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May 2014

Manatee/Sarasota Edition - Monthly

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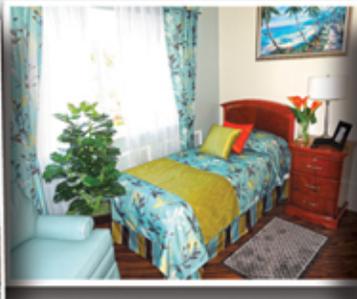
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# Contents

May 2014

- |   |   |
|---|---|
| 6 Stress: The Elephant in the Room                          | 20 Esophyx: Offers Non-Invasive, Lasting Relief from Gerd Without Medications |
| 8 Where's the Nearest Restroom?                             | 22 Mental Health Awareness Your Health. Your Life.                            |
| 10 Arthritis Awareness Month This May: Take Action!         | 23 Causes for Limb Swelling   |
| 12 Ready for Summer? Ready for the Doctor?                  | 24 I Think I Broke My Back  |
| 14 Trauma Care: Every Second Counts                         | 26 Don't Let the Stock Market Stress You Out!                                 |
| 15 Frantz EyeCare Now Offers Testing for Ocular Allergies   | 28 New Trend in Assisted Living for Dementia                                  |
| 16 Skin Cancer Awareness Month Melanoma                     | 29 Visiting Angels  |
| 18 You Can Achieve & Maintain Optimal Health,... Naturally! | 30 Spiritual Wellness The Red Berry B&B                                       |

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# STRESS

## THE ELEPHANT IN THE ROOM

By Jessica Babare D.O.  
CardioVascular Solutions Institute



In my day to day life as a cardiologist, I spend a great deal of my time meeting with patients, discussing with them their symptoms, examining the physical body, running tests, and digesting a great deal of information, all for the purpose of coming to an accurate diagnosis, and moving forward with appropriate recommendations for management of the cardio-vascular needs of the patient at hand. In each interview with a new patient, we establish the basics—you know, those questions you've heard your doctor ask over and over—what are your symptoms, which diseases and surgeries make up your medical history, do you smoke, what are your allergies and medications. One question doctors often never ask is, "How is your stress?" Your doctor will ask you about whether you are having chest pain or shortness of breath, but will rarely stop to ask you if you are happy, whether you are at peace in your heart, or whether you've been anxious or worried about things.

In actuality, these questions are often the proverbial "elephant in the room"—the unacknowledged huge deal. Most people are unaware that the emotional state of a person plays a considerable contributory role in the health and wellbeing of the physical body. In my work as a cardiologist, I do my best to help my patients understand the role their own personal emotional health plays in the overall health of their bodies. Unless a person understands that their stress levels are directly affecting their health, they often do not feel motivated about doing something to improve the quality of their emotional wellbeing.

What most patients don't realize is this—your stress and your emotional health contributes significantly to your overall cardiovascular health. In actuality, studies show that there are countless ways in which emotional stressors affect the cardiovascular system. For example, it has been long known that the "Type A," hard-driving personality is often a risk factor for heart attacks. Recent studies have shown that long-standing anger may make a person more likely to have a stroke. Stress has been shown to increase rates of heart attacks, strokes, arrhythmias, and elevate blood pressure. Chronic stress is known to be related to increased markers of inflammation in the body and slow down wound healing. Depressed patients, not only seem to have heart disease at higher rates than their counterparts, but they also appear to respond less to treatments than others who may not be depressed.

More and more, doctors and patients are coming to learn how important a role that managing stress is as a means to managing overall health. When talking with patients, I often find that they believe that as long as the unpleasant things are occurring in their daily life, they have no choice but to be stressed about them. But, the reality is that stress is not about what is happening to you—it is about how you are responding to what is happening to you. It is a rare person who has no unpleasant or upsetting things in their day-to-day life, so, to wait for life to be free of stressors is not realistic. The solution is to find ways to minimize your response to the stressors, to find ways to be happy anyway.



**Here are some of the tips I give to my patients for managing stress:**

- **Make your happiness a priority.** Until you can recognize that your degree of happiness is directly affecting your health, you will be unlikely to place your happiness as a priority.
- **Find out what you enjoy and do more of it.** I am often surprised at how many people I meet don't even know what makes them happy. Do you like to fish? Do you like to crochet? Read a good book? Walk

on the beach? Play with your grand kids? Find out what it is in your life that makes your heart sing and find the time to do it!

- **Make time for gratitude.** Make an effort to focus on the positive aspects of your life experience. Keep a journal of what you are thankful for and of the great things that make your life happy. Focusing on the good somehow always makes more good stuff appear.
- **Get a good night's sleep.** It will surprise you how important a good night's sleep is to your overall physical and emotional health. Getting a good night's rest can help lower blood pressure and improve your mental focus.
- **Stay physically active.** Exercise has long been shown to improve mood and mental focus. A daily dose of exercise will go a long way in to helping quiet a restless mind and improve mental focus.
- **Take up yoga.** Yoga is an excellent practice for quieting the mind while having the added benefit of improving the physical health of the body. Yoga practitioners often find that, following a yoga session, they have a sense of improved relaxation and a calmer and quieter mind.
- **Learn to meditate.** Meditation is a practice where one learns to purposefully still and quiet the mind. Regular meditators can tell you that meditation instills a sense of mental clarity and wellbeing, significantly reducing symptoms of anxiety or worry. As an added benefit, meditation has been shown to lower blood pressure in regular practitioners.

The benefits of managing your stress are numerous. As a cardiologist, I can tell you that stress plays a huge role in the diseases I manage in my practice, including heart attacks, heart failure, high blood pressure, and arrhythmias. I encourage you to seek out ways that you can lower your stress, live a happier life, and reduce your cardiovascular risk as well!



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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.

# Where's the Nearest Restroom?

By Theresa Jenkins, ARNP

**U**rinary incontinence (UI) and overactive bladder (OAB) are among the top 10 chronic conditions effecting American women today. For millions, incontinence is not just a medical problem. It is a problem that also affects emotional, psychological and social well-being. Many people are afraid to participate in normal daily activities that might take them too far from a toilet. Unfortunately, many of those with UI or OAB suffer in silence unnecessarily. They choose not to participate in various activities, which ultimately prevents them from living the life they want to lead. Incontinence issues often-times leave sufferers feeling embarrassed. Many are under the false presumption that these conditions are a natural part of the aging process and that there is no effective treatment available. In reality, incontinence is successfully managed and treated in nearly everyone who seeks help. The following information should help you discuss this condition with your urologist and learn what treatment options are available to you.

Incontinence occurs because of problems with muscles and nerves that help to hold or release urine. The body stores urine - water and wastes removed by the kidneys - in the bladder. The bladder connects to the urethra, the tube through which urine leaves the body. Some people may lose a few drops of urine while running or coughing. Others may feel a strong, sudden urge to urinate just before losing a large amount of urine; many experience both symptoms.

Women experience UI twice as often as men. Pregnancy and childbirth, menopause, and the structure of the female urinary tract account for this difference. Both women and men can become incontinent from neurologic injury, birth defects, stroke, multiple sclerosis, and physical problems associated with aging. A common misconception is that incontinence is inevitable with age. UI is a medical problem with treatments and solutions. No single treatment works for everyone, but many women can find improvement without surgery.

There are various treatment lifestyle changes that can help manage incontinence. Be mindful of limiting your intake of things that tend to act as



stimulants for the bladder (carbonated beverages, spicy foods, citrus, alcohol). Smoking and excess weight can cause incontinence; so quit smoking if you do and maintain a healthy weight. Eliminating caffeine intake two to three hours prior to bedtime can reduce incontinence during the night. Also, establish a pattern of voiding every two to three hours to decrease the amount of stored urine in your bladder.

Other treatment options include Botox, Kegel exercises, biofeedback, and tibial nerve stimulation. Botox can also be injected into the bladder

wall to increase bladder size and alleviate incontinence associated with uncontrolled frequency. When performed correctly, Kegel exercises rehabilitate the pelvic floor muscles through isometric contractions. Biofeedback uses instrumentation to provide information on how well the bladder is performing to control urgency incontinence, displayed in a form that the patient understands. Biofeedback bladder training plans, generally consist of 45 minute visits for six weeks. Tibial nerve stimulation is another alternative whereby the tibial nerve is stimulated with a tiny needle connected to a low voltage to help manage incontinence.

In addition to the treatment methods discussed above, oftentimes medications are used, especially in those with urgency and frequency of urination. Stress incontinence (loss of urine with activity) is surgically corrected with outpatient 20-minute surgeries that use small incisions. These surgeries, known as "sling" procedures, utilize revolutionary artificial support tapes that compress and support the urethra to prevent leakage. Patients often resume normal activities in less than one week in most cases.

Injection therapy using bulking agents or Botox is another option available, as well as sacral nerve stimulation. All treatment options need to be discussed with your urologist to determine which would be the best for you.

If you are suffering from urinary incontinence or overactive bladder, please call Urology Partners at 941-792-0340 today. Don't spend another day on the sidelines, letting life pass you by. You can successfully manage and treat your condition and get back in the game of life!



**Theresa Jenkins, ARNP**

*Theresa "Terri" Jenkins received her Bachelor of Science Degree in Nursing at Austin Peay University, Clarksville, Tennessee in 1986. She earned her Master of Nursing, Advanced Registered Nurse Practitioner at Andrews University, Berrien Springs, Michigan in 1998 the area of Adult Health.*

*Terri worked for 13 years at Sarasota Memorial Hospital, with 11 years on the Urology floor and two years on the Medical Surgical wing. She expanded her urologic knowledge base by contributing another 10 years of her career to Florida Urology Specialists in Sarasota.*

*With over 20 years living and working in the Manatee – Sarasota area, Terri has dedicated the last 4 years to Urology Partners assessing, diagnosing and treating patients with urological problems using the most advance diagnostic and treatment technologies available.*

*Terri's areas of special interest include urinary incontinence, recurrent urinary tract infections, interstitial cystitis, female voiding dysfunction, female sexual dysfunction, bladder and pelvic pain.*



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# ARTHRITIS AWARENESS MONTH THIS MAY – TAKE ACTION

**T**hroughout May, the Arthritis Foundation urges taking action to change the course of arthritis. From participating in a nearby Walk to Cure Arthritis event, to improving your health through fitness and nutrition, to speaking out about the seriousness of arthritis – there's a lot you can do to raise awareness and reduce the impact of the nation's leading cause of disability.

Arthritis is a crippling disease that impacts more than 50 million adults and 300,000 children – or approximately 22 percent of the United States population. The disease costs the U.S. economy \$128 billion dollars a year, and is a more frequent cause of activity limitation than heart disease, cancer or diabetes.

#### Facts About Arthritis

Most people think arthritis is one disease, affects only old people and is due to “wear and tear” of the joints; however, arthritis affects all ages and is an umbrella term for more than 100 joint diseases that can affect the whole body, including organs.

It's important to recognize the symptoms of arthritis early as many forms of arthritis, such as rheumatoid arthritis, can cause irreversible joint damage, often within the first two years of the disease. Osteoarthritis, the most common form, can develop within 10 years of a major joint injury.

“Arthritis poses a serious threat to individuals, to businesses and to the economy as a whole,” says Arthritis Foundation president and CEO, Ann M. Palmer. “Our goal at the Arthritis Foundation is to remove the burden of arthritis entirely through a cure, but we understand that people need help to live better right now.”

The Arthritis Foundation has invested more than \$400 million on research to support more than 1,300 scientists, physicians and health professionals involved in cutting-edge arthritis research. Dr. Michelle Ormseth is a recipient of a research grant funded by the Arthritis Foundation.

“Our research group at Vanderbilt, under the leadership of Dr. Mike Stein, is interested in understanding why patients with RA have double the risk of heart disease. This increased heart disease risk in RA is a major contributor to the three to eighteen year shorter life expectancy seen in RA. The usual risk factors that predict risk of having a heart attack aren't as helpful in patients with RA. For example, HDL, the “good cholesterol” which helps remove cholesterol from the body, is not helpful in many patients who have RA. One of our goals is to determine how HDL changes so that it increases rather than decreases heart disease risk in some patients with RA. We will use this information to find ways to restore HDL's protective capabilities. This will help serve our ultimate goal to reduce heart disease risk and extend the lives of patients with RA,” explained Dr. Michelle Ormseth.



For more information about Arthritis Foundation programs, services and events in your local area, contact our office at 866-227-3850 toll free.

#### About the Arthritis Foundation

Striking one in every five adults and 300,000 children, arthritis is the nation's leading cause of disability. The Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)) is committed to raising awareness and reducing the impact of this serious, painful and unacceptable disease, which can severely damage joints and rob people of living life to its fullest. The Foundation funds life-changing research that has restored mobility in patients for more than six decades; fights for health care policies that improve the lives of the millions who live with arthritis; and partners with families to provide empowering programs and information.

#### MAKE A DIFFERENCE

- **Walk to Cure Arthritis** – Formerly Arthritis Walk, Walk to Cure Arthritis is the Arthritis Foundation's signature event to raise funds to prevent, control and cure the nation's leading cause of disability. Funds raised through the event support Arthritis Foundation programs, research and advocacy initiatives to help people live better today while finding a cure for the number one cause of disability in the United States tomorrow. To sign up or to find an event in your area, visit [www.arthritiswalk.org](http://www.arthritiswalk.org).

- **Take Action** – Sign up to be an Arthritis E-Advocate or Ambassador. Visit [www.arthritis.org/advocacy](http://www.arthritis.org/advocacy) to get plugged-in and start speaking out against arthritis to your Members of Congress.

- **Exercise** – Keep excess pounds at bay and take pressure off your joints with a healthy diet and regular exercise. Try to replace less nutritious food with fruits, vegetables, whole grains, low-fat dairy and lean protein. Track and React® is an arthritis wellness app to help you on your way.

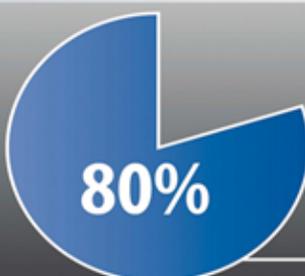
- **Share Your Story** – Show that arthritis can affect anyone at any time by “placing your face” with the Faces of Arthritis interactive tool. Invite your community – constituents, family and friends – who care about arthritis to upload a picture of their face in the [www.facesofarthritis.org](http://www.facesofarthritis.org) photo gallery, along with a sharable 140-character message. To learn more about arthritis and the Faces of Arthritis campaign, visit [www.facesofarthritis.org](http://www.facesofarthritis.org).

# STROKE STOPS BLOOD FROM GETTING TO THE BRAIN. **IT CAN BE DISASTROUS.**

 <p>Stroke kills <b>twice</b> as many women each year than breast cancer.</p>	 <p>Strokes in children are increasing at an alarming rate—up 50% among young boys over 12 years.</p>	 <p>The average stroke patient pays more than <b>\$140,000</b> in lifetime medical bills.</p>	 <p>Every <b>40 seconds</b> someone in the U.S. has a stroke—nearly 800,000 in 2012.</p>
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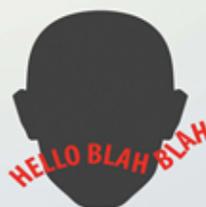
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A severe headache with no known cause is another key warning sign of a stroke.

Learn about more sudden signs of stroke @ [www.stroke.org](http://www.stroke.org)



# Ready for Summer? Ready for the Doctor?

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

**T**he countdown is on, and parents and kids alike are feeling the pressure to get ready for school – there are school supplies to be bought, first-day outfits to be chosen, and anxieties to be calmed. But that's not the end of the list. A great start to the school year also means the healthiest start possible.

Whether your child is starting preschool or high school, it's important (and in some states, mandatory) to ensure that his or her medical records are current and, of course, that he or she is healthy. Most schools require a medical clearance form before kids can attend school or join extracurricular sports.

Here are a few of the many things that should be covered in your child's annual check up.

## Immunizations

First and foremost, the American Academy of Pediatrics (AAP) recommends that your child's immunizations be up to date. In Florida, except for religious or philosophical reasons, your child's immunizations must be kept current. Most vaccine series have been started by age 2, so the concern for school-age children is that they continue the series and get appropriate booster shots on time. A list of Florida immunization requirements can be found on the AAP website, [www.aap.org](http://www.aap.org).

## Hearing & Vision Health

Whether required or not, an annual evaluation of children's hearing and vision should be part of the back-to-school routine. Impaired vision or hearing can adversely affect learning, and young children often don't know or can't articulate that they can't see or hear properly.

According to the American Academy of Ophthalmology, more than 12 million children suffer from visual impairment. One in 20 preschoolers is affected, and one in four school-age children have a vision impairment. If you notice your child squinting to read or exhibiting any other eye problems, notify the doctor during the physical exam. And make sure your child uses protective eyewear while playing sports.





During your child's annual physical exam, your pediatrician will check his or her body mass index (BMI) and ask about his or her diet and activity level. If your child is overweight, both may need to be adjusted. And remember, children need at least one hour of physical activity every day.

**The Importance of Back to School Physicals**

While a physical exam may not seem urgent if your child appears healthy and

strong, a yearly exam is a critical part of your child's health care. A physician can detect signs of poor health and identify early symptoms of a more serious illness that may not be obvious in its early stages. It also presents the perfect time for you or your child to ask questions about health, fitness, and other medical-related issues that may be of concern for your growing child. Many times the annual exam is the child's only doctor appointment all year.

The summer months leading up to the beginning of a school year are among the busiest times of the year at a doctor's office, and this can make getting an appointment a difficult task.

Having trouble getting into your regular family doctor? The Urgent Care Center can provide quality care for you and your family. Urgent Care Center physicians are equipped and qualified to handle all of your family's general medical needs- from a common cold to school physicals and beyond. Not to mention that an Urgent Care Center's extended hours make getting your child in for a physical easier and more convenient than your regular doctor's office.

**Behavioral and Special Health Concerns**

During an annual check up, aspects of behavioral development, such as speech and socialization, learning issues, and others may also be checked. If you have any concerns about your child's development this is a great time to bring it to the attention of the doctor for further testing if needed. If your child has any special medical needs, these also need to be addressed with the school. For instance, if you child needs medication throughout the day, parents need to ensure the appropriate people are informed about proper dosage.

**Managing Asthma and Allergies**

Asthma symptoms sometimes dissipate during the summer, so kids may be taken off their medication or have their dosage altered. If your child has developed seasonal allergies, it is recommended that you set up separate visits in the spring and fall so your pediatrician can recommend proper preventive care for each season.

For children with severe food allergies, or other allergies that can cause anaphylactic shock (like allergy to bee stings), parents are required to give written consent for the school to administer epinephrine, otherwise the school is prohibited from doing so.

**Weight Management**

Today, one in every three school-age children is considered overweight or obese. Childhood obesity can lead to health problems (such as diabetes, high blood pressure, high cholesterol, and many others), and can subject your child to social stigma. Genetics plays a role, so be especially mindful if obesity runs in your family.

**SAVE TIME & MONEY ON SCHOOL PHYSICALS**  
**The Urgent Care Centers offer back to school physicals and unlike many primary care offices, no appointment is needed.**

**Now Open!!!**



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# Trauma Care: Every Second Counts

**A**s a leading provider of quality healthcare, Blake Medical Center's new \$2.5 million Provisional Level II Trauma Center is equipped to provide comprehensive emergency medical services to patients suffering with traumatic injuries, a leading cause of death for both children and adults.

Studies show that the sooner patients get to a designated trauma center, the better their chance for survival. Severely injured patients have the best chance of survival if they receive trauma care within the "golden hour" or the first 60 minutes after a life-threatening injury. Blake Medical Center offers that kind of critical trauma care close to home. "The name of the game is TIME and every minute is critical," said Dr. Brian Kimbrell. In the past, patients from Manatee, Sarasota, and Desoto counties were airlifted to trauma centers in Tampa, St. Petersburg, or Fort Myers to receive trauma care.

Now, with exceptional trauma-trained and experienced staff, the emergency response power of EMS and the academic partnership with USF College of Medicine, Blake offers faster access to quality care for critically injured patients from Manatee, Sarasota and Desoto counties.

## Blake Medical Center Awaits Level II Designation

Dr. Kimbrell, a trauma surgeon and Trauma/Surgical Critical Care Medical Director, came to Blake Medical Center to develop the trauma program along with other members of the team. With an application that was more than 8,000 pages, state regulators approved the application last year, designating Blake a Provisional Level II Trauma Center. The final step of the application process is an out-of-state team of trauma care experts conducting an in-depth evaluation of the provisional trauma center by the end of this year. A positive evaluation will allow Blake Medical Center to go from its current "provisional" trauma status to being granted full designation.



To learn more about the high level of care provided at Blake's Provisional Level II Trauma Center, please call 1-888-359-3552 or visit [www.BlakeMedicalCenter.com/Trauma](http://www.BlakeMedicalCenter.com/Trauma).

## Educational Outreach to Community

Blake Medical Center has developed an educational program based on trends of the injuries seen so far. These consist of falls, automobile injuries and motorcycle injuries to name a few. They are using this information to educate the community about the risks of trauma. "We see many trauma cases based on ground level falls in our older population," said Kimbrell. "Most people do not understand the dangers a fall can have, even one at ground level, particularly if the patient is on blood thinners." Blake Medical Center is educating the older community through their H2U program on home safety and fall prevention, the dangers of throw rugs, the benefits of handrails in bathrooms and much more. In addition, automobile and motorcycle accidents are ranked as two of the top three mechanisms of injury at Blake Medical Center. Blake is also using this data to reinforce the negative impacts of distracted driving and the benefits of seatbelts and helmets by speaking at local schools and community events in Manatee, Sarasota and DeSoto counties.

## Trauma Care Requirements

Trauma Center standards require that a board-certified trauma surgeon is on duty at all times. Blake currently has seven trauma surgeons on staff. As expected, neurosurgeons and orthopedic surgeons are key specialists involved in the trauma program. However, a complete team of board-certified surgical and non-surgical specialists must be on call around the clock (e.g., physicians who specialize in obstetric/gynecologic surgery, eye surgery, orthopedic surgery and plastic surgery). Non-surgical specialties include cardiology, infectious disease, hematology and pulmonary medicine, to name a few.

## About Brian Kimbrell, MD

*Brian Kimbrell, MD joined Blake Medical Center in August of 2010 as the Trauma/Surgical Critical Care Medical Director. Dr. Kimbrell came from St. John's Regional Medical Center in Oxnard, California where he served as the Trauma*



*Medical Director and Surgical Critical Care Director. Since joining the team, he has been spearheading a wide range of efforts including recruiting, developing trauma protocols, construction planning and training staff.*



# Frantz EyeCare Now Offers Testing for Ocular Allergies

**S**ixty million Americans have allergies and 24 million have ocular allergies. It is the fifth leading chronic disease in the US and \$1.3 billion per year is spent on allergy-related physician visits. "Many patients with ocular allergies may not even be aware that allergies are causing their symptoms," said Dr. Jonathan Frantz, medical director of Frantz EyeCare. "When they come in to our office, they are simply looking to us as their eye doctor to diagnose and treat their eye condition," said Frantz.

With an estimated 25 to 40 percent of its patients having symptoms of ocular surface disease, Dr. Frantz recently implemented a diagnostic test for ocular allergies called Doctor's Allergy Formula, which lessens the confusion around the patient's allergies. The test is covered by major medical insurance. Many people suffer for years before being tested or even realizing that ocular allergies are the issue. Allergies interfere with their day-to-day life and can result in loss of productivity, missed work or school, and an overall poor quality of life.

Adding allergy testing to the services provided at Frantz EyeCare just makes sense. The practice already treats other ocular surface diseases such as blepharitis, contact lens over-wear syndrome, and dry eyes. Frantz EyeCare is certified by TearLab as an Accredited Dry Eye Center.

The eyes are particularly sensitive to airborne allergies, which cause irritation and discomfort. Medications, like antihistamines, mask the symptoms but do not identify the underlying problem. "The allergy testing will help us rule out whether a patient's 'itchy red eye' is due to ocular allergies or some other disorder of the ocular surface," explained Frantz. "If a patient has itchy, dry irritated eyes that are not relieved by initial forms of therapy, allergy testing will be recommended."

The allergy test is designed to test for 60 of the most prevalent ocular-specific allergens that are specific to our geographic location. The test itself uses non-invasive skin surface testing, which tests for allergic antibodies and consists of introducing small amounts of the suspected substance, or allergen, into the skin and noting the development of a positive reaction. The results are read at 15 to 20 minutes after the application of the allergen. If you are allergic to an allergen, a small mosquito bite-like bump will appear. Because everyone is unique in what their specific allergic triggers are, knowing what you are allergic to is important for the effective treatment of allergies. Once the doctor knows the allergens that are causing your symptoms, an effective treatment plan can be recommended.



**"The patient is totally comfortable throughout the testing,"** said Frantz.

"It's non-invasive and gives us so much information." Some common positive results include allergies to pet dander, cockroaches, dust mites, mold, certain tree spores and fungi. Once the technician performs the test, which is doctor-monitored, the ophthalmologist can then discuss a regimen with the patient. Based on the findings, the doctor discusses possible medical regimens or behavioral and environmental modifications patients can make.

Dr. Frantz said that patients who want to have allergy testing need to stop using their antihistamines or any other allergy medications before testing because they may alter the findings.

**For more information on allergy testing or other services provided at Frantz EyeCare, call the main office at 941.505.2020 or visit [BetterVision.net](http://BetterVision.net).**

**FRANTZ**  
EyeCare  
(941) 505-2020  
[www.BetterVision.net](http://www.BetterVision.net)

*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 removal, 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.*

# Melanoma

By Ted F. Kadivar, MD, PA

**W**hen physicians discuss skin cancer, it's melanoma that worries us. Melanoma or malignant melanoma as it is sometimes called is a cancer of the melanocytes, pigment producing cells in the basal layer of the skin. Melanoma accounts for less than 5% of all skin cancers but is responsible for over 90% of deaths caused by skin cancer. One person dies of melanoma every hour and it is the most common form of cancer in young adults 25-29 years old.



The development of a melanoma is linked to ultraviolet (UV) radiation from the sun. UV radiation causes a mutation in the DNA of melanocytes causing uncontrolled growth of new cancer cells. The presence of pigment in the skin helps block the UV radiation so fair skinned people are at a much higher risk of melanoma. The incidence of melanoma is increasing, possibly due to breakdown of the ozone layer.

Melanoma commonly develops in a previously existing benign skin lesion. Signs of melanoma have been described as the ABC's.

**Asymmetry:** *If a line is drawn through a lesion dividing it in two, in a melanoma one half may not look like a mirror image of the other half.*

**Border:** *The edges of a melanoma may be irregular, jagged.*

**Color:** *A melanoma can be pigmented with black, purple, brown, red parts.*

**Diameter:** *We get more concerned*

*with skin lesions larger than the size of a pencil eraser.*

**Evolving:** *A lesion that is growing or changing colors makes us suspicious that it may be a melanoma.*

If a lesion is thought to be a possible melanoma, it should be removed surgically. If a portion is being removed for biopsy, it is important that the full thickness of the lesion be preserved. Unlike other skin cancers, the top of a melanoma should not be shaved off for diagnosis.

Like the diagnosis, treatment of melanoma is primarily surgical. If a lesion is found to be a melanoma, a second, wide excision with 1-2 cm of normal skin all around the melanoma should be removed, depending on the depth of the melanoma in the layers of the skin. That depth of invasion helps determine the likelihood that the melanoma has spread to nearby lymph nodes. In some cases local lymph nodes are removed to be checked for cancer.

If lymph nodes are involved, chemotherapy would be used. Recent advances have led to the development of drugs that target proteins in a melanoma resulting in effective shrinking of tumors with less toxicity and side effects. Ultimately the prognosis of a melanoma patient is tied to the depth of the melanoma.

Minimizing exposure to UV radiation is the key to prevention.

- 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

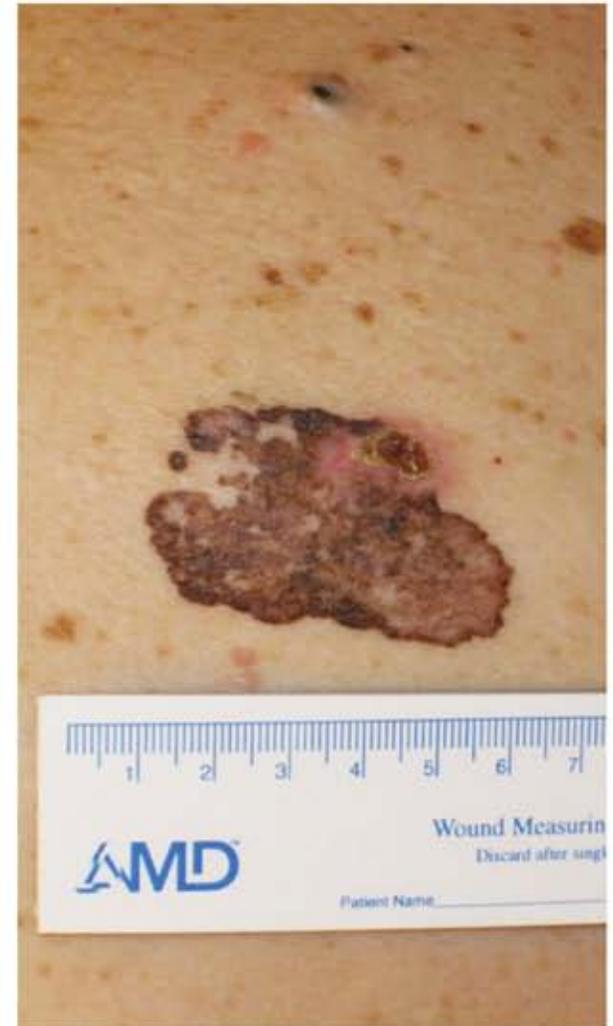
A person's risk of developing melanoma doubles if he or she has had more than 5 sunburns or 1 or more blistering sunburns as a child or adolescent. Regular use of SPF 15 or higher sunscreen reduces the risk of developing melanoma by 50%. Hopefully through prevention we will reduce the incidence of melanoma.



BradentonSkinCancer.com

250 2nd Street E., Suite 4C  
Bradenton, FL 34208

**941-744-5860**





# You Can Achieve & Maintain Optimal Health,.... *Naturally!*

## Natural Approaches to Better Health from Plexus Worldwide!

Written by, Carolyn Waygood, Certified Natural Health Professional & Plexus Ambassador

**P**lexus products are formulated to help improve your health in *so many ways*,...it's difficult to know where to begin when discussing the many benefits Plexus products offer! So maybe it's best to start at the beginning when Plexus was founded with the primary purpose of reducing one's risk of breast cancer. Read on and learn how natural health approaches can improve your well-being!

Plexus Worldwide, based in Scottsdale, Arizona, began with a simple message that "Early detection of breast cancer saves lives". By encouraging men and women to become more aware of subtle changes in breast tissue through regular breast self-exams, and distributing the **Breast Chek™ Aid**, an FDA-Approved Class II medical device proven to enhance one's sense of touch, Plexus representatives helped educate the community about breast health and natural ways to prevent breast disease. Building upon the Plexus message of prevention, the company joined forces with Dr. Gregory Spencer, world-renowned researcher on the healing benefits of spirulina algae, and formulated a topical cream clinically proven through thermography to reduce inflammation and acidic cystic breast conditions which may lead to malignancy. Originally distributed as Dr. Spencer's Breast Cream, this spirulina super-power was renamed and re-packaged as the **Plexus Body Cream**, and was used topically to improve cellular health all over the body. The Plexus Body Cream has helped many people reduce/eliminate skin disorders, break down scar tissue, and improve the health of the skin.

Expanding on the importance of disease prevention, Plexus now addresses the single-most threatening health challenge today; excess weight and obesity. While healthy weight is, in itself, an important and worthy cause, Plexus seamlessly expanded into the weight loss industry based on research that confirms excess weight, along with high glucose and insulin

levels, are directly related to high risks of breast. Breast health does not stop at healthy breast tissue. According to the Oncology Times (10 January 2011 - Volume 33 - Issue 1 - p 25), a molecular mechanism has been discovered that explains why excess calories are associated with increased breast cancer risk. Once just a Breast Health Company, Plexus launched **Plexus Slim and Plexus Accelerator** known as the most natural and complete approach to weight loss and healthy weight management on the market today.



Understanding the association of excess weight and disease, Plexus Worldwide has now helped thousands of people achieve greater health, and reduce their risk of weight-related illnesses. Originally formulated to help diabetics better management blood sugar levels, Plexus Slim and Accelerator are safe for diabetics and others who struggle with insulin resistance and glucose-related challenges - both known to be directly linked to many chronic diseases. Like all other Plexus products, Plexus Slim and Accelerator contain natural ingredients, and work synergistically to balance blood glucose, increase insulin sensitivity, control the appetite, metabolize fat cells, and improve energy and metabolism.

While the world becomes more aware of the increasing threat of excess weight, losing weight is still a difficult challenge for most. Many people are misled to believe excess weight is due entirely to eating too much and exercising too little, but that's not always the case. Certainly reducing caloric intake, making healthy food choices, and increasing physical activity all lead to greater health, and healthier weight levels. However, excess weight is not always lost by eating less and exercising more. In situations where people say they have tried every diet and still can't lose weight - an unknown issue may be causing weight gain or preventing weight

loss. Looking beyond the typical weight-loss activities such as curbing the appetite and boosting a sluggish metabolism, Plexus addresses issues related to digestion and metabolism that are often unaddressed in other weight loss products and programs. By addressing weight-related issues such as insulin resistance and glucose metabolism, and dissolving fat cells that may lead to unwanted estrogen, Plexus Slim & Accelerator provide an effective component in the fight against breast and other cancers, as well as other weight-related diseases.

**The epidemiology has been clear for decades - overweight and obese men and women have a greater risk of breast and other cancers - but molecular biologists have been unable to explain how the link works until now. Dr. Gardner explains the link like this; "fat cells, which have aromatase enzymes, increase the amount of circulating estrogen. The hormone, in turn, stimulates cell proliferation in estrogen responsive tissues, such as the breast and ovary. That means that as cells are undergoing the error-prone process of replication, their ability to repair those errors drops, and cancer risk jumps in hormone sensitive tissue." Simply put, reduce the number and size of fat cells, and you reduce the amount of estrogen produced by these cells. Decrease the "bad estrogen" in the body, and you can decrease the risk of cancer.**

*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.*



Rounding out an already comprehensive weight management protocol, Plexus offers **ProBio5** and **BioCleanse** to help address excess weight due to inadequate digestion and/or unhealthy elimination. Plexus BioCleanse was designed to aid in digestion and elimination, as well as contains natural ingredients formulated to help detoxify and cleanse the gastro-intestinal tract and arteries, and neutralize acidic conditions that may promote the growth and proliferation of pathogens. Since magnesium is utilized in over 300 metabolic reactions, BioCleanse becomes an important nutrient in any weight loss program that increases one's metabolic rate. The oxygenating compounds in the BioCleanse formula also help neutralize acidic conditions, helping the body raise the pH level, which may help release stored fat that is no longer necessary to buffer delicate organs from acidic conditions. The added oxygen is also important when raising metabolism since cells utilize oxygen to convert glucose into energy. Simply put, the BioCleanse oxygenating magnesium complex plays a critical role in any weight loss endeavor.

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**Plexus ProBio5** was specifically formulated to improve digestion and kill candida overgrowth. Ingredients in ProBio5 include digestive enzymes such as Proteases, Peptizyme, Cellulase, Chitosinase, along with probiotics (such as Lactobacillus Sporogenes, L. Acidophilus, and more), and antioxidants (such as Vitamin C, B6, and Grape Seed Extract) which work together to help break down food for maximum nutrient absorption. Natural health professionals agree optimal health begins and ends in the gut, in part by maintaining balanced intestinal flora. While other probiotics help infuse good bacteria in the gut, they fall short in helping the body rid itself of the resident bad, such as candida albicans. This special blend of natural ingredients is known to be the strongest defense against candida overgrowth, which relieves stress placed on the immune system and strengthens overall health. By helping the body better digest food into usable nutrients, absorb those nutrients to feed and nourish cells, and kill harmful candida organisms that trigger cravings for sugar and carbohydrates - ProBio5 helps to support healthy weight management, as well as improve immunity and well-being. ProBio5 is a person's first step toward health and vitality!



In 2012, Plexus expanded their scope of disease prevention with their **Fast-Relief Pain System** including the Fast-Relief Capsules, Fast-Relief Cream, and the Nerve Health Support supplement. These natural products work together to reduce inflammation (often considered the precursor to most diseases) by blocking the COX-2 enzyme linked to the body's natural inflammatory response. When chronic inflammation gets out-of-control, and the immune system begins to attack healthy cells, the Plexus Fast-Relief products can reduce inflammation and associated pain naturally, without the harmful side-effects of NSAIDs. Capitalizing on the healing benefits of ETARol™, a patented, highly purified extract of the New Zealand green lipped mussel, the Fast-Relief products provide anti-inflammatory support, pain relief, and aids in tissue regeneration. The cream combines known anti-inflammatory ingredients such as aloe, MSM, chondroitin, glucosamine, hyaluronic acid, and capsicum, which work together to provide relief from the outside-in. The capsules contain proven ingredients known to help block chronic inflammation, such as turmeric, serrapeptase, and bromelain, and help relieve



### THE HEALTH BENEFITS OF MAGNESIUM

*With 380 mg of magnesium, Bio-Cleanse is used to aid in the digestion process and to help regulate copper, potassium, zinc, vitamin D, and calcium levels. Magnesium also helps muscles work smoothly and properly (thus assisting in the timely elimination of waste, and provide relief from constipation), and activates enzymes needed to assist in the absorption and use of fats, proteins and carbohydrates. BioCleanse helps strengthen the immune system by supporting the health of the GI tract, but also plays a critical role in healthy metabolism (which also aids in weight loss efforts).*

Learn more about natural health and how the Plexus products can help you achieve greater wellness at a FREE 1-hour presentation!  
 Saturday, May 3rd, 10th, and 17th from 10-11 AM  
 in the Meeting Room of Ancient Way Martial Arts Academy,  
 3405 Cortez Road West,  
 Bradenton, Florida!  
 r.s.v.p. to Carolyn at  
 (941) 713-3767



*My Plexus journey started after battling thyroid cancer and having my thyroid removed in 2003. A year later I was diagnosed with Fibromyalgia and Osteoarthritis. In 2005, my gallbladder stopped functioning and had to be removed. In 2006, I was diagnosed with Interstitial Cystitis (Inflammation of the bladder) and I seemed to be on a downward spiral of health issues!!*

*In July, 2011, my best friend introduced me to Plexus Slim and their digestive products. I not only lost 2 dress sizes in 60 days, but in ONLY 30 days I was free from the symptoms of Fibromyalgia and Osteoarthritis! I'm now in the best health and shape of my adult life, and able to keep up with all 6 of my Precious Grandchildren... PLEXUS IS LIFE CHANGING!*

**- Angela Alexander**

chronic inflammation from the inside-out. Both products contain ETARol™ which has been used throughout Europe for decades to help relieve arthritic conditions. By relieving chronic inflammation, the Plexus Fast-Relief System products help reduce one's risk of diseases linked to long-term inflammation.

When prioritizing health and wellness, look beyond the average scope of fad diets, common illnesses, and pharmaceutical medications. By becoming more aware of how the body works, and what natural substances positively impact certain physical symptoms,

people will be better able to make educated decisions about their health and lifestyle. We hope this information has helped you in your pursuit of greater health and wellness, and you will consider adding one or more Plexus natural products to your health regime in the future! For more information about Plexus products and their associated health benefits, please visit [www.Waygood.MyPlexusProducts.com](http://www.Waygood.MyPlexusProducts.com) today, or contact Carolyn for your FREE health consultation at (941) 713-3767. Your local Plexus representatives are ready to help you achieve greater health,... naturally!

# ESOPHYX:

## Offers Non-Invasive, Lasting Relief from GERD Without Medications

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

**H**earthburn, acid reflux, and GERD—these terms are inter-related, but are not similar. Heartburn is the symptom which you will feel when the acid in the stomach moves up to your esophagus. This movement is known as acid reflux which happens when there is an over-secretion of gastric juices in the stomach and the valve or LES which blocks the food and acid from coming up is not functioning properly. Prolonged exposure to acid reflux leads to GERD or gastroesophageal reflux disease. To get help with heartburn it is imperative that you understand the what, why, and how of these symptom, condition and disease.

Almost everyone has experienced heartburn and acid reflux. The frequency may differ from one person to another, but the symptoms are the same. Help with heartburn is available if you know what triggers it. A full-size meal of fatty, spicy, and acidic foods prompt acid reflux and heartburn. If occurrences come far and in between, a tablet or two of antacid will relieve the pain.

Now, if you are experiencing acid reflux repeatedly, like twice in one week, chances are you are already suffering from GERD. At this stage, you need sophisticated help. You have to consult a physician because if GERD is not attended to immediately, serious consequences might happen.

### Bradenton Surgical Group

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#### Warning Signs of GERD

It is easy to get help with heartburn if you always experience acid reflux. However, heartburn is not the only symptom of GERD. A child under twelve years old can have GERD, but does not suffer from heartburn. So what signs should you watch for? If you always feel like there is food blocking your esophagus, it is likely that you have GERD. Other indications of GERD are difficulty in swallowing, unrelenting dry cough, chest pain, gruffness of voice in the morning, and bad breath. These are some of the manifestations of GERD.

#### What causes GERD

Although there are a number of ways to deal with heartburn, the root cause of GERD is not clearly established. What is known is that acid reflux happens when the lower esophageal sphincter or LES is weakened and cannot function suitably in keeping food and acid inside the stomach. GERD can also occur when there are irregularities in the body like hiatal hernia. This is a medical condition where the upper portion of the stomach and LES shift over to the diaphragm. With this condition present, acid reflux will more than likely happen and can lead to GERD if left untreated.

Most susceptible to GERD are obese people, smokers and pregnant women. Inclination to fatty and fried foods, chocolates, spicy treats, garlic and onions, tomato-laden meals, mint flavorings and alcohol and caffeine-rich beverages also contribute to GERD development. Getting help with heartburn can only be effective if accompanied by dodging away from these acid reflux triggers.

**Complications of Untreated GERD**

Getting help with heartburn is very important in thwarting the more serious effect of GERD. If not attended to immediately, GERD can lead to some acute complications. Constant acid reflux may cause the esophagus to swell and damage the linings, leading eventually to bleedings or ulcers known as esophagitis, conditions which may require serious treatment. Although the wound will heal, the scars left can result to the narrowing of the esophagus which will impede swallowing. If help for heartburn is not applied immediately, the esophageal lining may take an irregular form and discoloration. Eventually, these scars can lead to esophageal cancer. It is a known fact also that GERD can aggravate or play a part in the development of asthma, persistent coughing and pulmonary fibrosis.

**Non-invasive Treatment Now Available**

GERD is often treated with lifestyle changes, medications, surgery, or a combination of these. When lifestyle changes and medications don't eliminate the symptoms, surgery is recommended to prevent permanent damage. Until recently, GERD patients requiring surgery had to deal with incisions. Fortunately for local patients suffering with GERD, there is a non-invasive surgery now available that eliminates symptoms, erosion of the esophagus, and breathing problems associated with repeated acid reflux. This new non-invasive, relatively quick surgery procedure provides relief from acid reflux.

Many, many people suffer from GERD, and a lot of them are examined with an endoscope every year to watch for pre-malignant changes. We have a new procedure using the EsophyX device, which is placed over an endoscope and inserted down into the stomach through the patient's mouth. The EsophyX then creates a new valve at the bottom of the esophagus. Using the endoscope, surgeons are able to perform the procedure without making any incisions, minimizing the risk for complications and recovery time.

**Is EsophyX the Answer for You?**

The staff at Bradenton Surgical Group preforms an evaluation on each patient to determine if they are a candidate for the procedure. Generally, patients with large hiatal hernias (greater than 3.5 – 4 centimeters) are the only patients unable to take advantage of the EsophyX procedure.

It has been my pleasure to be able to provided relief to upwards of 100 patients using the EsophyX procedure. Because of my success with the procedure, I frequently find myself in the teacher role, responsible for assisting physicians from around the country to learn how to use the EsophyX device.



**Dr. Gary M. Bunch, M.D., F.A.C.S.**

Gary M. Bunch, MD, FACS has over ten years of experience as a general and vascular surgeon. He is board certified by the American Board of Surgery and is a Fellow of the American College of Surgeons, as well as a member of the American Society of Physicians and Surgeons, and the Manatee Medical Society. Dr. Bunch served as an associate professor of surgery at East Tennessee State University and is a graduate of the University of Kentucky College of Medicine. He completed his surgical residency at the University of Tennessee Health Sciences Center in Memphis.



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*Helping Thousands of Patients  
Renew their Quality of Life!*



**GARY M. BUNCH,**  
M.D., F.A.C.S.  
Board Certified General Surgery  
Fellow American College of Surgeons

- General Surgery
- Laparoscopic Surgery
- Lap Band Surgery
- Endoscopy/Colonoscopy
- Vascular Surgery

Riverwalk Professional Park, 200 Third Avenue West, Suite 110, Bradenton, FL 34205

The EsophyX procedure takes approximately thirty minutes and patients are generally free to go home the same day. Many GERD patients who have had this procedure enthusiastically report noticing positive changes within days. Following the procedure, it is highly likely that a patient who has been relying on medications to minimize effects of GERD will no longer require them. So many patients have been on these medications for twenty or thirty years, and then they get this procedure done and they say, "Wow, I should have had that done a long time ago."



# May is Mental Health Awareness Month

## YOUR HEALTH. YOUR LIFE.

*Stacey Brown is Program Director of the Human Services Program at Edison State College School of Health Professions. She is also a Licensed Mental Health Therapist.*

**W**e know that it is important to take care of ourselves in order to feel good, be healthy and function well as workers, parents, partners and contributing members of society. We know that we are expected to accomplish the required tasks of daily living, find work/personal life balance, be nurturing parents and caretakers, community contributors, good role models for the youth and feel happy and joyous most of the time. We know we “should” eat balanced meals, exercise, wash our hands to prevent the spread of germs and go to the doctor if we get really sick. Handling all of this can be a gargantuan task.

The reality is that many of us tend to neglect one or more of these important areas because it is hard to find that balance to do it all. As a result, stress, anxiety, depression, frustration, strained relationships, inattention, sleeplessness and irritability can result. In extreme cases, some of us experience more severe symptoms of mental illness that may have been genetically inherited or triggered by all of these unmet needs and responsibilities.

May is Mental Health Awareness Month. Learning about early warning signs and what to do if the symptoms are present can get you and your loved ones on the road to recovery quickly. The stigma of mental illness in America has prevented education and awareness of these very treatable issues. These conversations can be uncomfortable. Just as we have been educated about the early warning signs to look for regarding bronchitis or heart disease and about the importance of sneezing into our tissues and using

condoms rather than spreading contagious diseases, there are strategies to help prevent, cope with and treat mental health issues.

According to the National Alliance for Mental Illness, 1 in every 4 adults experiences some sort of mental illness issue in their lifetime. All of us will likely be touched by mental illness in some way. Knowing the early warning signs and knowing prevention and treatment strategies can strengthen your ability to cope with everyday problems and struggles more effectively to, hopefully, prevent a more serious health issue or crisis.

If you or someone you know is experiencing one or more of the following feelings or behaviors, it’s worth checking out:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Frequent headaches
- Chronic complaining
- High blood pressure and/or rapid heart-rate
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships



- Having persistent thoughts and memories you can’t get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Becoming aware of your symptoms, staying honest with yourself and taking a realistic account of your experiences will be life changing. Listen to family or friends who may offer concern. Obtaining a comprehensive assessment by a licensed mental health professional is the next step to recovery. After the assessment, treatment options can be reviewed.

There’s a lot of science behind the treatment of mental health issues. Take advantage of the treatment options available to you.

Research consistently shows that attitude, gratitude, willingness to seek help and guidance and self-esteem play a huge part in the success or failure of treatment, and thus, life satisfaction. Learning strategies to help you deal with stress and interpersonal

conflict, parenting strategies, or old lingering issues of trauma or abuse will help you to feel stronger, more confident, more hopeful and more capable so you can build a happy and rewarding life.

Learning how to think positively and reframe problems in a solution oriented way, learning how to let go and be mindful and present rather than worrying or getting anxious are a few ways counseling can help. Staying connected to others, involved in groups, helping others, getting enough sleep, eating a healthy diet, exercising, taking care of your spirit, enjoying a hobby and spending time with quiet reflection are things that you can do to help yourself with stress.

Take some time to learn about mental health. Take responsibility for yourself and your wellness. Your mental health is one of your greatest assets.



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# Underlying Causes for Limb Swelling

By Alyssa Parker

**T**here 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 it may take months or years for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quickly 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. Sometimes a discoloration of the skin occurs, referred to as hemosiderin staining, identified by a reddish staining of the lower limb. At times poor circulation results in shallow wounds due to the stagnant blood that would normally return to the heart.



Symptoms vary but may include swelling, aching, sharp pains, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

## Treatment

Pneumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. 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.

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# The Secret to Healing Wounds Fast

As we age our body's ability to heal itself becomes less efficient. This is natural. Many people attempt to treat their own wounds with home remedies and end up with a bigger problem than what they started with.

## How do I heal my wound?

Collagen is a key component of a healing wound. It is unique in the wound healing process because it acts as a structural support in the connective tissues. A chronic wound burden among elderly has shown elevated levels of MMPs and TIMP levels in the skin leading to imbalances in collagen turnover. Collagen binds to and neutralizes the destructive proteases in the wound fluid. This eliminates the destructive process that occurs in the tissue. This results in the protection of growth factors and an overall increase in wound granulation and repair. In wound management collagen dressings are ideal to heal out the wound in thirty days.

## Are Collagen dressings covered by my insurance?

Medicare and many commercial insurers cover all or some portion of collagen dressings along with wound care supplies for qualifying wounds with the prescription of a doctor. Getting the proper treatment for a chronic wound can eliminate out of pocket expenses towards future medical expenses. Acute wound care is a leading provider of high end wound products as well as insurance reimbursement. Call Acute wound care today to find out more information on available wound care supplies covered by Medicare and other commercial insurers.



# I Think I Broke My Back

By Philip W. Tally, M.D.

**M**ost of us, at some time in our life, have fallen down landing hard resulting in a sudden severe pain in the middle or lower back. This pain may be minor and only last a few days, or it may persist and gradually worsen. The outcome of a fall may include straining ligaments, slipping a disc or cracking of one of the major bones in the middle or lower back region causing a fracture.

The basic frame that allows us to sit and stand is known as our spinal column. The spinal column is composed of 25 bones from the bottom of the skull to the sacrum or tailbone. When working properly, we never give it a second thought. However, any trauma or disease that creates a fracture within these bones can produce an extraordinary amount of pain. As might be expected, the spinal bones are very large at the bottom and get progressively smaller toward the top near the skull. The larger bones must carry the heavier load making the pain felt from a fracture in that area proportionately greater. Not all fractures are sustained through trauma such as car accidents or falling from heights. A fall from the standing position or a small stepladder can be enough to cause a fracture. As we age, the ability for the bones to withstand this type of injury diminishes, particularly if there are underlying degenerative disorders such as osteoporosis, chronic cortisone treatments, and chronic kidney disease. Women are more susceptible than men because of hormonal changes, but medications for arthritis can contribute to bone density loss. Lifestyle habits including lack of regular exercise, excessive carbonated beverages, and lack of necessary calcium in our diets also increase the chance that a person will suffer an event.

## When a fracture has occurred:

The general pain distribution occurs in the middle and frequently down the back toward the tailbone even though the actual fracture is located much higher because of the way that pain radiates. Many patients are surprised to find that tailbone pain is secondary to a fracture that is well above the waistline. If an x-ray is performed, the fracture site may or may not be easily identified. Even if the fracture is a minor one, the pain may still be quite severe.



Typically, if a fracture is minor and does not show progression, conservative management is always the best course. Unfortunately, a minor fracture can show a progression of severity within a few days or weeks depending on the individual's overall condition. It is always wise to consider repeating an x-ray within a week or two of the initial diagnosis to be certain progression of the fracture is not occurring. Treatments and successful resolution of the pain vary depending on the severity.

**When intervention should be considered:**

If the patient does not show a gradual improvement in their pain tolerance over a few weeks with conservative management, or if repeated x-rays demonstrate that the bone is showing a loss of height, then intervention should be considered. Options may include a fairly routine outpatient procedure known as Vertebroplasty or Kyphoplasty. If the severity of the fracture is substantial from the initial injury, or if the bone collapses during the conservative management, then some type of spinal surgery will be required for restoring stability and function to the patient.

The advantage to this type of surgery is that we can now remove the destroyed bone and build a new one through a small incision, allowing the person to stand erect again. In doing so, the need for putting in an extensive set of rods and screws can be avoided.

No one wants to consider surgery, but restoring a person to a normal walking condition, with minimal if any discomfort, is such a significant reward for an otherwise permanently debilitating condition.

Certainly, we all want to avoid accidents resulting in this type of trauma, but this is an unexpected part of life. Understanding other conditions such as osteoporosis, osteopenia, proper diet, exercise and taking care of our spine is something we all can do every day to minimize the risk of suffering a permanent disability. If you or someone you know suffers from back pain, please call Neurospinal Associates to set up an appointment for an evaluation.

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 the Manatee Memorial Hospital and just North of the Bradenton Herald. Their Sun City location is at 3909 Galen Court, Suite 104. For more information, or to schedule an appointment, please call 941-794-3118 or visit their website: [www.nsadoctors.com](http://www.nsadoctors.com).

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# DON'T LET THE STOCK MARKET STRESS YOU OUT!

By J. Russell Williamson

In March of 2013, Joseph Engelberg and Christopher A. Parsons published a paper that linked worrying about the Stock Market and increased risk of hospital admissions. This study was done over a 30 year period. They found that if the stock market fell by at least 1.5% on a given day, there was an average increase of .26% in hospital admissions over the next two days. When limiting the results to just psychological conditions, such as anxiety or panic attacks; that number almost doubled. In fact, when the US markets fell by almost 25% on "Black Monday" Oct. 19th, 1987, hospital admissions spiked by 5%. Their conclusion was that the daily fluctuation in stock prices has an almost immediate impact on the physical health of investors.

One of the reasons that investors stress about their investments is because the pain of loss can be much stronger than the satisfaction of a potential gain. Studies have actually shown that golfers tend to choose an extra stroke to play around a water hazard, rather than taking the perceived "risk" of hitting over it. When it comes to financial transactions, this fear of loss may cost us quite a bit.

We are, after all, human and that means that psychological and behavioral variables will impact our investment behavior. We follow emotions, biases, and assumptions when it comes to financial decisions. Our thinking is often blinded by what is most recent, most relevant, and most dramatic. Few events have been more dramatic than the 2008 financial crisis; of which many investors have not fully recovered. There were tremendous outflows from equity mutual funds from 2008 - 2012 (\$548 Billion, according to the Investment Company Institute). However, we must ask ourselves if selling off these funds was the wisest decision, or was there a possible disconnect between perception and reality.





Franklin Templeton surveyed 1000 Americans each year from 2010 - 2013 and asked them how the stock market finished at the end of the previous year. The results were telling; 66% said the market was down or flat in 2009, 49% said down for 2010, 70% said down for 2011, and 31% agreed for 2012. The reality is that the market was actually up 14.9% on average per year for that period. Even today, many will comment on the weak economy, but fail to realize that the market actually finished up 32.4% at the end of 2013. Is this aversion to loss causing the individual investor to miss opportunity? Is this rollercoaster of emotions causing stress and health problems?

Individual investors like to go with the flow; we all feel safer in crowds and tend to believe the consensus view is correct. Unfortunately, when

it comes to investing, the herd mentality can significantly impact our results. To properly see the forest (market realities) through the trees (our emotions), the assistance of a financial adviser is worth looking at. They have the ability to avoid getting emotional about the daily swings of the market. An adviser can alleviate the vast majority of stress that an investor can struggle with. By keeping a clear perspective of the fundamentals, they can allow you to live your life freely knowing that your money and future is in good hands.

Herd behavior causes many investors to pull out of the market at the exact wrong time; their emotions take over and they miss out on its best days. The S&P 500 has averaged 9.41% annually over the past 20 years according to Morningstar, but the typical equity investor realized less than half of that return. Why? Because they tend to invest

heavily at the top and sell when the market is at its bottom. During the last twenty years; if you were not invested during the S&P's ten best days during the average year, your return would have only been 5.5%; and it would fall to 3.03% if you missed the 20 best days during the average year. Now, how many of its best days during the average year would you have to miss in order for you to lose money instead of gaining 9.41%? Forty! That's right, if you rode that emotional ride and didn't follow a steady hand to guide you through the highs and lows; you would have actually lost money.

So what should an investor do in light of this never ending market volatility? How can they avoid the stresses that are sure to follow? First of all, tune out the noise and gain a long-term perspective. With today's 24 hour news cycle, it is too easy to get caught up in the "crisis du jour". Meet with an investment advisor to put together a stable plan. It is important to find one that you are comfortable with; avoid the sales pitch of easy money. If you want to keep your stress down and your returns high, seek out a professional who shares your values and has a steady hand.

Keep a balanced perspective and you will be able to provide security for your future and a legacy for generations to come.

**J. Russell Williamson of Platinum Planning, Inc.** has been advising clients for two decades. He has experienced the ups and downs of the Stock Market and offers reassuring and stable advice. If you have any questions regarding your assets and security, you can contact Russ at (941) 444-5260. He is located in Sarasota at 2477 Stickney Point Road, Ste 219B; or you can learn more about him by clicking on [www.platinumplanninginc.com](http://www.platinumplanninginc.com).

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# New Trend in Assisted Living for Dementia

**A**s we age, our mental health is more important than ever. Dementia and Depression are key concerns with an aging population. The continued independence of our elders can be greatly enhanced with knowledge and foresight.

Dementia actually describes a group of symptoms that affect one's mental and social abilities to the point that they interfere with everyday life. Symptoms of dementia can vary; however, the general functions that become impaired are our memory, communication and language, ability to focus and pay attention, reasoning and judgment, and visual perception (Alzheimer's Association). If at least two of these apply, there is a high probability of dementia. Dementia cannot be diagnosed by one test. Factors such as medical history, physical examination, laboratory tests, thinking characteristics, and day-to-day function come into play. The most prevalent type of dementia is caused by Alzheimer's. 60-80% of dementia cases result from this disease.

Depression can be caused by many different reasons. Having many personal losses in a row can often be the case for the elderly. Elderly women are more common to have depression than elderly men. For woman the lifetime risk is 20-25%, while it is only 7-12% for men (GenneX Healthcare Technologies). Symptoms for depression are sadness, fatigue, weight loss/loss of appetite, sleeping disturbances, loss of self-worth, and abandoning interest in hobbies. However, many elderly may not complain about being sad. Complaints of low motivation, lack of energy, or physical problems, like arthritis pain or worsening headaches, are symptoms of depression.

Challenges like Dementia and Depression can come whether we want them to or not. Fortunately, if we get a positive mindset, they don't have to be too severe (Saisan, 2014). Here are some tips to help cope with mental health struggles:

- Focus on the things you are grateful for.
- Accept the things you cannot change.
- Acknowledge and express your feelings.
- Take daily action to deal with life's challenges.
- Stay connected with family and friends.
- Maintain your energy and health by eating right.
- Foster a regular exercise routine.
- Maintain good sleeping habits.



Age is inevitable, but our loss of independence doesn't have to be. Lately, there has been a new trend in helping people keep their independence while getting the care that they need. A new type of Assisted Living Facility has become more prevalent throughout the community. A Banyan Residence, in Venice, strives to empower their residents and encourage independence by offering an environment that allows for the safety of a secure facility, yet allows residents the freedom to navigate the grounds to enjoy a tranquil and homelike surrounding.

Changing to a positive, active, and social lifestyle is the best treatment for mental illnesses. A Banyan Residence Assistant Living Resort understands this.

If you have any questions regarding assisted living, feel free to contact Chris Snider at 941-822-3420. They are located at 100 Base Ave E, Venice, FL 34285.

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# Visiting Angels

**T**here are some things in life that are completely out of our control. The most obvious is the passage of time. As much as we try to fight it, the aging process catches up to all of us. At some point, it begins to affect our health. Conditions such as high blood pressure, heart disease, and loss of bone density can all occur in our later years. Our mental well-being can also become affected. Dementia and depression can be common among the elderly. There is no way to reverse the aging process, but there are many ways to improve our physical and mental health as we grow older.

Throughout the country, fitness clubs and programs are catering more and more to seniors. Regular exercise has been shown to increase bone density, which helps protect against fractures. If a bone fracture does occur, higher bone density speeds up the healing process to ensure continued independence. Of course, you want to make sure that any exercise program is approved by your physician.

Activities and exercises that focus on balance are particularly important. Falling for the elderly can be particularly life altering. According to the National Institutes of Health, over 300,000 people were hospitalized for broken hips last year; the majority of which were seniors. Many weight bearing exercises and aerobics can be performed from the comfort of our own homes. Visiting Angels, a home care organization, has seen a rise in seniors performing endurance, balance, and strength exercises.



Endurance training can be a walk around the block or using a treadmill at a low and comfortable pace. An excellent way to improve balance is by standing behind a chair and lifting each leg to your side while keeping your back straight. Remember that having someone spot you while performing these routines will always be a good idea.

Core muscles include the abdomen, lower back, and thighs. With a few minor changes to our sitting habits, for example, our core will benefit

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greatly. The average adult will spend anywhere from four to eight hours a day sitting in front of a television. During this time, we should be sitting completely straight with our feet flat on the floor. The stability of our lower and middle vertebrae can improve by just using correct posture.

By staying healthy and avoiding injuries, we will be able to maintain our independence for years to come. As people live longer, it is more important than ever to make exercise a part of our daily lives. Keep a positive attitude and if you need assistance, reach out to the various professionals that cater to older Americans.

# The Red Berry B & B

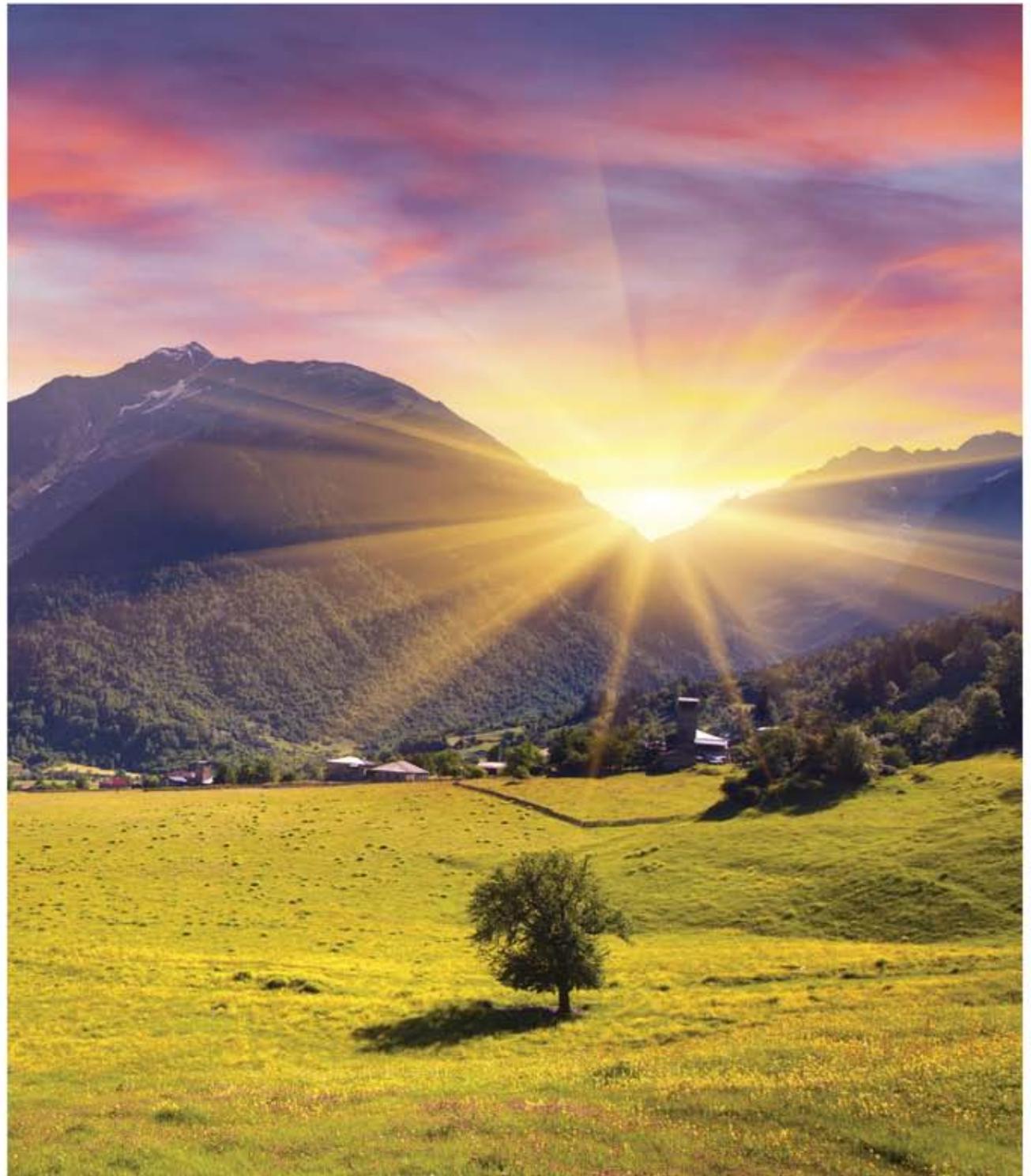
By Alex Anderson  
Senior Associate Pastor at Bayside Community Church

**I**t's 6:43 am and the sun is almost crested above the mountain just to the east of the Red Berry Bed and Breakfast here in Mbabane, Swaziland. The sun's rays are beginning to bounce off the mountain ridges north and east of me. When the sun reaches where I'm sitting, it warms up the front of my room's canary yellow veranda.

There it goes. It's 6:49 am and now those life-giving warm rays are balancing the coolness of the fall breezes of Swaziland. They stroke my cheek with warmth like my mom's kisses on a cold winter's day when I was a child. I can hear the doves cooing. They are the first sound I hear when I walk out on my veranda. There seems to be a competition between the doves of Africa. I noticed the same thing in Johannesburg.

When I arrived here two weeks ago yesterday, I found a 6x9 inch yellow envelope in my luggage. As I opened it, I found it had 5 smaller envelopes and small squares of individually wrapped dark chocolate squares. Each envelope had a date to open on it. Today's date had two envelopes. One said "Happy Birthday Daddy" and the other "Happy Birthday." The handwriting was the clue. For almost 28 years I have seen that handwriting on many other unselfish thoughtful acts of love. It was Kim's, my wife.

Her strategically placed heartfelt reminders of home have brought me comfort over the years when I've traveled. As I opened her card to me, I realized how long two weeks away from home had become. I wiped away a few tears and opened the one labeled, "Happy Birthday Daddy." More tears!



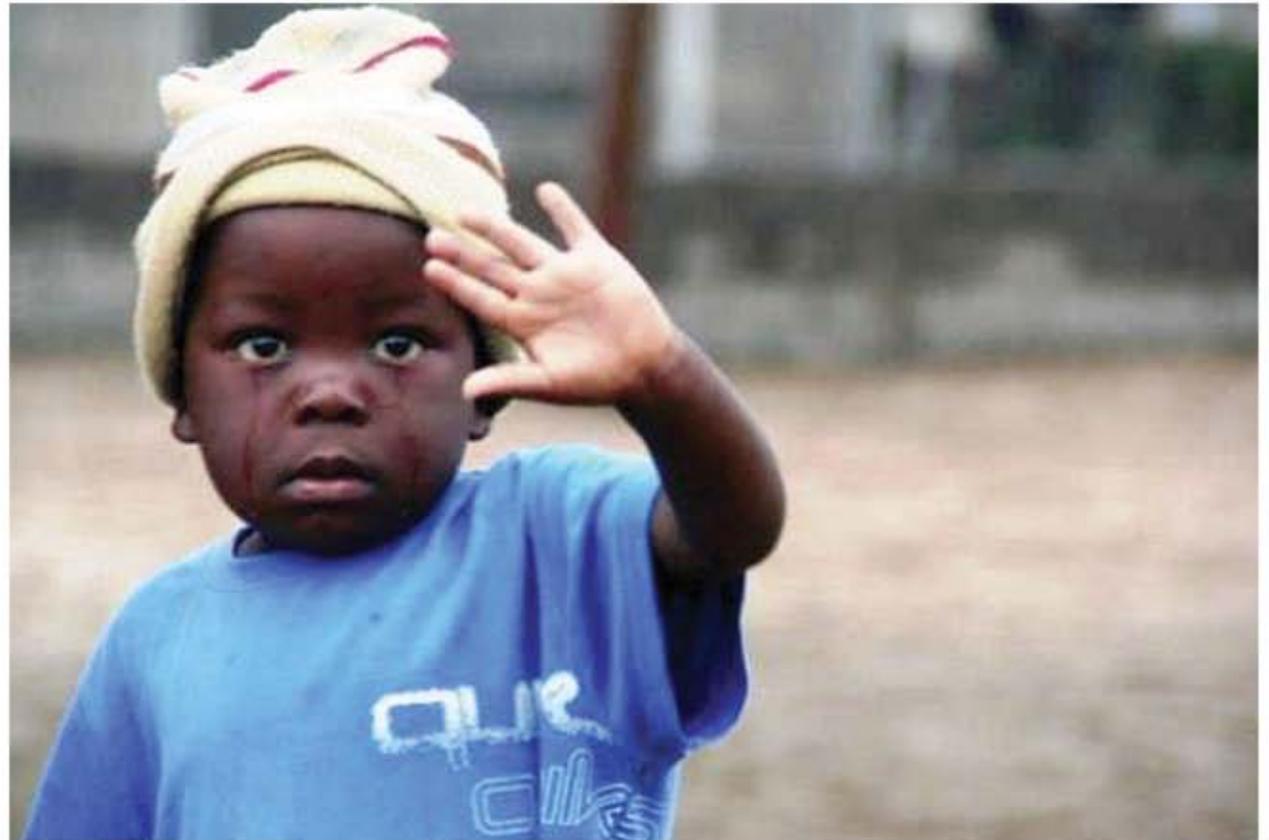
Yesterday I celebrated Easter with new friends at River Valley Church in Swaziland. The pastor's message was a powerful reminder of what Christ gave for us through His beatings, death and resurrection. Afterwards I had a meal with The Children's Cup leaders here in Swaziland and they surprised me. They had gotten a birthday cake with my name on it along with candles and ice cream. No small feat in the Kingdom of Swaziland! They sang for and celebrated with me. More tears!

As I sit outside of my room writing this, in the background I can hear the song "Amazing Love." It's playing on my iPhone in the room. I'm reminded that Christ-followers, no matter what country they live in, share an amazing love. A common heart brings us together. We are in a sense "soul mates." We share a common love for God and each other no matter our country of origin.

The Care Points here in Swaziland, created and lead by Children's Cup, are living examples of how much God loves us. Tirelessly, week after week, missionaries who either pay their own way or raise their own funds, man these outposts of love. Many care points can barely be reached with four-wheel-drive SUVs loaded with food, medical supplies and educational materials for the day's ministry.

I came to Swaziland from my home church, Bayside Community Church, to teach leadership, but while here, I was also asked to teach on how to process grief. Although I've been a minister for over 30 years, I felt very unprepared to share on this subject. The average American deals with only a fraction of what these leaders and missionaries deal with on an almost weekly basis. AIDS has ravaged many of the youth and adults that Children's Cup feeds every day. It's almost impossible to be here without having met someone who has either become infected with or died from this disease. It's a tough job, but these folks do it day in and day out.

So I taught a lesson called, "How to Say Goodbye" to the leaders and missionaries. More tears! Yes, tears of loss of those they have become close to, but



not of hopelessness. These are also tears of gratitude. Each amazing leader here considers it a privilege and honor to serve this country. They see themselves as true ambassadors of Christ. They serve out of a love for their Lord. They are patient and kind. They are respectful and honoring of the King of Swaziland. The men and women of Children's Cup are of the same kindred spirit of all those who love God all around the world.

Just a handful of folks, both nationals and foreigners, make up this special band. They feed 6,000 kids per day. In addition to the Care Points, they have a school of leadership: Global Leadership Academy (GLA). It was at this school that I had the privilege of meeting and teaching over 30 of the brightest and best students I have ever met. They came from many nations in Africa to be at this amazing place. GLA teachers build strong character into their students and many of GLA's graduates have become leaders in their churches and communities.

The King of Swaziland was so impressed with the level of excellence in the character that GLA produces that he gave GLA a parcel of his own personal property to build their current campus on.

It sits in a beautiful valley next to a lake. At the same location is River Valley Church whose leaders are graduates of GLA. Some three hundred or so locals walk a distance of two miles to come and hear about the love of Christ and to experience authentic Christianity. One gentleman walks with a walking cane and crosses a very tall and rocky ridge to come to church. It only takes him 90 short minutes to make the walk to church on Sundays. No one is turned away and they even have tea time before church. More tears!

If you ever get bored with your life or just need a break from the mundane, may I make a suggestion? Contact my friend Ben Rodgers, Executive Director of Children's Cup ([www.childrenscup.org](http://www.childrenscup.org)) and ask to take a trip with him to Africa or any of the nations where Children's Cup feeds thousands of children every day. It will be a trip you will tell your grandkids about one day. Or you may take them with you when you return. It will change you in good ways that cannot be put into words.

To your spiritual health,

Alex E. Anderson  
Author of the book, *Dangerous Prayers*  
[www.dangerous-prayers.com](http://www.dangerous-prayers.com)

# HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

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Americans will be diagnosed with skin cancer in their lifetime.



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