

From losing weight to looking younger to feeling fit, there are many reasons for people to focus on their health. Choosing the right way to maintain a healthy lifestyle can be a daunting task; however, the Southwest Orlando Bulletin's 17th annual Health & Fitness Guide provides a plethora of advice from local experts to help readers achieve and maintain their varied health goals.

Testing Before Ingesting

by Tracy Teclaw
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Many people may wonder which supplements are right for them, if the supplements are working, and if t
People can take the guesswork out of which nutritional supplements are best for them and their families
Biocommunication testing creates health and longevity by understanding the body's biological preferenc
By listening to the body, it can eventually heal itself with the right treatment and by accessing blocked er

Ear, Nose & Throat Allergy Management

by Wade W. Han, M.D., F.A.C.S.
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More than 45 million Americans, or about one-fifth of the population, suffer from some kind of allergy. Ho
A thorough history by an ear, nose and throat specialist, or ENT, is necessary to determine if allergies a
When indicated, comprehensive allergy testing for airborne and food allergens may need to be performe
For those patients who have a fear of receiving injections, sublingual immunotherapy, which involves pla

Stress-Fracture Protocol

*by Curtis Wagner, D.P.M.
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Anyone who leads an active lifestyle — whether it be a runner or busy parent going about daily activities
The problem could be a stress fracture, which is a tiny crack in the weight-bearing bones of the lower leg
Stress fractures can take from eight to 10 weeks to heal, and rest while wearing a surgical shoe or cast
During the healing process, the person may need to halt or modify activities and routines. It is also helpf
If left untreated, a stress fracture could worsen to the point that the bone breaks completely. Surgery ma

Alzheimer's & Other Dementias

*by Lucy W. Ertenberg, M.D., vice president, chief medical officer
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Alzheimer's disease is a form of dementia associated with a progressive, predictable loss of cognitive and functional abilities. Vascular dementia, the second most common form, is caused by problems with blood supply to the brain. Lewy Body dementia is more often associated with fluctuations in ability to process thoughts and attention. Frontotemporal dementia affects the frontal and temporal lobes of the brain and causes the patient to be socially inappropriate. As dementia progresses, hospice care can help keep the patient comfortable, while also providing support for the family.

Is it Time for a Medical Inventory?

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Spring cleaning does not only refer to homes, but also to one's life. As people take inventory of their status, they may realize that they need to visit a doctor. Patients may visit a doctor when they are ill or need something; however, approximately 70 percent of a person's health issues are preventable. Important health issues to address include blood pressure; cholesterol level; colon cancer screening; immunizations. Though it is a person's responsibility to be a steward of his health, a physician is available to discuss individual concerns. People who feel well and are in excellent health should be congratulated for taking such good care of themselves.

Skin Cancer Exams Could Save Lives

*by Michael Steppie, M.D.,
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One in five Americans will develop skin cancer in the course of a lifetime.

Each year, there are more new cases of skin cancer than the combined incidence of cancers of the breast and prostate.

People should have a dermatologist perform a full-body exam to ensure that any existing spots, freckles, or moles are not precancerous.

Body Contouring

*by James A. Matas, M.D.
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There are many different approaches to changing and improving body contours, including surgery, such as liposuction and tummy tuck.

Noninvasive techniques use different energy modalities to injure fat cells, which allow the body to remove them naturally.

A board-certified plastic surgeon is in the best position to evaluate a person's particular situation and recommend the best approach.

Preventing Falls

*by Bonnie Dean, M.D., assistant clinical professor at
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As people grow older, their risk of falling increases. With each fall, the risk of serious or even life-threatening injuries increases.

- People who fall should notify their doctor to determine if there is a medical problem. Physicians can review medications and recommend changes.
 - A strengthening program either at home or with a group can benefit those who have leg weakness. Balance exercises can also help.
 - Rising slowly to avoid a blood pressure drop, which can cause dizziness, and carefully going up and down stairs.
 - Homes can be made safer by removing throw rugs and clutter, moving items to lower shelves, turning on night lights, and using handrails.
 - Those who live alone should consider an emergency-response system.
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Avoiding Heat Stroke While Exercising

by Michael Melton, M.D.

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With daylight saving time providing more sunlight and the weather warming up, people have abandoned their indoor workouts for outdoor ones.

With temperatures reaching 90 degrees or higher, people exercising outside must also pay attention to their health.

Excessive sweating leads to loss of fluid, which in turn can decrease performance by causing headache and dizziness.

Asthma is another not-so-well-known heat-related illness. People who are prone to asthma or exercise-induced asthma should be especially cautious.

The following tips should help everyone stay safe during their outdoor workouts:

- Exercisers should make sure they hydrate. Although it is possible to overhydrate, it is very unusual. The key is to drink enough to stay hydrated.
 - Avoid exercising during the hottest part of the day, between the hours of 10 a.m. and 2 p.m.
 - Avoid taking anti-inflammatories like ibuprofen or Naproxen, because they interfere with the body's temperature regulation.
 - Avoid excessive sugary drinks that can exert an osmotic force that will accelerate dehydration.
 - People with asthma should carry their inhaler while exercising.
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- It is also a good idea for people to carry their phones with them just in case they get into trouble.

Whether training for a 5K or Ironman 70.3, people should have fun, train safely, hydrate and avoid injury

All About Endocrinology

by Deepa Taneja, M.D.

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The endocrine system is a complex group of glands. Glands are organs that make hormones. They are

Diabetics are people who have too much sugar in their blood. Controlling blood sugar helps to prevent s

Some patients can fight diabetes through simple changes in their dietary plan, routine exercises and we

If someone has a low energy level, it could be related to a thyroid condition. Abnormal levels of thyroid h

Endocrinologists are physicians who receive special training to manage patients with diabetes, thyroid c

Summertime Healthy Living

by Robert L. Masson, M.D.

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This is the time of the year when many shake off the dust, pollen and leaves, and people become more

Year after year, healthy, active people suffer from disabling spine injuries during the summer months. Fo

These patients often start with pain medication and anti-inflammatory drugs. This is followed by urgent care. While all injuries cannot be prevented, the odds of staying healthy can be improved by following some simple tips. Every spring and before undergoing an increase in activity, it is important to honestly assess one's weight. If a person is out of shape, he should try to get in shape. In addition, if an activity is too straining, the intensity should be reduced. If the activity is inherently risky, and if one already has spine problems, activity should be moderated. People should consult with their doctor before starting any new activity.

Diabetes-Related Ulcers

by Barry Cook, M.D.

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Foot ulcers or wounds in diabetic patients are injuries in which a comprehensive wound care specialist or podiatrist is needed. Diabetes-related foot ulcers also are the most common cause of nontraumatic amputations in the developed world. Foot ulcers follow an injury, often due to peripheral neuropathy or numbness. Virtually all diabetics with foot ulcers need a wound-care specialist's evaluation of foot ulcers focuses on identifying barriers to healing, including diabetes, poor circulation, and infection. It is critical that people with diabetes perform daily foot exams to enable early treatment of diabetic-related foot ulcers.

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