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

January 2019

Marion Edition - Monthly

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## Perseverance. A powerful element in fighting cancer.

Edith Picallo has persevered through tough challenges in her 70 years — immigrating from Cuba, losing her husband to cancer, raising three kids alone and beating cancer twice. A new stage 4 lung cancer diagnosis had her wondering if she had what it took to beat it again. Her initial prognosis was severe — less than a year to live. But when she found Florida Cancer Specialists, her doctor conducted genomic testing to personalize her therapy. The result — her tumor shrank 47 percent in just six months. Now, three years after her diagnosis, Edith's story shows that when hope and science join forces, great outcomes can happen.

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-Edith Picallo, Cancer Survivor

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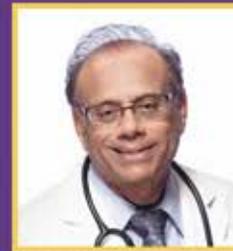
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# WHAT TO KNOW ABOUT HAVING A BIOPSY

**F**or most people, hearing the word “biopsy” is unsettling. Luckily, most biopsies turn out to be negative, meaning there are no signs of cancer. Infection, internal injury and other diseases can create similar symptoms, so when your doctor or clinician orders a biopsy, it is important to get checked out as quickly as possible. And if cancer is present, take heart – in nearly all cases, when cancer is caught early, before it has a chance to spread, it is highly treatable.

Today’s biopsies are vastly superior to those of previous generations, which often demanded open surgery to collect a tissue sample. RAO’s Board Certified radiologists utilize the most advanced technologies to perform image-guided needle biopsies that are so precise, there is usually little discomfort and post-procedure healing.

**Some examples of image-guided biopsy include:**

**CT Guided Biopsy/Aspiration** – Using a specialized form of x-ray called computed tomography, or CT, your RAO doctor guides a needle to the mass or lesion being investigated and collects a tissue sample. Before the procedure, the area of needle entry is swabbed with a topical numbing agent, so discomfort is minimal. This procedure usually takes only minutes with minimal prep. If a contrast agent is used, there is specific preparation involved and you will be given instructions before your appointment.

**Paracentesis** – Among other purposes, this procedure is used to collect fluid from the abdominal area to check for liver and other types of cancer, and to relieve the pressure and pain caused by excess fluid build-up. After a local anesthetic is used to numb the area of entry, your RAO doctor will use comfortable, non-invasive ultrasound imaging to guide a thin needle into the abdomen to extract fluid for testing. The procedure usually takes only minutes, but if a lot of fluid is present, it may take up to 20 – 30 minutes to drain completely and relieve pressure.

**Thoracentesis** – The body maintains about four teaspoons of fluid in the area between the lungs and chest wall, called the pleural space. When excess fluid builds up in the area, it can create pressure against the lungs, causing difficulty breathing. Thoracentesis is a procedure in which your RAO doctor uses non-invasive advanced image guidance to insert a needle into the numbed skin above the chest wall and ease it into the pleural space to remove the excess fluid, relieve pressure against the lungs, ease shortness of breath and collect a sample for testing.

These are but a few of the guided biopsy procedures offered at RAO. Your referring clinician and RAO radiologist will collaborate to determine which is right for your symptoms and health profile, to help ensure the utmost safety, comfort and accuracy.



*“It’s our foremost mission to discover disease early and collaborate with referring physicians to promote rapid, effective treatment.”*

*- Dr. Kareem Bohsali, Supervising Radiologist, Outpatient Biopsy Program*



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# January is Glaucoma Awareness Month

## What is Glaucoma?

This is one of the most common questions I am asked by new patients. Glaucoma is a common condition. It affects 1 in 50 Americans over age 40. Glaucoma causes blindness in some patients. However, when diagnosed early and treated appropriately, most patients maintain excellent vision for their lifetime.

Glaucoma is a disease that damages the optic nerve. The optic nerve is the connection between the eye and the brain, the connection that sends whatever the eye sees to the brain so that we can actually perceive what we're seeing. Without the optic nerve, the eye is blind.

Patients with glaucoma have progressive damage to the optic nerve. As glaucoma develops, the eye develops blind spots. In the early stages of the disease, a patient is not aware of these blind spots. In advanced glaucoma, there are more blind spots and as they come together, patients become aware that parts of their vision are blurred or simply missing. Left untreated, the disease progresses until there is complete loss of vision.

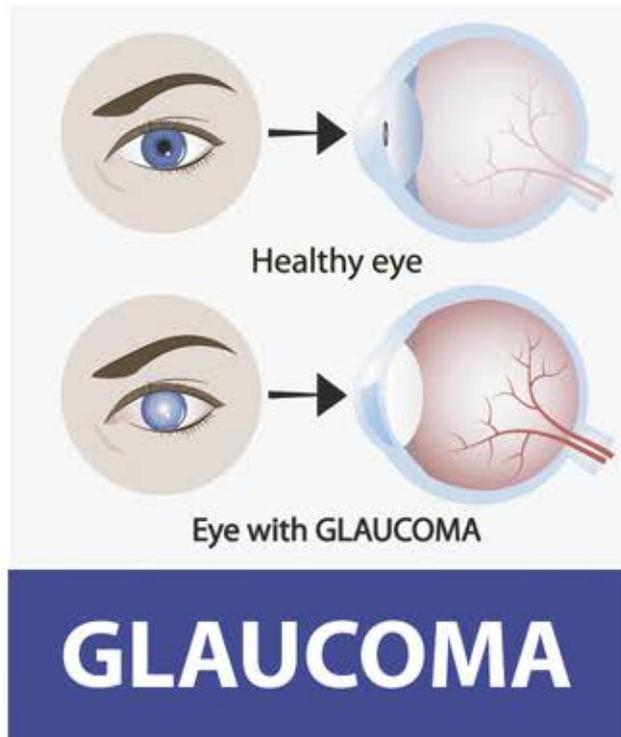
Unfortunately, vision loss from glaucoma is irreversible. The goal of treatment is preventing vision loss from occurring. Diagnosis when glaucoma is mild or before damage occurs is essential and leads to a better long term outcome.

## Diagnosis

Glaucoma is usually diagnosed during routine eye exams. The intraocular pressure or pressure in the eye may be elevated. The optic nerve may look suspicious for glaucoma. Either of these findings may lead your eye doctor to order additional testing for glaucoma.

☒ We test for glaucoma or optic nerve damage by testing both the function and structure of the optic nerve. The function of the optic nerve is assessed through visual field testing. A computer maps out the sensitivity of points in your visual field. The goal is to look for any areas where there is decreased sensitivity or possible early blind spots.

We test the structure of the optic nerve by measuring the thickness of certain layers of the tissue around the optic nerve. This may be referred to as Optical Coherence Tomography or OCT.



Through both visual field testing and OCT, your eye doctor can then determine if you have glaucoma and how early or advanced it is.

## Treatment

The treatment for glaucoma is to lower intraocular pressure or IOP. Lowering IOP slows and often prevents worsening of glaucoma. We can lower pressure either through drops, laser or surgery. The first line therapy for glaucoma is usually drops or laser. In multiple studies, laser and drops have been shown to be equally as effective with some studies showing that laser may be the more cost-effective option.

Your eye doctor will determine how low your eye pressure needs to be and then work towards getting your pressure down to that level. The goal would be no further glaucoma damage, that is, the goal is to preserve your vision for the rest of your lifetime.

## Monitoring

Once the eye pressure is lowered to the goal pressure, the structure and function of the optic nerve must still be monitored. We monitor the health of the optic nerve at regular intervals through both visual field and OCT testing. If no further damage has occurred, then the therapy is continued. If there is more optic nerve damage, then the IOP should be lowered further.

## Prognosis

With early diagnosis and appropriate therapy, most glaucoma patients enjoy good vision for their lifetime. Unfortunately, some glaucoma patients still go blind. Often this is when the diagnosis is not made until the disease is already advanced or in patients who are unable to adhere to therapy. However, the majority of glaucoma patients, if diagnosed early and treated appropriately do very well. This is one of the many benefits of an annual routine eye exams.



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## MORE PEOPLE LIVING WITH CANCER

The evolution of cancer treatment over the last 40 years has resulted in better outcomes for patients; today more people are living with cancer than ever before.

Cancer is an illness unlike any other. Many people mistakenly believe that cancer refers to one disease that occurs in many different parts of the body, but in reality, cancer is not just one disease. The term “cancer” is the general name for a group of over 100 diseases in which abnormal cells begin to grow uncontrollably. No matter what type it is, cancer is the result of a malfunction in the genetic mechanisms that control and regulate cell growth. Cancer can affect blood, bones, and over 60 different organs of the human body.

Through research, we have learned that each person’s cancer is a unique disease because every tumor or malignancy has its own distinctive DNA. This discovery has resulted in many new and highly-effective targeted treatments and immunotherapies that are based on a patient’s unique genetic profile. Genetic sequencing of a patient’s tumor can help identify which drugs or treatments will be most effective for that individual.

### DAMAGE TO DNA CAN RESULT IN CANCER

DNA is the genetic material that makes up every cell. When DNA becomes damaged or changed, it produces mutations in genes that affect normal cell growth and division. Gene mutations can be inherited from a parent, or, more commonly, are acquired during a person’s lifetime due to environmental factors such as ultraviolet radiation from the sun or cigarette smoking. Other mutations occur for still unknown reasons, resulting in various types of cancer.

In addition to unregulated cell growth, when a cancer occurs it means there is also a failure in the immune system’s ability to recognize these abnormal cells and destroy them. When normal cells become old or damaged, they die and are replaced with new cells. However, the growth of cancer cells is different from normal cell growth. Instead of dying, cancer cells continue to grow and form more abnormal cells. Cancer cells can also invade other tissues, something that normal cells cannot do.

### HOW EFFECTIVE IS CANCER TREATMENT TODAY?

There have been remarkable advances in the treatment of cancer, especially over the past two decades. Today,



millions of people are surviving cancer and most oncologists feel that cancer is becoming more like a chronic disease, such as diabetes or hypertension. In other words, even though no cure has been found yet, the disease is something that can be managed, and people can live with cancer for many years.

Early detection and diagnosis, as well as advances such as immunotherapy and targeted treatments—most of which are available in pill form—are making it possible to live with cancer and continue to have a good quality of life; some of these newer treatments have actually produced virtual cures for many types of cancer.

### WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has put together a network of expert, board-certified physicians who bring world-class cancer treatments to local communities, both large and small, across the state. With nearly 100 locations, FCS is the largest independent oncology/hematology group in the United States. That status puts the practice on the leading edge of clinical trial research and gives FCS physicians access to the newest, most innovative treatments.

### CLINICAL TRIALS LEAD TO TOMORROW’S TREATMENTS AND CURES

Through a strategic partnership with Sarah Cannon Research Institute, one of the world’s leading clinical trial organizations, FCS offers more access to national clinical trials than any other oncology practice in Florida. In the last three years, the majority of new cancer drugs approved for use in the United States were studied in clinical trials with FCS participation, prior to approval.

In addition to a robust clinical research program, Florida Cancer Specialists offers a number of services, such as an in-house specialty pharmacy, an in-house hematopathology lab, and financial counselors at every location. Patients can now receive the most advanced care, including immunotherapies, chemotherapy, targeted treatments and cutting-edge, precision technologies, at the same location where they see their oncologist and get their lab tests done, not only increasing convenience for patients, but also improving their quality of life.



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# Urinary Incontinence

**H**aving an overactive bladder is nothing to be ashamed of. In fact, nearly 15 percent of women are dealing with it on a chronic basis. As you may suspect, it is more prominent in women due to pregnancies, menopause, and the unique structure of the female urinary tract.

Stress Urinary Incontinence (SUI) is a specific type of problem that is caused by movement or exertion. Certain movements can result in excess pressure on the bladder; which results in unintentional urine loss. In a healthy individual, the muscle surrounding the urethra, called a sphincter, is responsible for containing urine within the bladder. Our bladder walls are made up of muscles that must be relaxed for the bladder to expand. When incontinence occurs, it is because the muscles have been weakened and cannot maintain their normal function. Various events can lead to this condition; childbirth, trauma to the pelvic region, and even chronic coughing from smoking. Knowing the mechanics of urinary incontinence helps us to find a proper treatment.

The most troubling part of having an uncontrollable bladder is that it can happen at virtually any time, day or night. It can occur during laughing, sneezing, or working out. Anytime we experience strenuous physical activity could be the next embarrassing accident. As with most medical problems, being healthy can drastically reduce our risks. Being overweight can increase abdominal pressure making matters worse. A bad habit like smoking can induce coughing; which can weaken the abdominal muscles. There are different treatments available for this condition; ranging from Kegel exercises to surgery.

Kegel exercises are the clenching and unclenching of the pelvic muscles. It is accomplished by "bearing down" and releasing. Also, the use of Botox is an option. When we hear the word "Botox", it is generally attributed to the removal of wrinkles. However, in this case Botox is used to treat and reduce daily bladder leakage.



Botox has been FDA approved for incontinence sufferers and has shown great success. It works by injecting the Botox into the bladder muscles; this allows them to relax and store more urine with less stress. Botox is not a permanent solution and needs to be re-injected every 9 to 12 months.

Durasphere injections are another option; they are bulking agents that consist of non-migratory and non-absorbable prolytic-coated graphite beads in a gel. A mouthful to say, but it's actually a quite simple procedure to help control uncontrollable bladder leakage. The bulking agents are injected straight into the urethra to fill up the space that permits urine leakage. The injection actually thickens the bladder

making it more easily retain a healthy amount of urine. The pyrolytic carbon has been used in the medical field for over 30 years in implantable medical devices and it is non-reactive to tissue. This treatment is a safe and effective, minimally invasive, outpatient procedure option for urinary incontinence.

When it comes to treating urinary incontinence, the InterStim device is the most technologically advanced. This product has been used for over 15 years with over 100,000 individuals undergoing the procedure. The small device is surgically placed underneath the skin to stimulate the sacral nerves, the nerves that control the bladder. It blocks communication between the brain and the bladder. About the size of a pacemaker, this device sends electrical pulses down to the nerves of the pelvic floor. This is a method to reduce the contractions of an overactive bladder.

Urinary incontinence is not something that will go away on its own. Proper treatment is the only way to alleviate the symptoms. If you have any questions regarding incontinence, you can contact Advanced Urology Institute at (855) 298-2273.



**855-298-CARE**

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# Managing a Life with Diabetes

## Steps to reduce chances of complications



**A**ccording to the American Diabetes Association, more than 30 million children and adults are living with diabetes in America, and nearly 1.5 million adults are newly diagnosed each year. Coping with diabetes can be challenging. Although there is no cure, diabetes can be managed with the right resources, support, proper nutrition and a healthy lifestyle.

The first step to managing a life with diabetes is to understand what it means. Every day, your body breaks down sugar and starches into simple sugars known as glucose, which the body uses as energy. Insulin, a hormone produced by the pancreas, is used to move the glucose from the bloodstream into the cells of the body. Living with diabetes means that the body is unable to regulate its blood glucose levels, causing the levels to fluctuate severely. A diagnosis of Type 1 diabetes means that your body is unable to produce insulin and will require daily injections of insulin. Usually diagnosed in children or young adults, Type 1, or previously known as juvenile diabetes, affects only 5 percent of those with the disease. Type 2, the most common form of diabetes, means your body doesn't properly use insulin and is unable to make enough insulin to keep your blood glucose levels normal.

Being diagnosed with diabetes can be daunting or even hard to believe. However, this diagnosis doesn't mean that your life is over and that you can't still enjoy

the things that make you happy, it simply means that you will need to slightly alter your daily routines. Regardless of the type of diabetes, adopting a healthier lifestyle that includes proper diet and physical activity can aid in controlling the disease, helping to lower or delay the chances of any complications.

**Follow these simple steps from the American Diabetes Association to manage your life with diabetes:**

**1. Take care of your body:** Type 1 diabetics will need multiple daily injections of insulin using either an insulin pen or syringe or an insulin pump. It is important to work closely with your physician to determine the appropriate dosage of insulin, the method and how to effectively monitor your blood glucose levels. It is vital for people living with Type 1 or 2 diabetes to monitor their blood glucose levels using a lancing device. Logging and regularly reviewing your results to see how your diet and physical activity levels affect your blood glucose will help you to maintain a healthy balance. Consult with your physician to determine the best lancing device and logging system for your body and needs.

**2. Stay active:** Physical activity is a key component to properly caring for your body. It is necessary to balance your blood glucose levels with your nutrition and activity level – whether a high-intensity workout

or a daily task like cleaning. To prevent low glucose levels, check your level prior to starting an activity and be sure to monitor the intensity of the activity, length of time and if any changes to your insulin doses are needed. It is important to note that blood glucose can run high during high-intensity workouts. Work with your physician to determine the best exercise plan that will have a perfect balance with your food intake and insulin.

**3. Eat properly:** Over the years, meal plans for people with diabetes have become less restrictive. Those with diabetes can now plan a diet that includes a few of their favorite foods or variations of them. It is important to consult with your physician to understand how different foods affect your blood glucose levels and to develop a customized meal plan. The key to adopting a healthy lifestyle is to plan your meals with a variety of foods, including vegetables, fruits, lean meats, healthy fats and non-fat dairy. For optimal health, consider adding dietary supplements to support your glucose levels such as alpha-lipoic (ALA), chromium, coenzyme Q10, garlic, magnesium and omega-3 fatty acids. Consult with your physician to determine the best supplements to support your diet, activity levels and other factors that affect your glucose levels.

**To schedule an appointment, please call 352.274.9900, or visit their website at gotomhc.com**

This new year, with careful planning, you can control your diabetes in any situation. The endocrinology team at SupER Urgent care's mission is to provide you with high quality medical services and compassionate care. They will coordinate your visit with your primary care physician.



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# New Year Brings Fast-Acting Treatment for Depression: Ketamine

By Eric Milbrandt, MD, MPH

**D**epression is characterized by low mood lasting at least two weeks and is often accompanied by low self-esteem, loss of hope, lack of interest in activities, and unexplained pain. Depression affects 1 in 5 people at some point in their lifetime. Some have periods of depression separated by years of “normal” mood, while others have nearly continual symptoms for many years to decades. Depression negatively impacts all aspects of a person’s life, including personal relationships, work, education, sleep, eating, and health. Most concerning, as many as 8% of adults with major depression die by suicide.

Depression has many overlapping causes, including genetic, environmental, and psychological. Contributing factors include family history of depression, major life changes, certain medications, chronic medical problems, and substance abuse. Genetics plays a role in about 40% of cases.

Counseling and antidepressant medications are the mainstay of treatment. Unfortunately, these treatments take weeks to months to work. For 20-33% of depressed patients, counseling and antidepressants are ineffective, leading many to fall into despair. In the past, these “treatment-resistant” patients’ only hope of returning to normal was electroconvulsive, or shock, therapy. Shock therapy helps about 60% of the time, but side-effects such as confusion, memory loss, and muscle aches are common.

## Ketamine – an old drug with a new use

Ketamine is a medicine developed more than 50 years ago for anesthesia during surgery and other painful procedures. High-dose ketamine has been used safely for that purpose in children, adults, and animals for decades. More recently, low-dose ketamine has been found to be a valuable and highly effective treatment for depression, anxiety, and certain pain disorders.

About 15 years ago, medical researchers began studying low-dose ketamine infusions for treatment-resistant depression. Since then, studies have proven conclusively that the drug not only works but works quickly. Studies show that ~70% of treatment-resistant depression patients see improvement in symptoms within 24 hours of being injected with low-dose ketamine. According to Yale researchers, its effects are highly rapid and long-lasting. The effects from a single infusion last between seven and 14 days.

In an official consensus statement published in 2017 in the journal JAMA Psychiatry, the American Psychiatric Association states that ketamine “produces rapid and robust antidepressant effects in patients with mood and anxiety disorders that were previously resistant to treatment.” The consensus statement goes on to establish standards for providing IV ketamine treatments for mood disorders, including patient selection, clinician training, drug dosage and delivery, follow-up, and essential safety measures. In doing so, the consensus brings ketamine infusion out of the realm of experimental research and into everyday medical clinics, such as The Infusion Clinic of Ocala.

## Ketamine infusion – what to expect

Before beginning treatment with ketamine, your infusion provider will thoroughly review your history and perform a physical exam to determine if ketamine is right for you. Treatment consists of two phases. The first, a loading phase, consists of six 40-minute infusions given in an outpatient clinic over a two-week period. Many patients experience relief within hours of their first infusion and most know by their third infusion whether they will benefit from ketamine. After the initial loading phase, 40-minute maintenance infusions are given typically once a month, though some patients can stretch this out farther. While undergoing ketamine infusion therapy, the patient continues to work with their primary medical provider, psychiatrist, and/or therapist. Adjustments to any of the patient’s chronic medications remains under the direction of these providers, who receive progress reports from the infusion provider to be sure they are kept in the loop.

Patients are typically awake and interactive during the infusion, which achieves an effect described by the American Society of Anesthesiologists as “minimal sedation or anxiolysis.” Some patients describe colors as being more vibrant and sounds being more accentuated.

Side effects of ketamine infusion are generally mild and self-limited. Nausea near the end of the infusion is the most common reaction, occurring in <5% of patients, and is treated with antiemetics, such as Zofran. Less commonly, anxiety reactions can occur and are treated with IV benzodiazepines, such as Versed. Your provider will be well-prepared to manage these and any other reactions that might occur.

Patients should not eat food within 6 hours or drink fluids within 2 hours of their infusion. In our clinic, The Infusion Clinic of Ocala, you are welcome to bring a companion to be with you during your infusion. We recommend that you bring headphones and music that is relaxing for you. You will be placed in a comfortable massage recliner in a private room, an IV catheter gently inserted, and the infusion started. During the infusion, you remain connected to a device that monitors your heart rate, blood pressure, and oxygen level. You may listen to music, read, relax or even nap during the 40-minute treatment. Afterwards, you are required to stay for a short recovery period, typically 30-45 minutes. You will need to have an adult present to drive you home from your appointment.

## Conclusion

Depression is a common and debilitating condition that robs a person and their loved ones of the joy of living life. Most cases improve with counseling and antidepressant medications, though these treatments often take weeks to months to be effective. For the 20-33% of patients with treatment-resistant depression, ketamine infusion therapy offers rapid and lasting relief. Find out more or schedule a consultation at [www.infusionclinicocala.com](http://www.infusionclinicocala.com) or call (352) 325-5755.

*Dr. Eric Milbrandt is owner of The Infusion Clinic of Ocala, located at 40 SW 1st Ave, Ocala, FL 34471. Dr. Milbrandt is a critical care medicine specialist with over 15 years of experience providing care to the sickest of hospitalized patients, including those with severe depression. He is board certified in Critical Care Medicine, completed a fellowship in Quality Improvement and a Master of Public Health at Vanderbilt University. He is a graduate of The Ketamine Academy, a leading provider of comprehensive online training for all major aspects of ketamine therapy. The content in this training adheres to the guidelines and recommendations published by The American Psychiatric Association, The American Society of Anesthesiologists, The American Association of Nurse Anesthetists and The American Society of Ketamine Physicians. In his own words:*

*I have personally struggled with depression much of my adult life. I know just how painful and debilitating this disease can be, not only for those suffering from it but for their loved ones as well. I have been fortunate to achieve good control with traditional pharmaceuticals, but as many as 1 in 3 patients with depression do not. Ketamine infusion therapy offers hope for treatment-resistant patients. I am thrilled to be able to offer this option locally for Ocala and surrounding areas*



THE INFUSION CLINIC  
OF OCALA

40 SW 1st Ave Ocala FL 34471  
(352) 325-5755

# Resolve to Have Healthy Teeth

**L**ike many people, you may resolve to lead a healthier lifestyle each New Year. Have you considered enhancing your dental health as a goal? Good dental health habits not only promote healthy teeth and a beautiful smile, but contribute to your overall health as well. Here are some dental health tips to consider for the New Year:

## **Eat healthy**

A healthy diet is important for maintaining good dental health. Nutrients in fruits, vegetables, dairy products and whole grains strengthen teeth and fight bacteria that cause gum disease. Make a point this year to incorporate more tooth-healthy foods in your daily diet.

## **Control your sweet tooth**

Sugary snacks and beverages are your teeth's worst enemy. When sugars are broken down in your mouth, they produce acids that wear away your enamel and cause tooth decay. Make it a goal this year to limit your intake of sweets, for your health and your teeth!

## **Quit using tobacco products**

Tobacco use can cause all kinds of oral health problems, including:

- Bad breath
- Stained teeth
- Gum disease
- Tooth loss
- Oral cancer

If you currently use tobacco, consider quitting this year. Instead, try out a healthier habit, like chewing sugar free gum, which stimulates the flow of saliva that washes away bacteria.

## **Brush and floss regularly**

Brushing and flossing your teeth are the first line of defense against oral health complications. If you don't brush and floss as recommended, plaque can develop on and between teeth causing decay and gum disease, which can in turn lead to other health problems like heart disease. Dentists recommend brushing twice and flossing once each day.



## **Check in with your dentist**

Your dentist knows best when it comes to keeping your mouth healthy. Scheduling regular checkups allows your dentist to monitor your dental health and address any concerns before they become bigger problems. Visiting your dentist every six months is the best way to ensure a clean bill of dental health, so this year, schedule regular appointments and keep your mouth in good shape.



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## **Ocala Dental Care**

Ocala Dental Care is a restorative dentist office dedicated to offering exceptional care from dental basics to extensive procedures, all within a warm, inviting setting. They provide comprehensive restorative and general dentistry services to patients, including dental hygiene cleanings, root canals, endodontics, dental implants, dentures, crowns, and full mouth reconstruction.

Members of the FDA and Central Florida District Dental Association, they have been serving patients for more than 30 years and look forward to serving all of your dental needs.

If you or someone you know is concerned about their oral health, or if you need a check-up, please contact Ocala Dental Care today.

# The Negative Stigma Associated with Mental Health Issues

**D**r. Jessica Peterson, psychiatrist, treats adults to geriatrics, and her experience includes substance abuse rehabilitation; behavioral, depressive and psychotic disorder treatment, consultative therapy, emergency visits, and general psychiatry. Dr. Peterson is the Medical Director of the Leesburg Regional Medical Center (LRMC) Senior Behavioral Health Center.

We caught up with Dr. Peterson to find out more about mental health issues and the stigma that unfortunately often coincides with the disorders and treatment.



**Q: When anxiety and depressive disorders are left untreated, what kind of long-term damage or implications can arise?**

**A:** Failure to treat depression and anxiety can result in a variety of negative outcomes, ranging from feeling "run down" and "overwhelmed" to having great difficulty functioning in all aspects of everyday life. Depression and anxiety can cause permanent changes in our body's chemistry, which can make it both mentally and physically impossible to complete even the simplest tasks. Concentration and motivation are two of the biggest areas impacted by depression and anxiety, which can cause us to withdraw from our work and social lives. This creates a "vicious cycle", which can lead to worsening mood and greater difficulty fulfilling responsibilities. This combination can make it very difficult to experience joy and pleasure in life.

**Q: When should a person seek help?**

**A:** The sooner, the better. I recommend asking for help if you start to feel unable to function like you used to. This can mean something different for everyone. If you are feeling "down", "drained", and not like yourself, it's a good idea to at least be screened for depression and anxiety. There are many treatment options out there, and the sooner you start asking about them, the sooner you can gain access. I am a firm believer that "everyone can benefit from therapy"; so there really is no better time to seek help than NOW.



**Q: How can we as a society learn to overcome the negative stigma that is often associated with mental health issues?**

**A:** I believe the negative stigma that exists around mental health stems from a lack of understanding and a fear of being perceived a certain way. Education is key to fight this negative stigma, and this can be accomplished by both clinicians and patients. Keeping an open dialogue regarding mental health is crucial, and these conversations should be had in a setting that is easy to access, and keeps these issues at the forefront of society. By working together to shed light on the prevalence of mental health issues and the importance of mental wellness, we can improve access to resources and help all individuals realize that they are not alone. We are all fighting our own demons, and to struggle at times is to be human.

#### **About Dr. Jessica Peterson, DO**

*Dr. Jessica Peterson is a psychiatrist and is affiliated with Leesburg Regional Medical Center. Dr. Peterson was Chief Resident of Psychiatry at University Hospital and Medical Center, in Tamarac, FL, and she received her medical degree from Nova Southeastern University College of Osteopathic Medicine.*

#### **Jessica Peterson, DO**

Leesburg Regional Medical Center (LRMC) Senior Behavioral Health Center  
700 N. Palmetto Street, 3rd floor  
Leesburg, FL 34748  
**(352) 323-3270**

 **Leesburg Regional Medical Center**  
Senior Behavioral Health Center

# Chronic Pain:

## Finding Relief with Physical Therapy & Manual Stretching

**W**hen chronic pain affects the neck, back, hands, feet or hips, difficulties arise when trying to get through even the most menial daily tasks. The surrounding muscles begin to tighten as they try to overcompensate for the pain and protect the injured area. These tight muscles can create tension headaches, impaired mobility, and limitations on range of motion.

Chronic Pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality life you deserve. Avoiding surgery and being over medicated should be at the forefront of most people's minds when dealing with chronic pain. However, many of these individuals would do almost anything to relieve their agony.

Over 116 million people suffer from various types of chronic pain disorders ranging from fibromyalgia, osteoarthritis, neuropathy, back, hip and neck pain just to name a few. Whether trauma or degenerative diseases have caused your pain, the consensus is usually the same; people want their pain to go away.

Physical therapy is the leading way to relieve pain and discomfort at its core for many individuals. Therapeutic manual stretching and exercising provide real results in controlling pain for countless patients. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain.

### Arthritis

Arthritis is an inflammation of the joints. Some of the common arthritic symptoms are joint pain, stiffness, warmth, immobilization, and loss of range of motion, fatigue and inadequate blood flow. Two of the main types of arthritis are Osteoarthritis (OA) and Rheumatoid Arthritis (RA). With Osteoarthritis, wear and tear damages the cartilage in the joints and causes



friction between the bones rubbing together. Injury or infection usually causes Rheumatoid Arthritis. RA is an autoimmune disease that causes the body to attack its own lining of the joints and membranes; this results in painful swelling and inflammation. Most people may find that there is little to no relief with over the counter NSAID's like ibuprofen.

Physical therapy and manual stretching offer arthritic joints and sore surrounding tissues much needed relief and over time, the individual will see more and more improvement in their pain level.

### Back Pain

Unfortunately, back pain affects up to 80% of individuals at some point in their lives. Studies show that for those who suffer from back pain, the symptoms often come in persistent, continuous episodes. This is why being proactive about physical therapy treatments and techniques can help to alleviate or lessen these intervals of pain.

For patients suffering from back pain, the first step to recovery is to receive a proper diagnosis so the cause of the symptoms can be determined. Physical therapists are trained to administer flexibility and strengthening tactics along

with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results.

### Examples of Stretching Exercises to Relieve Pain

**Hands:** make a fist with the thumb on the outside and hold for 30 seconds. Open the hand abruptly with the fingers spread wide. Repeat six times.

**Back:** lying flat on your back, bring one leg in towards the chest with the leg bent. Put your arms or hands around the back of the bent leg and gently pull towards your chest. Switch legs and repeat 10 times.

**Patient Education** is critical to alleviate further injury and to promote the most efficacious healing. Coupled with family participation, self-help management to promote and maintain independent function, mobility and communication is critical

**Physical therapy** is used to help with numerous indications and conditions like retraining the body to improve gait and balance and also after hip, knee or shoulder replacement and so much more. There is no better way to alleviate pain, increase range-of-motion and live a more mobile higher quality of life than through physical therapy.

To find out more or to schedule your appointment, please contact Innovative Therapies Group today.



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# GAINSWave:

## Treating Men's Sexual Health

**T**his month's testimonial is bit different than the others we have done because it concentrates on a subject that is sometimes difficult to discuss - Sexual Wellness. Although it can be an uncomfortable topic for men, it is extremely common. This is especially true for men ages 40-70 years of age. Our client, Karl Von Behren, was willing to take on the task of sharing his story on this very sensitive subject.

Karl became a client of TNT several months ago in our GAINSWave program. GAINSWave is a proven protocol for men that improves sexual performance, treats ED and keeps the penis healthy. The TNT GAINSWave program is designed to help men seeking to enhance their sexual pleasure and performance.

Sexual Wellness was not the main reason Karl was looking for medical help. You see, Karl was a very active 82-year-old. He was an avid tennis player, enjoyed playing golf, and loved gardening. But this all changed several years ago when he started having severe fatigue in his legs and lower back. His lower body problems became so bad that he eventually had to give up most all of his activities. Karl went from overly active to couch potato.

"I was going to several doctors trying to find out what was wrong," states Karl, "My neurologist thought that I needed back surgery to try to alleviate the problem, but no surgeon wanted to touch me, and I didn't want to have surgery."

Karl switched to another Neurologist hoping he would have better luck at determining the cause of his severe leg fatigue. "This neurologist did every test there was and still could not figure out what was causing it," says Karl. "I was basically told that there was nothing that could be done for me."

Karl had also been diagnosed several years earlier with early prostate cancer. After serious discussion with his doctor, Karl had decided not to do anything at the time other than monitor his PSA levels. Karl was also experiencing some issues in the bedroom. "Most men in their 70's and 80's think it's normal to slow down sexually. But I did not agree," smiles Karl, "I have a wonderful marriage and was still very attracted to my wife of 60+ years. But 'junior' was just not functioning as he should be." Karl began to wonder if the prostate and sexual issues could be part of what was causing his lower body fatigue.



Shortly after his last visit to one of his doctors, Karl saw TNT's ad about a free GAINWave seminar and decided to see what it was about. "I came to the seminar at TNT, where Lori Esarey shared all the latest studies and treatment options for Erectile Dysfunction," says Karl, "However, what really grabbed my attention was hearing from one of TNT's clients, John, who had been recently been through the GAINSWave program." John explained that GAINSWave works by using high-frequency acoustic waves to open exiting blood vessels in the penis, stimulating the growth of new blood vessels, and eliminating micro-plaque. The result is increased blood flow in the penis resulting in stronger, harder, and more sustainable erections. "John also mentioned that the lower part of his legs would turn a purplish color but after several GAINSWave treatments the discoloration was gone," states Karl, "I knew that I had to give this program a try. I had nothing left to lose."



Karl started seeing results very soon after starting the GAINSWave program at TNT. "By my 7th treatment I saw a dramatic change. "Intimacy with my wife was a totally different experience now," smiles Karl. "I was able to please my wife and 'junior' was back to functioning as it had when I was much younger."

Not only were his experiences in the bedroom better, but Karl's leg fatigue started to dissipate. "I was able to be more active and for longer periods of time," says Karl. Now he is back to playing tennis at least once a week and has returned to one of his true loves- gardening.

But that's not all that has changed in Karl's life. "I decided to see what the nutritional aspect of TNT is all about," says Karl. He went through TNT's metabolic evaluation, and after meeting with Lori has begun working on his nutritional issues. "After attending several of the classes that TNT offers, I started to realize that I had been eating bad most of my life. Now I have stopped eating dairy and sweets and have noticed a big difference in how I feel and how I look."

Karl's closing words of advice to other men, "If you are experiencing problems sexually, there is nothing to be embarrassed about. GAINSWave really works. And might solve more than just one problem you are experiencing."

### Total Nutrition & Therapeutics

At TNT, their goal is to empower you to achieve your optimal state of health. Their vision is to create a wellness mindset momentum that is infectious—leaving obesity, illness, and disease behind—for lives that are truly healthy. Looking better, feeling better and functioning optimally is the key to a life of vitality! Let them help you achieve wellness for life!

Call them to day to schedule your appointment at **(352) 259-5190**.



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# A BRIEF HISTORY OF PERSONAL INJURY ATTORNEY JOHN H. PICCIN

I was born in Willimantic, Connecticut, a typical product of New England. My mother was French Canadian, born on a wheat farm in Saskatchewan, Canada. My father was from Vittorio Veneto, Italy, north of Venice. Times were tough on the wheat farm and in northern Italy, so both families immigrated to small towns in Connecticut in the early 1900's.

I came along in 1940, and without a bit of studying, graduated from high school. My parents and I decided that I needed a year of "post-graduate studies", so I attended Marianapolis Preparatory School, in Thompson, Connecticut. Marianapolis was like a prison, but it forced me to become a student.

I then went to Villanova University outside of Philadelphia. I liked Villanova the first year, thought the student body was too homogeneous the second year- mostly male, catholic and middle class -and I had a fabulous junior year at the University of Vienna in Austria! In addition to studying German, art history and other liberal arts subjects, I traveled all over Europe, from Scotland to Finland, and from Spain to Italy.

Between semesters, three classmates and I traveled to Istanbul, and throughout Greece and Egypt. That trip directly inspired one classmate to go on to medical school and specialize in tropical diseases and another classmate to earn a PhD in quantitative molecular biology. I will be seeing both of these friends this month in Ocala for the first time in 57 years.

Another highlight of my junior year was taking one Ruby Reed of Beaumont, Texas, to a minor Viennese Ball in her gown on the back of a borrowed Vespa motor scooter. One of the dumbest things I have ever done was drive and ride, with a frenetic friend, on a 1950 Puch motorcycle to Berlin and back at Thanksgiving, with no proper equipment and with neither of us ever having been on a motorcycle before. After almost hitting a deer in the Alps, my friend running over his foot, and our being detained by the East German Polizei upon leaving Berlin, we somehow made it back to Vienna, each in one, near-frozen piece.

The following summer, I hitch-hiked through northern Europe, spending about a dollar day on lodging. One night was totally free- in a Copenhagen jail for sleeping on a couch in a student building which was supposed to be closed, but had its front door ajar (and I needed to sleep somewhere).

I decided that English literature would be the best way to cram a major into my senior year at Villanova. My English professor had me interview for a Rhodes Scholarship at Yale University with poet, novelist and literary critic Robert Penn Warren. I still cannot understand why Mr. Warren was not sufficiently impressed! I then decided to go to law school.

I was accepted at Georgetown Law School in Washington, DC and took a job for room and board at the maximum-security D.C. Jail. After living in the jail for a month before school started, I decided I could not do that for three years, so I headed out for Ann Arbor, Michigan and The University of Michigan Law School. My two summers between law school years were spent leading tours around the East and West Coasts, and Canada.

I graduated in 1965 and joined a general practice law firm in Detroit, as I had met a beautiful undergraduate, Mary Ann Burke, from suburban Grosse Pointe, and decided to make Michigan home. Mary and I were married in the summer of 1966, then had Katie, my law partner, in 1969, and retired F16 fighter and now 757 & 767 American Airlines pilot, Timothy, in 1973. From 1969 to 1974 I was a member of the Legal Staff at General Motors Corporation, defending product liability cases, near and far.

We lived through the Detroit race riot in 1967 and the gas crisis in 1973, and could see the "hand-writing on the wall" that the American auto industry was wavering. That is when we chose Ocala and the private practice of personal injury litigation. After starting with a large insurance defense firm, I became a plaintiffs' lawyer in 1981 and thereafter have represented injured "Davids" against insurance and corporate "Goliaths"-work which I dearly love, especially now that I am practicing with my daughter Katie Glynn. Mary tends to the few horses we own and helps Katie with her 11 year-old son, Rory, several days a week.



Aside from working - which I do a lot - I go to the gym, do yoga, play tennis, and occasionally drive at Sebring, Daytona and other tracks in Porsche Club of America driving events. Two "once-in-a-lifetime" experiences have been driving in classic car Italian road rallies with my son and co-pilot Tim, in a rented red 1952 Ermini race car.

The purpose of this advertisement is to let you know a little about this local lawyer who is dedicated to helping injured victims of negligence. Some advertising is necessary to prevent being swallowed up by the mass advertisers who have moved into Marion County from the "big cities". Please call me or Katie for a free consultation if you think we may be able to help you, (352) 351-5446.

In the next issue, I'll concentrate on outstanding cases we have handled and on our current practice.



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# Navigating the Maze of Assisted Living

Selecting an assisted living community can be a daunting task. Much like finding the perfect house, choosing the right assisted living residence requires a thorough inventory of your loved one's wants and needs, doing research, taking tours, and asking for guidance along the way.

Today's assisted living communities often offer residents a robust menu of personal care services and activities. However, because the offerings vary so widely, it is critical to do your homework. Rest assured that whether you are searching for yourself or for your parents, we can help you navigate the maze.

## List Your Wants and Needs

Start by compiling a list of needs and preferences. A 100% match might be impossible to find, so consider prioritizing the list. If you are doing this for your parents, try using a series of short visits with your parents and siblings to develop the list.

### Here are some questions to think about:

- Is it important to be near friends or relatives?
- Is a small or large community preferred?
- How much and what type of personal care services are needed?
- What activities and amenities are of interest?
- Do you want a community that will allow you to "age in place" by offering a comprehensive range of services that can address additional needs in the future, so you can avoid another move later on?

## Do Your Research

Next, compile a list of assisted living communities in the geographic areas you prefer. Look in the phone book, on the Internet, ask people you know you have been through this process, and check with local elderly services organizations.

As you conduct your research, consider who owns the community. Are they financially stable, able to invest in the staffing, programming, and capital improvements? Are they experienced operating assisted living facilities? Do they have a good reputation? You should find that a few places such as Trinity Springs rise to the top of the list.

## Visit the Communities

The most important part of the decision-making process is visiting the places that match the needs and wants you outlined. It's a good idea to limit your visits



to no more than two communities in one day. As you tour, be prepared with a list of questions. Also take notes so you can remember which places had certain aspects that really impressed or bothered you.

Request an activities calendar and ask about excursions to shopping malls or community events. If possible, have lunch there with some of the current residents. Visit the facilities more than once and at varying times of the day to get a complete feel for the lifestyle at the community. During these visits, talk with staff members and residents.

## Make the Right Choice for You

Finally, meet again as a family group to review the choices and rate how they stack up against your checklist. As you compare costs, be sure you understand what the care packages include, what additional fees or costs may be assessed, and what funding options they offer. There is no exact science to choosing an assisted living

community, but careful research and informed decisions will help you find a place that you will be glad to call home.

Care comes with just the right amount of comfort at Trinity Springs, where we have an abundance of ways to make life more enjoyable – from help with daily activities to incredible meals and attentive personal service. Here, assisted living is not just a program, it is a philosophy. Residents enjoy private, apartment-style living- with all the personalized care and attention they need to thrive.



trinity springs

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Learn more at 352-480-1002  
or [TrinitySprings.org](http://TrinitySprings.org).

# DISCHARGED FROM THE HOSPITAL?

## Why Cardiology Follow-Up Care is Essential for Your Heart Health

If you have a cardiac episode that puts you in the Emergency Room or admits you to the hospital, one of the most important things you can do to ensure your cardiac health is managed properly is to see your cardiologist soon after you are discharged.

**C**ardiac episodes are scary, to say the least, but ignoring the source of the heart disorder, brushing off symptoms, going about your everyday life is, unfortunately, a common thing that many people do once released from the hospital. **Why is this so dangerous?** Well, to start, the symptoms most likely come back if not treated by your cardiologist. The next issue is that you may need to be on medication, have your medications changed, you may need to have further diagnostic testing done like a stress test or an angiogram. Whatever the case may be, after your cardiac hospitalization, you need to make an appointment with your cardiologist as soon as possible.

Those individuals with CHF (cardiac heart failure) are a prime example of why following up with a cardiologist is imperative. CHF patients often have incidents of fluid build-up, which can make it difficult for them to breath. They often feel as if they are drowning and call 911 frequently due to this terrifying sensation. When under cardiac care, their cardiologist can prevent these readmissions to the hospital by several means. The physician can prescribe medications to block fluid build-up, have a cardiac monitor through specific home health programs, and have specialists help with understanding nutrition and how to keep sodium at its lowest for CHF patients, which is extremely important.

If you are discharged from the hospital, calling your cardiologist to schedule an appointment is also vital because you may need further testing.

### Diagnostic Testing

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

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

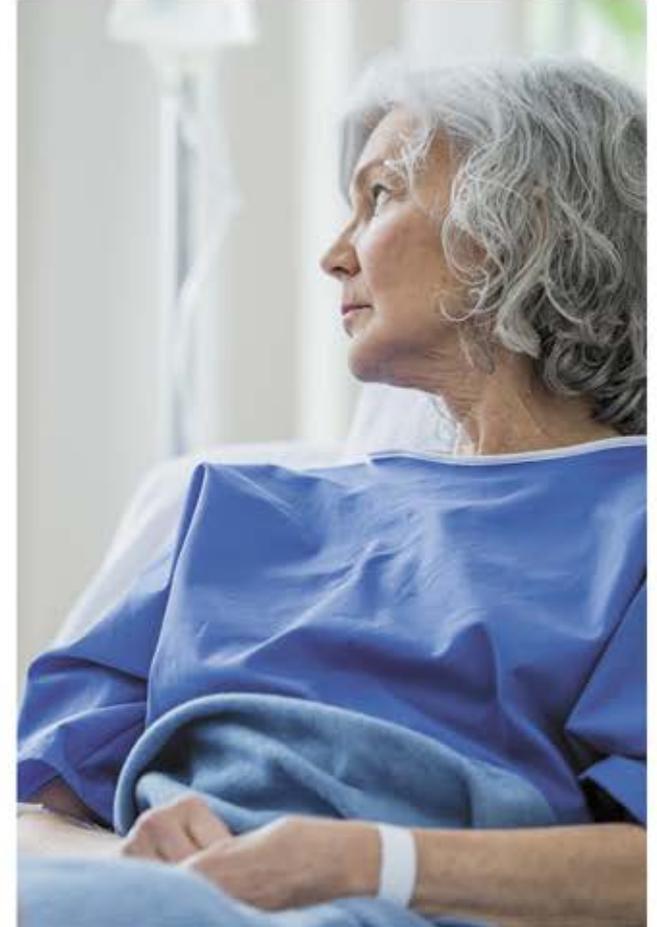
**Stress tests** are one of the most common methods to detect heart function during exercise and at rest. If you are unable to exercise, there are nuclear stress test options that utilize an injectable contrast to mimic the heart rate elevation of exercise, while you lie or sit down. Either way, a stress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

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

Many times cardiologists will ask patients to wear a **Holter Monitor** for anywhere from 24 hours to several days depending on your specific situation and risk factors. The monitor is a portable electrocardiography device that continuously monitors the rhythm and the heart's activity.

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

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



If you believe you are having a heart attack or stroke, call 911! If you're having initial symptoms that come and go, contact your cardiologist immediately. The same holds true for when you are discharged from the hospital—Call your cardiologist as soon as possible! They will keep you at your healthiest, alleviate readmissions to the hospital (which are costly) and provide detailed tweaks and recommendations for your specific heart issue.

### Florida Cardiology Associates of Ocala

They're a full-service cardiovascular practice and believe in working together with their patients to maintain and improve their health. Their providers promote comprehensive health care services for their patients in a friendly, relaxed atmosphere. They also believe in educating their patients as they work with them to achieve optimal health.

**Please call Florida Cardiology Associates of Ocala today at (352) 291-0019 to schedule your appointment.**

*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.*



# Debilitating Migraine Headaches:

## Local Neurologists can treat the Source of your Pain

By Nisha Sinha, MD

If you suffer from migraines, you're not alone. Nine out of ten adults in the U.S. suffer from severe headaches, and women are three times more likely than men to develop migraines. Painful headaches can affect individuals occasionally, frequently, or daily. While some are sharp and piercing, others may be dull and throbbing, but most migraines cause debilitating pain and nausea. What do you do when you suffer from a pounding headache? Usually, nonsteroidal anti-inflammatory drugs (commonly referred to as NSAIDs) like ibuprofen are ineffective at reducing pain, and they certainly don't address nausea and vomiting that are so commonly associated with migraines. If you have four or more migraine headaches per month, you are at risk for developing chronic migraines.

Several conditions and dietary influences exacerbate migraines. These include the following:

- Allergies
- Bright lights
- Bulged discs
- Cheese
- Chocolate
- Preservatives
- Hormonal imbalance
- Hypermobility syndrome (joint disorder, usually genetic)
- Neck arthritis
- Red Wine
- Sleep deprivation
- Stress
- Strong odors
- Tight neck and shoulder muscles
- Weather conditions (barometric pressure)

*Some individuals have prodrome, defined as an early sign or symptom that often indicates the onset of a disease before more diagnostically specific signs and symptoms develop. Prodrome can precede migraine episodes. Some of the symptoms of prodrome are fatigue, mood swings, food cravings and environmental stimuli to lighting and odors.*



If you suffer from frequent headaches, it's best to avoid the triggers that cause your specific migraines. When headaches do not respond to over the counter pain medications, Neurologists typically prescribe medications like triptans that work to disrupt the migraine's initial onset. Stronger narcotics may be prescribed depending on the patient's specific needs and overall condition. However, when patients have severe vomiting or nausea, it can be challenging to keep pills and capsules down, so injectables or inhalation medications are available in these cases.

Dr. Sinha focuses on the specific conditions of each patient. If hormonal imbalance or sleep disorders are prompting headaches, she treats those particular conditions. Dr. Sinha also prescribes all natural supplementation for some of her patients who require or want a more holistic approach. In many severe cases, supplementation or prescription medications are not enough.

"This is an exciting time in headache management," says Dr. Sinha. "There are new migraine treatments on the market which were just approved by the FDA. These new drugs are in a group called calcitonin gene related peptides (CGRP) and often work faster and safer than medications previously prescribed for migraines." The CGRP drugs are self-administered by the patient in the comfort of their own home. "I have started many patients on this class of therapy with great results."

### Nisha Sinha, MD

Nisha Sinha, MD strives to establish lasting relationships with her patients through comprehensive and compassionate care for those with neurologic disorders. Her extensive medical training has emphasized that the needs of the patient always come first. Dr. Sinha recognizes the importance of strong collaborative partnerships with referring providers and welcomes the opportunity to work cooperatively in addressing each patient's unique needs while developing comprehensive plans for their continued care.

Dr. Sinha specializes in Electromyography (EMG), nerve conduction studies, Electroencephalogram (EEG), as well as cognitive and memory evaluations.

### Neurological Conditions Dr. Sinha Treats:

- Neurodegenerative disorders: Dementia, Alzheimer's disease, memory loss
- Parkinson's disease
- Strokes, TIA
- Seizures/Epilepsy
- Neuropathy and neuropathic pain
- Neuromuscular disorders
- Multiple sclerosis
- Myasthenia Gravis
- Headaches and migraines
- Coordination and balance problems
- Restless Leg Syndrome
- Traumatic brain injury
- Vertigo/dizziness
- Visual disturbances

### Nisha Sinha, MD

Dr. Sinha is currently a member of the medical staff at The Villages® Regional Hospital. She is board-certified in neurology by the American Board of Psychiatry and Neurology and was fellowship-trained in clinical neurophysiology. Additionally, Dr. Sinha is a member of the American Academy of Neurology and the American Association of Neuromuscular and Electrodiagnostic Medicine.

If you or someone you know has migraine headaches or other neurological conditions, please call Dr. Sinha's office at (352) 751-8790.

**Central Florida Health Medical Group – Neurology**  
**1400 North U.S. Highway 441**  
**Sharon Morse Building, Suite 524**  
**The Villages, FL 32159**  
**352.751.8790**

\*Accepting Medicare and most private insurances



# Hormonal Imbalances in Men and Women

By Douglas C. Hall, M.D., GYN, and Functional Medicine Specialist

## Pellet Therapy

**A**s we age, both men and women will start to experience symptoms of hormonal imbalance. For men, this is called andropause, and for women, it's connected to perimenopause, menopause or postmenopause.

The symptoms for males and females are very similar. For men, as they age and their hormonal testosterone levels begin to decline, most men will experience a lack of energy, low libido, loss of muscle, weight gain, decreased mental focus, hair loss and low metabolism.

Females tend to experience an imbalance of estrogen and testosterone, which can lead to hot flashes, night sweats, anxiety, depression, brain fog, weight gain, loss of muscle, irritability and bone deficiency.

Hormonal levels can be adjusted through bio-identical hormone therapy, which alleviates or in many cases eliminates the associated symptoms and life fluctuations surrounding hormones. There are even studies now that suggest bio-identical hormones can help reduce the risk of Alzheimer's and dementia.

### Bio-Identical Hormones

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

Bio-identical hormones are equal to our body's natural hormones on a molecular level. The difference between synthetic and identical hormones is that synthetic hormones do not match human hormones on a biological level.

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



### Why Testosterone?

Females need a steady level of testosterone and estrogen in their bodies for overall health and well-being on many levels. However, a common misconception is that women need high levels of flowing estrogen. This is not the case. Consequently, female bodies need circulating testosterone, which enables the body to produce and regulate how much estrogen is necessary. In short, testosterone naturally governs estrogen levels within the cellular structure.

Many women are skeptical of testosterone therapy for menopausal symptoms because they believe it's just for men. But testosterone is vital for females, and your physician highly regulates the dosing. It is essential for women to have appropriate testosterone levels to naturally control their estrogen because as we age, our testosterone levels are continuously decreasing.

Men should have 50 times more testosterone than estrogen. An enzyme called aromatase that converts male to female hormones regulated the balance. If everything is functioning normally, there is a normal ratio of male to female hormones or testosterone to estrogen, but when hormonal imbalances occur, it's imperative to treat with hormonal therapy.

### In Both Men and Women, Low Testosterone Can Lead To:

- Heart Disease
- Metabolic Syndrome
- Depression
- Diabetes
- Obesity
- Cognitive Decline
- Lack of libido

### Hormonal Pellet Therapy

Pellet Therapy is a bio-identical hormone treatment that is time-released. It's a small pellet the size of a grain of rice and is placed in a very tiny incision in the upper buttocks region of the hip. Females need approximately one pellet, which lasts for about three to four months. Most patients have their pellets replaced just four times per year.

### Other Forms of Hormonal Replacement Don't Measure up

When hormones are injected, you receive a large dose into your body immediately, and that can be overwhelming to your cells. When taking the pill form of hormones, the levels are broken down in the liver and never fully reach the bloodstream to make a significant impact. When using creams, the dose is not well regulated, since absorption is dependent upon the individual's skin and various health factors.

### Pellet Therapy for Men & Women

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

Men and women can both benefit from testosterone replacement therapy (TRT) but through different methods. TRT for men is pretty straightforward, and for women, they benefit from bio-identical hormone replacement (BHRT), like pellet therapy, which releases a small amount of testosterone into the body over a few months. Small amounts of testosterone in women, naturally balances the estrogen levels that are causing multiple symptoms and health risks.

*To schedule an appointment, please contact Dr. Hall's office today at 352-629-7955*

**Douglas C. Hall, M.D.**

*Dr. Hall has been in private practice for over 44 years and is a functional medicine expert.*

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# Inflammatory Bowel Disease (IBD)

By Digestive Health Associates

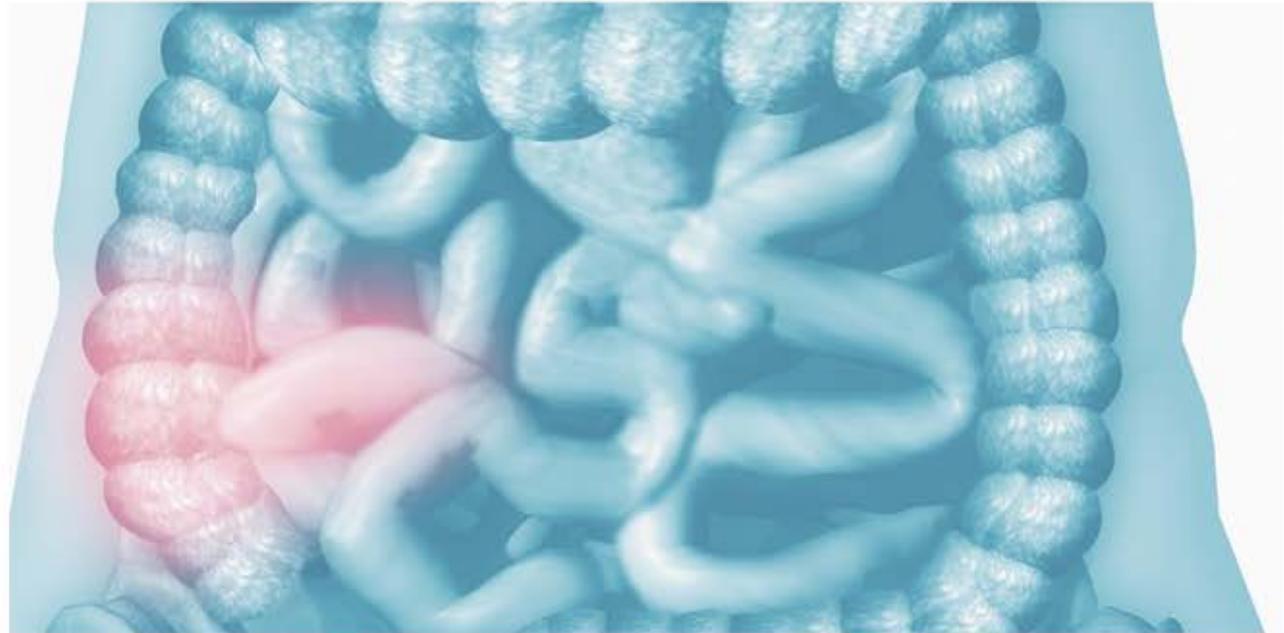
Inflammatory bowel disease (IBD) is the name given to several chronic conditions that involves inflammation in all or some parts of your small and large intestines. The intestinal walls become inflamed, red, swollen and ulcers (sores) may develop. The two most common forms of IBD are Crohn's disease and ulcerative colitis (UC).

Crohn's disease can affect any part of the gastrointestinal tract from the esophagus to the rectum, but most commonly affects the last portion of the small bowel, the ileum, and the colon (large intestine). The inflammation extends deep into all layers of the intestinal wall in the affected region which can become ulcerated and the bowel wall may thicken. This thickening and scar tissue may cause narrowing (stricture) of the bowels. The ulcerations may develop into tunnels (fistulas) that may connect different parts of the bowels or connect the bowels to different organs such as the bladder or vagina.

Ulcerative colitis is an inflammation of the surface membrane lining of the colon (the large intestine) and rectum. It causes inflammation and sores (ulcers) in the top layer of the lining of the large intestine. UC occurs in continuous stretches of the colon and rectum.

## What Causes IBD?

The cause of the disease is unknown, but researchers speculate that it may result from virus or bacteria triggering the body's immune system. Under normal circumstances the immune system is the body's defense mechanism against viruses and bacteria invading the body. Once the infection is cleared up, the immune system shuts off. In IBD the body's immune system may overreact to the normal bacteria living in the digestive tract and it fails to shut off. This leads to a chronic inflammatory process. Because IBD tends to run in families, there may also be a genetic component in developing the disease. No evidence has been found to support the theory that inflammatory bowel disease is caused by tension, anxiety, or emotional stress, although these can aggravate the discomfort caused by the disease. Psychological factors may modify the course of the disease, and affect response to therapy.



## Symptoms

As with other chronic conditions, a person with IBD experiences times of active disease flare ups and periods of remission (signs of the disease decrease and/or disappear).

- Abdominal pain and cramping
- Diarrhea, may often be bloody
- Feeling of urgency to have a bowel movement
- Reduced appetite and weight loss
- Fatigue
- Fever
- Iron deficiency anemia

## Diagnosis

It's important to talk with your physician if you experience any of the symptoms listed above. He or she will use your health history, physical exam and test results to diagnose IBD. Other diseases may be responsible for signs and symptoms of IBD so it is important for a physician to rule out other causes such as colon cancer, ischemic colitis, infection, diverticulitis and irritable bowel syndrome. Several tests may need to be performed to accurately diagnose IBD.

- Blood tests
- Stool sample
- Colonoscopy or sigmoidoscopy
- Barium enema
- Computerized tomography (CT scan)
- Magnetic resonance imaging (MRI)
- Capsule endoscopy
- Small bowel imaging

## Treatment

There is currently no cure for IBD and not one specific treatment plan that works for all patients. The goal of treating IBD is to reduce the inflammation in the GI tract. Treatment for IBD usually involves drug therapy. There are many different classes of medications that can help reduce signs and symptoms of active disease and achieve long-term remission. Some of the medications used to treat IBD are anti-inflammatories (Sulfasalazine, Mesalamine, Corticosteroids), immune system suppressors (Azathioprine, Cyclosporine, Infliximab-Remicade, Adalimumab-Humira, Certolizumab pegol-Cimzia, Methotrexate), antibiotics (Flagyl, Cipro), anti-diarrheals, iron supplements, and nutritional supplements (vitamin B-12 shots, calcium and vitamin D). Other treatment options include surgery, changes in your diet, stress reduction and adequate sleep.

Your treatment plan will depend on the severity of your symptoms, which part of your GI tract is affected, and if you have other health problems outside of your GI tract. At Digestive Health Associates we will partner with you in managing this disease process to improve long-term prognosis and to limit complications caused by the disease.

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# Why Are So Many Adults Needing Rotator Cuff Repairs?

## What to Expect if your Shoulder requires treatment

Over the past decade, there has been a dramatic increase in rotator cuff injuries. As we age, our bodies are subjected to more repercussions from normal wear and tear. This is particularly the case with individual's age 60 and older, but the same wear and tear is accurate for younger people that are very active or have suffered accidental injury through sports or trauma-related causes. Additionally, living in the Sunshine State, permits most adults to be more active year round, which is why there is an uptick in sports related disorders. As more aging individuals are kayaking, playing tennis, golf and pickleball, rotator cuff injuries are growing more common.

One of the primary injuries that orthopedic surgeons treat is a rotator cuff tear. The rotator is comprised of four muscles and three main bones. Although there are multiple types of shoulder injuries, rotator cuff injuries cause a great deal of pain when lifting the arm over the head. For people that work in a field requiring lifting, extension of the arms, or big range of motion, this can be detrimental to their careers. Once the rotator cuff is damaged it can be difficult to wash or style your hair, lift objects or your arm, reach high to get something off of a shelf, pull on a shirt, or put on a hat. If you're active, your ability to swim, play tennis, golf, or anything requiring maximum arm movement, your activities will be significantly hindered because of the impingement in your shoulder.

### Details of Rotator Cuff Tear

The three bones that make up the rotator cuff are the clavicle, humerus and the collarbone. The four muscles create a fulcrum for one main tendon that connects to the upper portion of the humerus bone in the shoulder, this joint allows the shoulder to rotate our arm and shoulder and to move it up, down, and to the right and left. A fluid-filled sac helps to lubricate the rotator cuff.

Over time, wear and tear can cause tiny tears to occur, which can cause discomfort and limit our range of motion. As we age the blood supply in our tendons decreases, this can also cause tears and damage to occur. Extreme shoulder impingement occurs when there is bursa inflammation or bone spurs have sheared off, causing minimal ability to move the shoulder.



### Diagnosis and Treatment

Your doctor will diagnose the rotator cuff disorder by a physical examination of your shoulder and your range of motion, along with x-rays, and if needed, an MRI or ultrasound.

Your treatment options are usually to start with an anti-inflammatory medication like NSAIDs, rest and icing the area to take away any of the inflammation. This will allow the rotator cuff to heal itself naturally. If the injury is advanced, or the body will not heal itself due to health or aging-related issues, surgery may be necessary.

### Three standard surgical approaches include:

- Open Surgical Repair
- Mini-Open Repair
- Arthroscopic Repair

If the tear is partial, a simple debridement may be all that is necessary, if it is a little more involved, suturing the tendons together and sometimes reattaching the ligaments to the bone may be required. Your orthopedic surgeon will be able to discuss your options in full detail with you during your consultation.

There are traditional surgery and arthroscopic (minimally invasive) surgery options. The good news is if surgery is necessary, it can usually be performed arthroscopically. With Arthroscopic surgery there is no muscle detachment, and through a small incision, the surgeon will have access to the entire shoulder joint. With proper care and maintenance,

long-term outcomes are equal to those of traditional surgery. With this minimally invasive technique, your recovery time is traditionally quicker and much less painful.

### Your Recovery

- Four to six weeks
- You will need to keep your arm movement to an absolute minimum during this time
- Sling to restrict your movements
- Physical therapy to get you back to a full range of motion; this is especially true if your job or sports activities require a lot of arm and shoulder rotating or lifting

To find out more rotator cuff tears, or your other orthopedic needs, please call Advanced Orthopedic Institute at (352) 751-2862



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**Alfred J. Cook, Jr., M.D.**

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# Why You Should Get Your Omega-3 Index Measured

By Anne-Marie Chalmers, MD

**H**ave you heard about the omega-3 index? Since 2004, scientists have been suggesting it as a tool for measuring a person's risk of cardiovascular disease, in a similar way to how cholesterol levels are used today. The more research comes out, the more researchers believe that the omega-3 index is something we all need to be paying closer attention to.

## What Is the Omega-3 Index?

The omega-3 index is simply a measure of the amount of EPA and DHA omega-3 fatty acids in the red blood cells. The higher the number, the more EPA and DHA you have in your body.

Having a low omega-3 index number is considered a higher risk factor for developing coronary heart disease and other cardiovascular health issues. Your risk depends on where your number falls on the scale:

- Less than 4% is considered high risk ("undesirable")
- 4 – 8% is considered intermediate risk ("intermediate")
- Above 8% is considered low risk ("desirable")

The studies exploring omega-3 index levels have found intriguing results, including:

- People with low omega-3 index levels were 10 times as likely to die from sudden cardiac death compared to people with higher omega-3 index levels.
- Those with the highest omega-3 index levels had a 33% reduction in risk of mortality, compared to the people with the lowest levels.

The omega-3 index may also be helpful for assessing health risks beyond cardiovascular disease. Studies are currently investigating the relationship between omega-3 index levels and mental health issues, like depression, cognitive function, body weight, and eye health issues.

## Why the Omega-3 Index Matters

Measuring your omega-3 index level allows you to evaluate how much EPA and DHA is actually integrated into your cells, and how much is available for fundamental metabolic functions.

This is important because, even if you eat fish multiple times per week, your fish might contain more or less omega-3s depending on the fish species, time of year, and the cooking method. Similarly, taking fish oil supplements isn't always straightforward, as the amount absorbed can be impacted by dose, formulation, genetics, age, gender, medication-use, and lifestyle.

If you get your omega-3 index measured, you'll know if your current efforts are sufficient. This knowledge is especially important since even health-conscious people are not always aware of their omega-3 intake. One survey found that in a group of people with omega-3 index levels in the intermediate risk range, some 30% believed they were consuming enough omega-3s.

## Tips to Improve Your Omega-3 Index

Americans on the whole consume too few omega-3s from fish or fish oil, and as a result, most of us also have low omega-3 index levels. A recent study of global omega-3 index levels found that an estimated 95% of Americans had an omega-3 index of 4 or below, putting them in the high risk category.

These poor numbers do not compare well with other developed nations. In Japan, for instance, the average omega-3 index is more than double that of the average American, with some surveys reporting that Japanese men consume over 100 g (approximately 3.5 oz) of fish daily.

The good news is, even if your omega-3 index is low, you can fix it. Increasing your dietary intake of EPA and DHA omega-3s by eating fatty fish and taking a fresh fish oil supplement is strongly correlated with increased omega-3 index levels. So, if your omega-3 index level needs improving, you can:

### 1. Eat More Fatty Fish

Salmon and small fish like sardines and mackerel are excellent sources of omega-3s.

### 2. Commit to Taking an Effective Dose of Fresh Fish Oil

Studies show it can take between 1800 – 2000 mg of EPA/DHA daily to move a person's index by 4-5 percentage points. Notably, to get this dose, you'd need to consume at least 6 regular fish oil capsules daily (This dose discrepancy could also help explain why many omega-3 supplements fail to deliver results).

We typically find that when people routinely consume one tablespoon (or a single vial) of our Omega Cure® oil, their omega-3 index levels measure around 10 – 12%. That said, there can be variations between people.

### 3. Practice These Dietary Changes for at Least 4 Months

Before reassessing your omega-3 index, it's important to remember that it takes some time for the omega-3 fatty acids to be fully-absorbed by the body.

### 4. Reduce Consumption of Omega-6s

As you work on increasing your omega-3 intake, make a conscious effort to simultaneously decrease your omega-6 intake. This means dramatically lessening consumption of omega-6-rich processed foods like pizzas, doughnuts and fries, as well as synthetic sweeteners and vegetable oils.

This article was abbreviated from a longer version published on [omega3innovations.com](http://omega3innovations.com). For the full text and references, visit:

<https://omega3innovations.com/blog/why-everybody-should-get-their-omega-3-index-measured/>

## About Anne-Marie Chalmers, MD

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



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## Medical Marijuana is a Viable Treatment Option: What You Should Know About it's History & Progress

By Robert C. Goethe, MD

**M**arijuana has been used as an effective and safe medicine for thousands of years in almost all civilizations including the USA. At that time, aspirin, opium, and cocaine were being discovered and touted as better drugs. There was also a financial incentive to outlaw the plant by factory owners who saw the cannabis plant (hemp) as a huge threat to the value of tracts of land with trees they owned for making paper. Hemp was a lot cheaper to make into paper than trees.

So, marijuana became illegal and kept a pretty low profile for about 35 years, and its reputation tarnished by the DEA classifying it as a dangerous narcotic (it is not a narcotic and there has never been an overdose fatality). Severe legal penalties were passed for its possession or use.

In the 1960's and 70's marijuana had a resurgence in popularity as the drug of choice amongst the younger "hippie" generation. It became the symbol of the anti-war and anti-establishment movement. The government powers at the time went a step further in squelching the drug by getting the DEA in 1972 to categorize it as a Schedule 1 narcotic. This put it in the same category as LSD, ecstasy, and cocaine. But unlike the other drugs classified as Schedule 1, marijuana was not physically addictive or capable of killing you and it was useful as a medicine.



In the ensuing years between 1972 and now, marijuana did not go away. Several other countries continued to recognize its value as a medicine. In the 1990's, scientists in Israel found cannabis to have more useful components than just the THC that people liked to get high. There were several other compounds called cannabinoids that had various effects but did not cause euphoria. These components have various receptors in your body that control pain, mood, the immune system, suppress certain types of cancer, relieve nausea, cure insomnia, control seizures etc. And even in this country, even though illegal, people began to rediscover these medicinal benefits and started to demand its legal availability. California was the first state to allow legal marijuana in 1996 and it took off without any major problems. It wasn't long before other states started following California's lead, and we now have 29 states with medical marijuana and many predict that soon all states will.

In November 2016 Florida passed Amendment 2 by a vote of 71.3% in favor which allowed medical marijuana to be recommended by certain physicians and used by certain patients. Florida limits its use to cancer, epilepsy, glaucoma, AIDs, HIV positive, PTSD, ALS, Crohn's disease, Parkinson's, Multiple Sclerosis, and chronic nonmalignant pain. To set up the program, the Florida legislature gave the job to the Florida Medical Association, an entity (like much of the legislature) did not understand medical marijuana and were opposed to its existence. Thus, getting to the point we are at now has been a struggle, but it's here now.

Several factors have worked against the legalization of medical marijuana in Florida. Pharmaceutical companies, some portions of law enforcement, and a few politicians are fighting hard against this. But it's been discovered now and many Floridians are reaping the benefits. About 90,000 now have their cards. Keep an open mind and if you suffer from any of the conditions in Florida that can be treated, take some control of your health care and learn more about it as a viable option.



On Facebook like our page for more information, search for Better Health Compassion Clinic. If you're interested, please call **352-601-4200** or email [DrBobGoethe@gmail.com](mailto:DrBobGoethe@gmail.com) - Check out our website: [www.compassionclinicflorida.com](http://www.compassionclinicflorida.com)

*Dr. Bob Goethe is a board certified anesthesiologist, with over 40 years of medical experience who is now semi-retired in Citrus County and chooses to support the medical marijuana initiative because he has seen it's benefits in patients and strongly believes in the cause.*

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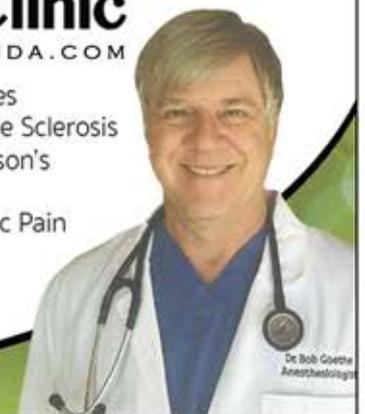
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# 3 Popular Eating Plans You'll See in the New Year

If you're thinking about revamping how you eat in the new year, you might want to think twice about the trendy dairy-free plans that crop up on your social media feed – as they could leave you missing out on nutrients you need.

Three of the most popular and health-promoting eating plans of the moment – the Mediterranean Diet, Dietary Approaches to Stop Hypertension (DASH) Diet and Flexitarian Diet – all include dairy milk as an important component, and according to a study in the "Journal of the American Dietetic Association," it's hard to get nutrients you need without it.

New research also suggests adding an extra serving of dairy to the Mediterranean Diet makes it even more nutritious, boosting amounts of calcium, vitamin D and potassium without exceeding recommendations for nutrients to limit, like saturated fat and sodium, according to a study published in "The Journal of the American College of Nutrition." A second new study found not only does incorporating more dairy improve the quality of the diet, it benefits health, as well – specifically improving blood pressure and levels of good cholesterol (HDL) compared to a standard low-fat diet, according to research in "The American Journal of Clinical Nutrition." While the Mediterranean Diet typically includes around two servings of dairy a day, these studies built in 3-4.

The DASH Diet, long known for its positive effects on heart health, includes three servings of low-fat or fat-free dairy per day. Good news for fans of whole milk: it may be just as effective when it includes full-fat dairy, too, according to recent research in "The American Journal of Clinical Nutrition." Researchers found a DASH diet that included whole milk and other full-fat dairy products lowered blood pressure just as much as the traditional version.

As a high-quality, complete protein, dairy milk is also an important part of the Flexitarian Diet, which encourages more plants and less meat. Many plant-based proteins are incomplete, which means they don't provide some of the building blocks your body needs. Dairy milk is also an important source of calcium, as substituting milk with non-dairy calcium sources like fortified soy milk or leafy greens can lead to gaps in other key nutrients such as protein, vitamin D, phosphorus, riboflavin, potassium, magnesium, vitamin A and vitamin B12, according to a study in the journal "Nutrition Research."

Instead of eating in a way that could leave you at risk of nutrient deficiencies, opt for a more balanced approach to the new year and consider a plan that includes dairy milk. Visit [MilkLife.com](http://MilkLife.com) for more information and milk-inspired recipes.



Photo courtesy of Getty Images

# DOGS CAN GET THE FLU TOO

**S**everal years ago, canine influenza hit Florida, and since its initial inception, it has morphed into two strains, H3N8 and H3N2. Over the past several years, Best Friend's Animal Hospital in Naples has unfortunately seen the number of dogs with the canine flu sky-rocket so much that they've had to hospitalize many dogs to help them overcome the virus and its devastating side effects. That's why they now offer the canine influenza vaccine series and they are requiring their boarding and grooming patients to be vaccinated. The Bivalent Canine influenza vaccine protects against both strains of the flu.

### Flu Vaccine Benefits:

- Decreases sneezing and nasal discharge
- Reduces coughing
- Decreases depression
- Enhances immunity
- Shortens illness length if infected

### The Flu and Your Dogs Health

The vast spread of the virus is most likely due to owners traveling with and socializing their pets. Just like the flu virus in humans, the canine version can spread rapidly. If an affected dog sneezes the airborne particles can easily reach another dog, either through directly breathing in of the virus spores or through indirect contamination of bodily fluids on hard surfaces, this increases the odds of cross contamination.

The canine flu is contaminating dogs that are typically more socialized. For example, dogs that are boarded, go to training or obedience school, attend doggie daycare, play at dog parks, attend dog shows, or during grooming.



### The symptoms of H3N2 & H3N8 are the following:

- Fever
- Sneezing
- Coughing
- A runny nose
- Lethargy
- Decreased appetite
- Body aches

Although, no one wants their dog to encounter the flu, influenza symptoms typically last 10-14 days, and in most cases, the dog can heal on its own with little difficulty. However, if you have an elderly dog

or a puppy, or if your dog's immune system is low due to disease or other disorders then their complications could be life-threatening. Since a vaccination is now available through your veterinarian. This simple injection could lessen the symptoms if your dog did, in fact, become infected with the virus.

If you suspect that your dog has the flu, please let your veterinarian's office know beforehand so that they can make arrangements for your dog to be escorted privately away from other pets. After your pet has been treated, the room will be decontaminated for the next pet to be seen safely.

**It's always best to get your furry friends vaccinated.**

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# New Year, New You:

## Amp Up Your Skin Care Routine & Your Life

It's that time of year again! A time for new beginnings. What are you going to do to make this year better? That's what countless people are trying to figure out. Attempting diets, exercise routines, spending more time with loved ones, and setting personal goals are all essential in our wellbeing, so Naples Soap Company wants to share their top 3 favorite tips to help you look and feel your best in 2019.

### #1—Stay Active & Socialize

It's important to keep moving, be social and stay active. For many individuals, this time of year is a great revamping point. It's a fact that sedentary people develop more illnesses and chronic disorders than active individuals. Exercise also helps to purify your skin from toxins. Take a walk, learn to paddleboard, ride a bike to the store, join a fitness group, or take an exercise class on YouTube. It's good for your body, brain, and your skin. There are endless possibilities.

### #2—Eat Healthier

Some of these foods not only make your body healthier but also can brighten and tighten your skin too:

**Green Tea**—Full of antioxidants and polyphenols fights free radicals, contains EGCG (Epigallocatechin gallate), which flushes out toxins and speeds metabolism

**Turmeric**—Powerful anti-inflammatory

**Avocado**—Healthy fatty acids help to hydrate the skin

**Olive Oil**—Contains heart-healthy fats, but also boosts the function of your thyroid, which regulates metabolism and flushes out toxins

**Coconut Oil**—A medium chain triglyceride that contains high levels of vitamin E, and it has potent antifungal and antibacterial properties

**Fatty Fish**—Omega3 fatty acids, which are incredibly important for your skin and brains health and vibrancy

**Berries**—antioxidant rich berries help to lower cholesterol, prevent gray hair, aids in weight loss and detoxification

**Cucumber**—Helps to flush out water retention and hydrate the skin, contains vitamin K, B, copper, and potassium

**Greek Yogurt**—Packed with vitamins and probiotics this treatment helps to keep your skin clear

**Tomatoes**—Contains lycopene, which helps to shield us from the sun's harmful rays naturally

**Beets**—Help to detoxify your skin through antioxidants, which creates an anti-inflammatory effect

**Citrus**—Loaded with vitamin C, which helps to trigger the production of collagen



It's important to remember to eat natural, whole foods for the majority of your diet. In doing so, your skin will have beautiful luminosity, and you'll be healthier for it overall.

### #3— Develop a Chemical Free Skincare Routine

Just like some of the superfoods mentioned above, your skincare should also contain these ingredients and NOT chemicals. Toxins and chemicals like sodium laurel, laureth sulfate, parabens, pesticides, and mineral oils are harmful, carcinogens, allergens, and pore-clogging ingredients that are absorbed directly into your skin and into the body, which creates an unhealthy environment and causes adverse reactions and damage. Even more dangerous, some of these chemicals and toxins are absorbed directly into the lymph nodes and bloodstream, which causes disease states and disorders to arise.

### Naples Soap Company

Naples Soap Company offers the highest quality natural bath and body products with the health of your skin in mind. With ingredients like sea salt, essential oils, shea butter, oat flour kernel, coconut oil, and yogurt extract, the skin benefits and results are incomparable.

After a tough workout, why not indulge in a Pink Sugar Sea Salt Scrub? This sea salt scrub provides gentle exfoliation and deep hydration. Detoxifying sea salt removes dry, dull flakes revealing healthy and radiant skin while shea butter and vitamin E lock in moisture. Build a brighter complexion with fatty acids and antioxidants to brighten and tighten your skin with their face oil, which provides fast absorbing moisture and luminosity. If you have sore muscles, they've got you covered. The Muscle Stick is a natural alternative for topical pain relief powered by an effective blend of essential oils. Black pepper, menthol, and eucalyptus promote circulation and reduce inflammation in affected areas.

**There are numerous products to treat all types of skin conditions. To amp up your skincare routine, you've got to try Naples Soap Co.**

Since launching Naples Soap Company ten years ago, they are now in eleven retail locations in Florida to serve you. To find out more, about their products and to revamp your skincare routine, please visit [naplessoap.com](http://naplessoap.com), or stop by one of their stores.



DEANNA WALLIN  
Naples Soap Company  
Founder & CEO

Combining her passion for people and products, Deanna Wallin has taken Naples Soap Company from a tiny 300 square foot shop to a footprint of 11 retail locations throughout Florida. Her passion, style, and client commitment has created a devoted following for her products. Travelers come from all over the country to visit her unique stores and experience the fun, coastal, upscale ambiance which she has created. The stores are a reflection of her hometown of Naples' healthy lifestyle and attitude. The Naples Soap Company brand has become widely known throughout the US, Europe, and Japan. The Company is poised to continue its phenomenal growth, and on track to complete a 20 store footprint within 5 years. Wallin attributes the success of the Company to loyal clients who appreciate quality products and superior customer experience.



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# Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

## Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. "But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I'll give it to you if you'll follow me to my office." I eagerly finished my coffee, got into my car and hurried to his office. I don't believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, "His Daily Agreement with God." It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with **even a little bit of faith** touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space...here is an excerpt (it's about three pages long). I renamed it.



## My Daily Agreement with God's Will for My Life

*Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philemon 1:6 - "that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.*

*20\_\_ is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.*

*I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.*

*You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.*

*No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.*

*I don't have cares; I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.*

*Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.*

*Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.*

*I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.*

*Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...*

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,  
**Alex E. Anderson**  
 Senior Associate Pastor at  
 Bayside Community Church

**P.S. HAPPY NEW!!** If you want the complete copy of *My Daily Agreement with God's Will for My Life*, I would be glad to email it to you. Just go to [alexanderson.org](http://alexanderson.org)

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