

WEDNESDAY, APRIL 5, 2017 | ADVERTISING SUPPLEMENT TO THE NEWS-PRESS

ADVERTISING SUPPLEMENT TO THE NEWS-PRESS, WEDNESDAY, APRIL 5, 2017 | 1

Wellness & health

Your source for healthy lifestyles in Southwest Florida

BE CREATIVE

You can use your treadmill for more than a boring walk

by Kelli Kennedy
Associated Press

Just because it's too cold for your normal 3-mile outdoor run doesn't mean the treadmill has to be a monotonous exercise in staring at a blank wall.

Los Angeles-based trainers Jeanette Jenkins and Massy Arias offer the following tips for getting out of the treadmill rut. Vary the speed and incline, add arm weights and use the treadmill when it's not running for circuit training moves.

Massy Arias

Arias has more than 2 million Instagram followers, offering up various moves and inspirational messages on how working out has helped heal her depression. And even though she's nearly eight months pregnant, she's still doing some seriously hardcore workouts.

"Treadmills don't have to be boring and don't need to keep you stagnant. If you are creative, you can turn your steady cardio run into effective workouts that can push even the most advanced athletes."

Speed training: Sprinting can be one of the best exercises for building muscle and decreasing body fat. Try sprinting for one-minute intervals at a speed between 10 and 12 mph. Use a two-minute jog at four mph to recover. Repeat eight times.

Treadmill push-offs: The treadmill doesn't have to be running in order to be effective. Incorporate treadmill push-offs by holding onto the treadmill heart beat sensors and pushing off the belt as fast as you can for 60 seconds. It is extremely challenging and works the legs and glutes.

Circuit train: Grab a mat and some moderate- to high-resistance dumbbells. Pair two strength exercises with sprint intervals or a simple fast run. Here are two options:

Perform 12 to 15 repetitions of dumbbell squats followed by 12-15 reps on each leg of one-legged lunges with your back foot resting on the treadmill. Follow it with a 30-second run at 10 mph. Repeat three times.

Perform eight to 10 wide pushups with feet on the back of the treadmill followed by planks or tricep dips using the treadmill handle bars or modify it using the back of the treadmill. Follow it with a one-minute run at 6 mph with a 2.0 incline. Repeat three times.

Jeanette Jenkins

Founder of The Hollywood Trainer Club with clients like Pink and Alicia Keys, Jenkins loves to mix up her treadmill routines with various speeds, inclines and weights. She has more than a dozen workout DVDs, including "Sexy Abs" with her client Kelly Rowland.

"Changing up your pace, speed, incline and exercises every two to five minutes keeps the workout interesting so the time flies and before you know it you will have completed a total body kick butt workout."

Jenkins suggests the following 45- to 60-minute workout:

»1. Jog at a speed between 6 and 8 mph or at a comfortable warm-up pace for one mile.

»2. Walk uphill at a 10.0 incline for two minutes, then add dumbbell exercises using 3- to 5-pound weights. As you walk, do 25 repetitions of each: shoulder press, tricep kickbacks and upright rows.

»3. Pause treadmill, step off and do 25 pushups.

»4. Get back on the treadmill and sprint for 30-45 seconds at a speed of 10 to 12 mph or your best pace. Recover for 30-60 seconds. Repeat five times.

»5. Pause the treadmill, step off and do 25 regular squats or 25 jump squats using only your body weight. Stand on the side rails or step off the treadmill for more intensity.

»6. Get back on the tread-



mill and walk uphill at an incline of 10.0 for two minutes then grab a pair of weights. While walking, do 25 reps of shoulder presses followed by 25 reps of tricep kickbacks and finish off with 25 reps of upright rows.

»7. Sprint 30 to 45 seconds at a speed 10 to 12 mph or your best pace. Recover for 30-60 seconds. Repeat five times.

»8. Pause treadmill, step off and do 25 pushups.

»9. Walk at an incline of 10.0 for two minutes, then grab a set of weights. Do 10 to 16 reps each

of rotating overhead press. Set your weights down and do 50 to 100 boxing jabs, alternating with each arm. Finish off with 10 to 15 reps of tricep extensions.

»10. Pause the treadmill, step off and do 25 jump squats or regular squats using only your body weight.

»11. Sprint 30 to 45 seconds at a speed 10 to 12 mph or your best pace. Recover for 30 to 60 seconds. Repeat five times.

»12. 25 pushups.

»13. 25 jump squats or regular squats.

inside today...

Physicians' Primary Care.....2
Collins Vision.....3
Hoglund Family Hearing 4
Frantz EyeCare.....5
Joint Implant.....6
Vein Specialist.....7
Elmquist Eye Group8
Eye Centers of Florida..10
Vascular & Vein Center at Gulfcoast Surgeons.. 11



Collins Vision.....3



Hoglund Family Hearing...4



Vein Specialist.....7

New Laser Treatment for Post-Menopausal Women

It's a painful topic that most older women don't like to talk about

Special to The News-Press

It's called vaginal atrophy or thinning of the vaginal walls leading to dryness, painful urination, burning, painful intercourse and lack of muscle tone. About 40 percent of women over the age of 50 have vaginal atrophy which also affects breast cancer survivors and women who have undergone hysterectomies.

"Until now, all we could really offer women was estrogen replacement therapy in the form of a pill or cream but those options have side effects. And estrogen replacement isn't an option at all for breast cancer survivors," said Dr. Rex Stubbs, obstetrician-gynecologist with Physicians' Primary Care of Southwest Florida.

A new option is now available that

See PPC » 2



2 | ADVERTISING SUPPLEMENT TO THE NEWS-PRESS, WEDNESDAY, APRIL 5, 2017

Physicians' Primary Care

PPC from page 1 »

physicians and their patients are calling "life-changing." The MonaLisa Touch™ is a laser treatment that promises to restore vaginal health in three treatments.

Dr. Stubbs first heard about the MonaLisa Touch™ from Dr. Mickey Karram, director of urogynecology at The Christ Hospital in Cincinnati, which was the first clinical trial site for MonaLisa Touch™. The technology was approved by the U.S. Food & Drug Administration (FDA) in late 2014.

"All patients in the clinical trials experienced overwhelmingly positive and almost immediate results," said Dr. Kevin Fleishman, obstetrician-gynecologist with Physicians' Primary Care of Southwest Florida. "The women studied showed a high, statistically significant improvement in symptoms - including dryness, pain, itching, painful urination and painful intercourse - after the first treatment. They experienced no side effects or adverse reactions and showed more progress with each subsequent treatment."

No anesthesia is needed and there is no downtime for the patient, according to both Dr. Stubbs and Dr. Fleishman.

Physicians' Primary Care of Southwest Florida is the only medical practice in Lee County to offer the new technology. The laser treatment is an in-office procedure available at their OB-GYN office at 9021 Park Royal Drive in Fort Myers.

"With this new treatment, we're able to reverse the effects of vaginal atrophy using a fractional carbon dioxide (CO2) laser. The results are long lasting and typically eliminate the need for vaginal estrogen therapy," Dr. Stubbs said.

Patients undergo a 45-second laser treatment to the vaginal wall to promote production of new collagen. The laser is able to release energy through a special pulse, and the laser energy heat penetrates to a depth that stimulates the synthesis of new collagen which results in the thickening of the vaginal skin, increasing moisture and better lubrication which

restores the vagina to a state similar to before menopause.

Three treatments are required, spaced six weeks apart. Insurance does not currently cover the treatments, which cost \$1,800 for the three treatments. The procedure then is done once on an annual basis.

All of the obstetricians-gynecologists at Physicians' Primary Care of Southwest Florida are trained in the new technology and have administered the treatment to hundreds of Southwest Florida women who are reporting immediate improvement in vaginal dryness, painful urination and painful intercourse.

"This truly is a game-changer," Dr. Fleishman said. "To be able to treat this condition without any side effects absolutely enhances the quality of life for these women who suffer with vaginal atrophy."

For more information, visit www.ppcswfl.com/monalistasatouch. To schedule a consultation, call 239-477-5650.



Online video counseling benefits, cuts out office visits

Julia Corbett
MSW, LCSW, CEAP

While some forms of telepsychology/telehealth have been going for more than 35 years, the advent of secure video systems and the widespread availability of broadband internet renders online therapy a real alternative to the hassle of traditional office visits. Imagine avoiding the traffic, parking and waiting rooms.

The growing body of research into online counseling has established the effectiveness of online therapy with treatment results at least equal to traditional in-office settings. Online therapy has additional benefits in addition to office-based treatments as it allows you to attend sessions more easily than with traditional face-to-face sessions.



GettyImages/Stock

The number of missed appointments is much less than with in-person therapy. Research suggests that online counseling can be even more effective because clients are more relaxed and feel less intimidated than they would in traditional settings.

As the main goal of counseling is to alleviate the distress, anxiety or concerns experienced by a client when

he or she enters therapy, online counseling has strong efficacy under that definition. Client satisfaction surveys tend to demonstrate a high level of client satisfaction with online counseling, while the providers sometimes demonstrate lower satisfaction with distance methods. A 2009 review of 148 peer-reviewed publications examining the use of videoconferencing to deliver patient interventions showed high patient satisfaction, moderate to high clinician satisfaction and positive clinical outcomes (Clinical Psychology: Science and Practice, Vol. 16, No. 3).

Video counseling allows for private sessions for people in remote areas, or those with difficulty managing traffic and time during a workday, to schedule sessions with a professional counselor with ease. The convenience cannot be overstated, nor the time friendliness.

Often, we are frustrated with the wait for appointments, even just a few minutes, yet this is not a part of video counseling. You will never run into your neighbor/friend/business associate in a waiting room when you access your counselor from your choice of room.

The use of video conferencing in telehealth and TeleMental Health (E-Counseling, Tele-Psychology) has proliferated similarly to the way it has become popular in the general public. Obviously, their positive experience and attitudes towards Skype and other video-conferencing technologies translate readily to using it in video counseling. Many options exist for HIPAA compliance in teleconferencing systems.

Couples Are Calling It Life-Changing

MonaLisa Touch® laser therapy is bringing that loving feeling back to couples everywhere!

MonaLisa Touch

Available exclusively in Lee County at

Physicians' Primary Care

OF SOUTHWEST FLORIDA

A majority of women experience vaginal dryness, itching, burning or painful intimacy after menopause, hysterectomies or breast cancer. MonaLisa Touch laser therapy is a simple in-office procedure that takes less than five minutes and restores vaginal health by generating new collagen, elastin and vascularization in the vaginal tissue.

Call today for your consultation -

239.477.5650

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