned, all-inclusive dermatology practice specializing in adult and pediatric general dermatology and Mohs surgery for skin cancer. The team provides care to patients of all ages experiencing embarrassing, unwanted, and potentially life-threatening skin conditions.



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The expert and dedicated team offers specialized and individualized treatment options for skin conditions such as acne, alopecia, contact dermatitis, eczema, rosacea, shingles, sunburn, and urticaria.

SWFL Dermatology is an extension of All Island Dermatology Plastic Surgery, MedSpa and Laser Center which has serviced patients in the greater Garden City and Glen Cove communities in Long Island, New York since 1995.

The office is conveniently located at 13800 Tamiami Trail N, Naples, Florida, and serves the greater Collier and Lee County areas.

What's on YOUR Skin?

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To improve the appearance and health of your skin, schedule a consultation today at SWFL Dermatology Plastic Surgery & Laser Center online or by phone at **239-500-SKIN**.



Founder

Joseph Onorato, MD, FAAD

Dr. Onorato has over 25 years of experience practicing dermatology and is board-certified. In 1995, Dr. Onorato founded All Island Dermatology, Plastic Surgery and Laser Center, which now serves Glen Cove and Garden City, New York.

He serves as the practice's medical director, encouraging his team to provide the best skin care services in the area. He focuses on general dermatology and dermatologic surgery including laser treatments, chemical peels, and injectable fillers.

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EYE EXAMS ARE CRUCIAL IN DETECTING EARLY STAGES OF EYE CANCER

Elmquist Eye Group says early diagnosis is key to treatment, preventing vision loss

Cancer, in any form, is a scary diagnosis. Coping with loss of vision, even in mild forms, is life changing, as our bodies rely heavily on visual cues to interact with our peers and complete daily tasks. When cancer affects the eye, early detection is critical in preserving vision.

Intraocular cancers occur within the eye, with the most common cancers for adults including melanoma and Non-Hodgkin lymphoma. The American Cancer Society estimates 3,320 new cancers of the eye and orbit will occur in the U.S. in 2021, mainly melanomas, resulting in 400 deaths.

Melanoma is the most common cancer of the eye and typically develops in the middle layer of the eye, called the uvea, or less commonly in the conjunctiva near the front of the eye. Melanoma can also occur in the eyelid and tissues surrounding the eye.

The most common symptom of intraocular cancer is loss of vision, in addition to flashes of light, floating objects and dark spots on the eyes. However, these symptoms can easily go undetected, especially in the early stages of cancer.

“Ocular cancer can occur without noticeable warning signs,” said Dr. Yasaira Rodriguez, a comprehensive ophthalmologist for Elmquist Eye Group. “Many times, the first signs of cancer are discovered during routine eye exams.”

A comprehensive eye exam is typically the first step in diagnosing ocular cancer. If cancer is suspected, additional procedures will be completed in order to confirm the diagnosis, including imaging tests, biopsy and blood tests.

Treatment following an ocular cancer diagnosis aims to reduce the spread of the tumor in order to preserve vision and health of the eye. Treatment methods will depend on the type of cancer and its progression and may involve surgery, radiation, chemotherapy, laser therapy or other medications.



Cancer treatments affect all individuals differently, and side effects may occur with fluctuating levels of severity. That's why it is essential to be aware of your body's changes throughout the course of treatment and disclose any symptoms to your physician, oncologist or eye doctor.

An examination prior to starting cancer treatment will provide your eye care professional with a reliable baseline for your eye health that will assist them in monitoring changes and any new developments throughout the course of your treatment. Those undergoing treatment for any type of cancer are encouraged to have regular eye exams every three to 12 months.

“A proactive approach allows your eye care team to properly monitor eye health and manage treatment-related eye conditions in their early stages, helping minimize discomfort and prevent symptoms from escalating,” said Dr. Kate Wagner, board certified optometrist and managing partner at Elmquist Eye Group.

Eye cancer can occur at any age, but several factors can contribute to your risk of developing this disease. Risk increases with age and is more common in men than women, among white people and for those with light-colored eyes. Genetic conditions and family history of cancer also contribute. Additionally, overexposure to the sun's damaging ultraviolet (UV) radiation is an ever-present danger to our eye health, especially in sunny Southwest Florida. Studies have shown that long-term overexposure to UV rays without proper eye protection can cause melanoma and skin cancer around the eyelids, in addition to a variety of conditions including cataracts, macular degeneration and small growths on the white of the eye. These conditions are propelled by UV radiation and can often result in vision loss, requiring treatment or even surgery to repair the damage.

While cancer cannot be prevented, you can take steps to lower your risk. Make an effort to protect your eyes by wearing wide-brimmed hats, UV-blocking contact lenses and close-fitting, UV-blocking sunglasses that will protect your eyes and prevent long-term damage. When skin growths or moles develop around the eyes, seek medical consultation.

Take proactive strides today to preserve your vision for the future. Promote the health of your eyes by scheduling an eye exam with Elmquist Eye Group's team of highly skilled associates.

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



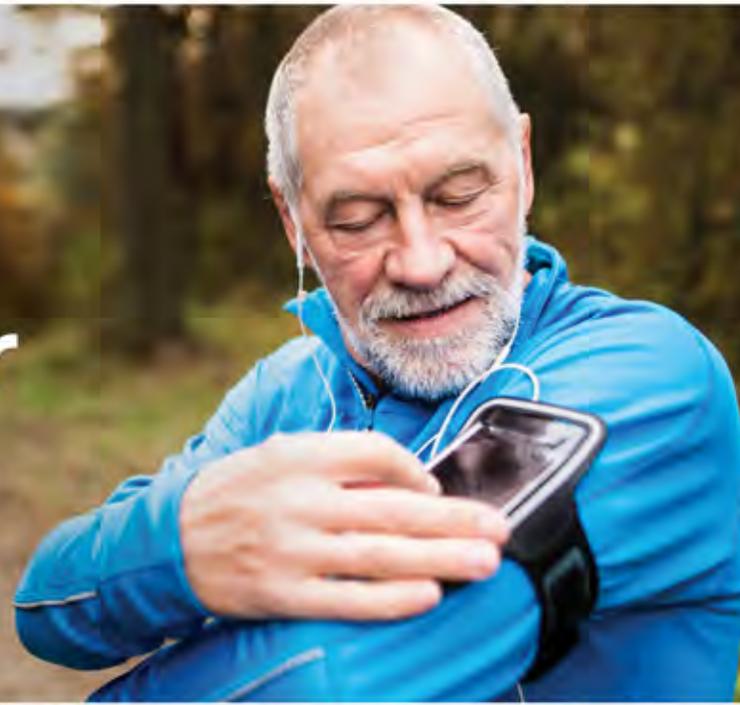
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April is Head and Neck Cancer Awareness Month



Head and neck cancers are a collective group of cancers that usually begin in the squamous cells that line the moist, mucosal surfaces inside the head and neck. This includes the mouth or oral cavity, the nose and sinuses, throat or pharynx, voice or larynx, and the upper esophagus.

There are an estimated 60,000 cases of head and neck cancer diagnosed in the United States each year. This represents approximately 3 percent of all cancers in the United States.

Alcohol and tobacco use, including smokeless or chewing tobacco, are the two most common risk factors for head and neck cancers. Infection with cancer-causing types of human papillomavirus or HPV, is also a risk factor for some types of head and neck cancers, particularly those that involve the tonsils or the base of the tongue.

The symptoms of head and neck cancer depend on the site of the cancer but can include a lump or sore that does not heal, unusual pain or bleeding in the mouth, a sore throat that does not go away, difficulty or pain with swallowing, and a change in or hoarseness of voice.

The treatment plan for an individual patient depends on a number of factors, including the location of the tumor, the stage of the cancer, and the person's age and general health. Treatment for head and neck cancer can include surgery, radiation therapy, chemotherapy, or a combination of these treatment modalities. Early stage cancer typically can be treated with a single modality such as surgery or radiation therapy. More advanced cancers typically require treatment with multiple modalities to cure the disease. The chance of cure is better with earlier stage cancers and this is why screenings for head and neck cancer are so important.



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IMPROVE YOUR PERFORMANCE, THERE IS A SIMPLE AND SAFE WAY

Alejandro Miranda-Sousa, MD and Darian Yera, APRN

Sometimes it is difficult for men to talk about **Erectile Dysfunction (ED)**. Impotence, as it is commonly known, affects not only men but also their partners, as a problem affecting the romantic life and the emotional health of the couple. It's essential for the couple to understand that ED is very common, most studies suggest that at least 50% of men in the U.S. experience some form of sexual dysfunction at some point in their lives, thus being one of the most common male sexual problems. Ignoring the problem is not a solution; it would likely get worse with time.

What is Erectile Dysfunction and what causes it? Erectile dysfunction is defined as the inability to obtain and/or maintain a penile erection, enough for satisfactory sexual performance. Good blood supply is essential for an adequate erection. Achieving an erection involves many things, from brain signals and hormones, to nerves, muscles and **good blood vessels**. The presence of ED, is usually an early sign of vascular problems that needs to be evaluated. Cholesterol "plaque" and "calcified" arteries affect blood flow to the penis ultimately causing ED. This has to be improved to successfully correct ED.

What is the good news? Erectile dysfunction could be cured in many men. **Neowaves** Low-Intensity Shockwave therapy (LiSWT) is a non-invasive, painless, very safe, proven treatment with excellent results directed to increase the blood supply to the penis. More blood flow, better erections! This treatment is designed to correct the damaged blood vessels of the penis and not to provide temporary "patch", like most of the current available interventions, like oral medications ("blue" pill) or painful penile injections.



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Do You Have A Wound That Will Not Heal?

Chronic wounds affect 8.2 million patients annually. With an aging population and the increase incidents of diabetes and obesity, this number is expected to rise. If left untreated, chronic wounds become more severe, which not only affects quality of life but can also lead to limb loss.

We had a chance to sit down with Family Foot & Leg Center's Dr. Sahiba Singh to discuss chronic wounds. Dr. Singh is one of several experts at FFLC who have vast knowledge and experience in advanced wound care.

Wounds vary from patient to patient, but when should you have your wound be seen by a doctor? There are a lot of variables than can determinewhen you should seek medical treatment for wounds. In general, anyone who is considered high risk for developing infections should seek treatment immediately. High risk individuals include, but are not limited to, anyone with diabetes, compromised immune system, ESRD, obesity, active smoker, taking corticosteroids like prednisone, chronic edema/venous insufficiency, on a blood thinner, or have a history of poor circulation/ blood flow.

Additionally, if you experience trauma causing a laceration that is deeper than a quarter inch in length, the object that cut you was dirty or was rusty, bone, tendon or fat is exposed, the cut is over a joint, or if the bleeding won't stop, you should seek treatment immediately as well.

For anyone, if your wound is not showing improvement in a week or two at max or signs of infection are noted, you should seek immediate treatment. Signs of infection include redness around the wound or redness spreading up the limb, fever/chills, pus or drainage, foul odor, warm or heat from the affected area, or increased pain. If in doubt, it is better to have your wound looked at than wait. The longer a wound is present, the more likely you could develop a severe limb threatening infection. Once the infection spreads to the tendon and/ or bone the greater the risk of limb loss.

What qualities do you and your colleagues bring to patients that make your practice different? We take the time getting to know our patients. Getting to know the full history of our patients allows us to determine the best course of treatment and

care that encompasses every aspect of their conditions allowing us to treat the problem from all angles.



It's important to understand that treating wounds takes advanced training. Not all physicians or podiatric physicians are trained in wound care, especially complex wounds. Here at Family Foot & Leg Center, we are all trained in advanced wound care and have access to the most up-to-date modalities (such as skin grafts derived from stem cells). Our comprehensive portfolio of regenerative medicine products that we use allow us to support patients from early in the wound healing process through to wound closure, regardless of wound type.

When medical providers are struggling with healing a wound, they refer their patients to Family Foot & Leg Center for our expertise in advanced wound care. By working in tandem with your primary care and specialist (cardiovascular, infectious disease, etc.) doctors, we can arrive at the best outcome.

What is the main thing you would like patients to know about chronic wounds?

First and foremost, it is important to be able to get in and see your doctor as soon as possible, especially when facing a time-sensitive condition such as a chronic wound. Many amputations could have been prevented if patients sought medical care sooner.

Family Foot & Leg Center offers same day or next day appointments. Scheduling an appointment is easy through our call center or online through our website.

Lastly, is there anything else a patient should know about your practice?

Our doctors are award-winning, board-certified, and highly trained. We treat all conditions of the foot and ankle in addition to being an advance wound care center.

Patients should also know that we accept the majority of insurance plans. Providing convenient quality care is essential to our practice, regardless of a patient's condition, big or small. With multiple locations throughout Southwest Florida, it's easy to get an appointment close to your work or home.

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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SPRING INTO A NEW HEALTHIER LIFESTYLE & BEGIN TO AGE WELL—CAMPO FELICE HAS GOT YOU COVERED

As modern technology and health advances continue to extend average life expectancy across the world, many find themselves faced with new challenges as they age. With that in mind, now more than ever we've seen individuals, especially baby boomers approaching retirement age, searching for ways to ensure they not only live a long life, but age well. We can learn a lot about this concept from our Mediterranean friends in Greece and the coastal areas of Italy and Spain. The following tips are founded on researcher's conclusions about the "Blue Zones," where the largest populations of people live to a healthy 100 years or more. Campo Felice is proud to offer a healthy lifestyle for their residents, where they can thrive and live their best lives every day.

#1: COMMUNITY AND SOCIALIZATION

It's important to have a strong social network of people to enjoy life with you. At Campo Felice, residents have the best of all worlds - a luxurious home, and close, stimulating relationships with their fellow-residents. Campo Felice's Lifestyle Manager also plans numerous social events designed to keep our resident connected throughout the year.

Today's seniors want the freedom to live the life they want in a community that's safe, comfortable, engaging, and, most of all, supportive. Living alongside like-minded individuals that want the best location, amenities, and convenience, it's easy to build close bonds and grow lasting relationships. Most seniors prefer to live in a community with others around their age for social engagement, high-end lifestyle amenities, a great location and top-notch safety and security.

#2 DIET AND NUTRITION

Seniors that live long, healthy lives, usually eat well-balanced, nutrient-dense meals. Each day at Campo Felice, restaurant-style, chef-prepared meals are made with fresh vegetables and fruit, and include many options such as vegetarian and Mediterranean-inspired, high-quality ingredients. The chef never uses any frozen produce or pre-packaged foods. It's all shome-made, and the residents rave over the options. The Lifestyle Manager and the Chef often throw themed dinner parties for residents, such as Coastal Seafood Night and Holiday parties. These always include unique foods and recipes, tried and true favorites and delectable cocktails and wine.



#3 EXERCISE

Staying active is essential for all ages, but it's even more important to improve circulation, increase oxygen intake, build muscle strength, and exercise the body and brain as we age. Whether you take a swim in the sparkling pool, enjoy a brisk walk around the terrace or grounds or join one of the many group exercise classes, there is always a way at Campo Felice to incorporate a good workout or some form of gentle movement into your day's activities. The Fitness Instructor Manager is always finding ways to make exercise fun, and her classes are packed. There is also a resident that teaches a fun senior Zumba Gold class. While many residents meet outside for fresh air and activities, there is also a state-of-the-art indoor fitness center with multiple machines and free weights.

Having a sense of belonging and purpose is essential. When it comes to living at Campo Felice, residents feel at home the moment they walk through the doors. Bid your worries good-bye 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 diverse 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! Community 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 bocce court, a dog park, a ballroom and so much more. Residents also enjoy several dedicated services, including 24-hour security and maintenance, housekeeping, complimentary breakfast, valet parking and a SUN® Program calendar full of lifestyle-focused events, to name a few. Each open-concept rental unit 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
- Four Unique Dining Options
- Concierge Service
- 24 Hour On-Premises Security
- Full Riverfront Bar
- Library & Computer Lab
- Private Transportation
- Ballroom
- 49-Seat Movie Theater
- Bel Fiore Salon & Spa
- Dog Park
- Billiard Room
- Bocce Court

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

SCHEDULE A PERSONAL TOUR TODAY!

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www.LiveatCampoFelice.com

ADHD in Students and the COVID-19 Pandemic

Changes in regular activities and routines due to the COVID-19 Pandemic can be stressful for anyone, children and adults alike. Individuals with attention-deficit/hyperactivity disorder (ADHD) face even greater challenges dealing with these changes. Children whose learning has been disrupted by the pandemic face even greater challenges. Below we will explore some of the issues children may face and strategies for dealing with their problems. If your child is having a more difficult time adjusting to changes created by the pandemic but has never been diagnosed as having ADHD, we suggest that the child be screened for ADHD. Children and adolescents that may have mild and often undiagnosed ADHD may see an exacerbation of symptoms due to increased stress and changes. According to the organization, Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD), there has been a 62% increase in phone calls to their helpline since the pandemic began. Also, according to statistics from CHADD, ADHD affects up to nine percent of all children and four percent of adults worldwide. This prevalence is indicative of the severity of ADHD and the importance of caring for affected individuals. The providers at Affiliated Medical Group specialize in the diagnosis and treatment of ADHD for children and adults and you can reach out to us to arrange an evaluation and treatment if necessary.

The issue most often reported for children and adolescents during the COVID-19 pandemic relates to learning or educational processes. ADHD patients tend to thrive better in a structured environment. They need order in their day to be able to function at their best. Changes in schedules and routines, be it at home or school, can increase a child's ADHD symptoms. These changes often lead to increased behavioral issues during times of stress. It is important to remember that the child is not intentionally creating issues, but it is a result of their disease and disruption in their normally ordered life.

When schools closed to in-person instruction many students found difficulty in transitioning from in-person, very structured learning processes to a more loosely and self-guided learning modality. Online learning often requires students to manage their own time, be motivated, be self-guided and complete assigned tasks in a timely manner.



These are all tasks that are difficult for the ADHD child or adolescent to deal with within a very structured environment so when they are left to more or less fend for themselves, the tasks are often overwhelming.

It is important that that parents be prepared to implement special assistance to their child in order to facilitate learning in the online environment. It is advisable to make the student's home environment similar to the school environment. A low stimulus, low distraction environment is also advisable with the removal of cell phones and gaming consoles and implementation of internet controls during "school" hours. Additionally, it is important to create a calm environment such as having a physical space that is quiet and tidy. Parents should attempt to mimic the school setting as much as possible perhaps providing a desk and other similar school type items within a specific "school-like" area of the home.

Another key for students with ADHD is to recognize the benefits of exercise. Getting regular exercise may alleviate some of the symptoms of ADHD. In a 2017 Developmental Cognitive Neuroscience study, researchers found that children with ADHD showed improved impulse control and attention after a single 20-minute aerobic exercise session. While exercise is not an alternative for ADHD medications it can offer a calming effect for many children and help them with focus issues.

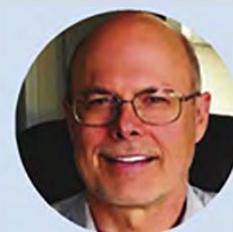
If fact, it is essential that people with ADHD continue with their current treatment, which may consist of taking medication, attending psychotherapy, or a combination of the two. The providers at Affiliated Medical Group can assist your child with obtaining the proper medication and provide referrals to therapy when appropriate. As providers, we understand that

many parents are concerned that their child or adolescent may not be able to see their provider or have concerns about visiting a provider's office during the pandemic. The providers at Affiliated Medical Group understand your concerns but would like to emphasize the importance of continuing with medications during this time of additional stress. A 2020 article in The Lancet was devoted to stressing the need for ADHD patients to continue with appropriate medications during the pandemic. The article stressed the dangers and concerns of an ADHD discontinuing their medications during the stressful times created by the COVID-19 pandemic. Providers at Affiliated Medical Group have many years of experience in delivering care through Telemedicine and whether your child or other family member is an existing ADHD patient or a new patient, you can be assured that our delivery of care through Telemedicine will provide the same level of care as visiting our offices.

During this difficult period, the providers at AMG encourage all individuals experiencing any behavioral health symptoms to contact us and let us provide you with outstanding medical services. In particular, if you have a family member experiencing the symptoms related to ADHD, we can help you feel better and perform better in all aspects of your life. Children are particularly impacted, but we encourage everyone to reach out to us and let our providers address your concerns.

AMG Affiliated Medical
Group, PLLC

As a Leading Provider of Psychiatric Services,
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ATTENTION LADIES: Have You Put Off Your Annual Screenings?

If you skipped your mammogram or DEXA or any other diagnostic screening due to the pandemic, or just being too busy, now is the time to make those appointments. Physicians agree that you shouldn't wait any longer because certain cancers and disorders can proliferate and spread rapidly, and early diagnosis is critical for treatment. In 2021, an estimated 281,550 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 49,290 new cases of non-invasive (in situ) breast cancer.¹

RADIOLOGY REGIONAL OFFERS ADVANCED SCREENING OPTIONS SUCH AS 3D MAMMOGRAMS AND UPRIGHT 3D STEREOTACTIC BIOPSY.

3D Mammography

3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as "slices" of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible.

DON'T WAIT

A small investment of your time can help save your life. The breast cancer survival rates in the U.S. are 80-90% if caught in the first stage due to advanced care. However, the diagnosis in later stages drastically drops the survival rate to 24%. It's essential to schedule your mammogram tests regularly, and if you feel a lump, please contact your physician immediately.

Mammograms have helped diagnose breast cancer early and eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. Additional breast cancer symptoms are lumps in the breast or underarm, pain, nipple discharge, or a physical change in the appearance of the breast or nipple. If you have any of those symptoms, your doctor will order you an advanced imaging test.

Early diagnosis saves lives, and it is critical for treating any cancer effectively. Regular screenings are imperative, as are self-diagnoses. If you notice any changes, making an appointment with your physician is vital.

Radiology Regional's Advanced 3D Biopsy System

Radiology Regional offers the latest, advanced testing for their patients when there is an abnormality that calls for biopsy of the breast tissue. With Hologic Affirm® 3D Biopsy testing, the patient is comfortably seated in a comprehensive machine that provides the most precise biopsy procedure. Additionally, this system allows the fusion of both imaging and interventional purposes.



About the 3D Affirm® Breast Biopsy Guidance System

This innovative interventional tool provides advanced breast health via the Affirm breast biopsy guidance system. This system enables 3D™ breast biopsies using the same imaging equipment as for mammography exams. It also includes a lateral arm upright biopsy accessory that allows for even more flexibility to access challenging lesion locations.

Superior Imaging

With the 3D™ biopsy option, Radiology Regional practitioners can pinpoint subtle, tiny lesions and faint calcifications.

The use of this groundbreaking 3D™ imaging technology to perform breast biopsies offers these key advantages:

- Target lesions, including those visible only in tomosynthesis images.
- Streamlines procedure steps and speeds targeting, resulting in shorter patient procedure time.
- Reduces patient dose, as fewer exposures are required.

Interventional Biopsy

The system transitions from screening to interventional procedures to biopsy a wide spectrum of patients in a comfortable, seated position.

WE BRING MAMMOGRAPHY TO YOU!

Radiology Regional's comprehensive women's imaging services include Mobile Mammography. Our Mobile Mammo coaches travel to businesses, health clinics, shopping plazas and other locations and events for on-site mammograms, providing an alternative way for women to complete their annual breast screening mammogram. Each of our two Mobile Mammo coaches offers convenient, mammogram service in a soothing, comfortable environment.

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

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

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

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

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

Source:

<https://www.hologic.com/hologic-products/breast-skeletal/affirm-breast-biopsy-guidance-system>

https://www.breastcancer.org/symptoms/understand_bc/statistics



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You have a choice where you have your imaging performed - choose Radiology Regional today!



MAKING EVERY SECOND COUNT

By Dr. Jeffrey Ziomek, DPA, EMT-P



What can you do in seven minutes (or 420 seconds)? The answer is plenty. Some examples include drinking a glass of water, updating your voicemail, emptying your dishwasher, taking out the trash and recycling, or writing a note.

For a paramedic, seven minutes is the average response time from a 9-1-1 call to arriving on the scene and starting patient care. Because they are often dealing with people in physical and/or emotional distress, there are certain personality traits that paramedics should have. First, they should be able to make decisions quickly and remain calm under pressure. They also need to have strong communication skills and resilience. These skills are likely honed during their time as an EMT.

Hodges University offers a paramedic certificate program that includes 42 University credit hours that can be completed in less than one year. Graduates of the program are then eligible to take the National Registry of Emergency Medical Technicians (NREMT) Paramedic credentialing exam that's required for the State certification and to practice in the field.



Admission requirements include a current Florida EMT license, current BLS/CPR certification, satisfactory completion of immunization and health report, and satisfactory completion of college approved criminal advisory background check.

Students focus on mastering paramedic competencies through various classes, labs, two clinical experiences, and a field internship. The core curriculum covers patient assessment, emergencies, bleeding and shock, traumatic injuries, medication

administration, communicable diseases, abnormal behavior, and transportation of patients to name a few examples. The modern Health Sciences building on our Fort Myers campus enables students to practice what they learn in settings that simulate real life scenarios they will likely face. We also have an ambulance that serves as another tool to hone student skills.

As a paramedic, one has many career options. Some include working in public and private ambulance services, fire-rescue departments, aero-medical services, hospitals, and police departments. There are also travelling paramedic opportunities.

Classes for HU Paramedic Certificate Program will start in May: make every second count!

Dr. Jeff Ziomek is the EMS Program Director at Hodges University.

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The Top 5 Stress Diseases and 5 Natural Ways to Combat Stress

By Dr. Doreen DeStefano, NhD, APRN

Some individuals have a difficult time finding ways to manage stress. The intriguing anatomy and process of our brains help us better understand the production of fear, anxiety, worry, and the decision to take flight or fight. There are neurotransmitters throughout the entire body that send signals to the brain, alerting you instantaneously of real or perceived danger. Anxiety is made up of both psychological and physical symptoms. The psychological part creates nervousness, fear, and worry, while the physical aspect produces sweating, rapid heart palpitations, a rise in blood pressure, nausea, and shortness of breath.

Stress and anxiety play a role in numerous disorders and diseases. The top five are as follows:

#1 Heart Disease: Stress can affect and intensify conditions and behaviors that increase heart disease risk, including high blood pressure and cholesterol levels, smoking, physical inactivity, and overeating.

#2 Digestive Disorders: Stress can cause the tight junction in the gut to weaken and separate. This is known as leaky gut, and once this happens, digestive conditions will worsen, and bacteria can enter the bloodstream, leading to a plethora of disorders.

#3 Cognitive Decline: Chronic stress can cause cognitive decline and disrupt the brain's communication signals.

#4 Depression: When depressive disorders are left untreated or undertreated, several areas of the brain like the hippocampus, which regulates emotions, and the prefrontal cortex, which controls decision planning abilities, shrink, causing long-term damage.

#5 Autoimmune Diseases: As in the case of leaky gut, many autoimmune diseases are caused by the body's molecular mimicry process, which confuses certain proteins that leak into the bloodstream with bodily organs. One example of this is the protein in gluten is often detected by the body and confused with the thyroid gland, which causes the body to attack its own organs and tissues.

Reducing Stress and Anxiety

There are many ways to reduce stress, like anti-anxiety drugs, but those are often addictive and have other adverse side effects. Countless people see great results with exercise, yoga, meditation, massage, nutrition, and supplements.



Exercise

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases circulation, reduces stress, it also 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.

Meditation

Yoga helps to improve flexibility, blood flow, muscle strength, posture, immune function, bone health, decreases depressive episodes, and can regulate blood pressure. Meditation also reduces stress, reduces anxiety, promotes emotional well-being, can help fight addictions, generates health, improves immune function, staves off memory disorders, and increases neuronal plasticity.

Nutrition

It might seem far-reaching to some, but what we put into our bodies can exacerbate stress and anxiety. It's critical to eliminate sugar as it compromises the white blood cells. Making the majority of the diet plant-based with fresh fruits and vegetables is essential, and individuals should stay well hydrated. A food rule of thumb is to drink at least half your body weight in ounces per day. Foods to avoid simple carbohydrates, excessive caffeine, and alcohol, too much animal protein, dairy, processed or prepackaged food, as these all cause inflammation and metabolic syndrome, which is often the root cause of chronic disease, and they are also known to increase stress.

Supplements

Many natural supplements can help to relieve stress by working to calm the central nervous system, and some also work directly in the brain. Some of these include adaptogens like Ashwagandha, Gaba, Rhodiola, Holy Basil, and Lemon Balm, to name a few.

In order to overcome stress and pain, we need a well-rounded treatment protocol that incorporates medication (if necessary), stress management, nutrition, exercise, meditation, hormone balancing, and other therapies that can help to stabilize our systems. Root Causes Holistic Health and Medicine offers numerous options to help you customize a plan and also to evaluate your symptoms and target your personal needs. Many supplements can be administered via IV Infusion for better absorption.

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.

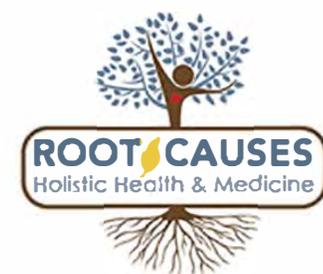
Doreen DeStefano, NhD, APRN

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.



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The Herbal Treatment Of Sleep Apnea

Sleep apnea is one of the most common sleep disturbance problems in America. It ruins the sleep of 25 million Americans with likely millions more un-diagnosed sufferers. The condition prevents the sleeper from entering REM and Delta sleep causing them to become anxious, cantankerous and tired during the day. There are very serious health consequences of prolonged sleep disturbance and deprivation.

When diagnosed, the patient is told to lose weight, drink less alcohol and quit smoking. Beyond that, surgery is offered, though it is painful and has provided only limited success. Dental mouth-pieces can be difficult to sleep with and long-term effects on tooth alignment are questionable. Another common option is CPAP. This is a forced air mask, worn during sleep, that insures proper inhalation. Experience has shown that 60% of patients are not able to tolerate the mask and ultimately discontinue using the equipment. Some users develop respiratory infections from the mask. Finally, there is an herbal and natural approach that we can explore.

Cause of the condition:

Before we evaluate the "solutions", let's consider what is causing the condition. When we begin to fall asleep, we move from stage one (drowsiness) into stage two sleep. Stage two sleep, is the transition stage before entering REM (rapid eye movement). REM sleep is where we dream. Dreaming is critical to a good nights sleep. When we enter stage two sleep in preparation for dreaming, muscular activity is inhibited (blocked). It is called "reduction of muscle tonus". This is a function that occurs primarily to keep the dreamer from physically acting out the movements of their dreams.

The first problem is that the inhibition of signals from the brain tends (inadvertently) to reduce the signal that tells the diaphragm to breathe. In some individuals, upon entering stage 2 sleep, the breathing will actually come to a stop (Sleep Apnea means *cessation of breathing*).



As our breathing becomes shallower, the blood oxygen level drops and the carbon dioxide levels rise. In a young and healthy individual, this would elicit stronger and deeper breathing from the physiological control system that regulates these activities. In an older individual the respiration reduces in intensity and the blood oxygenation drops. This is where the safety back-up system comes in. When the blood gas levels get too far imbalanced, the brain intervenes and causes the body to make a large and immediate inhalation. This causes a large pressure differential in the pharynx and literally sucks the sagging-soft palate into the airway. This obstructs the air flow and causes a loud "SNORT" partially or fully awakening the subject. Most times, the subject is not fully awakened and thus isn't aware that this is even happening. It still disturbs their sleep enough so that they return to stage 1 sleep.

Upon awakening or returning to stage 1 sleep, the inhibition causing the reduction of muscle tonus for entry into stage two sleep is released and respiration begins again in a somewhat normal manner. As the subject starts to drift off to sleep again, they move into stage two, the muscle tonus drops, the soft palate sags, the signal to the diaphragm diminish and the cycle repeats. The resulting snorting awakenings typically occur every 1 to 5 minutes or so.

The Solution:

If your breathing was sufficiently deep enough, then you would not make a rapid inhalation, suck your soft palate into the airway and snort; disturbing your sleep.

The appropriate solution is to accentuate (increase) the ability of the brain to communicate with the diaphragm so that you breathe deeply and steadily throughout the night.

Sure it is beneficial to strengthen the muscles of the soft palate. Yes it is advantageous to reduce muscular tension in the neck. Both of these things will make a noticeable improvement in the condition. In fact some foods like wheat products and cheese should not be eaten near to bed time as they can cause congestion which aggravates the condition. However; the most dramatic impact can be made by the administration of just a few common herbs.

Lobellia, when used in small doses, acts as a respiratory stimulant. It has been used for thousands of years to treat respiratory conditions. This herb, when taken before bed, can *actually increase* the quiescent level of respiration sufficiently so as to avert the dangerous drop in blood oxygen level that occurs upon muscular inhibition. It can maintain deep steady breathing throughout the stage 2 sleep period.

Thyme has traditionally been used to enhance pleural activity. It actually improves the ability of the lungs to exchanges CO2 for oxygen and makes an excellent contribution to maintaining sufficient respiratory amplitude. To round out the combination, Chamomile aids the subject in relaxing and Cramp Bark helps the upper trapezius muscles to relax.

This combination of herbs taken before bed has been demonstrated to relieve sleep apnea in most cases.



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A CURE FOR NEUROPATHY?

Regenerative Medicine Can Heal Sick Nerves

Dr. Sebastian Klisiewicz, D.O.

Neuropathy is a painful and disabling condition that affects many Americans. Until recently, many patients have been told there is no cure for their neuropathy and the few treatments that are available are not very effective. Luckily for neuropathy sufferers, there are new natural treatments that are safe and effective. The latest research has shown that Regenerative Medicine treatments such as platelet rich plasma also known as PRP, cold laser therapy and proper nutritional support can heal sick nerves. An integrated approach that includes these cutting-edge treatments can now help patients eliminate neuropathy symptoms, improve their function and regain their quality of life.

Neuropathy is a general medical term for sick or dysfunctional nerves. Nerves are like electrical wires within our body that carry information to and from our brains to sense our environment and move our extremities. In neuropathy, damage occurs to the nerve fibers and blood vessels that support them. This causes a disruption of the electrical signals within the nerves leading to the dreadful symptoms of pain, burning, pins & needles, cramping, numbness, weakness, heaviness and loss of balance.

Neuropathy can be caused by several different mechanisms. Nerves can be damaged by mechanical forces such as compression, friction, or stretch. Nerves can become severed or cut during traumatic injuries or surgeries. Neuropathy can also be caused by metabolic factors such as elevated blood sugar, abnormal thyroid function or lack of nutrients such as B vitamins. Toxins such as alcohol and some medications can also contribute to nerve damage. Often, multiple factors are involved in the development of neuropathy. For example, patients with diabetes, B vitamin deficiencies and chronic alcohol use are more likely to experience nerve damage from mild compression at the wrists, elbow and feet. This is because their nerves are already inflamed, dysfunctional and vulnerable to damage.

The standard treatment for neuropathy involves the use of medications such as gabapentin or Lyrica. Unfortunately, these medications can cause side effects including fatigue, depression, constipation, etc. Opiate pain medications are also used but

these can be dangerous and often ineffective. Steroid injections, another available treatment, can sometimes provide short term pain relief, but do not actually heal the nerves and can have unwanted side effects. Surgery is a last resort for some neuropathy sufferers, but again this comes with significant risks. Luckily, there are new alternatives to these toxic medications, steroid injections and invasive surgeries.



An integrative approach that includes regenerative medicine, physical therapy and nutritional support can often treat neuropathy safely and effectively. Contrary to previous belief, nerves can heal and regenerate when given the right stimulus and a proper healing environment. One of the newest treatments available is ultrasound guided injections of platelet rich plasma (PRP) around sick and injured nerves. PRP is made by spinning the patient's own blood within a centrifuge to concentrate the platelets in a plasma solution. Platelets are packed with growth factors that mobilize the immune system to start the healing process. They are also full of anti-inflammatory and pain reducing compounds. Best of all, they are natural, safe and made by your own body.

PRP has been classically used to treat tendon injuries and arthritis. But recently, research studies have shown that PRP injections around nerves can promote regeneration of the nerves and the protective covering or myelin, increase growth of supporting blood vessels, decrease inflammation, and increase muscle growth through the mobilization of healing stem cells.

The use of cold laser therapy has also been shown to improve nerve function and regeneration. When combined with PRP, cold laser therapy works synergistically to heal sick nerves. With a series of PRP and laser treatments, many nerve conditions can resolve. This often results in the elimination of pain, a gain in strength and improved balance.

Nerve regeneration and healing is best when accompanied with proper nutritional support and nerve specific physical therapy. A diet high in antioxidants, vitamins and minerals along with healthy fats can support the healing process. At times, specific supplements such as turmeric, fish oil and alpha-lipoic acid can aid in this process as well. Specific neuro therapy is utilized to retrain the nervous system as the nerves heal allowing the body to function at its best.

At Integrative Rehab Medicine, we specialize in treating neuropathies with Regenerative Medicine. Dr. Sebastian and our team of highly trained professionals are pioneers in healing nerves. Our Integrative Advantage™ is the most comprehensive neuropathy treatment in Southwest Florida. Neuropathy patients now have a safe and effective option to eliminate symptoms, improve function and regain quality of life.

DR. SEBASTIAN KLISIEWICZ, D.O.

Board Certified in Physical Medicine and Rehabilitation

Dr. Sebastian is a leading physiotherapist in Estero, Fort Myers and Bonito 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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Do You Have Venous Claudication?

What is claudication?

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

Symptoms

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

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

Claudication Treatment

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

More on PAD

Individuals with peripheral arterial disease (PAD) have blood flow disruptions, usually in the feet and legs, but it can also occur in the brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide. PAD can lead to severe medical conditions. Currently, 8.5 million Americans have peripheral artery disease.

Symptoms of PAD

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



A Healthy Diet and Exercise is Essential

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

PAD Treatment

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

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

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

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 3 decades.

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

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

Call the Vascular & Vein Center at Gulfcoast Surgeons today at (239) 344-7061.



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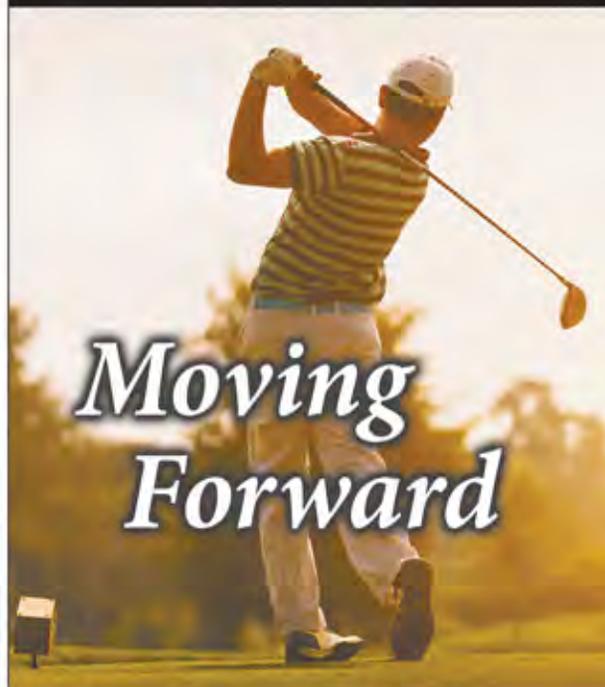
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- 3 Ingrown toenails can lead to bone infection; we treat them fast.
- 4 Top pickleball injuries seen include foot fractures from ankle sprains.

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Cannabis & Coronavirus

Covid-19 has slowly spread its way into the lives of almost every person starting with financial distress and ending in the constant fear of carrying on with everyone's daily routine. These strange times have called for unorthodox measures to be taken in order to flatten the curve of the spread such as work from home, telemedicine, and other contact free options of their previous counterpart. As such, the Florida Department of Health has now temporarily allowed patients to re-certify their marijuana prescriptions over the phone up until April 15th, giving them an alternative to the typical doctor office visit. The clinical side of the industry isn't the only side taking preventative measures; dispensaries are now doing minimal contact purchases as well as ramping up the delivery sector to protect patients especially for those who are immuno-compromised.

What this entails for the future of the industry will ultimately be within the hands of the state of Florida with many hoping tele-medicine is here to stay past the April 15th deadline. Those who are bedridden or unable to go out in public collectively breathed a sigh of relief despite the temporary nature of it all. This opens up the question if telemedicine could be a permanent option in the small percentage of cases and possibly hail an increase in demand for being a card holder as it will open up a completely untapped demographic. The convenience being the obvious factor in this but meeting at some point down the middle seems crucial to those wanting to become a cardholder and are unable to be in public disregarding the current situation with the virus. Regardless, as we all go through the unknowns of this novel coronavirus, let's continue to observe the way this industry reacts to this unfortunate scenario (from 6 feet away, of course).



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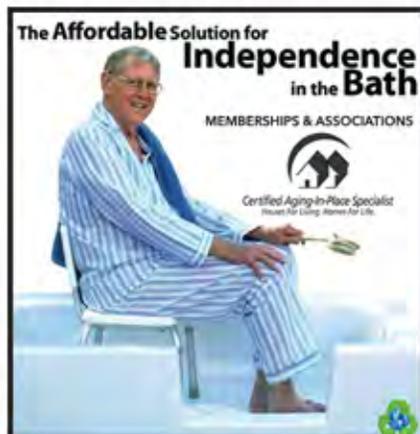
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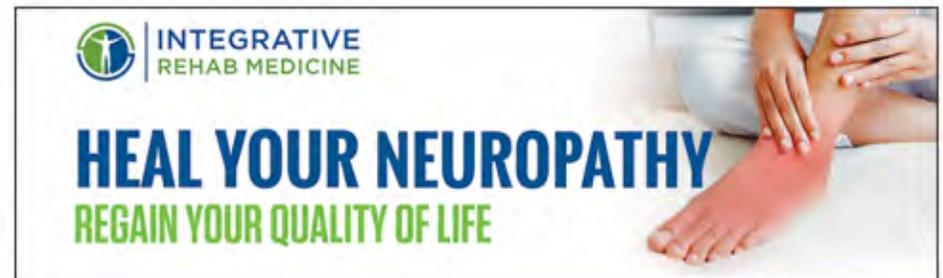
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Pain, Dryness & Irritation:

How Women Are Rejuvenating Their Lives

By Joseph Gauta, MD, FACOG

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

Female Sexual Dissatisfaction Has Many Causes

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

CO2RE Intima

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



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

CO2RE Intima Benefits:

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

CO2RE Intima might be for you if:

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

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

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



Nicole Houser, PA



Joseph Gauta, MD



Amber Thompson, PA-C



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NON-INVASIVE TREATMENT FOR CHRONIC PAIN and WEIGHT LOSS

REGENERATIVE MEDICINE

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

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

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

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

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



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.

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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.

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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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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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Testimonials:

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"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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If You Have **Neuropathy**, There Are Alternative Treatment Options That Have Helped Numerous Patients Enjoy Life Again without Tingling And Pain

If you've been diagnosed with neuropathy, you most likely have an underlying condition that you are trying to treat as well. Most people with peripheral neuropathy, start out with some tingling sensations in the legs, but the disorder often progresses to become painful and a hindrance to daily activities. If left untreated, it can become debilitating and even life-threatening. In the United States alone, neuropathy affects nearly 20 million people. The nerve damage happens because the small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain become restricted and ineffective.

Neuropathy is typically associated with diabetes, as it's common for nerve damage to have occurred in individuals with high glucose storage, but neuropathy can also be attributed to chemotherapy, injuries, autoimmune diseases, compressed spinal vertebrae, cholesterol medication side effects, a build-up of toxins, and vascular disease.

Symptoms of neuropathy

- Tingling
- Numbness
- Burning
- Sensations of cold/hot
- Stumbling
- Impingements
- Electrical vibrating sensations
- Falling
- Lack of strength
- Decreased range-of-motion
- Muscle cramps
- Joint inflammation

Neuropathy Causes and Treatment

Patients that have diabetes, have high blood sugar that damages various organs within the body, but also has a severely adverse effect on nerves. When the blood supply is diminished, the lack of brain signaling from the nerve endings makes it difficult for a person to feel pain in their foot, so often injuries and these disorders are overlooked. This syndrome is called peripheral diabetic neuropathy.

Because of this nerve damage, people with diabetes are at a higher risk of developing foot ulcers. A foot wound may not sound overly alarming to most people, but foot ulcers can be life-threatening. These

small sores go undetected due to the lack of feeling. If a patient delays treatment, foot ulcers can lead to amputation, strokes, heart attacks and severe infections that can spread throughout the entire body.

Amazing Wellness and Chiropractic Peripheral Neuropathy Specialist – Naples, Florida

Dr. Walters and Dr. Long are the Southwest Florida Neuropathy Specialists and are very experienced in diagnosing and treating those suffering from this debilitating condition.

Don't let another day pass without coming in to see the Neuropathy Specialist of Naples. Dr. Walters and Dr. Long would love the opportunity to meet you, discuss your condition and get you on a path to improvement and recovery.

You don't have to succumb to addictive pain medications or antidepressants. Peripheral neuropathy is a progressive disorder, but it doesn't have to be. With alternative treatment options and getting to the root cause of the condition and implementing innovative techniques that have helped numerous patients, Dr. Walters and Dr. Long have helped many patients just like you to find answers, hope and a future without debilitating peripheral neuropathy.

About Amazing Wellness and Chiropractic in Southwest Florida

Patients throughout Southwest Florida reach out to Amazing Wellness and Chiropractic for their patient-centered care, expertise and optimal outcomes. Their goal is to treat your condition at its source by providing long-term whole-body wellness. Through laser, light therapy, weight loss options, nutritional assistance, and skillful chiropractic treatments, their doctors and staff help you achieve your best self. Dr. Scott Walters and Dr. Jennifer Long both focus on natural solutions to ensure your comfort and well-being through the most researched chiropractic techniques and therapies.

At Amazing Wellness and Chiropractic, we will make sure your pain and other ailments get the attention they need with solutions to improve your well-being. For your convenience during treatment, they also have an in-office, state-of-the-art X-ray suite.

Call Amazing Wellness and Chiropractic today to schedule an appointment with their compassionate team. Please call (239) 880-CARE.

MEET OUR CHIROPRACTORS



Dr. Scott Walters

Dr. Walters grew up learning the importance of the nervous system and the body's abilities through his experiences in the cycling world. During his time obtaining his undergraduate degree at Miami University of Ohio, Dr. Walters raced internationally with the United States National Cycling Team and eventually went on to race professionally. After working in finance for a few years, Dr. Walters was given the chance to return to his roots and his appreciation for the human body when he sold his business and returned to school to pursue a medical career. He went back to school and obtained a degree in Biochemistry before attending Palmer College of Chiropractic. Due to missed opportunities in the world of cycling, Dr. Walters is passionate about maximizing the body's abilities so that his patients may live their best lives possible.



Dr. Jennifer Long

Dr. Long was born and raised in southwest Michigan. Following graduation from Western Michigan University with a Bachelor's and Master's of Science degrees (focusing on reproductive endocrinology), she moved to Florida to pursue a Doctorate in Chiropractic from Palmer College of Chiropractic. Dr. Long is passionate about pediatrics and women's health. She is a member of the International Chiropractic Pediatric Association, a DONA trained doula, and holds a certification in the Webster Technique through the ICPA.



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MY SELF WELLNESS CENTER IS OPEN & READY TO HELP YOU HEAL

MY Self Wellness Center, a new and alternative medical treatment center, is open for business in Bonita Springs, FL. MY Self Wellness Center offers Ketamine as a groundbreaking way to treat many conditions such as depression, anxiety, addiction, PTSD, OCD, Bipolar Disorder, Fibromyalgia, chronic pain, and more. In addition to paving the way for psychedelic-assisted therapy, MY Self Wellness Center also offers medical marijuana cards, NAD+ therapy, meditation classes, group Ketamine assisted psychotherapy, and IV nutritional bags.

Led by Dr. Andrew Ferber, aka Bodhicitta, patients will first schedule a consultation, followed by a psychiatric evaluation. The MY Self Wellness Center team works with clients to ensure they are mentally and physically prepared for treatment.

With over 60 years' experience as a psychiatrist and holistic doctor, and 50 years as a meditator and meditation teacher, Dr. Ferber has healed people on five continents, and is the current Director of The Osho Institute for the Art of Living and Dying.

Ketamine therapy is a practical treatment alternative for assisting in psychological healing and mental health issues, as well as chronic pain symptoms, and may be particularly effective for individuals who have come to be resistant to narcotics and various other pain-relieving treatment methods.

"The Ketamine allows us to unblock the natural flow of healing energy, often called love that we are actively blocking, which then allows us to open up and blossom like a flower," commented Dr. Andrew Ferber, AKA Bohdichitta, MY Self Wellness Center.

Research shows Ketamine increases expression of brain-derived neurotrophic factor (BDNF), which is the brain's own repair inducer. This protein promotes the survival of neurons by playing a role in the growth, maturation (differentiation), and maintenance of these cells. Not only does Ketamine increase BDNF, but it also increases the



number of receptors that BDNF binds to. With time, there is more repair factor and more receptors available to be activated by the repair factor.

The outcome is that over a period of weeks, neuroplasticity and repair occur in the brain. Ketamine also binds to NMDA receptors creating a glutamate surge and releasing growth factors. This allows your brain to make new synaptic connections. When paired with new healthy habits, it paves the way for healthier thought patterns while increasing your resilience to chronic stress with lasting effectiveness.

At MY Self Wellness Center, we believe that we have the power to create change in our brain which facilitates change in our lives.

**The Time for Healing Is Now
Wellness for mind,
body, and soul**

In short, MY Self Wellness Center is a premier Ketamine treatment facility that exists to assist and empower you on your health and wellness journey with the healing benefits of Ketamine and other alternative treatment routes.

For more information about MY Self Wellness Center, please call 239-908-9958, or visit www.myselfwellness.center.

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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

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

To find out more, please contact them today at, 239-230-2021, or email them at info@arhiusa.com.

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

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

Are you interested in participating in a clinical trial?

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



Advanced Research for Health Improvement, LLC

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APRIL, PARKINSON'S DISEASE AWARENESS MONTH "PD TREATMENT CENTER OF SWFL". OUR LIVE PROGRAM

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

Dear Friends:

The Chinese called 2020: "Year of the Rat". In their culture, this animal represents "fertility, reproduction and wealth". For mankind 2020 will be a year "which will live in infamy". Others have called it: "The Year of the Zoom". Well, I do not know about you all, but this is now 2021 and we need to work together to bring our lives back to normal.

The Parkinson's Disease Treatment Center of SWFL, in partnership with the Charlotte County Medical Society, is proud and excited to bring you LIVE our 2021 PARKINSON'S DISEASE AWARENESS MONTH SYMPOSIUM. This event will take place on Friday, April 30, 2021 from 12 noon to 5:30 pm at the "Charlotte Harbor Event and Conference Center", in Punta Gorda, FL.

As in previous years (but not 2020) our program will bring to the audience the latest information about this disease and ways in which we can all optimize the quality of life of those affected, along with their caregivers.

We will hear from Ms. Anissa Mitchell, Vice President, Programs, at the Parkinson's and Movement Disorder Alliance (PMD Alliance), an independent national organization dedicated to serve the more than 40 million Americans affected by these disorders. She will address the audience sharing her thoughts about how we can work together to overcome the challenges imposed by PD and related disorders, utilizing the benefits of an organization like PMD Alliance.

Tyan Aleshire and Rachel Klasmeyer, certified clinical research coordinators from our site (Parkinson's Disease Treatment Center of SWFL), will provide a brief review of the process of clinical research and the benefits and importance of participating in clinical trials, as well as clarifying a lot of misconceptions that many of you have.

This will probably be the first time that you attend a presentation reviewing dental care in patients with Parkinson's Disease. There is more than what you may think connecting your brain with your digestive system. Your mouth is the entry to the rather complex "gut-brain axis". Sara Maltese, D.M.D. will provide you with most useful information in terms of how to improve your dental health and prevent complications that may lead to periodontal disease and tooth loss.




2021 PARKINSON'S DISEASE AWARENESS MONTH SYMPOSIUM

Friday • April 30, 2021 12:00 pm to 5:30 pm

Charlotte Harbor Event and Conference Center

75 Taylor Street, Punta Gorda, FL

Guest Speaker:
Ramon Rodriguez, MD
Professor of Medicine (Neurology) at University of Central Florida, Orlando, FL
Medical Director, "Neurology One", Orlando, FL

Special Guest:
Anissa Mitchell, LCSW
Vice President, Programs
Parkinson & Movement Disorder Alliance

Other Faculty Members Include:
Mabel Lopez, PhD
Neuropsychologist
Director, Mind and Brain Care, Fort Myers, FL
Sara Maltese, D.M.D.
Dental Office of Dunedin, Dunedin, FL
Tyan Aleshire, CCRC and Rachel Klasmeyer, CCRC
Clinical Research Coordinators
Parkinson's Disease Treatment Center of SWFL
Ramon A. Gil, MD
Program Director and Medical Director
Parkinson's Disease Treatment Center of SWFL

AGENDA

12:00 pm to 12:45 pm	Registration and light lunch/refreshments
12:45 pm	Opening Remarks
12:50 pm to 1:10 pm	Anissa Mitchell, LCSW
1:10 pm to 1:40 pm	Participating in Clinical Research..... T. Aleshire and R. Klasmeyer
1:40 pm to 2:25 pm	OHI* for Parkinson's Disease patients.....Dr. Maltese
2:25 pm to 3:00 pm	Mood and Cognitive Problems in Parkinson's Disease..... Dr. Lopez
3:00 pm to 3:20 pm	Break
3:20 pm to 4:00 pm	10 tips to better manage your Parkinson's Disease..... Dr. Gil
4:00 pm to 5:00 pm	Current drugs and the busy Pipeline for Parkinson's Disease.....Dr. Rodriguez
5:00 pm to 5:30 pm	Q's and A's..... Faculty

*Oral Hygiene Instructions

FREE ADMISSION... Seating is limited...
***CDC Guidelines will be followed.**

To register or for more information, contact office@parkinsonsfl.com or call 941-743-4987



Photo: LIVE Program - January 2021



University of Central Florida and now in private practice, as the medical director of “Neurology One”. We asked Dr. Rodriguez to bring us not only a brief review of the latest medical treatment for PD, but even more exciting: a review of the busy “pipeline” for new drugs with different approaches to treat PD being currently investigated.

Thanks to our sponsors, this program is FREE. “Social Distancing” and other CDC guidelines will be followed; therefore, seating is limited.

We encourage you to register early.

**Please contact us at
office@parkinsonsfl.com or call
941-743-4987.**

Dr. Mabel Lopez is a neuropsychologist trained at University of Florida in Gainesville. This is one of the most prestigious surgical centers for PD and other movement disorders, and as such, during her training and all along her career, Dr. Lopez has been very involved in the evaluation and treatment of patients like you. She will share information about mood and cognitive disorders often affecting patients with PD. Her approach is rather interesting, as it focusses for the most part, in non-pharmacologic interventions and lifestyle changes that will result in a much better and brighter future.

The title of my presentation in this symposium speaks by itself: **“10 tips to better manage your Parkinson’s Disease”**. I look forward to providing you with practical tips to help you improve the outcome of your treatment and, working along with your physicians to find ways to improve even more your quality of life. The answers to questions such as: “Do I really have PD?”, “Which medications should I avoid and why?”, “What should I do when I find myself hospitalized?” are critical for you and your family members and could certainly help you to prevent problems.

Our guest speaker is Dr. Ramon Rodriguez. He was trained at the University of Florida, in Gainesville, where (after finishing his fellowship in Movement Disorders) was named Associate Professor and occupied this position for 7 years. Subsequently he moved to Orlando where he became Professor of Medicine at the

We hope to see you in our upcoming educational program Friday, April 30.

Ramon A. Gil, M.D.

- Diplomate American Board of Psychiatry and Neurology
- Diplomate American Board of Internal Medicine
- Former Clinical Associate National Parkinson Foundation
- Medical Director and Founder, Parkinson’s Disease Treatment Center of SWFL

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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

Walking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and the often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?

Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

Physicians Rehabilitation's Knee Therapy Program Includes:

- Stem cell therapy
- PRP (Platelet Rich Plasma)
- Physical therapy
- Bracing
- Rehabilitation
- Supplementation and more

Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, with only a small percentage of patients reporting mild side effects.

Stem Cells (Not all Are Equal)

The stem cells are precisely injected into the injured region under ultrasound-guided imaging. These stem cells immediately begin to assist in the normal healing process to regenerate tissue growth, and signal repair to the damaged area.

Our own stem cells are not enough due to limitations, which are usually due to aging, or severe injuries; stem cells from other sources increase platelets in the blood,

which travels to the injured area to increase healing more effectively. Many healthcare providers are supplying patients with inferior stem cells that do not work as well as pluripotent stem cells. The pluripotent cells come from umbilical cord donors and produce active cells that are full of nutrients, minerals, amino acids, and proteins and have the ability to reproduce and regenerate new cells throughout the body. Umbilical cord stem cells are one of the most powerful stem cells available because they have the potential to develop into any cell found in the human body.

Pluripotent stem cells can be used to treat and replenish areas of the entire body from head to toe. Stem cells work wonders in repairing and regenerating damaged tissue, and the human body completely accepts them. They offer anti-inflammatory, as well as immunomodulatory effects, which helps modulate the body's immune responses. No embryonic tissues or tissue from aborted fetuses are ever used. The umbilical cord stem cells are obtained through aseptic recovery technique from full-term delivered babies from a healthy mother.

PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing.

Research studies and clinical practice have shown PRP therapy to be very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.

No-Cost, No-Obligation Consultations

Physicians rehabilitation will answer all of your questions in a warm, friendly environment. Once complete, you will know exactly what your treatment options are and if Viscosupplementation therapy and our specialized rehab program is right for you.

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Safety First: Caution is Key to Preventing Sports Injuries

Spring is here, and with this time of year come many of the popular sports activities that we know and love. The great advantage of living in Florida is the endless opportunities to get outside and remain active, but with this opportunity comes the responsibility to ensure that we are taking care of our bodies and taking necessary precautions to avoid injuries.

Unfortunately, even if you are regularly active, you are not completely immune to injuries caused by athletic activity. Seemingly minor injuries, such as a small twist of your ankle while taking a stroll or a pulled muscle at the gym, have the potential to put you out of commission for days or weeks.

Understanding pain is the key to successful participation in sports. Start up pain is many times a natural response and that is why we "warm up". Pain that occurs after activity has started and persist means you must stop your activity and identify your injury.

Tips for injury prevention

Fortunately, many sports injuries can be prevented. The key to reducing the risk of injury or re-injury is to listen to your body and know your limits. Exercise these 10 tips to help you stay in the game:

1. Stretch daily to maintain flexibility - a slow gentle stretch breathing out as you stretch.
2. Choose the right equipment and protective gear when appropriate
3. Gently warm up your muscles and then cool down after activity

4. Drink plenty of water before and throughout any physical activity
5. Take time to rest and recover after strenuous activity
6. Learn proper techniques for the sport
7. Maintain a regular fitness regimen to avoid straining sedentary muscles
8. Do not play when injured to avoid further damage
9. Let your body heal; do not overexert yourself when recovering from an injury
10. Maintain a proper diet so that your body is receiving the nutrients it needs

Treating common sports injuries

Many sports injuries, while painful, can be treated with what is referred to as RICE, which stands for rest, ice, compression and elevation. To avoid further damage to an injured muscle, tendon or ligament, stop participating in the activity to and rest the affected area. At home, apply an ice pack, or wrap crushed ice in a towel, and place on the injured area several times a day for 20-minute increments. Compression means wrapping a sore elbow, ankle, knee or wrist with an ACE bandage. Finally, it is important to elevate the injured area to diminish swelling. Following these steps can reduce inflammation and limit blood flow to the area, which can provide short-term relief from pain.

Should you call the doctor?

The American Academy of Orthopedic Surgeons recommends consulting a physician for all but very mild injuries. The American Orthopaedic Society for Sports

Medicine suggests that letting an injury go untreated can worsen the injury or lead to more serious complications, so if symptoms persist after a sports-related injury, it is important to contact your doctor to assess the extent of damage. "No pain, no gain" is not good medical advice.

Early diagnosis, treatment and rehabilitation can allow you to regain full motion and strength. Severe sprains or strains may require a brace, casting or even surgery. Even mild injuries may benefit from modified activity, immobilization and physical therapy.

If you are experiencing pain caused by a sports-related injury, make an appointment to speak with orthopedic 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.ifxbones.com, or ask your physician for a referral.

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We've all been there, we signed up for a gym membership with great intentions, BUT the trainers just want to rush us through the same routine, on the same machines as the client before us, but that doesn't work!

We are all different body types, at different levels of fitness and we don't all have the same goals in mind. Whether you are trying to tone up for an event, get lean for a competition or grow muscle mass, trainers must customize plans tailored to each client, and at Iron DNA, that's what we specialize in. We're more than just a gym, we are partnered with you to create the body and fitness goals you desire, and with our experience levels, we not only help you reach your goals, but we also teach you to maintain what you've worked for.

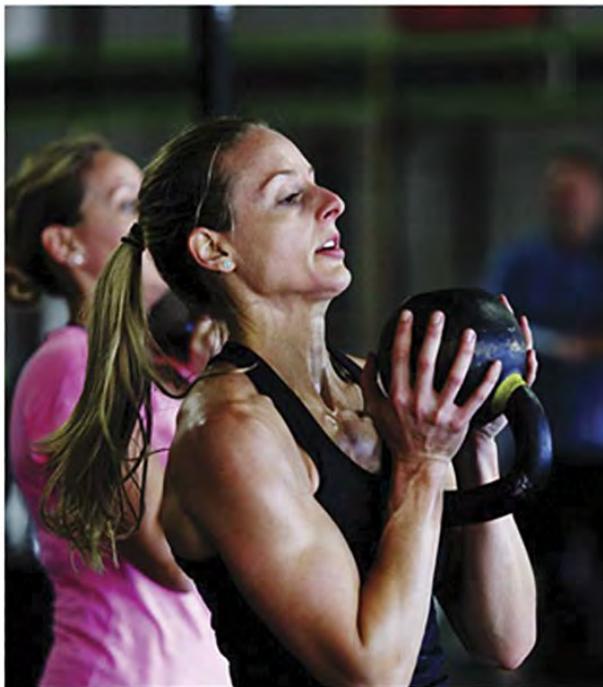
You will not just move from machine to machine
Our responsibility as trainers is to create a customized and personal workout plan for each client. Our clients do everything from cardio to traditional weight training to multi-joint movements, skilled movements and moves that involve multiple muscle groups.

Personal Training

Our Personal Training program will teach you how to safely practice techniques and embrace stability, strength and power through the fundamentals of Functional Fitness. You will learn everything from basic body weight movements to Olympic and Power lifts. Get ready to use free weights, barbells, TRX, ViPR, Rip trainer, resistance bands, bosu, dyna discs and much more in ways you never knew you could! Your body is an amazing machine capable of more than you've imagined.

Our trainers believe in spending quality time with each person, ensuring they are moving safely through their techniques. To accommodate this, personal training can be 1-on-1 or in a group setting with up to 5 people. This gives the trainer a chance to see any muscle imbalances or assess past injuries that need to be corrected or improved upon.

You will learn solid principles of exercise that will stay with you on your fitness journey, not just machine motions and rep counts!



BootCamp

Iron DNA prides ourselves with a BootCamp workout like no other. Our BootCamp program is a challenging group exercise class for individuals of all ability levels created to build your strength and overall fitness. This one-hour high energy workout is based on the fundamentals of High Intensity Interval Training and Functional Movement exercises uniquely designed to give you a new experience every day while achieving any goal imaginable. We promise you will never get bored!

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CrossFit IronStable workouts are in line with CrossFit's methodology of "constantly varied functional movements performed at a relatively high intensity" as well as some TLC from our highly qualified CrossFit Level 1 instructors. The functional movements that our coaches teach reflect the best aspects of gymnastics, weightlifting, running, and rowing – the core movements of life! With our programming you will see dramatic changes in your fitness gains.

NEVER Judgement-ONLY customized training

Every movement, pace and intensity level is scaled to each person's personal ability and overall physical fitness condition. You can start with NO ability at all – we scale every movement, so you get stronger and achieve a higher level of fitness as you grow.

Our superior Personal Trainers excel in their knowledge of exercise physiology, nutrition, anatomy, and program development. This ensures a customized workout plan that provides ongoing motivation and support to help you achieve your individual fitness goals.

Cryotherapy

For the convenience of our clients and staff, Iron DNA also offers Cryotherapy for muscle recovery, fat reduction and so much more.

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- Reduction of Chronic Pain & Fatigue
- Pain relief, muscle healing & decreased inflammation
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- Lessens anxiety, depression, insomnia & migraines
- May improve dermatological conditions as well as relieve depression and anxiety
- Fast recovery & medically proven to help maintain a better you

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Beauty Ritual Skincare

We are SWFL's premier skincare spa. At Beauty Ritual Skincare, we specialize in transformative skincare, lashes and brows. We are also the area's only Face Reality Acne Specialists. Come in and experience life-changing results!

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Interested in smoother more youthful skin that glows from within? The VI Peel is the answer many people have been waiting for.

VI Peel

The VI Peel contains a synergistic blend of powerful ingredients suitable for all skin types.



This peel provides dramatic results with virtually no pain, no skin preparation and little downtime. It will improve the tone, texture and clarity of the skin; reduce or eliminate age spots, freckles, and hyper-pigmentation, including melasma; soften lines and wrinkles; clear acne skin conditions; reduce or eliminate acne scars; and stimulate the production of collagen, for firmer, more youthful skin. VI Peel also works well in conjunction with lasers, injectables and post procedure.

The VI peel ingredients are comprised of several high-powered regenerating. These include Salicylic Acid, Phenol, TCA, Retin-A, and Vitamin C. The VI Peel is powerful, but gentle and has little downtime. Patients will see results immediately, but the primary results take about one week.

Due to the effectiveness of the VI Peel Formula-tion, it is only available to professional practitioners. Beauty Ritual Skincare is one of only a few professionals in the area to offer this procedure.

Patient Testimonials

"I've gotten several services done with Rachel and every visit has been relaxing, positive, professional, informative and a self confidence boost. The office is incredibly clean and stylish with a warm atmosphere. Rachel takes her time to go over best options and plan for your goals and your skin. I highly recommend!"—Leslie

"Such a rare, cute find! Beautiful, cute spa! My facial with Rachel was fantastic. I got home and I looked in the mirror and wished my skin looked like it did everyday with no makeup! It was absolutely an amazing place. I can't wait to visit again this Friday to get my brows done! This is my new go to spa!"—Gina

"Beauty ritual changed my life. I struggled with adult acne for many years and tried many different products and esthetician's to help me clear it. Nothing worked until I met Rachel. She is so knowledgeable, professional, and I feel like she truly cares about my skin. Her spa is beautiful, and her team of esthetician's are wonderful as well. I 1000% recommend."—Veronica

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TOP FIVE ESTATE PLANNING ADVANTAGES OF RELOCATING TO FLORIDA

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

While it'll be years before we fully grasp all the consequences of COVID-19, an apparent pattern of occasionally high-profile relocations—Texas and Florida being the two most prominent destinations—has already stirred a lot of discussion. Although the total number of moves nationwide has actually decreased (according to Bloomberg), COVID has almost certainly had a big impact on who is moving and where they're headed. If you're considering the Sunshine State, you may be wondering what the advantages are and today's topic will provide an overview of the various estate planning advantages of relocating to Florida. Note, we are using "estate planning advantages" to refer to the top legal, tax and asset protection advantages related to becoming a Florida resident. So, let's dive in!



Elon Musk famously took a break from building rocket ships and left California for Texas. The Lone Star State also welcomed in comedian and enormously popular podcaster Joe Rogan. And *Business Insider* reports that more than a few Wall Street moneymen have left New York behind for the Florida sunshine.

There's even talk of moving the New York Stock Exchange itself to Florida, which would have seemed preposterous in the pre-COVID world.

Realistically, there are a host of different reasons influencing movers. Employers' increased use of videoconferencing apps like Zoom and Skype has made working from home much more practicable. Nearly 70% of employees were working from home at one point. And when you aren't tied down geographically by your employer, moving becomes a much less daunting prospect.

Unfortunately, the 22 million and counting job losses attributed to COVID and the resulting shutdowns have also incited more than a few relocations, as newly unemployed workers move in search of new employment. States that implemented more limited shutdowns—like Florida and Texas—often present more promising employment prospects than states with more comprehensive closures.

Without going into the underlying politics, COVID has also highlighted the sometimes-marked differences in legal climates from one state to another—another factor influencing the choice of destination. Florida in particular offers an attractive legal climate for businesses and individuals looking to preserve wealth. If you're considering a move, here are the top five estate planning advantages of relocating to Florida in our humble opinion.

No State Income or Estate Taxes

Most people recognize that a certain level of taxation is necessary, but pretty much no one actually enjoys paying taxes. If you're a fan of low taxes, Florida has a lot to offer.

Only seven states have zero state-level income tax. Florida is one of them. That and the warm weather have made Florida a popular destination for retirees for quite some time. And, as COVID transplants know, current wage earners also benefit. After all, the same salary looks bigger without state income tax withholding. Needless to say, the IRS still wants its money. And Florida has other taxes (like sales and hospitality taxes). But avoiding state income tax has been a motivating factor for more than a few new Florida residents.

If you're at the point where you're thinking more about planning your estate than earning wages, Florida also lacks any estate or inheritance taxes. Although qualifying Florida estates still have to pay at the federal level, you can preserve more wealth in Florida than in states that impose a "death tax," such as New York or New Jersey.

Only a minority of states charge state-level estate taxes, but Florida still stands out because estate taxes are expressly prohibited by the state constitution. That means a constitutional amendment (and not just new legislation) would be needed to add an estate tax in the future.

The Florida Homestead Act

In a nutshell, the Florida Homestead Act, which is also built into the state's constitution, prohibits creditors from attaching real estate that qualifies as a "homestead" under the law. Creditors aren't able to force a sale of a homestead to satisfy a judgment or to place an involuntary lien on the property. Florida homesteads are even protected from liquidation in bankruptcy.

Most states have homestead exemptions, but Florida's is special because it's uncapped, with no limit on the value of a protected property. By comparison, California and New York limit homestead protection to \$300,000 and \$85,400 (in both cases, depending on the county in which the real estate is located). Even more, Florida law doesn't stop homestead owners from transferring wealth into a homestead (through improvements or mortgage payments, for instance), to maximize wealth protection.

Florida's homestead laws also benefit homestead properties in real estate tax calculations. Up to \$50,000 of a residential home's value is exempt from assessment, so a home valued at \$300,000 is taxed as if its value is \$250,000. A fairly recent amendment further limits property taxes on homesteads by capping annual assessed-value increases to three percent or the CPI rate of inflation, whichever is lower. As a result, homeowners don't get hit with big property tax



increases if property values go up dramatically. The *de facto* exemption resulting from the limit on annual increases is also “portable” and can be transferred from one Florida homestead to another.

Strong Laws Protecting Assets from Creditors

While the uncapped homestead exemption gets the most publicity, strong Florida asset protection laws offers strong protections for shielding other assets against creditor claims. Under Florida’s exemption statutes, wages earned by a head of household are exempt from attachment. Life insurance protections in Florida provides that cash value stored in a permanent life insurance policy are also protected against an insured person’s creditors. Retirees frequently benefit from Florida’s exemption for wealth held in annuities, which is likewise protected from creditor attachment.

There are also favorable rules for Florida dynasty trusts, which makes it a good jurisdiction if your goal is to preserve wealth in Florida through multiple generations.

Special Protections for Assets Owned by Married Couples

Under Florida law, any assets co-owned by a married couple under certain conditions are assumed to be owned as tenants by the entireties. The tenancy by the entirety laws in Florida for spousal ownership offers some nice wealth management features. First, there is a “right of survivorship,” which means that, when one owner dies, the other automatically receives full title to the asset, without any need for Florida probate.

Additionally, if an asset is held as tenants by the entirety, creditors of only one spouse cannot attach it. If both spouses owe the debt, attachment may still be possible—unless the asset is protected by one of the exemptions described above.

Many states offer the tenancy by the entirety model for real estate, but Florida allows it for just about any type of asset that can be jointly owned—land, personal property, financial accounts, and even intellectual property can be co-owned as tenants by the entireties. And any asset held in a Florida tenancy by the entireties enjoys the same protections against creditor claims.

Pro-Business Climate

Along with the attractive framework for financial planning and asset protection, Florida also provides a business-friendly legal climate that can be enticing for entrepreneurs considering relocation. In general, Florida is among the nation’s most pro-business jurisdictions, with (for example) “right to work” and at-will employment laws. And, of course, the absence of any state-level income tax can increase an existing business’s profitability and make it easier to attract talented employees. The Florida legislature also recently revamped the state’s Florida Limited Liability Company Act Revised in 2015, which increases flexibility and reduces potential transaction costs and paperwork—particularly for new small businesses which form Florida LLCs.

According to the Miami Herald, three of the top five relocation destinations during the COVID era are in Florida (Tampa, Orlando, and the Miami area, if you’re wondering). The warm weather and friendly people undoubtedly have something to do with it, but we think Florida’s financial and business laws play a part, too. If you’re considering a move and want to know how Florida law might affect your personal finances or business, you should consult with a Florida-licensed estate planning attorney familiar with the state’s financial and commercial laws.

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How to Improve Your Cardiovascular Health with Diet & Exercise

Dr. Joseph Freedman MD, MBA

The health of the bodies and vascular system are affected by many things like, stress, substance abuse and genetics, but the main offenders of conditions and disorders are being overweight, poor dietary habits, having high blood sugar levels, chemical and toxin overload, and living a sedentary lifestyle.

The Inflammatory Effects of Sugar & Sodium

High blood sugar, dementia, autoimmune disorders and cardiovascular disease have more in common than most people are aware. In our country nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time.

Disease states and disorders and the issue of high blood glucose are very closely associated because of many risk factors contributing to what's known as metabolic syndrome. Metabolic syndrome is a condition in which the high insulin and leptin levels are resistant causing high blood pressure, high cholesterol, high triglycerides, and visceral fat to become significant risk factors for heart disease and coronary disorders. When the vessels are circulating high-glucose blood, atherosclerosis occurs at a greater intensity. Atherosclerosis is a build-up of plaque and causes a hardening of the arteries.

When we ingest excessive salt, inflammation takes effect in our entire bodies and water is pushed and retained into the arteries, which causes high blood pressure and makes the heart work extra hard. Too much salt increases your risks of strokes and heart failure, along with other disorders and diseases.

Potassium can help to flush some excess salt out of your body. That is why most salt alternatives have a higher ratio of potassium in the mix. Many foods that contain potassium are bananas, plums, coconuts, avocado, potato and many more. But eating potassium to flush out salt is not a good idea, as it will take an excessive amount and potassium in excess causes other bodily harm like arrhythmias and muscle weakness.

Keeping your sodium low is one of the major keys to keeping your blood pressure and heart healthy.



Eating whole foods is imperative to keeping your sodium levels in check and also to make you healthier, by lowering cholesterol and upping the amount of antioxidants and nutrients you get from your meals.

Heart-Healthy Dietary Choices

Shopping the periphery of the grocery store is a great way to avoid all of the processed foods, excessive sugar and salt in the center aisles. There are exceptions of course, like frozen no salt added vegetables and fruit and dried spices to take the place of your saltshaker. 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 or the Dash diet are exceptional examples of what foods you should be eating, which provide essential nutrients for the brain's condition. All three of these diets emphasize 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 cognitive decline 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 sparingly. Also, order steamed vegetables, lean meat and in general make wise choices.

Exercise

Talk with your physician about the right exercise plan for you. Most people can benefit from taking a brisk 30-minute walk or a 30-minute swim. Exercise increases 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.

There have been significant studies on the benefits of water activities for individuals that suffer from cardiac diseases and disorders. These cases have proven that the level of oxygen in the blood increases in water, which is ideal for most vascular issues. The oxygen consumption (VO₂) is three times greater in water than on land. Working large muscle groups leads to this uptake of oxygen, but doing a lot of running and legwork on land increases the heart rate at a greater level than with water-based therapy. For obvious reasons, maintaining a lower heart rate is ideal for those suffering from any heart ailments.

At the Cardiac Care Group in Cape Coral, they provide a wide range of services that focus on the prevention, prompt diagnosis, and state-of-the-art treatment of cardiovascular disease. They pride themselves on being an exceptional practice where patients come first. All of their physicians and medical staff are highly trained professionals, maintaining the highest level of accreditation in cardiology to address the special needs of those they are privileged to serve.

Don't Ignore Your Symptoms! If you or someone you know needs to have a cardiology consultation, are concerned about your risk factors, or are experiencing symptoms of chest discomfort, shortness of breath or other related issues, please contact them at (239) 574-8463

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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.

Easter Lilies and Your Pet's Health: What You Should Know

Cats in particular are notorious for being curious little creatures. Even if they don't jump up on countertops or tables in front of you, you can be pretty sure that they do so when you're not around. Most likely it's happening while you are sleepy peacefully in the middle of the night, since cats are nocturnal animals.

During this time of year, you might be gifted a lily or purchase one on your own. Several types of lilies including Easter Lilies are toxic to cats. The entire plant from the stem, leaves, pollen and flower are all toxic. Even if your cat licks the plant or the pollen that has fallen to the ground, they will be in extreme, life-threatening danger. If your cat gets into the plant, it's critical to get them to an animal ER or their veterinarian quickly. Minutes count in these cases. If you have a lily, it wouldn't hurt to put it in a place that the cat cannot get into day or night.

Speaking of Easter, at this time of year, most of us have a lot of candy around the house and Easter baskets are filled with chocolate bunnies, peeps and other confections. Candy can be life-threatening to both cats and dogs.

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



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

Easter candy, baskets and egg hunts are fun-filled times for kiddos, but when it comes to our pets, Easter grass in those baskets can be rather alluring. Cats and dogs may find it irresistible to play with it and to even try to eat it. This is a major health hazard to the safety of our beloved pets, as this grass very often tangles around the intestines and can be life-threatening and usually requires extensive surgery to remove.



The same issue holds true for Easter egg hunts, especially for dogs. Dogs like to find things, so if they come upon a hidden Easter egg, they will mistake it for a chew toy and the plastic can choke them, cause lacerations in the mouth, esophagus, stomach and intestines. It's not worth it. Keep your pets indoors, while your kids go on their hunts.

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

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SEMINARS ABOUT BALANCE, DIZZINESS, TINNITUS, HEARING LOSS AND RISK OF FALLS!

By Høglund Family Hearing and Audiology Services

Høglund Family Hearing and Audiology Center is proud to feature LEE HEALTH'S RENOWNED BALANCE EXPERT *Nathalie Grondin* during this Month's "Lunch and Learn" lecture series. This Seminar will answer all your questions concerning new treatments for Hearing Loss, Balance Issues, and Reducing Risks of Falls...you will be amazed to see how closely these conditions are all tied together!

The control of balance in humans is quite complex and involves coordination of several sensory systems. These are the musculoskeletal system (proprioception), vision and the balance organs in the internal ears. These systems are linked to a center at the base of the brain - the vestibular nucleus. This, in turn, sends information to, and also receives input from your brain. Many factors can cause problems in each of these areas.

THE LECTURE WILL COVER INFORMATION CONCERNING:

- Balance Disorders
- Benign Paroxysmal Positional Vertigo (BPPV) treatment
- Meniere's Disease treatment
- The Balance Organs

Most balance problems are caused by disorders of the balance organs or the pathways of balance in the brain. Damage to the balance organs could take one of many forms. People often have severe nausea and may even vomit. There is also a sensation of spinning to the same side. This may result in falls to the same side.

Another type of disorder occurs when there is a fluctuation of function in the balance organs. In this condition, which is known as **Meniere's Disease**, the hearing organ is also affected. Hence attacks of dizziness are often accompanied by nausea, vomiting, hearing loss and tinnitus. The attacks, which may last up to 24 hours, are sometimes so severe that people may need admission to a hospital.

In other cases, dizziness could be provoked by head movements. Symptoms commonly occur during bending, looking up, extending the head or turning in bed. This condition occurs due to misplacement of crystals in the balance organ. The dizziness usually subsides after a few seconds. This is known as **Benign Paroxysmal Positional Vertigo (BPPV)**. This disorder is quite common. It usually affects one balance organ; rarely both organs could be affected.

In most cases, there will be a gradual recovery of balance function. This process may be prolonged if there is ongoing anxiety or a lack of mobility. Simple

provocation exercises are the best treatment for those with disorders of the balance organs and balance pathways. Relaxation Therapy could be helpful in relieving anxiety. This may be practiced as a part of techniques such as yoga, Pilates or Tai Chi. The Seminar will cover these topics in much greater depth.

UNTREATED HEARING LOSS CAN DRAMATICALLY INCREASE FALL RISK!

Hearing occurs in the brain. The pathway to signal transmission and comprehension is quite complex. Hearing loss due to injury, illness, excessive sound, and aging affects our brain health and puts us at increased risk of cognitive decline. It also affects our physical health with an increased risk of falls and our mental health with an increased risk of depression and social isolation.

Maybe you've tripped over a rock or slipped on a wet surface. We've all fallen, but did you know that now hearing loss may be what is causing those falls? By discovering the link between hearing loss and falls, researchers could develop new ways to prevent falls, especially in the elderly, as well as the injuries that are caused by falling.

Frank Lin, M.D., Ph.D., an assistant professor at the Johns Hopkins University School of Medicine, found that people with a 25-decibel hearing loss, classified as mild, were nearly three times more likely to have a history of falling. Every additional 10-decibels of hearing loss increased the chances of falling by 1.4-fold. He believes that the link is when people who can't hear well have a limited awareness of their overall environment, accounting for more tripping and falling. Another reason hearing loss might increase the risk of falls, Lin adds, is cognitive load, in which the brain is overwhelmed with demands on its limited resources. "Gait and balance are things most people take for granted, but they are actually very cognitively demanding," Lin was quoted as saying. "If hearing loss imposes a cognitive load, there may be fewer cognitive resources to help with maintaining balance and gait." *Treating the Hearing Problems may therefore reduce fall risk!*

These Seminars will discuss this research in much greater detail.

TUESDAY	WEDNESDAY	THURSDAY
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John Høglund, BC-HIS, ACA will cover topics include breakthroughs in the treatment of Nerve Deafness, and advancements in the treatment of Tinnitus or "Ringing Ears"! John will explain the comorbidities associated with hearing loss, including the risk of falls and balance problems, Learn **EXCITING NEW TREATMENTS** that have brought *dramatic relief to the majority of Tinnitus Sufferers.*



John and Patricia Høglund LHAS, BC-HIS, ACA

SPECIAL GUEST SPEAKER - Nathalie Grondin, PT



Nathalie Grondin, PT from Lee Health will present **Balance and Aging.** Nathalie has worked at The Balance Clinic for Lee Health since 2001. She is the leader of the Lee Health Balance and Vestibular Rehabilitation Team of therapists which includes in-house training of therapists throughout the continuum of care in the field of vestibular rehabilitation. Her primary areas of interest include evaluating and treating balance and vestibular dysfunction. She is also the leader of the Lee Health Parkinson's Rehab Team working with People with Parkinson's to maximize their mobility skills while improving their safety and independence. Nathalie is a firm believer that "knowledge is power" and she wishes to share her experience and knowledge to help people who experience balance problems, dizziness and/or vertigo complaints find solutions to improve their quality of life and return to optimal levels of participation in meaningful roles and activities. She is also actively involved in education seminars on fall prevention throughout the community.

If you have experienced **Dizziness, Vertigo, Communication Problems, Balance Problems**, or if you've been diagnosed with Meniere's Syndrome, **DON'T MISS THIS LECTURE!** Crowds will be limited, and please bring a mask to keep a SAFE environment for learning! **PLEASE RSVP** as soon as possible to learn more about this exciting new healthcare research!

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Am I a Candidate for Dental Implants?

By Dr. Ricardo S. Bocanegra, DDS

Generally speaking, if you have lost teeth you are a candidate for dental implants. It is important that you are in good health, however, as there are some conditions and diseases that can affect whether dental implants are right for you. For example, uncontrolled diabetes, cancer, radiation to the jaws, smoking, alcoholism, or uncontrolled periodontal (gum) disease may affect whether dental implants will fuse to your bone. It is important to let your dental surgeon know all about your medical status (past and present) together with all medications you are taking, whether prescribed, alternative (herbal) or over-the-counter.

Where and how implants are placed requires a detailed assessment of your overall stomato-gnathic system ("stoma" – mouth; "gnathic" – jaws), within which the teeth function. This will necessitate compiling records that include study models of your mouth and bite, and specialized radiographs (x-rays), which may include 3D scans known as computerized tomograms (CT scans). Planning with the help of computer imaging ensures that dental implants can be placed in exactly the right position in the bone.

How and why is bone lost when teeth are lost?

Bone needs stimulation to maintain its form and density. In the case of alveolar (sac-like) bone that surrounds and supports teeth, the necessary stimulation comes from the teeth themselves.

When a tooth is lost, the lack of stimulation causes loss of alveolar bone. There is a 25% decrease in width of bone during the first year after tooth loss and an overall decrease in height over the next few years.

The more teeth lost, the more function lost. This leads to some particularly serious aesthetic and functional problems, particularly in people who have lost all of their teeth. And it doesn't stop there. After alveolar bone is lost, the bone beneath it, basal bone — the jawbone proper — also begins to resorb (melt away).

How can bone be preserved or re-grown to support dental implants?

Grafting bone into the extraction sockets at the time of tooth loss or removal can help preserve bone volume needed for implant placement. Surgical techniques are also available to regenerate (re-grow) bone that has been lost, to provide the necessary bone substance for anchoring implants. In fact, a primary reason to consider dental implants to replace missing teeth is the maintenance of jawbone.

Bone needs stimulation to stay healthy. Because dental implants fuse to the bone, they stabilize it and prevent further bone loss. Resorption is a normal and inevitable process in which bone is lost when it is no longer supporting or connected to teeth. Only dental implants can stop this process and preserve the bone.

How are dental implants placed and who places them?

It takes a dental team to assess and plan dental implant placement and restoration — the fabrication of the crowns, bridgework or dentures that attach atop the implants and are visible in your mouth. The dental team consists of a dental surgical specialist — a periodontist, oral surgeon, or a general dentist with advanced training in implant surgery; a restorative dentist, who plans and places the tooth restorations; and a dental laboratory technician who fabricates them.

Placing dental implants requires a surgical procedure in which precision channels are created in the jawbone, often using a surgical guide. The implants are then fitted into the sites so that they are in intimate contact with the bone. They generally require two to six months to fuse to the bone before they can have tooth restorations attached to them to complete the process.

Doctor Ricardo Bocanegra is a Fellow of the International Academy of Oral Implantologists and has been servicing the dental needs of his patients since 1992. For a consultation you may contact him at 239-482-8806.



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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-Mar), and the earliest effective date is July (if you did not have group coverage).



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 without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! 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?

We offer Free Medicare Seminars both online and in person, please e-mail info@logicalinsurance.com to register. Classes include Applying for Medicare; Special Enrollment Periods; Late Enrollment Penalties; Low income/Medicaid.

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.

Life Insurance – Is the only life insurance you have through your employer? Most employer group life coverage is not portable, what that means when you leave your employment you will lose your coverage. Apply for life insurance as young as possible while you still do not have health issues. Life insurance has many great benefits. Did you know that some policies grow in cash value that you can use when you need it? So, no you do not need to die to use your life insurance. There are many different types, and we can probably find an option that would work for you!

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

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

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What to do when self-reliant baby boomers need help at home

By Helen Bach

The vast majority of seniors prefer to “age-in-place” or continue living in their own homes or communities. According to aarp.org, “nearly 90 percent of people over age 65 want to stay in their home for as long as possible, and 80 percent believe their current residence is where they will always live.”

While it is a fantastic feat for seniors to continue to care for themselves as they age; eventually, adult children of these wildly independent baby boomers realize that their aging parents need more support – and likely are not asking for it.

Baby-boomers are stubborn about maintaining their independence and for excellent reasons. These reasons are shaking up traditional senior living and senior care programs.

They are Living Longer

Statista reports a higher life-expectancy for baby boomers. Women can look forward to a life expectancy of 81 years while men are averaging a 76-year life expectancy.

Not only are they living longer, but medical and technological advancements have promoted healthier, fuller lives for this generation, more than any generation before. These advancements are how baby boomers have more drive, ambition and desire to maintain independent living.



They are Passionate about Hobbies, Jobs, Activities and Lifestyle

Don't expect to see baby boomers sitting around knitting with NPR on the radio station. You're more likely to see this age group hiking a popular trail with friends, participating in triathlons, volunteering at their grandchildren's schools and working from the comfort of their home.

Baby boomers DO NOT sit still. They are tech-savvy, active, social and are retiring at older ages than previous generations. They are more educated and on-base with modern technology. You might see them playing games on their smartphones, taking online courses or listening to podcasts. One thing is for sure – they are not sitting around waiting for other people to tell them what the rules are, what's for dinner and what time lights are out.

With the lifestyles that baby boomers are living, it is easy to see why this age group fearlessly challenges any threat of losing it.

However, just because an aging parent has lived a strongly independent life does not mean that they will be capable of living without assistance forever. When the time comes for support to step in, in-home care provides the best type of care for individuals who want to remain in their homes, participating in the community and continue to enjoy a self-reliant lifestyle.

Gone are the days where senior living facilities were the “go-to” method of support for seniors. With in-home services, your bold and active parents can rely on assistance catered to their individual needs. Suppose mom and dad enjoy decorating their homes, choosing their meals, keeping beloved pet companions and caring for their gardens, but struggle with personal hygiene and housework or have limited sight or mobility. In that case, an in-home aide can provide that extra support so that they can stay comfortable and happy.

If you have a baby boomer in your family who is adamantly guarding their self-reliance but requires day-to-day or constant support, in-home care services are an ideal option that you can mold to meet specific needs. This way, they still get to live in the home they love, do the things they love without the fear of losing their beloved independence.

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Medical Insurance how does it work? What do I need?
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When You Are At Your Wits End

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

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

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

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

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

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

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

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



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



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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].

References:
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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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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- Mid Back Pain
- Neck Pain
- Sports Injuries
- Chronic Muscle and Joint Pain
- Sciatica
- Plantar Fasciitis
- Tendonitis
- Shoulder/Hip/Knee Pain
- Hair Loss