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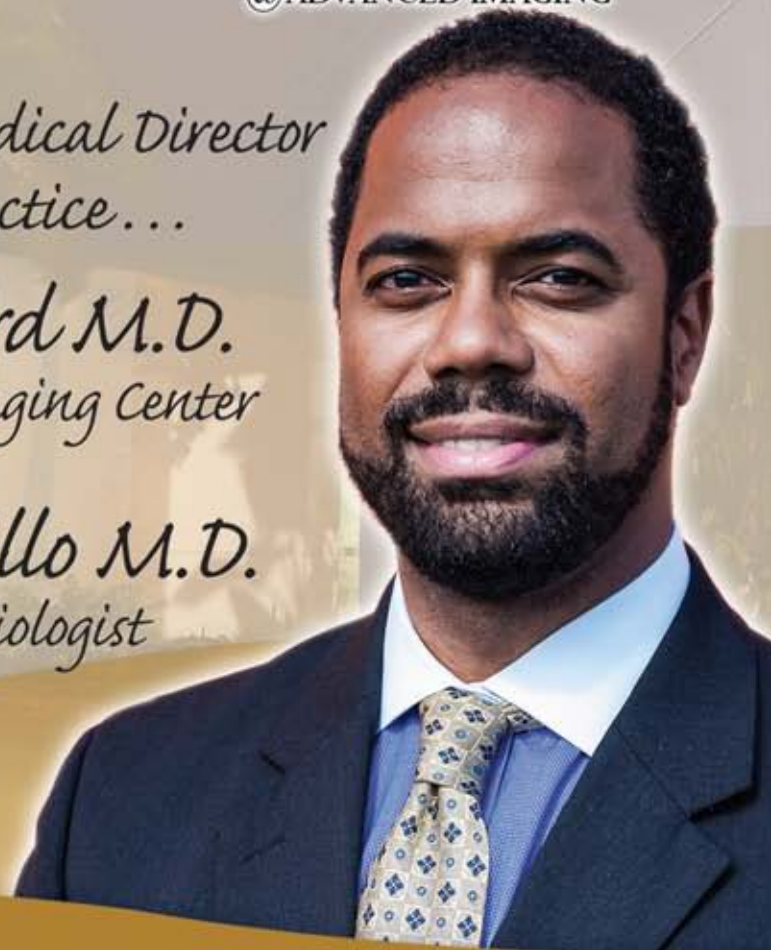
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Noël has been in the audiology field for over 25 years. Having received her doctorate in Audiology from UF, Noël has applied that knowledge to her work in many areas of hearing; including clinical, manufacturing and education.

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Why do Orthopaedic Surgeons Choose to Specialize in Foot and Ankle Problems?

Well, I can only speak for myself. My reasons started with my grandmother who developed gangrene of the toes. It was initially treated by podiatrists who performed ten or twelve small operations which they explained would solve the problem. By the time my family realized that this wasn't the case, the gangrene was advanced, and an orthopaedic and vascular surgeon told us that the only thing that could be done at this point was for the legs to be amputated; this stuck in my mind. I was nine years old when my grandmother died, but as I grew older I was fascinated with orthopaedics and I had a particular fascination with foot and ankle problems.

Most orthopaedic doctors do not like foot and ankle problems because they represent some of the most difficult problems to treat. Most orthopaedic doctors who are considered experts in other areas like sports medicine and joint replacements do not know how to treat foot and ankle problems. They do not do foot and ankle surgeries and in fact will send these problems elsewhere. Why?

Foot and ankle problems are a distinct area of practice. If you don't deal with them on a daily basis you really typically don't always understand the intricacies of how to safely take a patient through conservative and operative treatments and heal them up. When a person who has developed problems in their feet after thirty, forty, fifty years of usage often the problem can be helped significantly but can't be totally 100% fixed. Knowing how to guide a patient to get the best result but to also explain to them that sometimes perfection can't be expected is an important part of understanding this field.

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What do **Varicose Veins, High Blood Pressure, High Cholesterol** and **Diabetes Mellitus** Have in Common?

By Joseph Magnant, MD, FACS

If you have been told by your physician that your varicose veins are cosmetic or pose no immediate threat or that your swollen achy legs are just something you are going to have to live with, you might want to reconsider your options. A number of patients have presented in the past months with complications of their varicose veins including clotting off of the veins (thrombosis) with progression to DVT or with external bleeding from their varicose veins: one patient bled on the pool deck, another bled on the floor in Walmart, and a third bled in her bathtub. What all these patients and scores of other share in common is the fact that until the specific complication occurred, they had no severe **pain** or real disability from their varicose veins. Most did complain of achy or swollen legs, itching, heaviness, throbbing and heat over the veins, although none had what they would call **"pain"**. Most had physicians who knew about their vein problems and either had not made any specific recommendations or had suggested conservative therapy until real **"pain"** or other pressing complications (thrombosis, bleeding?) occurred. With the modern, minimally invasive technique of endovenous ablation available for the treatment of these patients' problems, I believe it is time to change the way we approach venous insufficiency.

Many patients have traditionally been told by their primary care physicians that as long as their swollen, discolored legs don't hurt or their varicose veins are not painful, clotted or bleeding that they should leave them alone. So, is one to conclude that active treatments should be offered only for medical conditions which are painful or have progressed to the point of complications? **Hypertension** has earned the nickname of **"the silent killer"** due to the fact that many patients with high blood pressure are unaware of their condition until a screening blood pressure reveals a high reading. Untreated or undiagnosed high blood pressure leads to premature heart attack, kidney failure, stroke and death. Similarly, active treatment of **high cholesterol** through weight

loss, dietary modification, exercise and medication when appropriate has been shown to reduce the risk of stroke, heart attack and deaths related to hardening of the arteries. Screening blood tests for high cholesterol are routinely performed a part of an annual medical evaluation after the age of 40. Physicians are **not likely** to advise their patients with high cholesterol that they should wait until their first heart attack or stroke before considering active therapy. The same can be said for the treatment of diabetes mellitus. Tighter blood sugar control with dietary modification, increased physical activity and medications when needed have been shown to slow the progression of a variety of complications of diabetes including retinopathy (eye problems), nephropathy (kidney failure), neuropathy (numbness and tingling in the feet) as well as atherosclerosis (hardening of the arteries). Logic dictates a proactive approach to patients with diabetes to reduce the chances of these complications.

Venous insufficiency is a medical problem, much like the abovementioned conditions and I believe it is time we start treating it as such rather than wishing it away with unfilled compression hose prescriptions or unused compression hose still in their boxes. Earlier diagnosis and intervention where appropriate will reduce the long term consequences and complications of venous insufficiency such as thrombosis, bleeding, skin changes and ulceration. The modern, minimally invasive technique of endovenous ablation has made this possible.

Of the estimated 35-40 million adults in the U.S. who suffer from symptomatic superficial venous insufficiency, or venous reflux disease, the majority have symptoms and signs which cause significant discomfort. Until 2000, the only treatments available for patients with significant saphenous vein insufficiency were compression hose, high ligation or stripping. The latter two treatments were often considered too invasive for patients with symptoms **other** than bleeding veins or non-healing leg or ankle venous ulcers.

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Post GSV ELT



Thus, most patients with venous insufficiency were advised to wait until the end complications occurred before considering anything more than compression hose. The landscape of venous insufficiency treatment was transformed dramatically by the introduction of endovenous ablation (sealing veins with heat rather than vein stripping) in 1999. The radiofrequency catheter system was the first system approved by the FDA in 1999 and the LASER system for endovenous ablation received FDA approval in 2001.

Over the past decade, our understanding of venous insufficiency has been greatly improved as endovenous ablation has been applied with excellent results to patients with some of the more advanced stages of venous insufficiency. Superficial veins other than the great saphenous vein, such as the small saphenous vein, intersaphenous vein, anterior accessory saphenous vein and perforating veins are now treatable with endovenous ablation. Modern ultrasound evaluation of

the lower extremity venous system by experienced vascular technologists accurately identifies which veins are insufficient (leaking) and stratifies the severity of reflux. Ultrasound directed sealing of the abnormal veins under local anesthesia has yielded far superior results than vein ligation or stripping. The net result has been relief for millions of patients worldwide and for hundreds of thousands of patients in the USA. Ulcers are being healed in record time, stasis dermatitis changes are being reversed and leg swelling and pain is receding in thousands of patients once thought to be untreatable.

So the question is when to consider getting your vein problems evaluated and whether it is wise to leave varicose veins alone until complications like superficial venous thrombosis (clotting of the varicose veins) with possible progression to deep vein thrombosis (DVT), hemorrhage (bleeding) or ulceration occur. The next time someone tells you to wait for one of the above to occur before the evaluation or treatment of your

venous problem, reflect back on the preventative goals of treatment in patients with other medical diseases such as high blood pressure, high cholesterol and diabetes. The common goal is quite simply **prevention** of long term complications, not necessarily relief of "pain". It has been **13** years since the introduction of endovenous ablation as the preferred treatment of patients with symptomatic venous insufficiency and it is time to shed the light of this safe, effective and minimally invasive treatment on the mass of patients still suffering from venous insufficiency.

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Medication Not Helping?

Most mental health experts agree that depression medication can be helpful - even life saving. However, because depression is caused by a combination of psychological, genetic, biological, and environmental factors, it may take a combination of treatments to become symptom-free.

If you have depression that's interfering with your ability to function, it is important to first understand the cause of your condition. Depression is a mental disorder of the brain. Imaging technologies, such as magnetic resonance imaging (MRI), have shown that the brains of people who have depression look different than those of people without depression. Reports show that the parts of the brain involved in mood, thinking, sleep, appetite, and behavior appear different in those who do, and do not suffer with depression. Although they indicate physical differences, these images do not reveal why those who experience depression do so. Because of this, these images alone are not enough to diagnose a patient with depression.

It is true that depression is genetic, as some types of depression tend to run in families. However, someone with no family history can develop symptoms of depression. Researchers are currently studying certain genes that may increase the chances of some people to develop depressive behaviors. Some genetics research indicates that risk for depression results from the influence of several genes acting together with environmental factors. In addition other outside triggers such as trauma, loss of a loved one, a difficult relationship, or any stressful situation may increase the likelihood of depression. Still, other depressive episodes can occur with or without an obvious trigger.



Treating with Antidepressants

Antidepressant medications are generally safe and can dramatically improve depressive symptoms. It may take time for the antidepressants to eliminate feelings of depression. Usually they must be taken for at least 4 to 6 weeks before they have a full effect. In order to prevent the depressive episodes from returning, antidepressants should be continued, even after the depressive episodes have stopped or become less frequent.

Due to the way they affect the body, antidepressants should be stopped only under a doctor's supervision. Some medications need to be gradually stopped to give the body time to adjust. Although antidepressants are not addictive, eliminating them suddenly can cause withdrawal-like symptoms, and may even lead to the return of depressive episodes. Individuals with chronic depression may need to stay on the medication indefinitely to ensure the symptoms don't return.

In addition, if one medication does not work, a different one or a combination of medications should be considered before giving up. Research completed by the National Institute of Mental Health has found that people who did not get well after taking a first medication increased their chances of beating the depression after trying a different medication or after adding a second medication.

Many times stimulants, anti-anxiety medications, or other medications are used together with an antidepressant, especially in the presence of a co-existing illness. However, neither anti-anxiety medications nor stimulants are effective against depression when taken alone. Any medication, including those for depression, should be taken only under the close supervision of a doctor.

It sometimes takes time to find the depression treatment(s) that's right for you. Just know that you are not alone & help is available. Always consult with a doctor before starting or stopping any medications for depression.

Depression Clinical Trials

If you think you have depression, participating in a clinical research study could determine which medication is the best for you. While clinical research trials aren't for everyone, it remains a viable treatment option for many. Particularly, people without insurance or those who have tried antidepressants without relief may benefit tremendously by participating in a suitable research trial.

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Write it Off or Take it Off?

By Dr. Debbie Marks

Dogs, cats, rabbits, ferrets, birds, and lizards all show up to the clinic with various sized and shaped lumps and bumps. Most lumps may never seem to be of any bother to the animal, but many, astute pet owners are rightfully concerned and want to know what their options are.

Unfortunately, nothing about the size, shape, color, consistency, location, or growth rate is definitively diagnostic for what a lump might be. Yes, benign, fatty tumors (lipomas) and some "cysts" are very common, but some very malignant tumors will look, grow, and feel identically, and are just as common. Far too frequently will I sample a mass that was previously presumed (based either on feel or how long it had been present) to be a lipoma or other innocuous mass to find that it is, indeed, a malignant tumor, slowly spreading for months or years.

Essentially NEVER will I tell an owner that I know what a lump is without some sample of the mass.

Two general options exist to collect a sample for diagnosis; a fine needle aspirate or a tissue biopsy.

Fine needle aspirates use a tiny needle to collect a small sample of cells from the mass. This process is quick, inexpensive, non-invasive, and can usually yield a definitive diagnosis of the mass in question. At the very least, the results of the aspirate should be able to dictate the general course of action insofar as whether to leave the mass alone, to remove the mass surgically, how aggressive to be with surgery (how much tissue surrounding the mass should be removed), and whether to be concerned with nearby or distant spread.

Tissue biopsy, that is, removing all or some of the lump surgically, is more invasive and more expensive, but will nearly always be diagnostic. Removing a benign mass, though, may not be necessary, putting your pet through an avoidable procedure. Furthermore, removing malignant tumors without a pre-operative diagnosis may predispose us to inadvertently leaving microscopic bits of tumor behind, thereby missing a chance for a curative surgery, and also complicating future attempts at therapy. For these reasons I will usually recommend a fine needle aspirate prior to any mass removal, and certainly prior assuming any mass to be benign.



The sooner you know what a mass is, the sooner you can know whether to write it off or take it off.

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New Study Finds **Hearing Aids** Can **Help** Tinnitus Sufferers

By Dr. Noël Crosby, Au.D.

What do Barbra Streisand, Pete Townshend and William Shatner have in common? They all suffer from tinnitus, a condition commonly known as a ringing in the ears. And they are not alone. According to a recent study¹ by the Better Hearing Institute (BHI), 10% of the U.S. population, or approximately 30 million people, suffer from chronic tinnitus --- and the effects can be devastating.

Devastating Effects of Tinnitus

For example, Barbra Streisand attributes her volatile temperament to tinnitus and William Shatner, who acquired tinnitus after exposure to a loud stage explosion on the set during the filming of an episode of Star Trek, says it contributed to the breakup of his second marriage and almost caused him to commit suicide. Pete Townsend of the Who is completely deaf in one ear as the result of drummer Keith Moon blowing up his drum set on stage in the early 60's. "I have severe hearing damage," states Townsend. "It's manifested itself as tinnitus, ringing in the ears at frequencies that I play guitar. It hurts, it's painful and it's frustrating."²

Effective Therapies Available

"The good news is there are effective therapies available to help people cope," said Sergei Kochkin, PhD, BHI's Executive Director and co-author of the study. "In particular, we found that a variety of sound therapies and/or hearing aids in conjunction with counseling can help. In fact, 3.5% of survey respondents with tinnitus were helped at least mildly with hearing aids. And 3 out of 10 were helped moderately-to-substantially. For those whose audiologist used "best practices" (a method or technique that has consistently shown results superior to those achieved with other means and that is used as a benchmark) in fitting hearing aids, that figure jumped to 50%."



Psychological Effects of Tinnitus

As demonstrated by the testimony of the famous people mentioned above, tinnitus can also have severe psychological effects. The BHI study backs this up with results that show while 39% of tinnitus sufferers say it affects their ability to hear, 26% say it affects their ability to concentrate, 20% report reduced ability to sleep, 12% say their tinnitus affects their leisure activities, personal relationships and emotional or mental health and 7% report that tinnitus affects their ability to work.

The study also revealed a bombshell. According to Kochkin, "What surprised us was the large number of people---13 million---who reported tinnitus but no hearing loss. That indicates the population with hearing loss is much larger than we previously believed."

Identifying Treatment Strategies that Offer Relief

Richard Tyler, Ph.D., study co-author and professor in both the Department of Otolaryngology-Head and Neck Surgery and the Department of Communication Sciences and Disorders at the University of Iowa in Iowa City stated, "Unfortunately, relatively few people seek help for their

tinnitus. We need to raise awareness that effective therapies are available. Many audiologists have attended a 'tinnitus management' seminar I organize each September, and I know there are many experienced tinnitus health professionals ready to help and offer a full evaluation. They can help identify treatment strategies most likely to offer relief. In particular, they will be able to determine if hearing aids can help."

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Dr. Noël Crosby, Au.D., owner and practicing audiologist at Advanced Hearing Solutions in Englewood, FL is an experienced professional whose career has been devoted to helping people understand more clearly.

With over 23 years of experience, Dr. Crosby's career path is marked by the pursuit of advanced education. After completing her undergraduate requirements, she received her Bachelor and Master of Science degrees from Florida State University and her Doctorate in Audiology from the University of Florida.

Her credibility as an authority grew during her tenure as the Director of Audiology at the Silverstein Institute in Sarasota, FL from 1991-1998. Today, in addition to managing a successful audiology practice, Dr. Crosby just completed her second term as president of The Florida Academy of Audiology.

941-474-8393 | www.drnoelcrosby.com

1. Source: Better Hearing Institute, Hearing Aids Help Quiet Chronic "Ringing in the Ears" (Tinnitus), New Study Finds, http://www.betterhearing.org/press/news/BHI_Tinnitus_Press_Prevalence_treatment_pr12232011.cfm

2. Source: Famous People and Musicians with Tinnitus, <http://members.fortunecity.com/nrbq1/tinnitus.html>

Make Time for Life-Saving Tests & Imaging

By Advanced Imaging of Port Charlotte

Finally, it is here. Season is over, the roads are less crowded, the two hour wait to get into your favorite restaurant has ended and things just seem a little calmer. So at last, it is time for you to take the time to take care of yourself. For months, you may have been putting off your annual physical or have been ignoring those aches and pains, so that you didn't have to deal with the crowds in the doctor's office. Well, the time has arrived for you to make time for yourself. Call your doctor, schedule your tests and follow up; your health depends on it and you are worth it.

Many adults ignore their own health for a variety of reasons: children, finances and even fear. The good news is that your physicians are more than willing to see you and you have the fortune of having a state of the art imaging center right here in Port Charlotte. Advanced Imaging of Port Charlotte has mastered the art of maintaining the small town feel while at the same time offering the most advanced technology and diagnostic testing available anywhere. Advanced Imaging, offers tests that are not available at any other facilities in the area; from DaTscan's to test for Parkinson's disease to MRI guided prostate biopsies. At Advanced Imaging, you are able to have both routine testing such as an x-ray and the sophisticated tests that are not offered elsewhere.

Going to the doctor can be scary, especially if you have been putting it off and ignoring symptoms. However, your physician is the person best able to assess your health issues and if necessary, order the proper diagnostic tests. Advanced Imaging offers everything from x-rays, ultra-sounds, mammograms, CT scans, PET scans, MRI's, Nuclear Stress Tests, biopsies and now DAT scans and MRI guided prostate biopsies. Why would you need these tests?

X-rays can be ordered for everything from diagnosing pneumonia to determining if there is a broken bone or if someone has ingested a foreign object.

Ultra-sounds can be used to examine many of the body's internal organs, including but not limited to the: heart and blood vessels, liver, gallbladder, spleen,

pancreas, kidneys, bladder, the uterus, ovaries, gestational ultrasounds in pregnant patients, thyroid and scrotum. Ultra-sounds are also used to guide procedures such as needle biopsies and breast biopsies. Doppler ultrasounds are used to determine the condition of the heart and whether or not it is functioning at capacity.

Mammograms are something familiar to most women over the age of forty. Advanced Imaging offers digital mammograms using soft pads. The soft pads make the mammogram more comfortable for the patient. The mammogram itself is a quick procedure taking just a few minutes. Advanced Imaging offers both screening and diagnostic mammograms. Women should consult with their physician as to when to begin having their annual mammogram.

CT scans (Computerized Tomography) is used to diagnose muscle and bone disorders, such as bone tumors and fractures or to pinpoint the location of a tumor, infection or blood clot. As with ultrasounds, CT's can be used in biopsies, as well as to detect and monitor diseases such as cancer, heart disease, lung nodules and liver masses. CT's can also be used to detect internal injuries or internal bleeding. CT scans are used in place of an MRI when a patient has a pace maker or an internal pump, such as a nerve block stimulator or a pain pump.

PET exams (Positron Emission Tomography) are most often used in people who have cancer, heart disease or brain disorders. Cancer shows up as highlighted spots on PET scans because cancer cells have a higher metabolic rate than normal cells. PET scans can also be used to determine if cancer has spread, if the cancer is responding to treatment, where the cancer originated or whether cancer has recurred. In general, PET scans may be used to assess organs and/or tissues for the presence of disease or other conditions. PET may also be used to evaluate the function of organs such as the heart or brain. Another use of PET scans is to diagnose Alzheimer's and other neurological conditions.



MRI (Magnetic Resonance Imaging) allows your physician to look at soft tissue of the body without exposing you to radiation. MRI allows physician's to see bone abnormalities, problems with ligaments, tendons, joints as well as some pelvic and abdominal issues. Recently, Advanced Imaging began performing MRI guided prostate biopsies. These biopsies are used in patients who have previously been diagnosed with prostate cancer and have undergone previous prostate biopsies. In the MRI guided biopsy, the MRI allows the physician to see exactly what area of the prostate to biopsy and therefore is more specific and less invasive for the patient.

Nuclear Stress Tests are ordered if your physician suspects that you have coronary artery disease or another heart problem such as chest pain or shortness of breath. The nuclear stress test measures blood flow to your heart in two ways, resting and when the heart is under stress (physical activity). The test shows your physician areas of your heart that may show limited blood flow or show other damage to the heart muscle.

DaTscans are the most recent test available at Advanced Imaging. DaTscans are the only FDA approved test to determine whether or not someone has Parkinson's disease (PD). The DaTscan measures the dopamine receptors in the brain. The DaTscan helps your physician rule out other conditions such as essential tremors. The DaTscan should be ordered by your physician if he/she suspects PD and you are not responding to medication or other treatments.

As with all tests performed at Advanced Imaging, you should always consult with your physician and discuss your symptoms and concerns. Your physician knows your history and is the best person to decide what testing, if any, is the best diagnostic tool for your particular condition and health situation. Should your physician order a diagnostic exam for you, remember, you do have a choice in where to have your imaging performed. For your convenience, Advanced Imaging has weekend and evening hours and accepts all major insurances as well as Medicare.

Advanced Imaging
2625 Tamiami Trail
of Port Charlotte

941-235-4646
www.advimaging.com

Springtime Safety

A

Household cleaners and other products

- Keep poisons in the containers they came in. Do not use food containers (such as cups or bottles) to store household cleaners and other chemicals or products. These should be stored away from food.

- Read and follow the directions for use of products and their disposal. Do this before using the products. Follow the advice carefully and never mix chemicals or household cleaners or detergents. Doing so can create a poisonous gas.

- Turn on fans and open windows when using chemicals or household cleaners, and never sniff containers to see what is inside.

- When spraying chemicals, direct spray nozzle away from people and pets.

- Even in small amounts, windshield wiper fluid is poisonous. If swallowed, it can cause blindness or death to people and pets. Use it carefully to avoid spraying it in someone's face.

- Chemicals can burn the skin. Drain openers, toilet cleaners, rust removers, and oven cleaners can cause such burns.

- Liquids made from petroleum, such as gasoline, kerosene, charcoal lighter fluid, paint thinner, baby oil, lamp oil, and furniture polish, are poisonous.

- If these items are swallowed, they can easily get into the lungs. Even a small amount can cause breathing problems. The liquid coats the inside of the lungs and prevents oxygen from entering the blood stream.

Pesticides

- Pesticides (pest killers) can be taken in through the skin or inhaled and can be extremely poisonous. Even leather shoes and gloves do not offer full protection. Stay away from areas that have been sprayed until the spray has dried or for at least one hour.

- Wear protective clothing when using bug spray or other spray products. Put on a long-sleeve shirt, long pants, socks, shoes, and gloves. Remove and wash clothing after using chemicals.

- If pesticides are splashed onto the skin, rinse with running water for 15 to 20 minutes. If pesticide contacts clothing, take off the clothing before rinsing skin

- Many garden chemicals are poisonous if swallowed or inhaled by children and adults.



What Can You Do?

In an emergency:

If you or someone you know may have been poisoned, call the toll-free Poison Help line right away at 1-800-222-1222, which connects you to your local poison center. If the person is not breathing, call 911. Do not wait for signs of a poisoning before calling the Poison Help line. When you call, you will speak with a poison expert at your poison center. Use this emergency checklist to guide you on what information to tell the poison expert on the phone.

Also remember:

- Do not panic. Not all medicines, chemicals, or household products are poisonous. Not all contact with poison results in poisoning.

- Follow the advice you receive from your poison center.

Some additional first steps include:

- If the person inhaled poison, get to fresh air right away.

- If the person has poison on the skin, take off any clothing the poison touched. Rinse skin with running water for 15 to 20 minutes.

- If the person has poison in the eyes, rinse eyes with running water for 15 to 20 minutes.

Your poison center can give you other first-aid advice and may save you from a visit to the emergency room.

Source:
<http://www.poisonhelp.hrsa.gov>

POISON
Help
1-800-222-1222

March is National Nutrition Month

20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 1/2 cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.

2. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.

3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.

4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.

5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.

6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.*

7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, lunch box additions or a quick nibble while waiting for dinner. Ready-to-eat favorites: red, green or yellow peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, snap peas or whole radishes.

8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.

9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.

10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.

11. "Sandwich" in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.

12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.

13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.

14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.

15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.

16. Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.

17. Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish.

18. Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.*

19. Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.

20. Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.

*See "Color Your Plate with Salad" at www.eatright.org/nutritiontipsheets for more tips on creating healthy salads
Source: eatright.org



When Having Cataract Surgery, You Have Choices of Several **Intraocular Lens Implants**

By Jonathan M. Frantz, MD, FACS

If you've been told that you have cataracts, one of the first things you'll learn about are Intraocular Lens Implants (IOLs), the artificial lenses that replace the eye's natural lens that is removed during cataract surgery.

When you have your cataract evaluation at Frantz EyeCare, Dr. Jonathan Frantz and his Specialty Lens Counselor will help you select a lens implant that fits your specific lifestyle and eye health needs, whether you are having a premium refractive procedure with the LenSx laser or traditional cataract surgery.

Below is a summary of your lens options:

1) Bladeless Laser Cataract Surgery with:

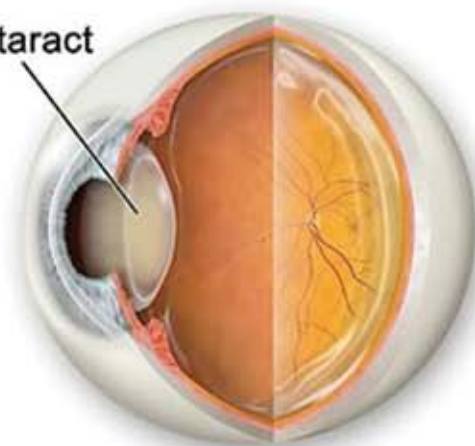
a. **a ReSTOR or Crystalens Implant and Limbal Relaxing Incisions (LRI):** a ReSTOR or Crystalens implant will greatly decrease your dependence on glasses following surgery. You should be able to read a book, drive a car, and play golf or tennis with increased freedom from glasses.



b. **a Monofocal Toric IOL:** If you have astigmatism, a Toric IOL makes it possible to treat the cataract and correct the corneal astigmatism at the same time. If you have both a cataract and a corneal astigmatism, you will not regain high-quality distance vision after surgery to remove the cataract unless the astigmatism is also corrected. The unique design of this lens provides significantly improved distance vision and may reduce the need for corrective lenses.

c. **a Standard Monofocal Lens with Limbal Relaxing Incisions (LRI):** If you have a lower amount of astigmatism, you can have your corneal astigmatism corrected with limbal relaxing incisions (LRI) at the same time as your cataract surgery.

Cataract



2) Traditional Cataract Surgery with Standard Monofocal Lens:

If you choose to have traditional cataract surgery with a standard monofocal lens implant for your after surgery visual outcome, you may decide to have both eyes corrected for distance vision and wear reading glasses for near vision, or have both eyes corrected for near vision and wear prescription glasses or contact lenses for distance vision. Another option is to have monovision where your dominant eye is corrected for distance vision while your non-dominant eye is corrected for near vision. With monovision, you may not need reading or distance glasses.

Dr. Frantz is the first and most experienced surgeon in southwest Florida offering Bladeless Laser Cataract Surgery with the LenSx laser, which is considered refractive surgery and we can discuss your out-of-pocket charges when you come to our office for your cataract evaluation. Your insurance will be billed for the actual cataract removal.

**Frantz Bladeless
LASER
Cataract Surgery™**



Jonathan M. Frantz, MD, FACS, is named in The Guide to America's Top Ophthalmologists. He and his team of doctors at Frantz EyeCare offer a broad spectrum of patient-focused comprehensive care from eye exams and eyewear to bladeless laser cataract surgery, treatment of eye diseases, bladeless iLASIK laser vision correction, and eyelid surgery with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

To make an appointment for your cataract evaluation online, visit www.bettervision.net or call the Punta Gorda office of Frantz EyeCare at 941-505-2020.

FRANTZ
EyeCare
(941) 505-2020
www.BetterVision.net

Hope PACE Has Solutions for Health Challenges and Nutrition Needs

Myrrtle was seriously struggling with her weight when she joined Hope PACE three years ago. Already weakened by a diagnosis of COPD, Myrtle was burdened with the additional stress of being obese. She required oxygen and became confined to a wheelchair.

At Hope PACE, Registered Dietician Janet Calderwood came up with a plan to help Myrtle lose weight and regain some of her mobility. She met with Myrtle's husband and daughter to come up with a family plan. She helped by numbering snacks and demonstrating how to use measuring cups to figure out proper portion sizes. Janet kept in touch with Myrtle with helpful reminders about eating healthy foods.

After losing 40 pounds, Myrtle was able to reduce the amount of oxygen she needed. She was also able to walk again, and she wasn't stuck in her wheelchair. Her family was so proud of the changes she had made.

Janet said, "It makes you feel so good when you make a difference in someone's life. It didn't happen overnight, but she seriously improved her health with proper nutrition."

Hope PACE is designed for seniors just like Myrtle – those who are faced with the possibility of nursing home placement, but who may be able to stay safely at home with some practical help and coordinated health care.

The Hope PACE philosophy is that good nutrition is important for everyone, but it's especially critical for seniors. When older adults don't eat regular, healthy meals, they lack energy, feel confused and may be at a greater risk of falling or injuring themselves. When poor meal habits get out of control, older adults can experience a worsening of disease or debility.

There are several reasons why mealtimes are more difficult for seniors:

- Food may not be as appealing when the sense of taste and smell are diminished

- Some diseases can make it hard to swallow; medications can make food taste bad
- Reduced physical activity can decrease appetite and hunger
- Eating alone is less social and enjoyable than eating with others
- Driving restrictions make it difficult to shop for groceries or buy fresh foods
- Forgetfulness and memory problems can mean accidentally skipping meals
- Dental problems, mouth sores or uncomfortable dentures make eating unpleasant

Are you or your loved one getting the proper nutrition? Here are some warning signs:

- There is very little food or expired food in the house
- Noticeable weight loss or weight gain
- Falling, weakness
- Anemia, exhaustion

Sometimes health problems can be traced back to poor nutrition. If an older adult is getting sick more often and having difficulty recovering from illness, it may be because of a weakened immune system. Our bodies need vitamins and nutrients to fight off disease.

Older adults who don't follow their special diets are also at risk for medical problems. For instance, someone with cardiac disease may eat a salty, high-fat diet which can worsen their condition.

Hope PACE Can Help Provide Healthy Meals

At Hope PACE, we provide nutritious meals, food assistance, meal planning and preparation for older adults. Our participants enjoy tasty meals at the Hope Care Centers – located in Charlotte, Collier and Lee counties. Additionally, some participants with special health challenges



may be assisted by home health aides, who can cook simple meals right at home. Our nutritionists help with special dietary needs.

If you or a loved one are struggling with serious health challenges related to nutrition, call Hope PACE toll-free at 855-454-3102. Individuals with Medicaid coverage may be able to receive benefits at no cost.



Program of All-Inclusive Care for the Elderly

(855) 454-3102

WWW.HOPEPACE.ORG

Natural Health is Within Your Reach!

Natural Health Treatments are a Viable Alternative to Traditional Medicine

By Carolyn Waygood, Certified Natural Health Professional, Diabetes Educator and Weight Loss Coach

Natural Health origins date back to the Greek physician Hippocrates, known to many as the Father of Modern Medicine. Naturopathic approaches to health focus on supporting the body's own ability to heal, and uses an integrated and holistic approach to disease analysis, treatment, and prevention. It considers the whole body when addressing disease, and uses natural substances rather than synthetic pharmaceuticals to re-balance the body and restore optimal health. For those who may be frustrated with chronic health issues that have been unresolved by traditional medicine, such as long-term digestive issues, chronic constipation or IBS, weight gain or the inability to lose weight, chronic pain and inflammation, high blood sugar and insulin resistance, or nerve damage and associated pain, natural health alternatives provide a viable and effective solution.



\$11.95 for a 3-Day Trial, \$29.95 for a 7-Day Trial, or \$114.95 for a 30-Day Supply!

Plexus Worldwide, based in Scottsdale, Arizona, is a manufacturer and distributor of natural health products formulated to address some of today's most prevalent health concerns. Their flagship products, Plexus Slim & Accelerator, are designed to improve glucose metabolism, and increase the body's insulin sensitivity.

"Many health professionals understand the link between insulin resistance and pre-diabetic symptoms", explains Carolyn Waygood, CNHP. "Current medical studies are identifying insulin resistance in children as young as 5 years old. This is a major reason for America's growing weight problem, and by improving the body's ability to metabolize glucose and restore insulin sensitivity, we can help fight many blood sugar disorders." Blood sugar isn't the only health concern Plexus natural products have focused on, but it seems to be the most popular to consumers. "Simply put, most of

America's health concerns are related to excess weight", notes Ms. Waygood. "When a person can lose excess weight and restore healthy metabolism, risk of cardiovascular disease, stroke, diabetes, and even gout and gallstones can be diminished." If you're carrying around extra pounds, you face a higher-than-average risk of over 50 different health problems!

Natural Weight Loss

Plexus Slim & Accelerator were originally formulated to help Type 2 Diabetics better manage blood glucose, and therefore are designed to fight excess weight at the core of the problem: how sugar is processed and how fat gets stored! A natural formula, Plexus Slim & Accelerator help breakdown fat cells, and inhibit fat storage utilizing plant-based extracts (phytonutrients) proven safe and effective at addressing the most common causes of excess weight. Plexus Slim & Accelerator help you lose weight & maintain long-term healthy weight management by;

- 1. Controls the Appetite:** Plexus Slim & Accelerator contains powerful phytonutrients proven to help control the appetite! As a result, food portions are naturally reduced making a reduction in calories easy, and weight loss more successful.
- 2. Increases Basal Metabolic Rate:** Plexus Slim & Accelerator increases the resting metabolic rate so you burn more calories throughout the day! Plexus contains ingredients that naturally raise the metabolism, even in the absence of thyroid hormones, enabling the body to burn more calories even at rest!
- 3. Increases Fat Metabolism:** Plexus Slim & Accelerator contains plant extracts that target fat cells, and metabolizes/dissolves them! This makes drinking more water an important component of the Plexus weight loss program in order to help the body eliminate resulting by-products, and inhibiting the re-absorption of fat contents.
- 4. Balances Blood Sugar (preventing peaks & drops in glucose) Levels:** Plexus Slim & Accelerator supports healthy glucose metabolism, and helps

balance blood sugar throughout the day! The formula contains low-glycemic natural sugars (such as stevia) that maintain long-term glucose levels which results in less spikes in insulin production. As a result, food cravings are reduced, and energy levels are increased!

5. Works with the Liver to Inhibit Fat Storage: Plexus Slim & Accelerator contains the power of *gracinia cambogia*, an extract from the melon of the same name, which has proven to work with the liver to better process glucose, and inhibit the storage of glucose as fat!

6. Decreases/Eliminates Food Cravings (e.g., sugar or carb cravings): The comprehensive Plexus product set reduces food cravings by supplying the body with the natural glucose (energy) it needs, providing longer-burning glucose to prevent dips which may initiate cravings, and adding effective appetite control nutrients.

7. Increases Insulin Sensitivity: Plexus Slim & Accelerator contains ingredients known to improve insulin sensitivity, such as stevia, which improves the cellular metabolism of glucose, and inhibits fat storage. As a result, energy levels are increased, and blood glucose decreases!

8. Increases Energy Levels: Plexus Slim & Accelerator helps increase energy, supporting more activity throughout the day! As energy levels increase, physical activity is naturally encouraged, and the body burns additional calories!

9. Lowers Bad Cholesterol Levels: Plexus contains chlorogenic acids, such as those found in certain fruits and green coffee beans, help reduce LDL cholesterol thus improving cholesterol ratios. The vanadium chelate (a plant extract) contained in Plexus Accelerator has been shown to be useful in lowering LDL cholesterol levels, and inhibiting fats from being stored along arterial walls.

10. Helps Maintain Healthy Blood Pressure: Ingredients in Slim and Accelerator that specifically address healthy blood pressure levels include

beet root and grape skin extracts, a rich source of potent antioxidants, along with healthy heart minerals such as magnesium, sodium, potassium and vitamin C. Beetroot juice has been shown to lower blood pressure and thus help prevent cardiovascular problems.

11. Contains Natural Healthy Ingredients: The Plexus product line contains only natural ingredients which are better utilized by the body and result in more rapid health improvements!

12. VERY Effective at Maintaining Long-Term Weight Loss! Because Plexus Slim and Accelerator work to change the way the body processes glucose, controls the appetite, and metabolizes fat, the Plexus approach to weight loss yields longer-term healthy weight loss that can be maintained even after you stop taking the products!

Natural Pain Relief

Looking for a natural approach to chronic pain? Plexus has an effective product set that addresses inflammation and associated pain, too! "The second most common health issue people battle today is inflammation and pain", says Ms. Waygood. "And since chronic inflammation is often the precursor to many diseases, it's important to reduce inflammation and relieve pain before it causes more damage." Many scientists now believe that most - or perhaps all - chronic diseases may have the same trigger: inflammation. This fiery process has been linked to everything from heart attacks and strokes to type 2 diabetes, Alzheimer's and even cancer.



\$39.95 for the cream,
\$44.95 for the capsules,
or \$79.95 for both!

The Plexus Fast Relief Pain System, which includes a topical cream and a daily supplement, are formulated using a unique, proprietary blend of natural ingredients proven effective at promoting proper inflammatory mechanisms, soothe swollen and damaged joints and tissues, and protect the body's cells, tissues and joints from discomfort. Among other natural substances, both products contain ETARol™, a patented, highly purified extract of the New Zealand green lipped mussel, known to provide anti-inflammatory support, pain relief, and promote tissue regeneration.

Don't take our word for it,...read what others have to say about the life-changing benefits of Plexus products and the power of natural health!



**Before Plexus Slim
& Accelerator**



**After Plexus Slim
& Accelerator**

After the death of my mother in law and then my oldest son, food became an emotional resolution for me. As you can see from the pictures that has changed! I now control my food instead of it controlling me. I have lost 70 pounds. I am down 6 pants sizes! The most incredible change for me has been with the health results. I have rheumatoid arthritis with severe joint swelling, painful nodules, fluid retention and chronic fatigue. I was taking 13 medications for my RA and one for hypothyroidism. NOW... I no longer take ANY medications for rheumatoid arthritis! Not even an ibuprofen and I was on methotrexate (chemo type drug) and several other medications to counter those side effects. No joint swelling, no pain, no fluid retention! - Lisa Callahan

I started to gain weight in 2006. I also had noticed a small lump in my throat and had been having scratchy throats and trouble with my voice for 2 years. I was advised I had Hashimoto's disease, Hypothyroidism, and a thyroid tumor. I had surgery, then 3 months later 5 more tumors, radiation, and more surgeries! It all resulted in 70 lbs of added weight! I was told to accept the new me. Depression set in, and I couldn't sleep at night. I became a hermit. I went nowhere. No family gatherings, no community function, and even no church... nowhere! I was tired of looking past my size 6's hanging in the closet just to grab the size 18/20's. I also developed blood pressure problems,

and ended up in the ER this summer for a possible heart attack. My blood pressure was 191/122! At that point, I prayed to God for three things: to get healthy, to lose weight, and find a better paying job. After many prayers God sent me Plexus! In two and a half months I had lost 43 pounds, and 39 inches! I am now in a size 8! I became a Plexus Ambassador, and began to earn extra income sharing my success, and the amazing Plexus products, with others, and after only two months, I was able to pay both my mortgages! Plexus has changed my life! - Rhonda Langdon



**Before Plexus Slim
& Accelerator**



**After Plexus Slim
& Accelerator**

Call Carolyn today and see what Plexus can do for you!

To purchase your Plexus natural health products, visit www.Waygood.MyPlexusProducts.com today! For more information about Plexus products contact Carolyn Waygood, CNHP, at (941) 713-3767 or email her at Carolyn@BeSmartGetHealthy.com. Ms. Waygood provides FREE health education seminars to groups of all sizes, and free weight-loss and diabetes coaching to Plexus customers. To schedule a FREE fun and informative natural health seminar for your office or community association, contact Carolyn today! Product tastings are provided, and free health education material is available at all events!

Disclaimer: All information provided in this article, particularly any information relating to specific medical conditions, health care, preventive care, and healthy lifestyles, is presented for general informational purposes only. It should not be considered complete or exhaustive and does not cover all disorders or conditions or their treatment. The information provided is not intended as a substitute for the advice provided by your own physician or health care provider, and may not necessarily take your individual health situation into account. The author assumes no liability or responsibility for any errors or omissions in the content of this article. The statements regarding any products included in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Causes For Limb Swelling

By Alyssa Parker

Finding the source of your edema is vital to getting the proper medical care. Chronic edema left untreated without a clinical diagnosis may lead to a variety of problems. Patients with chronic edema may start the day out with painless swelling in their limbs that progress's throughout the day leading to a sensation of heaviness in the limb by the evening. Common condition's where edema may be a symptom is venous insufficiency, post-operative trauma, infection, and lymphedema. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.

Lymphedema and Chronic Venous Insufficiency

Lymphedema is the body's inability to transport lymph fluid through the lymphatic system resulting in chronic swelling. Lymphedema may manifest after a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) ; due to its slow progression it may take years or months to recognize. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers for lymphedema include vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb is outcome of venous insufficiency as well as other cardiovascular diseases. Venous insufficiency may cause secondary lymphedema when the lower region of the leg becomes permanently swollen



from the trapped protein rich fluid which may then begin to harden. Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein rich fluid. The lower region of the leg may then become permanently swollen and may start to harden.

It is imperative that any type of limb edema is treated quick and effectively, regardless of the severity. Individuals have shown the best results when treatment is started when the first sign of a edema is present . Many patients use diuretics or compression stockings receiving temporary reduction in swelling. If your compression stockings get worn out over time many patients aren't receiving the needed compression. Diuretics may be harmful over time if your edema is a symptom of chronic venous insufficiency or lymphedema.



Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rythmatic cycle, similar to that of a normally functioning lymphatic system that has not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief.

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Remember, ANY swelling is an indication of an overloaded Lymphatic system. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition. For more information and articles on this topic, Google "Acute Wound Care," visit www.AcuteWoundCare.com, or call 239-949-4412 and speak with a specialist. Remember, nothing heals faster than an educated patient.

Overactive Bladder

By Harry Tsai, M.D.

Overactive bladder is a common condition that occurs when the bladder muscles contract too soon resulting in a strong, sudden urge to urinate. In addition, leakage or incontinence of urine often occurs.

Cause

There are many risk factors which can lead to overactive bladder and they include smoking, being overweight, difficult or many childbirths, pelvic surgery (hysterectomy), pelvic radiation for ovarian or cervical cancers, nerve damage (diabetes, Parkinson's), repeated infections, bladder stones, enlarged prostate (in men), certain medications and weakened pelvic muscles.

Symptoms

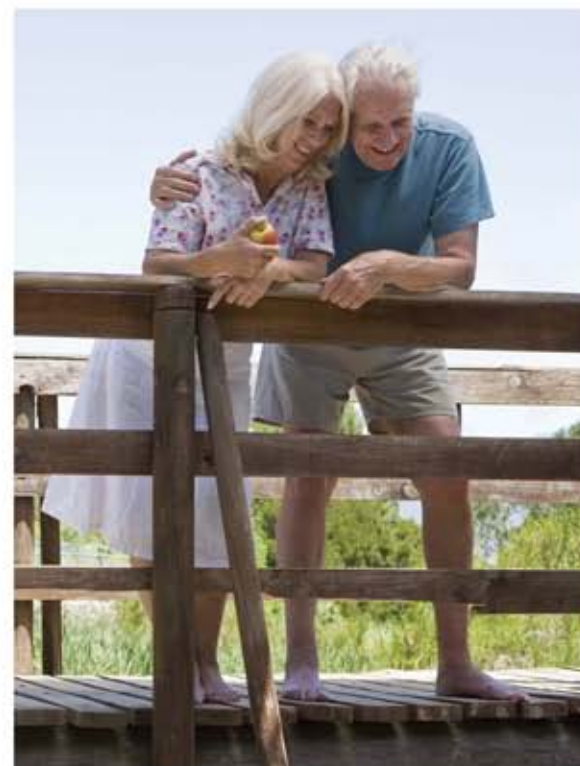
The symptoms of OAB include strong, sudden urges to urinate, urinating eight or more times in 24 hours, getting up two or more times a night, not making it to the bathroom in time, and leaking either small or large amounts of urine (urge incontinence)

Detection

Patients can keep a daily log or journal of the number of times they void, the number of leakage episodes and discuss with their urologist. Urologists can elicit OAB diagnosis mainly by history, medications, physical examination and urine tests.

Treatment

1. Behavioral modification: changing fluid, diet to reduce symptoms.
2. Pelvic muscle exercises (Kegels): strengthen the pelvic and sphincter muscles
3. Medications (class is called anticholinergics): they work by blocking and reducing the signals to the nerves of the bladder
4. Nerve stimulation(Urgent PC): peripheral nerve stimulation done in the office, 30 minute office treatments (12 weekly sessions, www.uroplasty.com)
5. Sacral neuromodulation (Interstim): procedure which has two phases but wires are placed directly into the sacral spine which contains the nerves that stimulate the bladder (www.medtronic.com)
6. Pelvic floor stimulation (InTone): at home pelvic floor therapy which takes 12 minutes to perform daily, www.Incontrolmedical.com
7. Botox injections (Botox): the most recent treatment for patients with OAB. Can be repeated and is performed in the office or hospital (www.allergan.com)



Prevention

Patients can watch their fluid intake especially at night. Also, caffeine, alcohol and sodas can increase symptoms of OAB. Lifestyle changes such as losing weight, smoking cessation are also helpful. A healthy diet with increased fiber will prevent constipation which can lead to frequency and urgency. Empty the bladder as often as possible and avoid long periods of holding the urine. Avoid spicy foods, foods high in acidity such as tomatoes, oranges, grapefruits, lemons.

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Helping Your Child Choose the Best College While Selecting the Best Financial Options

By Dr. Christine Davis - Edison State College

As your son/daughter prepares to enter college, you will have plenty of questions. Which college should they attend? What should they select as their major? How will we pay for college? Luckily, there are many options and resources available to assist in making these decisions.

When deciding on the college that would work best, there are three important things to consider.

The first is cost of attendance. This is more than the tuition rate. Additional expenses like books, lab materials, parking, transportation and housing should be included in your evaluation. Will your son/daughter live at home (commuting back and forth), on campus, or in an apartment? Also take into account basic living expenses such as food and clothing and compare tuition rates for in-state and out-of-state institutions.

When it comes to college costs, there are several options to help finance their education. At Edison State College, we strongly encourage all prospective and current students to complete the FAFSA, which is the Free Application for Federal Student Aid and it can be found at www.fafsa.ed.gov. This site also offers good information about grants, loans and work-study funds.

Additionally, when your son/daughter has selected a college to attend, always explore the website of that institution. Many have areas dedicated to financial aid and scholarships specific to their institutions, and usually have a 'net price' calculator to help calculate costs. Most colleges



and universities also have a foundation which can assist with scholarships, so it is highly recommended to explore those offerings as well.

If your son/daughter is still in high school, make sure to speak with their high school guidance counselor about scholarship and grant information. These individuals are a great resource for navigating the college application and cost process.

The second thing to consider when selecting a college is what to study. What does your son or daughter plan to study? What career does he/she have in mind? Many of the colleges and universities offer specialized and specific training for certain career fields, and if your son/daughter knows what they would like to focus on, narrow your college search to institutions that offer excellent training

for that field. They need to choose a major that upon graduation will have career options and job prospects that offer a great 'Return on Investment' (ROI). There should be a balance between the salary your son/daughter would like to earn and the level of enthusiasm and interest he/she has in that career.

And finally, the third thing to consider is 'fit'. Once you have found some colleges that will suit the determined budget, and offer the major that your son/daughter wants, the next step is to take the time to visit all of the campuses. Colleges offer open house events and campus tours on a regular basis. By attending events like these, you can get a better sense of the atmosphere, the academic offerings and the student life that is available. While on campus, make sure you meet current students and ask them questions about their professors, the size of the classes and clubs, and activities they enjoy.

Edison State College Events

January 24 through March 29, 2014 – Yoko Ono "Imagine Peace" Art Exhibit
(call 239.489.9313 or visit RauschenbergGallery.com with questions)

March 3 to 9, 2014 – Spring Break

March 22, 2014 – GreenFest will take place from 10 a.m.-3 p.m. on the Collier Campus on the green behind Building M

March 27, 28, 29 & April 3, 4, 5 at 8PM with a 2PM matinee on the 29th and 5th theater performance "Neighborhood 3 Requisition of Doom" by Jennifer Haley, at Black Box Theater on the Ft. Myers Campus, L-119B, Tickets are \$5 students, \$10 General Admission at www.brownpapertickets.com

March 20, 2014 – Humanities colloquium "Education for A New Humanity: The Price and Promise of Progress" with Guest Artist Gregory Green in the Rush Auditorium on the Ft. Myers Campus. 4:30 - 6:00 pm

April 1, 2014 – Humanities colloquium "Eating to Thrive" in Building U, Room 102 on the Ft. Myers Campus starting at 5:00 p.m.

April 2, 2014 – Humanities colloquium "Designing to Thrive" in Building AA, Room 177 on the Ft. Myers Campus from 12:00-6:00 PM

April 7-10, 2014 – Spring Open House Week! Visit www.edison.edu/openhouse for details

April 10, 2014 – Edison State College Symphony Orchestra and Edison State College Choir, 7:30pm in the Barbara B. Mann Performing Arts Hall

April 10-24, 2014 – The Student Art Exhibition displayed in the Bob Rauschenberg Gallery.

April 15, 2014 – Job Fair from 12pm to 2pm on Fort Myers Campus

April 17, 2014 – Edison State College Jazz Ensembles, 7:30pm in the Barbara B. Mann Performing Arts Hall

April 24, 2014 – Edison State College Band and Wind Ensemble, 7:30pm in the Barbara B. Mann Performing Arts Hall

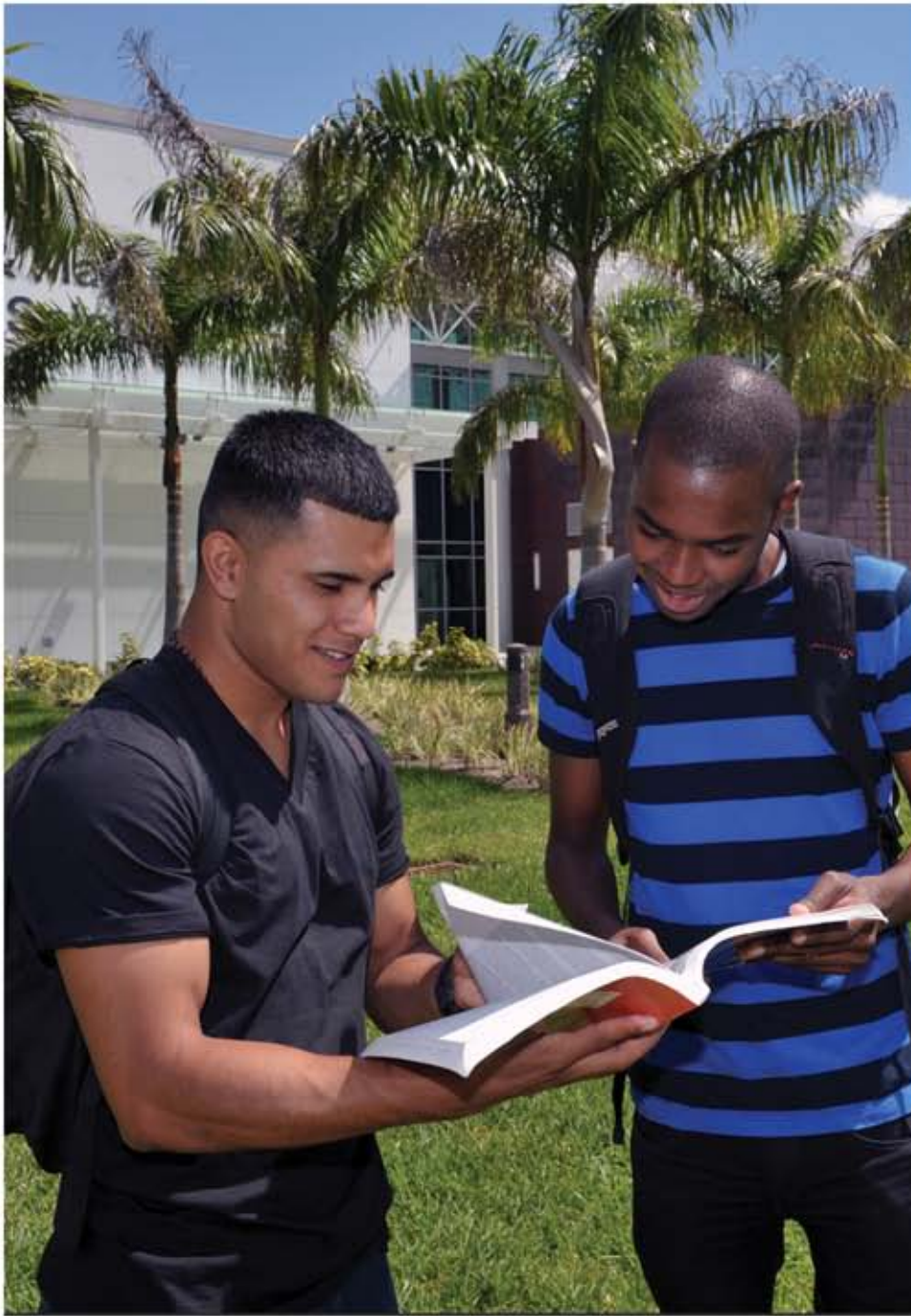
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A few other things to consider when selecting a college are:

- What services are available to support students?
- What does the institution do to help with student retention?
- What are the graduation rates?
- How long does it take for a student to earn a four-year degree?

What if your son/daughter is truly undecided about a major or career path?

There are additional options to explore, like starting at a two-year institution and then transferring to a four-year college/university. The class sizes tend to be smaller and your son/daughter wouldn't necessarily have to declare a major. You will want to ask about the transferability of credits. If your son/daughter has narrowed the choices and is still undecided, then these questions should help:

- Can I afford this?
- Is this a good investment?
- Is my return on the investment good for me?
- What are my career paths with this choice?

In preparation for that first day at college, make plans to help your son/daughter set up a budget to help plan for living expenses. This includes things like internet service, cable/TV service, phone service, laundry, food, entertainment, clothing, personal items, car payment/insurance, gas, transportation/travel, health insurance and any other expenses your child may have. Some of these expenses could potentially be covered with scholarship money.

College is an exciting opportunity for your son/daughter. Choosing the right one will help your child to fulfill their career goals. As Derek Bok, who was president of Harvard University from 1971-1990 once said, "If you think education is expensive, try ignorance."

Dr. Christine Davis is the VP for Student Affairs and Enrollment Management at Edison State College where she leads a division which includes Admissions, Academic Advising, Placement Testing, New Student Orientation, Student Activities, Residence Life, Career Services, and Disability Services.

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WHAT IS HALITOSIS?

By Brigid M. Bandy, RDH

No one wants to mention it, but everyone wishes someone would. To bring someone's attention to their own halitosis (bad breath) is a delicate situation. Naturally, being in the dental field, I've had to broach this topic several times. After all, who wouldn't want it brought to their attention to avoid future embarrassment?

So what is halitosis? Halitosis is a condition characterized by consistently odorous breath caused by chemicals known as volatile sulfur compounds. In most cases, it comes from the mouth. The oral environment is dark, warm, and moist: the perfect breeding ground for more than 600 bacterial species that produce these sulfur compounds. The odors are produced mainly due to the breakdown of proteins from amino acids, which are further broken down into detectable foul gases.

Halitosis can have temporary causes such as morning breath, smoking, garlic or onion consumption, and can usually be relieved by brushing, flossing, and use of mouthwashes.

Chronic causes of halitosis include poor oral hygiene, periodontal disease, respiratory tract infections, chronic sinusitis and tonsillitis. These conditions are not easily remedied with just standard mouthwash and need to be addressed by specialists.

A common self-test for halitosis is to scrape the farthest back surface of the tongue with a spoon and then smell the drying surface. If you suspect you have bad breath, ask a spouse or a trusted friend for their honest opinion. If the answer is yes, make an appointment with a dentist to determine if you have periodontal disease, a food impaction problem, or faulty dentalwork. Unclean dentures are another source of halitosis.



Lack of proper hygiene allows bacteria and food to populate crevices between teeth, on the tongue, and under the gums, producing a putrescent smell. A thorough cleaning by a hygienist will remove plaque and calculus above and below the gumline. Temporary and periodic use of chlorhexidine, an antimicrobial rinse, can then be prescribed to eliminate volatile sulfur compounds. Daily toothbrushing, flossing, or use of an oral irrigator will maintain a fresh-smelling mouth. Over-the-counter products containing zinc (Smart Mouth) or chlorine dioxide (CloSys) help neutralize sulfur compounds in the mouth. Bacteria will repopulate the mouth so schedule cleanings and dental exams routinely and any problems can be identified and remedied in a timely manner.

Tongue bacteria account for many cases of mouth-related halitosis. The back third of the tongue is dry and not as self-cleansing as other areas on the tongue, making it an ideal habitat for bacteria that thrive on food particles. Mints and regular mouthwashes only mask odors and do not remove the source of the bacteria. In order to prevent volatile sulfur compound production, the bacteria on the tongue must be removed daily with a tongue cleaner, which is available at supermarkets or drug stores.

Another source of halitosis is tonsilloliths. Food bits and sinus secretions can accumulate in deep crevices or crypts in the tonsils causing stagnation, leading to an overgrowth of foul-smelling bacteria. Routine swishing and gargling any of the aforementioned rinses can control the strong odor of these calcified growths.

Chewing gum or mints a minimum of three times a day or after every meal, especially products sweetened solely with xylitol, has been shown to have a starving effect on bacteria. These products (Zapp, Xylicew, Spry, to name a few and available at health food stores) reduce bacteria in the oral environment, including the bacteria responsible for tooth decay.

The social isolation and embarrassment from one's oral malodor condition can be remedied and avoided if this topic is approached with sincere concern for a person's well-being, restoring their ability to socialize with confidence.



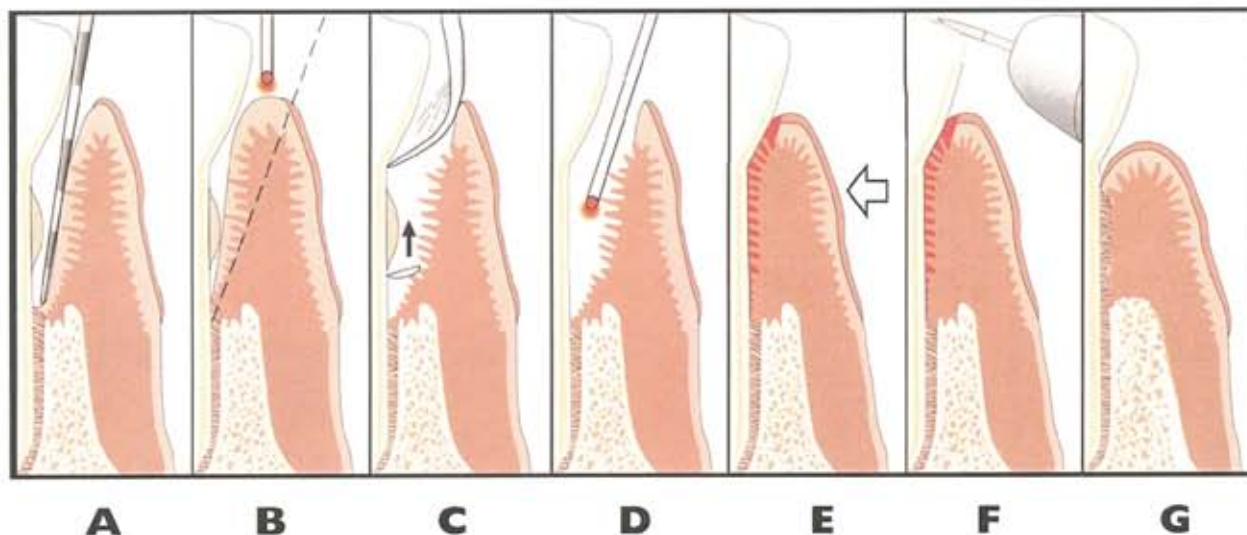
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What is Laser Periodontal Therapy?

By Dr. Joseph Farag

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PATIENT PROTECTION AND AFFORDABLE CARE ACT-2013

By Frank D. DeMarco

For us to understand the Patient Protection and Affordable Care Act we must understand the history of healthcare in our nation.

The first set of Codified Laws in Society and the manner that society functions can be found as early as 62 BC with the Code of Hammurabi. The Code was inscribed on a large tower located in Babylon, which is now present day Iraq. In that Code, interpretations described how society was to act and to function as its own entity. Many of the writings mentioned were to help those in need and provide care inclusive of health, long term care, workers' benefits (compensation), and death.

With that in mind, let us focus on the history of national health care in the United States, beginning with initiatives as early as 1883. At that time the Federal Government relinquished authority to each state to create, implement, fund and enforce such programs. This philosophy continued until the early 20th Century when many labor reformers were trying to develop and implement social reform for the Labor Class. President Theodore Roosevelt's philosophy for a national health care policy was in order for the "nation to be strong."

The American Association of Labor Legislation Bill of 1915 enacted guidelines for health insurance for the working class and families. All costs for healthcare were to be shared between workers, employers and the individual state. Ironically, the American Medical Association supported efforts to have compulsory health insurance for all as early as 1917.

As health care costs escalated in the 1920's, the nation saw a need for increased health care coverage.

From 1920 until 1965, when the Medicare Act was enacted numerous Presidents attempted to enact a National Health Care Policy for the nations' citizens.



On March 23, 2010, the Patient Protection and Affordable Care Act was passed by the Congress of the United States and enacted into Law with provisions being phased in for a period of March 2010 through 2020. This is what many contemporaries, critics and supporters have come to label as "Obama Care."

I prefer to identify it as the Legal Title and not politicize the law for political purposes.

The premise for the entire Patient Protection and Affordable Care act include the following:

A. No health insurance carrier may exclude individuals or persons from coverage based upon pre existing conditions, and the same premium price is to be offered to all applicants by the insurer regardless of gender or pre-existing conditions excluding tobacco use.

B. Minimum Standards for health insurance policies are established.

C. All individuals are to secure an approved private insurance policy or pay a penalty, unless the individual is covered by an employer sponsored health plan, Medicare, Medicaid, or other public insurance program. If the individual does not have an exemption, or not a member of a protected status, a penalty may be levied for failure to comply with the mandate. The mandate also provides for individuals with low incomes for subsidies to offset the expense of the insurance.

D. Businesses do not have to comply with the law until 2015.

All health insurance policies with an effective action date of January 1, 2014 and subsequent dates thereafter, there are no health insurance qualifiers required to be approved for a plan.

Each individual health insurance program must have 10 Essential Health Benefits included in the plan. These benefits include and are not limited to the following: prescription coverage, mental health coverage, well being programs which include preventive care, dental care for children, and routine medical diagnostic tests.

Individuals who do not select a program in compliance with the Act after March 31, 2014, will be penalized monetarily as little as \$ 95.00 or 1% of gross household income. The penalties will increase each year for a maximum of 3 years.

Based upon the subsidy levels, individuals should inquire of the Affordable Care Marketplace to determine subsidy eligibility. However, the computer program has not functioned since its implementation and has been under increased criticism since its implementation.

Another manner to determine subsidy eligibility is to complete an approved paper application. I have found this to be an easy and more effective manner to expedite the process. Once the subsidy is approved, then the applicant will be able to determine which health care program will benefit them and the premium cost.

The subsidy work in two ways.

1. The insured can elect to use the subsidy as a Tax Credit at the end of the tax year.
2. Can elect to have the subsidy remitted to the insurance carrier as part of the premium payment.

At the time of this writing, I have received no clarification or information as to how the subsidy payments will be remitted to the insurance carrier. One of the most equitable benefits of the law is that each health insurance carrier must spend at least 80% of all premiums on the insured's health care. Otherwise, excess premiums must be returned to the premium payer.

Frank D. DeMarco, is an independent licensed life, health and annuity agent in the State of Florida, with 12 years of experience serving the community for their personal insurance needs. In addition to this experience, Mr. DeMarco possesses a Graduate Degree in Management with experience as a Part Time faculty member for a major Catholic University lecturing in course subjects to include Management, Financial Management, Government and Business Ethics, and Public Policy Administration. Mr. DeMarco is currently certified by the Department of Health and Human Services, Centers for Medicare and Medicaid Services to market, and enroll eligible persons into all approved Medicare and Affordable Care Act Programs within the State of Florida.

The referenced article are his opinions and are not reflective of this publication or any entity that is affiliated with the writer.



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Branch Leader

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Do You Know Someone Who Could Use A Visit From The Angels?

Our memory is the attainment and preservation of information we take in each day. Memory plays a major role in our daily lives. An alarming statistic is that there are approximately 24 million people living with some form of memory loss; many of these people are senior citizens (Lorne). Though this knowledge may be unnerving, there are preventative measures that can help reduce this number. In fact, a simple cause of memory loss that often goes undetected is dehydration. With severe dehydration, especially within our older population, memory loss can be a significant side effect.

Have you ever experienced a constant thirst? Has this led you to feel light headed and dizzy, yet unable to sweat? Have you ever witnessed a loved one show these warning signs? These are just a few indicators of dehydration. Dehydration can easily be overlooked because its symptoms don't always start out very severe. Those that are less obvious include fatigue, headaches, and possible confusion. Over time, going without water can lead to more overt symptoms such as vomiting, weight loss, diarrhea, high fevers, and limited urine production ("Dehydration In Adults"). Signs as prominent as these, may lead to hospital visits. The more a person becomes dehydrated, the more they are likely to suffer from memory loss.

As our loved ones age, making sure that their basic needs are being met can be quite worrisome. Visiting Angels, a provider of elder care service to families, has been filling that role for many families across the United States and Canada since 1998. Assurance of basic needs being met is only one of the benefits of having an agency like Visiting Angels assist in the care of our parents and grandparents. Since prevention is key, proper hydration is one of the items that their agency looks out for. Not only does dehydration cause memory loss, but it can also lead to many other conditions including weight loss and kidney dysfunction. Water makes up seventy percent of our muscles, organs, and tissue. Without receiving the water we need, there can be a negative impact on our bodies (Freedman). One may ask, "How much water should I drink each day?" A general rule of thumb is to drink 6 to 8 eight ounce glasses of water per day ("Hydration: Why It's So Important").



However, that amount may change depending on variables such as exercise, medical conditions, and general diet. In fact, the older we become our brain becomes less able to sense dehydration, sending us fewer signals that we need fluids. That is why an extra pair of eyes is always good to have around.

Visiting Angels is not an assisted living facility or nursing home. The reason that many people choose Visiting Angels, or similar agencies, is that they provide the benefits of supervision while maintaining their clients' dignity. How? They come into their clients' homes, allowing them to continue their lifestyle in the most comfortable manner possible. Emphasis on independence

is just as important to the caregivers at Visiting Angels as assuring their clients' basic needs. Visiting Angels work hard to build positive relationships with those in their care. It is not rare for the elderly to forget basic essentials such as drinking, eating, and taking their daily medications. Those with Visiting Angels in their home enjoy the assurance of their basic needs being met. They deliver friendly companionship, help with hygiene, meal preparation and planning, light housekeeping, medication reminders, laundry assistance, personal care, and contribute in running errands. Visiting Angels can help avoid senseless confusion in our loved ones lives; in today's hectic world, there is enough of that already.

800-365-4189

www.visitingangels.com

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Spiritual Wellness

Deal with the Fear First

By Alex Anderson

Senior Associate Pastor at Bayside Community Church

Not long ago I asked my wife a drilling question, "What would be the most important advice you could give to another person who 'just found out' that they had cancer?" She went completely silent for a few moments, then looked straight into my eyes and without a hint of hesitation said, "Deal with the fear first."

She is now 4 years 7 months cancer free herself. When she and I found out she had cancer, it was a crushing blow. For a short time, we both went into a state of shock. At the time we were in our forties and very healthy people for the most part. On the way home from the doctor's office we were just silent. We sat letting all of the questions run through our minds. What does this all mean? What were her chances of survival? How would it affect her daily life? On and on the mind-numbing thoughts just rolled...until it became obvious to us that we were letting ourselves be led down the primrose path of fear. Before we got home, somewhere on I-75, we prayed.

"Lord, we know we live in a 'fallen world' and that sickness and disease is prevalent, however we refuse to give in to the fear it can bring. We now stand against not only this disease but also the paralyzing emotions that are trying to take over our minds. Give us courage and clarity to follow the steps that we are trusting that you will set before us. Health is a divine blessing. Now use our good doctors as well as your miraculous hand to bring healing and restoration to my wife's body."

What we have learned during this almost five-year journey is: "faith, hope and love" gives us an unfair advantage over fear. Fear doesn't stand a snowballs chance in the face of great certainty or faith. When you know inside of your heart that you are going to win, then hope springs up. Not like a daisy in the cracks of your driveway but like an oak tree in the

backyard where the kid's swing hangs. All this is possible when you have a loving relationship with God. I mean come on. Think of how you feel when you know that "special someone" is always calling and wanting to hang out with you. You know that love is strong with that one. It brings confidence and puts a little spring in your step...a little "zippity" in your "dooda." Well, when trouble comes your way, you are going to call those who love you the most, right? And the bigger your loved ones the bigger the mountain you can move with them. Well if you cultivate that kind of relationship with God, then when you have a big mountain, you have big help.

In our case, not to brag, but we have been hanging out with God in a loving relationship, full of a lot of trust, for decades. The mountain-moving kind of trust and love didn't happen overnight, but it did grow year after year as we would go to our God with stuff.



The point here is that some people try to rely on their own knowledge, wealth, contacts, and influence and most of the time it's enough to navigate the rapids of life. But on rare occasions more is needed- a lot more- to handle the death dealing, dirty little secrets life can throw at us. Sometimes we need God's help and he loves to do his part.

God got quite busy with us. He lined up some of the finest physicians as well as a host of others to help us. But that's not all he did. The biggest miracle of all was his peace and guidance. I mean we could tell inside of our hearts when to say "yes" to that and "no" to something else even though logically it made all the sense in the scientific world. What all our doctors and our friends and loved ones could not do was to "hear" from God for us. Nor could they own the mountain of potential life and death decisions we had to make.

With God's loving help we were somehow able to see the end from the beginning and that made all the difference when it came to dealing with fear and the disease that had viciously attacked my wife's body. We held onto it with all the faith, courage and tears we could muster...and it worked. Not because we were magically directing our destiny, but because we trusted someone much bigger than us who, from His perspective, could see it finished in our favor. And we trusted Him with that. Our best interest is always His first interest.

We are no more special than you. If you just got "the news," then stop what you are doing right now...yes in the middle of all the fear and emotions screaming in your ears, and pray. Don't pray a nice little Sunday School prayer. Pray a dangerous prayer like we prayed. It doesn't mean you will instantly have all the answers, but by God it will put fear on notice that you will not give in to its trickery and you will not lay down and just let "this," whatever this is, win.

"With God, all things are possible to him that believes" ~Jesus Christ

And remember,

Be Life Giving

Alex Anderson

Alex Anderson is a Senior Associate Pastor at Bayside Community Church, Bradenton, Florida. To read other life-giving articles by Pastor Alex, go to <http://belifegiving.blogspot.com/>.



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