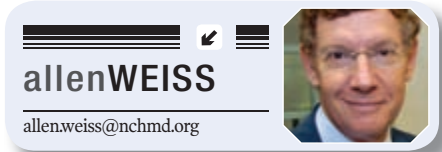


HEALTHY LIVING

Living longer, healthier, happier in SWFL



allenWEISS

allenweiss@nchmd.org

While it is great news that citizens in Southwest Florida have the longest life expectancy in America, paradoxically, we are living in a nation in which the average lifespan has just decreased. Locally we are exemplary; nationally we are not.

Naples-Immokalee-Marco Island, our Metropolitan Statistical Area, has some remarkable attributes:

- The longest life expectancy in the nation at 83.5 years, according to 24/7 Wall Street, with an average of 78.8 years and an advantage of 10.2 years more than the lowest MSA.

- The healthiest and happiest MSA in the nation, according to the Gallop-Healthways Well Being Index.

- The best place to retire in America, according to the Kiplinger letter.

- The rankings of first, first, fourth, third, second, second and second for healthiest community among Florida's 67 counties, according to the Robert Wood Johnson annual assessment for the past seven years.

But all is not so good elsewhere in our nation regarding healthcare:

- A decline of 0.1 years in life expectancy for the first time since 1993, according to National Center for Health Statistics.

- A ranking of 37th of 190 developed nations based on mortality, disease and health system indicators, according to the World Health Organization.

- A ranking of 37 out of 50 states plus the District of Columbia, according to Commonwealth Fund 2015 Scorecard based on health-care access, quality, avoidable hospital use, costs of care and health outcomes.

Hopefully, these national and Florida declines will be a wake-up call to address obesity, alcohol-abuse and opioid crises as well as other illnesses. While cigarette smoking is declining, smokeless tobacco use is increasing. Locally, cancer remains the No. 1 cause of death (heart disease mortality

SEE WEISS, A25 ►



No matter your weight — diabetes a risk if you don't exercise

UF HEALTH

Add one more to the long list of reasons to keep active: A new University of Florida study demonstrates that low levels of physical activity are associated with higher blood sugar among adults who are at a healthy weight.

The findings may help explain why up to one-third of adults who are slender have pre-diabetes, a condition that puts them at risk for developing diabetes and other health problems.

"We have found that a lot of people who we would consider to be at healthy weight — they're not overweight or obese — are not metabolically healthy," said lead investigator Arch G. Mainous III, chair the department of health services research, management and policy in the UF College of Public Health and Health Professions, part of UF Health.

These individuals may have healthy weight obesity, also known as normal weight obesity or "skinny fat." The condition is characterized as having a body mass index within the normal range, but a high proportion of fat to lean muscle,

typically more than 25 percent body fat in males and 35 percent in females. People with healthy weight obesity are more likely to develop metabolic syndrome, which includes increased blood pressure, high blood sugar and abnormal cholesterol levels.

Because screening guidelines for pre-diabetes and diabetes typically focus on adults who are overweight or obese, individuals at a healthy weight who have high blood sugar levels may go undetected.

For the UF study, researchers set out to test the hypothesis that a sedentary lifestyle may contribute to metabolic changes that put people who have a healthy weight at risk. The team analyzed data from the 2014 Health Survey for England, an annual survey that combines information from personal interviews with lab tests and physical measurements collected by a nurse. The researchers assessed more than 1,000 individuals age 20 and older who had a BMI within the healthy weight range of 18.5 to 24.9 and who did not have a diagnosis of diabetes.

Researchers found that participants

who reported having a sedentary lifestyle were more likely than their more active counterparts to have a blood glucose level at or above 5.7, which the American Diabetes Association considers pre-diabetes. Among participants with low activity levels, about one-quarter of all participants and more than 40 percent of adults 45 and older met the criteria for pre-diabetes or diabetes.

"Our findings suggest that sedentary lifestyle is overlooked when we think in terms of healthy weight," said Mr. Mainous. "We shouldn't focus only on calorie intake, weight or BMI at the expense of activity."

Mr. Mainous said more research is needed to better understand the health implications of healthy weight obesity as well as how much and what type of activity, whether it is weight-bearing or resistance training, for example, may be most effective at combating metabolic syndrome.

"Don't focus solely on the scale and think you're OK," he said. "If you have a sedentary lifestyle, make sure you get up and move." ■

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Healthy Living Caravan delivers free information, services to the Y

The Healthy Living Caravan presents the second annual Healthy Living Expo from 9 a.m. to 1 p.m. Saturday, Jan. 28, at the Greater Naples YMCA. Free and open to the public, the expo will have BMI and blood pressure checks, vision and hearing screenings, spinal screenings, massages, foot and gait analysis, health and wellness education as well as door prizes and raffles.

At 11 a.m., Dr. John Pennisi, D.O., and R.N. Colleen Gross of Brookdale Geriatric Center will present "Caregivers: The Invisible Patient," highlighting

demographic projections of the need for caregivers in Collier County. Attendees will learn about the domains of caregiver burden and resources available to help caregivers cope with such burdens.

Expo sponsors include NCH Brookdale Geriatric Center, Brookdale Senior Living, Captel Caption Telephones, Comfort Keepers, Hoglund Family Hearing, La Piel Spa by Dr. Manuel Peña, VITAS Healthcare and the Greater Naples YMCA. For more information, visit www.HealthyLivingCaravan.com. ■

WEISS

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has dropped since 2000 due to NCH's Save-A-Heart program). Nationally, heart disease is still the leading cause of death.

Deb Logan, director of the Blue Zones Project-SWFL, shared her thoughts when pleasantly surprised with the latest accolade about Southwest Florida's longest life expectancy:

"We are similar to other regions around the nation with pockets of wealth resulting in higher life expectancy, but our MSA includes less fortunate neighborhoods where one would not expect longer life expectancy. However, part of this positive story of longer lives is access to quality healthcare (NCH and also the local Federally Qualified Health Center funded by the federal government) and

numerous social service agencies, supported by generous donors. Without this network in place, Naples-Immokalee-Marco would not achieve such stellar status.

"We have a great community where many share their resources and wealth. With more to be done, the Blue Zones Project-SWFL will be part of the solution, as we reach across all socio-economic levels to make healthier choices easier within our environment."

The overall goal of health-care organizations nationwide should be to increase healthy lifespan. We are on a successful journey locally, and we should share our best practices with others throughout Florida and beyond. We should aspire to become the healthiest and happiest nation on the planet with everyone living a longer, happier and healthier life. ■

— Dr. Allen Weiss is president and CEO of the NCH Healthcare System.

6

Cool Facts about Freezing Fat with CoolSculpting



ADVERTORIAL

What's the favorite non-surgical procedure that we offer? If you were to ask many of our patients, we bet that a lot of them would say "CoolSculpting," without hesitation. Frankly, CoolSculpting is the best non-surgical body contouring procedure out there today. It can seem absolutely magical as stubborn fat just melts away after a treatment.

The thing about CoolSculpting is that not a lot of people know much about how it works. So, we thought that we'd tell you some very "cool" facts about CoolSculpting.

It Destroys Fat, Not Tissue

It turns out that fat cells are very susceptible to freezing temperatures in a way that your other tissue is not. That means you can subject areas of your body to intense cold energy without worrying that you'll damage your skin at all. The procedure is formally called cryolipolysis ("cryo-" meaning "cold"), and that cold energy goes straight to the fat cells! Admittedly, you might be a little chilly during the procedure, but that's about it.

How CoolSculpting was Discovered

There are actually a few stories about how CoolSculpting was developed. The first is that researchers Dr. Rox Anderson and Dr. Dieter Manstein noticed that children who ate a lot of flavored ice pops tended to have considerably less chubby cheeks. Considering the amount of sugar that's in most ice pops, you'd expect the opposite to be true.

The other story is a lot more fun. In this story, there was a woman who was passionate about riding horses. She loved doing it so much that she would even ride them in the dead of winter. Naked. Yes, she would ride horses naked in the middle of winter! Apparently, she noticed a complete loss of fat in her inner thighs where they were pressed up against the freezing cold saddle. (We expect that sitting on a freezing cold saddle also probably have caused the loss of a few pounds in her bottom as well.) Too funny!

Thankfully, our method of CoolSculpting is far more comfortable, you can do it at any time of year, and you won't even need a horse and saddle, or outdoor nudity.

It's Permanent

The common thought about losing weight and fat is that you need to be very careful or it could come back. Believe it or not, this isn't an issue with CoolSculpting. As the CoolSculpting process completely destroys fat cells, they can't come back. Weight loss in areas treated will be permanent!

This doesn't, of course, mean that you're now immune to weight gain. If you don't maintain a healthy diet and exercise, those pounds will come back in different areas of your body.

Not Invasive, No Scars

Liposuction can be a remarkably effective procedure for losing fat, but the bottom line is that it's still surgery. It's invasive. We have to make an incision, physically remove the fat cells, and then close up again. Although the incision would be as minimal as

possible, odds are there will still be a scar where it was made.

There are no such scarring problems with CoolSculpting. As it's completely non-invasive, you don't have to worry about anything but reddish skin for about a day afterward.

No Pain, No Recovery Time

This is a big one. Again, liposuction can be fantastic, but it's still surgery. And surgery is associated with recovery time. After liposuction, your body needs to adjust to the instant loss of fat, while also healing and rebuilding all of the damaged tissue caused by the surgery. This recovery can be very uncomfortable, with some pain, and can also take quite a bit of time.

Again, no such problem with CoolSculpting! Your skin might feel like it's been a little freezer-burned for a few hours after the procedure, but that's it. And since it takes a few weeks for your metabolism to reabsorb the damaged fat cells, your body won't have the immediate shock of suddenly being pounds lighter. It will happen naturally, giving your body time to adjust.

Don't Just Stand in a Meat Freezer!

For anyone out there who is thinking "Wait a minute, I have access to a walk-in freezer! DIY CoolSculpting, here I come!" — hold on for a minute.

Yes, cold energy does destroy fat cells, but CoolSculpting is a very precise procedure that requires a trained professional to administer. It uses a very technologically advanced applicator to directly target fat cells in stubborn areas like love handles or under the arms.

Locking yourself in a freezer in hopes of losing a few pounds will not work. Stick with the professionals and come to us for CoolSculpting!

If you'd like more information about CoolSculpting or any of our other procedures, please visit us at our website, www.azulbeauty.com, or give the office a call at (239) 415-7576. We'd love to see you and show you exactly how CoolSculpting can help you get rid of those stubborn pockets of fat forever. ■

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