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The screenshot shows the website interface for Health & Wellness Magazine. At the top, there's a navigation bar with links for Charlotte Edition, Collier Edition, Lee Edition, Sarasota Edition, and Advertise with us. Below that is a search bar and a 'SUBSCRIBE TO OUR NEWSLETTER' form. The main content area features a large article titled 'HOW COMPOUNDING CAN HELP IN AUTISM' with a photo of a family. Below this are four smaller article thumbnails for different editions: Charlotte County Edition, Collier County Edition, Lee County Edition, and Sarasota County Edition. On the right side, there's a 'SOCIAL CONNECT' section with icons for YouTube, Facebook, and Twitter, and an 'ARCHIVES' section with a dropdown menu. At the bottom, there's a 'FIND US ON FACEBOOK' section with a Facebook logo and a link to the magazine's page.

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Heart Attack Symptoms

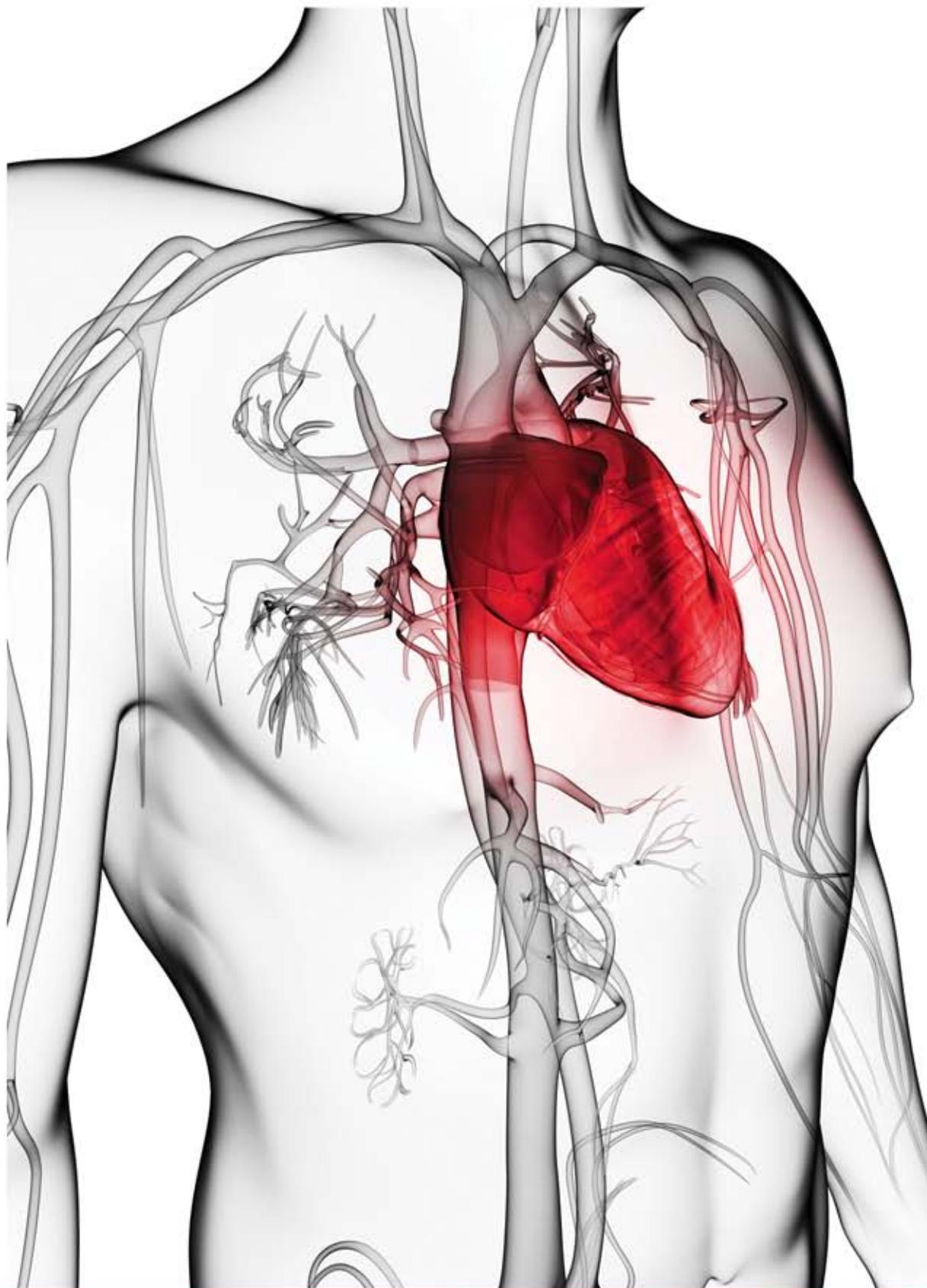
By Jessica Babare D.O.
CardioVascular Solutions Institute

This year close to one million Americans will have a heart attack and one million more will die of heart related illnesses. Heart attacks and heart related diseases are the leading cause of death in our country, and cause more deaths than AIDS and all forms of cancers combined. Heart disease affects people from all races, all walks of life, both women and men. Chances are very good that you or someone you love will be faced with a heart attack or a heart related illness. Will you be able to recognize the signs of a heart attack or heart related problem should the need arise?

Heart attacks occur when the heart muscle is unable to receive adequate blood flow, depriving the muscle of needed oxygen and nutrients. This causes the heart muscle to be damaged and scarred, possibly leading to serious harm to the heart. This can cause death or serious disability, depending on the seriousness of the damage caused.

Most people who have a heart attack or heart related pain, called angina, will feel a discomfort in their chest area. Some people describe the feeling as a "pain," but others describe it as a pressure or a heavy feeling. Some people feel the pain only in their chests, but others feel the pain elsewhere such as in their neck, jaw, shoulders, or arms. These other areas of pain may occur in addition to the chest discomfort or alone. Heart related symptoms often occur while a person is active, and get worse as the level of activity increases. If the symptoms occur at rest, they are most likely to worsen with activity.

Other common symptoms of heart attacks include difficulty breathing, especially with activity. Decreased energy, fatigue, and loss of stamina are also signs that the heart may not be getting good blood flow. Often, more vague symptoms go unrecognized, but are very serious, especially when accompanied by any other of the symptoms such as chest pain or shortness of breath. These symptoms include diaphoresis, which is a cold and clammy sweat, often occurring while a person is very ashy and pale. Some people may experience dizziness or nausea.





If you or someone you know ever experience these symptoms, you should take it very seriously. If the symptoms are mild and if they occur only briefly before going away, contact your doctor so that you can get proper medical attention and guidance. This could be a warning of more serious events to come. If the symptoms come on suddenly, are severe, and prevent you from doing your normal activity such as walking, you should stop what you are doing immediately and call 911. You may not have any time to lose.

If you are alone when the symptoms occur, get to a phone and rest, call 911 and follow the instructions of the 911 operator. They may instruct you to take an aspirin, but, if your symptoms are too severe, you should stay still and wait for EMS to arrive. The emergency personnel will be able to give you the aspirin when they get to you. If you are with someone, have them go get you an aspirin and help by calling the ambulance for you. Never drive yourself while having chest pains. This would not only put you at significant risk of danger, but would also endanger those sharing the road with you.

Many people can be successfully treated and survive their heart attack, but this very much depends on their ability to recognize the symptoms and to call for help as soon as possible. Unfortunately, many people never survive their first heart

attack, dying before reaching the hospital, but by becoming aware of the signs and symptoms, you can recognize them and act quickly, saving your life or that of someone you love.

Symptoms of a Heart Attack

- Chest discomfort such as pain or pressure
- Difficulty breathing
- Pain in the jaw or neck
- Pain in the shoulders or arms
- Breaking out into a cold, clammy sweat
- Profound fatigue
- Nausea and/or vomiting
- Dizziness
- Passing out
- Any symptoms made worse by increased activity or movement



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Jessica Babare, DO



Jessica Babare, DO, is board certified cardiologist who recently completed her training as an Interventional Cardiologist. In looking for a post-fellowship cardiology position, Jessica had a specific idea of the type of cardiology practice and colleagues she wanted to join, and has happily found that match with Dr. Gino Sedillo, Stacey Royce, PA-C, and the rest of the CardioVascular Solutions Institute team members.

Dr. Babare planned to attend the University of Illinois Medical School with an emphasis on training rural family practitioners. However, during the application and interview processes something drew her interest and attention to Nova Southeastern College of Osteopathic Medicine in Fort Lauderdale, a place where she could train to be an osteopathic physician. Osteopathic Medicine is a medical approach which emphasizes treating the "whole patient," an approach to health care that Dr. Babare has found key to her success as a physician. She holds board certifications in Internal Medicine, General Cardiology, Integrative and Holistic Medicine, and is board eligible in Interventional Cardiology.

Becoming a highly skilled Interventional Cardiologist has long been one of Dr. Babare's goals, and she is thrilled to have crossed this recent milestone. Dr. Babare believes the ability to adequately diagnose and treat patients with cardiovascular diseases begins with her own personal wellness. She uses meditation, voracious reading, a plant-based diet, yoga, and exercise to help accomplish this. She is a doctor whose truest desire is for every patient to be restored to his or her fullest potential for wellbeing.

NEW SLEEP Medication

Are you one of the lucky people that simply lie down at night and fall asleep right away and stay that way for the next 8 hours? Do you wake up feeling completely rested, refreshed and energized for the day without the need for caffeine to get you moving? If yes to all of the above, you are in the minority but keep reading as you will definitely want to share this medical article with your co-workers, friends and family!

Why is SLEEP so important?

Sleep, especially REM sleep, plays a vital role in good health and well-being. REM sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day; it is forming new pathways to help you learn and remember information.

If you're sleep deficient, you may have trouble learning, making decisions, solving problems, controlling your emotions and behavior and coping with change. Sleep deficiency has also been linked to depression, suicide and risk-taking behavior.

Additionally, your immune system relies on sleep to stay healthy. Ongoing sleep deficiency can change the way in which your immune system responds. For example, if you're sleep deficient, you may have trouble fighting common infections.

Why do people have TROUBLE sleeping?

33% of all people have trouble falling asleep or staying asleep

- STRESS
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- CIRCADIAN RHYTHM PROBLEMS
- GABA/NEURO-TRANSMITTER INSUFFICIENCY



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Relieves Anxiety	✓		✓
+ GABA Insufficiency	✓	✓	
+ Circadian Rhythm	✓		
Increase REM	✓		

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Testosterone and Heart Disease

By Dr. Mitch Yadven

You may have seen recent television ads by law firms fishing for patients that received testosterone replacement therapy, who then developed heart disease or heart problems and even death. The trigger for these television ads is two recent trials, which suggest that testosterone replacement therapy may increase the risk of heart disease and/or stroke.

These were poorly designed studies, which conflict with numerous previous medical trials that show the beneficial effects of testosterone on the heart and that low testosterone levels in males are associated with an increased risk in the development of heart disease. So why did the two recent studies

show that there was an increased risk of developing heart disease in male patients that were prescribed testosterone replacement therapy? There are serious flaws associated with the two recent trials.

Firstly, estrogen levels were not measured in the subjects in the studies. High estrogen levels in males have been found to be associated with an increase risk in the development of heart disease and stroke. Estrogen levels may elevate after testosterone administration in patients with high levels of the enzyme aromatase found in belly fat. This can easily be controlled, but it must be checked for.

Secondly, having erythrocytosis, which is an elevated red blood cell count (elevated hematocrit), is associated with an increased risk in the development of heart disease and possible stroke. A major study on the risk and benefits of testosterone replacement suggests that a baseline hematocrit should be checked at three and six months, and then every six to twelve months. If the hematocrit is too high, then testosterone therapy should be stopped until the hematocrit is at a safe level. Hematocrit levels were not measure in these two trials.

Thirdly, in both studies, not all patients had follow-up testing of testosterone levels. Therefore, dosages of testosterone may have been higher than needed. Supraphysiological levels of testosterone can cause vascular disease.

Lastly, testosterone can convert to dihydrotestosterone (DHT), which has been shown to enhance early atherosclerosis. The higher the dose of testosterone that is prescribed, the more it is converted by 5 alpha-reductase into DHT. In these two recent trials that suggest that testosterone replacement increases the risk of heart disease in men, DHT levels were not measured.

Conclusion

Given the plethora of medical studies indicating the beneficial effects of properly prescribed testosterone, one would have to conclude that these two recent medical trials are poorly designed and their conclusion is flawed. Some of the patients did not have repeat testosterone levels measured. Consequently, the patients may have had supraphysiological levels of testosterone. In addition DRT, estrone, estradiol, and RCT levels were not addressed.

Considering the numerous studies that show cardio-protective effects of testosterone replacement, it makes good sense to check levels and replace, if needed, under the controlled supervision by a knowledgeable health care professional.



Dr. Mitchell Yadven

Dr. Yadven was born and raised in the Bronx, New York. He received his undergraduate degree from Emory University in Atlanta, Georgia and a Masters degree in Molecular Biology from George Washington University in Washington D.C. After college, Dr. Yadven worked as a marine biologist for the Smithsonian Institute in both Washington, D.C. and the Caribbean. He then received his Medical Degree and General Surgery training at George Washington University. Wanting to return to the South, Dr. Yadven completed his Urology Residency at Tulane University in New Orleans, Louisiana. He is

Board Certified by the American Board of Urology. Dr. Yadven has been in private practice in Bradenton, Florida since 1997 and is happy to call Florida his home.

Dr. Yadven practices all aspects of general Urology with particular interest in hormonal replacement and metabolism, prostate disease, urinary stone management and minimally invasive therapies. He has developed products for the management of urinary retention resulting in a U.S. patent.

In his free time, Dr. Yadven enjoys photography and digital art, NFL football (he is a huge New York Giants and New Orleans Saints fan), computers, water sports and fun at home with his wife Sharon, his two children Sarah and Maxwell and his family's animal menagerie.



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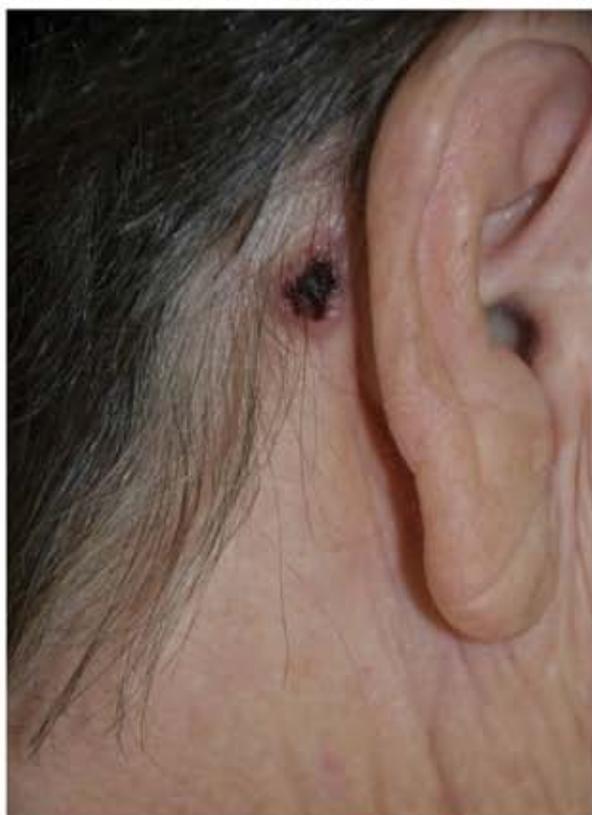
By Ted F. Kadivar, MD, PA

Squamous cell carcinoma (SCC) is the second most common type of skin cancer, following basal cell carcinoma, and arises in the upper layers of the skin. Seven hundred thousand new cases are diagnosed each year in the United States, causing approximately two thousand five hundred deaths. The vast majority of cases are due to UV radiation exposure, so they occur in sun exposed areas but they can occur in other areas because chronic irritation and burns can develop Squamous cell carcinoma. Factors that weaken the immune system such as

HIV, chemotherapy, and anti-rejection drugs used in organ transplantation can increase the risk of Squamous cell carcinoma. Squamous cell carcinoma is twice as frequent in men as women and most often are seen in patients in their seventies.

Squamous cell carcinoma usually looks rough and scaly with the outer edges rolled up and sometimes a central depression or ulcer. Eventually if left untreated or incompletely excised, squamous cell carcinoma can spread to nearby lymph nodes.

In the vast majority of cases surgical excision is the treatment of choice and curative. This is usually easily accomplished in the office using local anesthesia in the area of the lesion. If the diagnosis is in doubt prior to an excision a biopsy can be done first by taking a small sample. In some areas, like on the nose, the skin may not be loose enough to pull the surrounding skin together. In those situations advanced closure techniques are required. These include various flaps in which additional incisions are made to swing skin from nearby to cover



the surgical defect. Another option is a skin graft. A donor piece of skin is removed from a separate site and sewn in place at the original surgical site. For the nose, for example, commonly skin from right in front of or right behind the ear will match the color and thickness of the nose well.

The prevention of squamous cell carcinoma, like all skin cancers,

involves limiting UV ray exposure.

- Limit sun exposure during peak hours (10am-2pm)
- Use sunscreen of 30spf or higher and reapply often
- Wear broad brimmed hats and tightly woven protective clothing
- Annual skin exam

Vigilance is important for any patients who have had carcinoma in the past as the chance for recurrence is high.



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BREEZE THROUGH ALLERGY SEASON WITH PROPER CARE

By Eric M. Folkens, M.D., Family Medicine
Bradenton/Lakewood Ranch/Sarasota Urgent Care Walk-In Clinics

April showers bring May flowers and pollen! For those who suffer with seasonal allergies, there is no need to announce that spring allergy season is upon us because you are likely already experiencing some of the unwanted symptoms. But don't worry, there are ways to fight the annoyance so you can be as allergy-free as possible this year.

Sometimes it is hard to distinguish whether the symptoms you are experiencing are due to a cold or allergies. The clear difference between the two is colds usually tend to be short-lived whereas allergies can run for weeks or even months. Also, allergies don't cause fevers and aren't bacterial infections. The most common allergy is pollen, which causes symptoms to flare-up due to the pollen grains floating through the air. Allergies tend to occur when the seasons change and you may notice your allergies approaching at almost the exact same time every year.

Those who can tell the seasons changed without even looking at the calendar experience some of the following symptoms:

- Runny and stuffy nose
- Watery eyes
- Sneezing
- Sore throat
- Coughing
- Itchy eyes and nose
- Dark circles under the eyes
- Fatigue

Allergies occur when our immune system responds abnormally to these allergens, releasing substances such as histamine. It is not exactly clear why some people's immune systems react this way.





Treating Seasonal Allergies

There are many measures that can be taken to treat seasonal allergies. Avoidance is key. If your allergy symptoms are severe, stay indoors as much as possible when the pollen count is high. During the spring, it may be a good idea for those with allergies to change their clothing after being outside for extended periods of time because pollen lingers on fabrics long after going inside. It is also recommended that you keep your windows closed when the pollen count is high. The pollen count is measured by several organizations and can be easily found online for free. It is also sometimes reported on the local news.

There are several over-the-counter options available that are effective for controlling mild to moderate allergy symptoms. When choosing which over-the-counter product to use, keep the following information in mind. Antihistamines reduce sneezing, sniffing, and itching by blocking the action of histamine (the substance produced during an allergic reaction) in the body. Decongestants clear mucus out of the nasal passageways to relieve congestion and swelling. Decongestants may elevate blood pressure and heart rate, so check in with your doctor to make sure that it is safe for you to take these.

Eye drops will relieve itchy eyes and prescription nasal sprays can be used to stop inflammation that causes the allergic reactions of sneezing and runny noses.

Even though you can buy some allergy medications without a prescription, it's a good idea to talk to an physician first to ensure sure you choose the right medication for your specific symptoms. Always remember to read the packaging label as some of these products are only meant to be used for a few days.

While eye drops, nasal sprays and over-the-counter products may be effective for some, others may desire relief without any type of medication. If you find prefer to treat symptoms more naturally, using saline sprays and cleaning the nasal passage with a Neti pot may help alleviate allergy symptoms.

If seasonal allergies are affecting your ability to enjoy the outdoors, seek professional treatment for your allergy symptoms from the nearest Urgent Care Center.

Our practitioners can offer tips on how to breeze through allergy season and prescribe medication if needed. Taking medicine may not be enough in some cases, which is why we also educate our patients on proactive ways to avoid allergy flare-ups.

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Why so Tired? Top 5 Reasons You're Struggling with Sleep

By Kara Jacobs

Darker mornings and lighter evenings always seem to put a wrench in our sleeping schedule when spring time rolls around each year. However, could more serious conditions be contributing to your sleepless nights?

It can be hard to tell if you just had a rough night of sleep or if it might be a chronic condition affecting your sleep. "If the patient's sleepless nights prolong for more than a month or the sleeplessness is significantly affecting daily activity or performance, then it time to see a physician," says Michael Wang, M.D., with Millennium Physician Group in Naples.

"Being tired is one of the most common symptoms in office visits," says Dr. Wang. "Knowing what could be causing sleepless nights is the first step in treatment." According to Dr. Wang there are normally five reasons people suffer from restless nights.

Top Five Reasons for Sleepless Nights Stress, Stress...and More Stress

Stress is often referred to as the "silent killer" because of what it can do to a person's body without them realizing it. Recent studies have proven that stress can take a toll on your health.

"Stress causes a person to put out a lot of cortisol, which is the hormone that is released in response to stress," says Maria del Rio-Giles, M.D., with Millennium Physician Group in Naples. "This also increases your body's alertness and triggers the fight or flight response."

Make sure to take time out of your daily routine to relax and slough off the stress. Studies show that taking personal time to focus on you—even taking time to mediate each day—can greatly improve your health. "A great tip for falling asleep easily is to create an evening routine that promotes a peaceful sleep environment," says Dr. del Rio-Giles. "Listening to quiet music, reading a good book and not bringing work into the bedroom are great rules to live by when trying to avoid stress before bedtime."



"Exercising is also a great way to handle stress," says Dr. Wang. "Even taking 10 to 20 minutes to walk around your neighborhood in the evening helps decrease your stress levels."

Depression and Anxiety

Feelings of depression or anxiety—whether over a work situation or an argument with a family member—can also affect your sleeping habits. "Depression can cause people to sleep more during the day and leave them not wanting to get out of bed," says Dr. del Rio-Giles. "This disturbance in sleep habits can keep a patient awake during the middle of the night."

If you are struggling with insomnia or restless evenings due to depression or anxiety, then it might be time to schedule an appointment with your primary care physician. "It's an opportunity to sit down with your physician and discuss what's happening in your life," says Dr. Wang. "We may be able to prescribe medication or discuss other options for treatment."

Dr. Michael Wang



Millennium
Physician Group

Lack of Sleep

Everyone needs a certain amount of hours in order to get a good night's rest. And getting only three to four hours of sleep a night just isn't healthy for anyone. If you are someone who struggles with settling down at night, then Dr. del Rio-Giles has some healthy sleep tips for you.

"Keep your room dark and avoid watching TV in bed. TV is more of a distraction when it comes to falling into a deeper sleep," she says. "Additionally, taking melatonin over-the-counter can help regulate your sleep."

Dr. Wang agrees that forming healthy habits is critical when getting a good night's rest is your main priority. "You should go to bed the same time every night, especially on the weekends," he says. "It depends on each person but eight hours of sleep is the recommended hours for adults.

And what about your sleepy teenagers who hate getting out of bed most mornings? "Children and teens do need more sleep than the average adult," says Dr. Wang.

Dr. del Rio-Giles also recommends adjusting your sleep patterns if you think you are not getting enough sleep at night. Getting on the right sleep schedule for your body is so simple that you can start right away. Just make sure to avoid drinking



caffeine in the afternoons or in the evenings before bedtime. "It's harder to fall asleep and stay in a deep sleep at night if you've had caffeine too close to going to sleep," says Dr. Wang.

Dr. del Rio-Giles has a similar recommendation to those fighting for sleep. "It is best to exercise during the day and not within two hours of bed time. And do not have a heavy meal before bedtime because that can cause acid reflux and affect your sleep."

She also suggests keeping the bedroom as a place of sleep only. "Keep the bedroom for only sleep. So no laptops or computers in the bedroom," she says.

Sleep Disturbance Due to Sleep Apnea

"Sleep apnea is the lack of oxidization to the brain while sleeping and patients wake up not feeling rested," says Dr. del Rio-Giles. "This is often associated with respiratory problems, can increase stroke and heart attack risks, and also lead to high blood pressure. Patients are also at risk for falling asleep while driving."

If sleep apnea is the reason you may not be sleeping at night, then it's time to consult with a sleep specialist. "Most of the time sleeping issues can be taken care of in the office, but if sleep apnea is a possibility then I would refer the patient to a specialist," says Dr. Wang.

If you are referred to a sleep specialist, then you will undergo a sleep study in which you will spend the night at a local sleep study facility. "Patients are hooked to a device that checks for oxygen levels and muscular activity. This device will evaluate how often they stop breathing during the night and provide the physician with an accurate portrait of what's happening with the patient," says Dr. del Rio-Giles.

Your primary care physician can easily schedule an appointment with a local specialist who can get to the bottom of your sleep apnea issues.

Chronic Medical Problems and Medication Side Effects

Chronic problems can also interfere with sleeping. Elderly people who suffer from dementia may have a harder time when they try to go to sleep. "Sun downing is the confusion in the evening hours," says Dr. del Rio-Giles. "It is best to expose them to bright lights, keep them on schedule, and to keep them in familiar surroundings."

And there may be a simple solution to your sleeplessness--check your medications. "People tend to take their medications at the wrong time," says Dr. del Rio-Giles. "I tell patients to take their diuretics later in the day, as well as warn them that beta blockers can sometimes cause nightmares and vivid dreams that affect sleep."

Diagnosis issues with your sleep can be easy for your primary care physician. "It can be as simple as asking questions about a patient's habits," says Dr. Wang. "If the patient is sleeping enough, then I would look through medications to determine the source of tiredness."

No More Sleepless Nights

Avoid another night of 'tossing and turning' by scheduling an appointment with your primary care physician today. Tell your physician if you are worried, depressed, taking new medications or just feeling tired throughout the day. Your primary care physician will be able to take the steps necessary to get you back to sleeping peacefully.

Dr. Maria del Rio-Giles



**Millennium
Physician Group**



Don't Be Fooled into "Combo-Pilling"!

America Continues to Search for the Miracle Pill

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

A highly controversial weight-loss practice called "Combo-Pilling", taking two or more diet products that together are supposed to be more effective than one, is an "underground" practice that's gaining momentum across the country. Is it safe? We asked Carolyn Waygood, Certified Natural Health Professional, Diabetes Educator, and a Weight Loss specialist, who simply says "No. Combo-pilling is when a lay-person (non-health professional) self-diagnoses the cause of their excess weight, possibly incorrectly, and starts taking a variety of pills to address specific weight concerns at doses that may not be entirely effective – or safe." While one pill may address nervous binge eating and stress-related belly fat, another may provide increased energy. "Together, this combination of diet pills may help an emotional eater with a sluggish metabolism lose weight, but it's not the right formula for someone with digestive or hormone issues", cautions Ms. Waygood.



In some situations, consumers will take multiple pills so that one diet pill will offset the negative side effects of another. For example, one diet pill that increases the metabolism might also cause jitters. So those effects are offset by a different diet pill that reduces stress. "The practice of combining medications not specifically formulated to be taken together, whether these are prescription medications, over-the-counter products, or natural supplements", warns Ms. Waygood, "can do more harm than good."

Every person is different, and their weight challenges are different. A personalized weight loss program should be approached with care and wisdom, and consumers should be very aware of what their body is telling them. "There are over a dozen different reasons why someone is holding on to excess weight", explains Ms. Waygood. "Issues with weight can be caused by a faulty metabolism, inadequate digestion, improper body pH levels, chronic inflammation, stress, thyroid and hormone issues, prescription medications, poor nutrition, and so much more." In other words, a diet pill that may have helped your friend shed 30 pounds, may not be effective for you. "This is how people become frustrated with the weight loss industry", notes Carolyn, "and products or programs are labeled as 'scams' when they may be perfectly legitimate."

People who advocate "Combo-Pilling" are, in their own way, calling attention to the complexities of weight loss and healthy weight management, and raising awareness that there's no "one magic pill". Combo-Pilling approaches, for example, acknowledge the role metabolism, stress, and digestion play in the war against weight. "To have effective and safe combo pilling", reports one online site dedicated to the practice, "you need several different kinds of products, including a;

- | | | |
|-------------------------|---|--------------------------|
| 1. Metabolism Booster | 2. Stress Reliever | 3. Carb Blocker |
| 4. Appetite Suppressant | 5. Fat Binder | 6. Thermogenic Activator |
| 7. Colon Cleanser | 8. and an optional supplement to balance your thyroid | |



"Combining 5 or 6 different products that haven't been formulated to work together", explains Carolyn, "can result in higher doses of some ingredients that can cause other long-term health concerns." It can also be quite expensive. In a recent 2-page advertisement found in a popular Hollywood news magazine, 5 "top fat burners" were promoted as a viable approach to weight loss. One pill blocked the absorption of carbohydrates, another suppressed the appetite, a third blocked the production of the stress hormone cortisol, one claimed to boost the metabolism, and the fifth provided a detox and cleansing effect. Together, all five products, each manufactured by different companies, amounted to over \$300 for a 30-day supply! No wonder this is a practice common in Hollywood!

Plexus Worldwide, based in Scottsdale, Arizona and lead by Medical Director Dr. Dennis Harris, M.D., formulates one of the most effective and complete approaches to weight loss available in one product using natural ingredients. "The Plexus Slim and Accelerator weight loss products are successful", explains Ms. Waygood, "because they are easy to use, have been formulated to work synergistically (together), and attack weight issues form

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.

multiple perspectives.” The Plexus products are like combo-pilling because they address multiple causes of excess weight, but without the safety concerns. “Plexus Slim and Accelerator were originally formulated to help diabetics better control blood glucose and insulin”, notes Carolyn, “and has been proven safe for diabetics, non-diabetics, and people of all ages. I work with some customers who are as young as 10 years old.”

Plexus Slim, a powdered drink that is mixed with water and consumed in the morning, and Plexus Accelerator, an optional daily supplement, contain natural ingredients that address all the excess weight variables listed above, plus more. “The Plexus formula was designed to improve glucose metabolism, inhibit fat storage, improve mood, control the appetite, dissolve fat cells, balance blood sugar and prevent food cravings, increase energy, and improve insulin sensitivity – and so much more - all in one product, from one company, at doses that are safe, and effective,” explains Ms. Waygood. While a 30-day supply of the 5 or 6 pills recommended in the combo-pilling advertisement could cost \$329, a 30-day supply of both Plexus Slim and Accelerator can be purchased for between \$89.95 and \$114.95!



“I enjoy explaining how the Plexus Slim and Accelerator formulas work”, admits Carolyn, “because I like my customers to understand the complexities of excess weight and how their bodies are working. But if people are still skeptical, I tell them to simply read or watch the thousands of testimonials Plexus has received that document one success story after another.” We’ve reprinted some of these testimonials here for our readers.

Interested in hearing more?

Listen in on a 30-minute weekly Plexus Information Call every Wednesday at 9:00 EST by dialing (218) 862-7200 and enter the access code 610844! If you have problems accessing that number, Plexus Support Representatives can help you by dialing (602) 734-2177! Hear product information and customer testimonials that could change your life forever! Your Plexus Representative is Carolyn Waygood, CNHP (#91719).

“This is my Plexus Story; Our family’s life turned upside down on the morning of our youngest son’s 5th birthday in January 2012. He was diagnosed with Type 1 Diabetes (the kind where he is insulin dependent for life). Life as we knew it completely changed. We were first in shock and then devastated. And the bills began piling up. The emotional and financial toll was enormous. Fast forward 18 months and many tears later, I was introduced to Plexus by a neighbor. While she didn’t know it at the time, I was on prescription medications for horrible depression, was withdrawn and had become mostly inactive due to severe foot pain, which resulted in weight gain. A comment she made struck a chord with me - that this little pink drink called Plexus Slim, initially designed to help diabetics, was changing lives in so many ways. I was very skeptic - after all, this was another one of “those” network marketing business “schemes”. I secretly decided to try the 3-day trial. By the end of the 3rd day, I called her and asked for another 3-day trial! This simple little pink drink was somehow working for me, and I paid the \$34.95 fee to become an Ambassador so I could get wholesale pricing. Little did I know at the time that this little investment would impact us so quickly and in so many ways. Today, I cannot imagine going another day without my Plexus Slim drink. My friends and people I’ve not seen in months are telling me I look very different, my clothes are fitting better, and I’m off all pain medications and antidepressants! I’m no longer dependent on coffee - I’m active again without feeling like I need a walker - I’m keeping up with two boys and a dog that LOVES going our daily walks again. My husband - who also happens to be an Aggie - has lost 18 lbs.! I see a happy light at the end of the once dark tunnel, and more important, there’s a happy woman who’s found the spring in her step looking back at me in the mirror once again. This is a new beginning. I sincerely hope my story helps others take that first step toward better health! All the best, Amy King Lowe”



Figure 2: Amy King Lowe



“I started taking plexus on October 24, 2013. I have spent the last year in and out of doctors’ offices and hospitals and had just about every test you could think of trying to figure out what was wrong with me. I had been suffering for a couple of years with severe stomach and abdominal pain and discomfort, fatigue, and also debilitating headaches and zero sex drive. NO ONE could find anything wrong! After deciding to take Plexus Slim to hopefully aid in my weight loss I learned about candida overgrowth and the havoc it can cause to your entire body. So I decided to do the candida spit test and boy was it ever present! I immediately started taking the recommended Plexus products to get rid of it (ProBio5 and BioCleanse). The first few weeks I’ll admit were really rough, I learned I was going through what’s called die off symptoms, that included nausea, diarrhea, stomach cramps, severe headaches and body aches. I was determined to stick it out and see if this candida overgrowth had been the root of my problem all along and lo and behold when the die off symptoms subsided I started feeling really good! I was still a little skeptical that it could actually be what had been wrong with me all this time! But the longer I stuck with it - the better I felt! I feel amazing, have more energy, and my mood even seems to be elevated. These Plexus products have given me my life back and I will never stop taking them! I wanted to lose a few pounds, 10 weeks later my results have far exceeded my expectations! Not only have I lost a lot of weight and inches, I am no longer sick, I’m no longer on my thyroid meds, no longer on my hormones and no longer on my GERD/Acid Reflux meds! Plexus has been a Blessing to me and my family and I’ll be forever grateful and will share my testimony and Plexus products wherever I go! Thank You Plexus!” -Sabra McCraw

Contact Carolyn Waygood, CNHP at (941) 713-3767 or email: Carolyn@BeSmartGetHealthy.com



Figure 1: David Kempen

“I started my Plexus health journey on October 3rd. Since then, my blood pressure has gone down, I sleep better, I carry less weight on my injured knee cap, and I have more energy! Within four months, I was down 64 pounds. I went from a size 54 pants to a 38! After experiencing how great the products work, I joined as a Plexus Ambassador, and within my first week have been blessed financially as well. Thank you to my friend, Erin, for introducing me to Plexus!” -David Kempen



Visit www.Waygood.MyPlexusProducts.com Today!

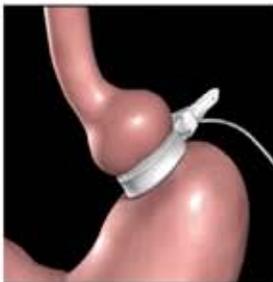


Safe & Effective Weight Loss Combination

By Gary M. Bunch, MD, F.A.C.S.

Chances are, right now you would like to (or need to) lose some weight, build some muscle and get in better shape, or maybe you just want to live a better, healthier lifestyle. Dr. Bunch of Bradenton Surgical Group will challenge the way you think about slimming down and shaping up, by introducing you to the Body by Vi program and the LAP-BAND surgery.

If your goal is to lose 10 pounds or 100 pounds, Dr. Bunch can assist you in choosing the correct Body by Vi program. The popular transformation program contains everything you need to get the extra unwanted weight off and keep it off. Most people start the program by replacing two meals each day with a nutritional shake. Also offered through the program are: fat burner, essential oils, hunger blockers (to help you fend off those hungry feelings throughout the day), and an herb based energy drink.



The Body by Vi programs are not just for those looking to lose weight, the nutritional shakes can be added to your current diet to help you build muscle. So, whether you are looking to reach your goal weight or maintain a healthy weight, the Body by Vi program is a perfect fit for anyone looking to get fit and healthy.

There have been many studies done on the effectiveness of meal replacement nutritional shakes, and in the end what we have learned is, they succeed in helping people lose/maintain weight, have more energy, and just feel better in general. The Body by Vi shakes use amazing ingredients that help build and maintain lean muscle, are easily digested, and include prebiotics to support a healthy body. The shakes have 12 grams of protein, and you know we're all huge fans of protein. They also have about 30% of your daily vitamins and minerals per serving. Their strongest feature is the 0 grams of sugar and only 90 calories per serving, which is great.

According to Dr. Bunch, patients who have tried unsuccessfully to lose weight and keep it off are consistently getting great results with the Body by Vi program. The program is often used by patients who choose to have the minimally invasive LAP-

BAND surgery that is offered at Bradenton Surgical Group. LAP-BAND patients will often use the Body by Vi nutritional shakes as preparation for surgery or to ensure they are getting adequate healthy nutrition following the surgery.

The procedure itself is considered safer and less traumatic than other kinds of bariatric surgery as there is no cutting, stapling or rerouting of the stomach or intestines. Because the LAP-BAND surgery is performed laparoscopically, there are no large incisions so there is less discomfort to the patient and a shorter hospital stay.

With the safety of his patients in mind, and the undeniable results it produces, Dr. Bunch has elected to restrict bariatric practice to performing LAP-BAND surgery only. The advantages of LAP-BAND over gastric bypass and other bariatric procedures is clear. Dr. Bunch is experienced in these procedures and believes LAP-BAND is much safer and will eventually take the place of the old standard gastric bypass.

By coupling the Body by Vi program and the LAP-BAND procedure, Dr. Bunch has created a successful weight loss program that has provided many patients a safe, effective platform to lose weight and keep it off. For more information about the Body by Vi products or the LAP-BAND procedure please call 941-744-2700 to schedule a consultation or visit www.bradentonsurgicalgroup.bodybyvi.com.

941-744-2700

www.BradentonSurgicalGroup.com

What is Carpal Tunnel Syndrome (CTS)?

By Michael A. King, M.D.

Every year, a significant number of patients see a physician complaining of hand numbness, tingling and pain. Many of these patients are assumed to have nerve compression in the neck area and come to the doctor's office with an MRI of the cervical spine. Some may even have had surgery performed in the neck area with little or no relief. The reason the pain persists may be because they have been given the wrong diagnosis.

What they might really be experiencing is known as Carpal Tunnel Syndrome (CTS), caused by compression of the median nerve at the wrist. The carpal tunnel is a pathway made of ligaments creating a tunnel through which the nerve travels. In addition to the median nerve, tendons also travel alongside the nerve. If the carpal tunnel becomes narrowed for any reason, this will cause compression on the nerve and tendons. For example, if any of the ligaments forming the tunnel get swollen, inflamed or thickened, this will limit the space available for the nerve and tendons to go through and the person may become symptomatic. It is commonly considered to be an occupational condition due to repetitive movements at the wrist.

■ Symptoms Associated with Carpal Tunnel Syndrome

At the beginning, a feeling of numbness and /or tingling in the hands is a very common symptom of CTS. Patients often complain that this sensation wakes them up at night. The symptoms are improved by shaking their hands or hanging them over the side of the bed. Others report dropping things or having trouble opening jars or making a fist. When patients wait too long to seek treatment, they can develop muscle loss in the hands with weakness of the thumb.

■ Several Ways to Diagnose CTS

The Neurosurgeon will initially evaluate the patient by getting a medical history and conducting a physical exam. If CTS is suspected, an electromyogram and nerve conduction velocities test will be done to confirm the diagnosis.



■ Treatment Options

If CTS is caught early enough, treatment with a wrist splint or a course of hand therapy may be all that is necessary. For those patients that have not responded to non-operative measures, outpatient surgery may be required. The goal of surgery is to relieve the pressure on the nerve by cutting the tissues responsible for the compression, thereby opening the carpal tunnel. The operation is performed on an outpatient basis under sedation or nerve block and usually takes no longer than 10 minutes. The risks are minimal, the recovery time is short and the success rate is excellent as long as the procedure is performed before permanent nerve damage has occurred.

■ Don't Suffer Any Longer

If you or someone you know suffers from pain possibly related to CTS, please call Neurospinal

Associates at 941-794-3118 to set up an appointment for an evaluation, or visit their website at www.nsadoctors.com.

Neurospinal Associates offers two convenient locations to serve their patients. In Bradenton, they are located in the Riverwalk Professional Park at 200 3rd Avenue West, Suite 200, directly west of Manatee Memorial Hospital and just North of the Bradenton Herald. Their Sun City location is located at 3909 Galen Court in Suite 104.

 **NEUROSPINAL**
ASSOCIATES, P.A.
941-794-3118
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Laser Therapy Used For Treatment Of Neuropathy

Neuropathy is the medical term for nerve damage. Peripheral neuropathy, which causes pain, numbness and tingling. Neuropathy results when nerve cells, or neurons, are damaged or destroyed. This distorts the way the neurons communicate with each other and with the brain. Neuropathy can affect one nerve or nerve type, or a combination of nerves.

Neuropathic pain is a complex, chronic pain state that usually is accompanied by tissue injury. With neuropathic pain, the nerve fibers themselves may be damaged, dysfunctional, or injured. These damaged nerve fibers send incorrect signals to other pain centers.

What Causes Neuropathy?

There are many causes of neuropathy. The cause can be hereditary (runs in family) or acquired (after birth).

Acquired neuropathy is much more common than hereditary neuropathy. **Trauma, infections and autoimmune disorders** such as systemic lupus, and rheumatoid arthritis can cause neuropathy.

- **Systemic diseases** that affect the entire body such as diabetes which is the leading cause of peripheral neuropathy, kidney disorders, certain cancers, and hormonal imbalance all can trigger neuropathy.

- **Medications** and poisons such as the strong medicines used to treat cancer (chemotherapy), can damage peripheral nerves that can cause neuropathy.

- **Vascular disorders** can also cause neuropathy when blood flow to the arms and legs is hindered by inflammation, blood clots, or other blood vessel disorders.

- **Vitamin imbalances** can cause neuropathy. Having proper levels of vitamins, and niacin in our bodies are very important for healthy nerve function.

- **Alcoholism** can cause neuropathy due to excessive consumption of alcohol which can rob the body of thiamine and other essential nutrients, leading to neuropathy in the arms and legs.

Neuropathy pain effects people of all ages, however older people are at greater risk. If you are wondering what the symptoms of neuropathy are know that the symptoms vary depending on the type and location of the nerve damage. Symptoms can appear suddenly, which is called acute neuropathy, or develop slowly over time, called chronic neuropathy.

Common symptoms include. tingling, numbness especially in the hands and feet and changes in sensation, some people feel severe pain especially at night and some are unable to feel pain, pressure, temperature, or touch. Loss of coordination, loss of reflexes and burning sensations are all common symptoms of neuropathy.

If you have already been diagnosed with neuropathy think neuropathy might be the explanation for the pain you are suffering with treatment needs to be started as soon as possible. The sooner the diagnosis is made and treatment is started, the greater the chance that nerve damage can be slowed or repaired. In most cases, recovery takes a very long time. Some people live with a degree of neuropathy for the rest of their lives.



Lasers create a narrow beam of high-intensity light. The goal of laser therapy is to increase blood flow to the area of the damaged nerves and decrease pain by releasing nitric oxide. Use of lasers to treat pain may decrease the need for surgery in some cases.



Dr. Bob Ziegenfuss, D.C. and Dr. Linda Gianetti, D.C.

Dr. Bob Ziegenfuss and Linda Gianetti of College Parkway Health Center Fort Myers FL. offers their patients the most technologically advanced and powerful deep tissue laser therapy available today, providing his patients with a safe and effective option to treat their pain and inflammation.

Laser therapy does not require the use of drugs or surgery, and there are no known side effects or risks that may occur with other forms of treatment. In addition, it can often achieve results faster than other treatment option. Laser therapy treats the nerves, stimulating nerve function, the root cause of neuropathy pain. Traditional treatments only treat the symptoms. Laser therapy's soothing, deep penetrating photonic energy reduces pain and inflammation.

Each painless treatment draws water, oxygen and nutrients to the damaged area, creating an optimal healing environment. The best thing about this type of therapy, besides the fact that it is non-invasive, drug and painless, is that there are no known side effects and it has a great success rate.

If neuropathy pain has kept you from living your life to the fullest on a daily basis stop in and see us today and be on your way to a healthy, pain free body.

COLLEGE PARKWAY HEALTH CENTER

www.collegeparkwayhealthcenter.com



FINDING AND GROWING YOUR CAREER

By Dr. John D. Meyer
Dean, School of Business and
Technology at Edison State College

As Florida continues its ascent from depths of the Great Recession, many have found that jobs become both easier to get and easier to leave. When people regain their confidence about finding new and better work, they feel comfortable enough to voluntarily leave if the grass looks greener.

For many, greener grass looks like a job that offers more money or better benefits. For others, the requirements would include intangibles such as finding meaning in the work, expressing their native abilities and experiencing ongoing intellectual stimulation. If the latter describes what you are looking for, you are looking for a career, not just a better job.

There are many ways of identifying potential career pathways, but let's explore a three-step model for determining potential careers for you. The first step is to take one of the personality-based career assessment measures. Many of the popular ones use a self-report, forced choice design



based on the work of psychologist Carl Jung to determine which of 16 personality categories is you. Based on the results, the tool then suggests several potential careers suitable for that personality type. One such test is free online at www.careertest.net. It does not require any personal information, takes only a few minutes and provides a graphic ranking showing where you fall along each of the four measured typologies: Extraversion vs. Introversion, Sensing vs. Intuition, Thinking vs. Feeling, and Judging vs. Perceiving. This type of test can yield different results depending on your mood at the time you tested. You might also ask someone who knows you well to take the test for you and then compare results.

For step two, get some paper and allocate some time to think and to be introspective. On the left side of the page, create a heading entitled "Things I Like" and on the right, "Things I Dislike." Then start listing on the left those elements that you like(d) in any job you've had. There are no rules as to what constitutes the elements and they don't even necessarily have to have come from paid employment. The list does not have to be comprehensive – your goal is to list about five to seven of those things you've enjoyed doing while working.

Make a similar list on the right side, instead listing those things you have disliked. Again, the goal is not to list everything; shoot for about five of the biggies. Once you have your likes and dislikes, take them one at a time and ask yourself

why you liked or disliked that element, then write those answers under the appropriate element. If you are like most people, your first several answers to each question will be either too broad or too specific and will probably be related to the job. What you want is to get to the core intrinsic motivator (for the likes) or demotivator (for the dislikes) that relates to *you, not to the job*. For example, suppose you liked cleaning the stock room in a department store. The ultimate answer to the why question is probably less that it gave you a chance to know what was in there and more that you like quiet tasks that don't demand much focus so that you can daydream, or that you are introverted and working the sales counter instead made you anxious. The ultimate goal here is to create a list of the **real drivers** behind the likes and another of those **cumulatively toxic stressors** you need to avoid. Understand that these are both specific to you and universally applicable to your career.

The third and final step is to try to determine from your motivators/demotivators list, in broad terms, what elements need to be present in your new career and what elements should be minimized or absent. Consider these carefully as you examine the career list from step one. Think about other similar careers that may fit the bill for you. Consider what training, certification, and/or degree you would need to obtain and then take appropriate action. Following these steps should help you select a career that will be good for you, allow you to be fulfilled and enable you to stay with it for the long term.

The processes briefly described in this article are grounded in the scientific literature. I have deliberately steered clear of a "put tab A into slot B" prescriptive approach because everyone's situation is different and dynamic. There is no practical prescriptive approach to career choice or



growth, just as there is no practical prescriptive approach to choosing a mate and falling in love. That said, there are practical ways for an individual to guide his or her thinking in approaching career choices and that is the aim of the information contained in this article. I wish you good hunting!

Edison State College Events

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

May 2, 2014 –Commencement



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Smart Sugar Substitutes

We all know sugar is not the healthiest food. Sugar can increase your risk of obesity, diabetes, and heart disease. Many health conscious people are turning to natural sweeteners to keep their food and beverages sweet. The most popular forms of natural sweeteners are:

Stevia – This sweetener comes from a South American plant and is a zero-calorie sugar substitute that's 100 percent natural. While it's 200 to 300 times sweeter than sugar, stevia doesn't cause a spike in blood glucose levels—sparing you the crash that follows a spoonful of the white stuff. It also has other benefits such as treating diabetes, hypertension, dermatitis, digestive problems and flu.

Agave Nectar – Agave Nectar is taken from the sap of the blue agave plant and converted into syrup. This sweetener is 33 percent sweeter than sugar and tastes similar to honey. Agave nectar is high in fructose, so use in moderation. It is approved by the FDA as a natural sugar substitute and can be found in the baking aisle of most grocery stores.

Honey – Raw honey is a natural sweetener that is readily available. This yummy stuff packs a powerful antioxidant punch and can protect your body from a variety of illnesses. It's low on the glycemic index and ideal for those that want to lose weight. It can also treat insomnia, help wounds heal, and promote digestion.

Maple Syrup – Maple syrup can be used for more than just pancakes! It comes directly from a plant's sap and is rich in antioxidants. Real maple syrup also promotes the health of the heart, boosts the immune system and lowers the risk of prostate cancers. It can be used for making cookies, cakes or homemade granola.

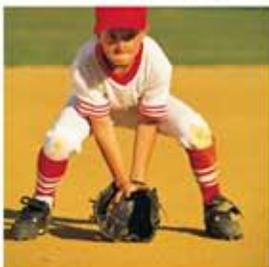
Date Sugar – This sweetener is an extract taken from dehydrated dates. Dates have a low glycemic index and add a subtle sweetness. Date sugar contains essential minerals such as iron, calcium and magnesium. It is effective in improving cognitive functions, maintaining healthy blood pressure and relieving migraines, asthma and sore muscles.

Brown Rice Syrup – When brown rice is cooked with barley, the result is a liquid. With a lower glycemic index than high-fructose corn syrup, this nutty-tasting syrup is perfect for baking breads and homemade granola. It is not as sweet as sugar, but has fewer calories per teaspoon, making it a great substitute for anyone watching their weight.



Youth Sports Safety Tips

Keeping Your Kids Safe While Playing Sports



Participation in sports offers tremendous social, emotional and physical benefits for children. We know that one of the worst things for kids is to be sidelined with an injury. As parents and coaches, there are simple things we can do to help reduce preventable injuries and keep our kids playing the sports they love.

Each year, 2.6 million children ages 19 and under receive medical treatment for sports and recreation injuries. Here are some tips to keep your kids active, healthy and injury-free:

Get a Pre-Participation Physical Exam. This can help rule out any medical conditions that may place your athlete at risk.

Warm Up and Stretch Before Games and Practices. Stretching can release muscle tension and help prevent sports-related injuries, such as muscle tears or sprains. Start with 10 minutes of jogging or light activity, and then stretch all major muscle groups, holding each stretch for 20 to 30 seconds.

Remember to Hydrate. One of the most important things that you can do for your body is to drink water. This can help your muscles stay loose and maintain a healthy fluid balance in your body. Encourage athletes to drink water 30 minutes before the activity begins and every 15-20 minutes during activity.

Wear Appropriate Sports Gear. Wearing properly fitted sports gear can help avoid minor and serious injuries. Make sure athletes have the right equipment and are wearing it for both practices and games.

Make Rest a Priority. Encourage players to communicate any pain, injury or illness they may have during or after any practices or games. Make sure they know it's important to tell coaches or parents if they're hurt or not feeling well. Kids should have at least one or two days off from any particular sport each week. An off-season is important too!



Be “AWAARE” of Autism

The National Autism Association is getting the word out and saving lives with their Big Red Safety Toolkit! The goal of their AWAARE (Autism Wandering Awareness Alerts Response Education) website is to help prevent wandering incidents and deaths within the Autism community.

Similar to wandering behaviors in seniors with dementia or Alzheimer’s, children with Autism are prone to wandering away from a safe environment. Unfortunately, many cases end in tragedy.

Wandering is the tendency for an individual to try to leave the safety of a responsible person’s care or a safe area, which can result in potential harm or injury. This might include running off from adults at school or in the community, leaving the classroom without permission, or leaving the house when the family is not looking. This behavior is considered common and short-lived in toddlers, but it may persist or re-emerge in children and adults with autism. Children with autism have challenges with social and communication skills and safety awareness. This makes wandering a potentially dangerous behavior. Wandering may also be referred to as Elopement; Bolting; Fleeing; or Running.

IMPORTANT FACTS

- Nearly half of children with autism engage in wandering behavior.
- Wandering occurs across all settings, under every type of adult supervision.
- Increased risks are associated with autism severity.
- Half of families report they have never received advice or guidance about wandering from a professional.
- Accidental drowning accounts for approximately 90% of lethal outcomes.



WANDERING DANGERS

Drowning; Exposure; Dehydration; Hypothermia; Traffic Injuries; Falls; Physical Restraint; Encounters with strangers; Encounters with law enforcement.

A study published in *Pediatrics* showed that 49% of children with an ASD attempt to elope from a safe environment.

Like dementia, persons with autism gravitate towards items of interest. This could be anything from a road sign they once saw to a neighbor’s pool to a merry-go-round in the park. Other times, they may want to escape an environment if certain sounds or other sensory input becomes bothersome. Outdoor gatherings present an especially large problem because it is assumed that there are more eyes on the child or adult with autism. However, heavy distractions coupled with an over-stimulating setting can lead to a child or adult wandering off without notice. School settings are also an issue, especially those that have un-fenced or un-gated playgrounds. A new, unfamiliar, or unsecured environment, such as a relative’s home, may also trigger wandering, as well as episodes of distress, meltdowns, or times when a child or adult with autism has certain fears or anxiety.

AUTISM
WANDERING
AWARENESS
ALERTS
RESPONSE
EDUCATION

WHAT IS BEING DONE TO COUNTER WANDERING INCIDENTS AND DEATHS WITHIN THE AUTISM COMMUNITY?

Awareness alone is a great tool. Prevention materials have been developed to educate parents and caregivers, and efforts on a federal level are underway to address the issue.

There are many preventative measures parents and caregivers can take to keep their child from wandering. It's VERY IMPORTANT that any parents, caregivers, and guardians put the proper measures in place to prevent wandering. This includes anyone who may be caring for a child or adult with autism. It only takes one time for a person with autism to wander, and the risks associated with wandering are far too great to be taken lightly. Anyone with a known cognitive impairment may be at risk for wandering and the first time is often the worst time. Those with communication impairments are especially vulnerable since they may not verbalize a desire to go to a neighbor's house or visit the pond they saw on the way to visit a relative. Because of these communication barriers, wandering can be very dangerous. Some children and adults may not be able to seek help if lost, or respond to their names when called.

Many autism-related wandering incidents and deaths have occurred at schools, day camps, and day care facilities where common supervision patterns are in place; therefore, similar to dementia-related wandering, autism-related wandering cannot be solved by supervision alone. It's important to understand that autism elopement is a medical condition, and that those with autism may take any opportunity to wander towards something or away from something whenever and however possible. Individuals prone to wandering often are reported as being keenly aware of when focus is shifted away from them, and will plan wandering attempts accordingly. It's also important to understand that caregivers must cook, take showers, sleep, etc., and may have other children to tend to as well. Close adult supervision differs from around-the-clock contact, and it's simply unrealistic for any human being to maintain complete focus on any one person or thing 24 hours a day. Close adult supervision is critical and any child or adult with autism should be closely supervised at all times. Accompanying measures should also be in place to secure the home, and ensure the child's safety while preventing opportunities to wander.

The National Autism Association is committed to those with an Autism Spectrum Disorder (ASD) who may be prone to wandering off or eloping from a safe environment, and may be unable to recognize danger and/or stay safe. Wandering, elopement, "running" or fleeing behaviors among those within our community not only present unique safety risks, but also create extraordinary worry and stress among caregivers. Drowning fatalities following wandering incidents remain a leading cause of death among those with ASD.

As such, the NAA provides direct assistance to law enforcement agencies and caregivers through its FOUND and Big Red Safety Box Programs. FOUND supplies funding to search-and-rescue agencies in need of tracking technology and training, and the Big Red Safety Box is a free-of-charge toolkit given to autism families in need as a means to educate, raise awareness and share simple tools that may assist them in preventing, and responding to, wandering-related emergencies.

NAA's Big Red Safety Box includes the following resources:

- 1) Our Get REDy booklet containing the following educational materials and tools:
 - A caregiver checklist
 - A Family Wandering Emergency Plan
 - A first-responder profile form
 - A wandering-prevention brochure
 - A sample IEP Letter
 - A Student Profile Form
- 2) Two (2) Door/Window Alarms with batteries
- 3) One (1) RoadID Personalized, Engraved Shoe ID Tag*
- 4) Five (5) Laminated Adhesive Stop Sign Visual Prompts for doors and windows
- 5) Two (2) Safety Alert Window Clings for car or home windows
- 6) One (1) Red Safety Alert Wristband

*You will receive instructions to submit a custom personalization order online at roadid.com. Your tag will be quickly engraved with your emergency information and mailed to you at no charge.

Regardless of any tools caregivers may have in place, if a loved one's medical condition interferes with their ability to recognize danger or stay safe, it is critical that caregivers maintain close supervision and security in all settings. For more information and ways to prevent wandering-related incidents, please visit <http://awaare.org>

Those diagnosed with an Autism Spectrum Disorder and who are at risk of wandering/bolting from a safe environment, qualify to receive a free Big Red Safety Box when grant funding and inventory are available. NAA's Big Red Safety Boxes are packaged and shipped with care by a company employing adults with autism and other developmental disabilities. Visit <http://nationalautismassociation.org> for full details.

To learn more or for additional information, please email: <mailto:naa@nationalautism.org>.

Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

How does compression therapy work?

A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.



What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and Venous insufficiency. After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema.

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. Poor circulation may cause shallow wounds to develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc)
- Radiation exposure

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. 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.



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 Contact Acute Wound Care today and speak with a specialist by calling 239-949-4412. Or visit us on the web at www.AcuteWoundCare.com.

7 Rules for Protecting & Cleaning Hardwood Floors

by maid pro

Spring is the perfect season for cleaning and treating hardwood floors. Here are seven rules to see you through:

1. Avoid dirt and scratches altogether. Even the most heavily protected hardwood floors are vulnerable to damage from grit, heels, pet claws, furniture and the products and moisture needed to clean them. Avoid damage altogether by wiping spills and stains promptly, encouraging people to remove shoes, placing area rugs in high-traffic zones and mats at entrances.

2. Clean often. Sweep or vacuum hardwood floors daily. It's not just about making your wood floors look clean, it's about removing debris that can scratch, become embedded, wear the finish and dull the floor over time. Be sure to use only soft-bristled brooms and vacuum attachments (no beater bars).

3. Know your finish. How you clean and treat a hardwood floor depends entirely on if, and how, the floor is sealed. Newer wood floors are typically sealed with a polyurethane or similar plastic-like finish. Others are varnished, lacquered, shellacked, treated with oils – known as penetrating sealants – or unfinished. If you do not have any paperwork associated with your floor, a basic test is to press and draw your finger over a section of the floor. If you cannot feel the grain of the wood, it's likely the floor is sealed with a polyurethane-type finish that can withstand a small bit of moisture in cleaning. With all other finishes and unfinished floors, avoid moisture like the plague.



4. Pick the right process. For all hardwood floors: clean and buff with the grain and never wet mop or use furniture polish. For polyurethane-treated floors, the cleaning process is: sweep or vacuum, damp mop with a cleaning solution, and buff gently with a soft dry cloth. Cleaning frequency for this type of floor is once per week in high-traffic areas; never wax a polyurethane-treated floor. For all other finishes, the process is: sweep or vacuum frequently, clean spills promptly and – one to two times per year – strip, apply a new coat of wax, and buff using a machine.

5. Pick the right products. For hardwood floors designed to withstand damp mopping, commercial nonabrasive cleaning solutions with a neutral Ph are recommended. Cleaners that are too alkaline can dull the floor's finish; cleaners that are too acidic – including vinegar, lemon, tea, and other oft-recommended homemade solutions – can cause the finish to deteriorate and leave dirt behind by failing to bond with it chemically. Some floor manufacturers make and sell their own cleaning products or recommend products for use with their floors; these may be expensive, but are likely the best choices.

6. Spot-treat stains. For polyurethane-treated floors, address stains locally using appropriate cleaning solutions (e.g. detergents for greasy stains, ammonia for blood, etc). Apply the basic rule for all stain removal: start with the gentlest possible method, escalate for tougher stains and stop as soon as the stain is removed. Pencil erasers work well on scuff marks. For oil-sealed floors, ultra fine steel wool may be used – very gently – to remove stubborn stains.

7. Refinish. When properly cleaning and treating hardwood floors fails to produce a beautiful shine, it's a sign that refinishing is needed. For polyurethane-finished floors, a more moderate refinishing process – called screening – may be all that is required. More damaged or worn floors will require sanding and complete refinishing before they can, once again, shine like new.

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Home Health Care Safety First

For elders who want to continue living independently, home safety is essential. Among the home modifications that will help keep them safe, be sure to focus on those that help to prevent falls. As people age, their chance of falling increases significantly, and combined with medical conditions and medications, falls are even more likely.

A thorough home evaluation is a great way to prevent senior falls and serious injuries. It is never easy to make the decision to invite home health care into your home. No two people are the same. Therefore their elderly care is going to be very different.

Accidental falls are one of the leading causes of fatal injuries among Americans aged 65 and older. Unsafe household conditions could adversely affect safety and quality in home health care while caring for your loved ones.

Home health workers themselves face an array of safety risks including overexertion, falls, car accidents and hostile pets that make their jobs more treacherous than those of their hospital counterparts. Working in a patient's home is unpredictable, so you must stay aware of your surroundings at all times.

Be mindful of household hazards like slippery bathroom floors or open cupboards, which can also cause injury when you're engrossed in assisting patients. Bathroom safety is probably the most important issue you can address when looking at home safety. Falls are the leading cause of death in seniors.

Hundreds of thousands of people are injured in the bathroom each year, most often due to falls. Remove clutter and keep floors clean and clear of anything that would obstruct pathways.

Bathroom Safety

Leave bathroom light on at night. Use bath aids and make sure they are securely installed on the walls of the bath/shower and the side of the toilet. Make sure the bath mat has a non-slip bottom. Mark "cold" and "hot" clearly on faucets. Use door locks that can be opened on both sides.

Kitchen Safety

Keep floors clean and uncluttered. Store sharp knives in a rack. Make sure food is rotated regularly. Illuminate work area.

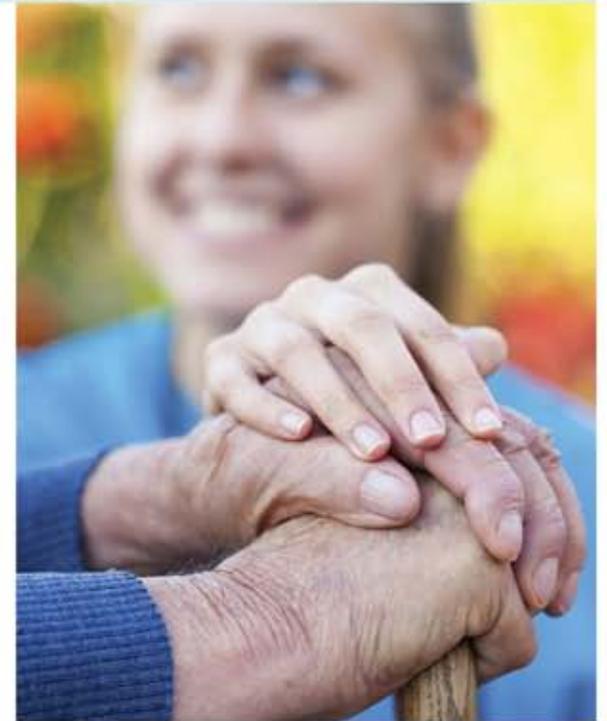
Drug Safety

Review medications with doctor or pharmacist frequently. Clearly label medications. Read labels in good light to make sure it's the right medicine and the correct dose. Dispose of any old or used medication. Check with doctor or pharmacist before mixing any medication with alcohol.

When beginning to accident-proof the home, remember these general tips to ensure your loved one will be safe at all times: Consider using a medical alert or buddy system. Remove or tack down rugs. Avoid slippery or waxy floors. Have sturdy rails for all stairs, purchase a stair lift if needed.

Keeping seniors safe with home health care is exactly what the Visiting Angels do best. This is why they are "America's choice in homecare". They have been providing elder care services across the United States and Canada since the late 1990's.

800-365-4189
www.visitingangels.com



They are committed to providing families with the best possible in home care services available. They understand you want the best in home care for your loved ones. Providing your loved one in home care with compassion, dignity, and respect are what they do best.

The expertise of Visiting Angels elder care providers makes it possible for them to provide your loved ones with the personal one on one care they need while staying in their own homes. Visiting angels of Sarasota, 677 North Washington Blvd, Sarasota, FL 34236, Phone: (941) 957-8092, offer professional compassionate caregivers that will work closely with you and your loved ones catering to their individual needs so they are able to continue to live at home and enjoy the lifestyle that makes them happy.

Assisted living facilities and nursing homes are not the only choices for elder care services. With Visiting Angels as your elder care services provider, your loved ones can continue living at home. Give your loved one the gift of quality care in their own surroundings where they feel most comfortable and most happy. Visiting angels SW Gulf Coast Service area: Sarasota, Lakewood Ranch, and Bradenton area.

Spiritual Wellness

The Art of Sacrifice

By Alex Anderson
Senior Associate Pastor at Bayside Community Church

At a recent men's gathering, I was asked to share some of my journey in ministry – specifically on sacrifice. At first I thought about the decades of long hours and little sleep, extending a helping hand to the helpless, working with bread crumbs for resources, but then it hit me...nobody slammed me in a corner and forced me to do this. I'm the one who stood up and chose ministry for myself. I do believe ministry is a calling and not everyone is cut out for it, but I'm the one who went to the front door to answer the "call." So then I began to ask myself the real question.

"If I chose ministry for myself, then where is the real sacrifice?"

One of my brothers is a Rheumatologist. He put in nine years of cold coffee and threads of sleep in hospital residency, fellowships and training after medical school, not to mention a small fortune in educational loans. He sacrificed and was in his thirties before he became a partner in a practice in North Carolina. Now he is unquestionably successful. So did he sacrifice or did he invest? I believe the answer is yes... for both.

For me, sacrifice is when you pursue, with red-hot passion, something for the benefit of others, but with no thought of personal payoff. But, can we really, honest-to-God do that? I mean NOT get a payoff this side of Heaven.

My saintly grandmother

When I was very young my grandmother would cook a stunning breakfast. She would bake the biggest and fluffiest butter-dripping biscuits you have ever put in your mouth. Before the crack of dawn, while everyone else was turning their pillows over to the cool side, she had been in her kitchen meticulously measuring out all the ingredients to bake her biscuits to perfection. Everyone in the family called her a saint for her early morning sacrifice to create these heavenly delights.

But hold on a minute, I learned something very interesting about my saintly grandmother. I learned that she got a powerful payoff for her early morning ritual.

Satisfaction

One of her hearts greatest delights was when I would "hum" while eating her heavenly creations. My two year old humming delighted my grandmother to no end. And if I did not hum while eating her food she thought she had failed. Once my dad told my grandmother how wonderful the breakfast was, to which she gave a tongue in cheek reply, "If Alex doesn't hum, then you're full of baloney." I did not realize the weight of my culinary critique when I was two.

My grandmother, brother and I all get something for our sacrifices this side of Heaven. Something deep in our hearts cries out to be satisfied. It's that one thing that makes all the frustration and effort worth it. And that's okay because there is a reason that it's okay.

Your "10"

Like my grandmother, brother and many others, lifelong thriving people never pursue success. However, they do bird-dog their passion. Many of them had two undeniable realizations when they were knee-deep in their "10." They noticed that their passion could be a slamming contribution to someone else. It may be using their hands to make killer biscuits. It may be using their minds to learn medicine, but it is always with a zeal to serve others first.

Don't aim for success if you want it; just do what you love and believe in, and it will come naturally.
~David Frost

The second "aha" moment that pops up is, "it's easy". It seems to come naturally to who you are. Your brainwork and actions tend to shape your life



for that purpose. You find yourself day in and day out getting a kick out of what you're up to. So much so that even if no one ever paid you for it, you would still do it cause you're having a blast.

Vacation for life

If you do what you love, you'll never work a day in your life. ~Mark Anthony

So how about you? Are you living in your "10"? Are you having a blast? I know there could be a million reasons you are not, but why not jump ship and go for it? I mean do you really want to be sitting in your rocking chair on your front porch at 92 one day, thinking: "I really wished I had given 'that' a try."?

In the hearts of all, I have put skill, that they may accomplish my plans. ~Exodus 31:6

My hope is that you go to bed every night tired instead of bored...in the hot pursuit and use of your gifts and talents...putting it on the line for those you are crazy about, your community.

If not...why?

To your spiritual health,

Alex E. Anderson
Author of the book, *Dangerous Prayers*
www.dangerous-prayers.com

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