

S O U T H W E S T F L O R I D A ' S

# Health & Wellness<sup>®</sup> MAGAZINE

March 2015

Manatee/Sarasota Edition - Monthly

www.swfhealthandwellness.com



**FREE**



## STEM CELLS

Take Center Stage

National **KIDNEY**  
Awareness Month

Think About Your  
**HEART** Even After  
Heart Month

## LOW CARB HIGH FAT DIET

What will it do to  
my Cholesterol?

Just Who Gets  
**PROSTATE** Cancer?



I Found It...  
The Secret to  
**ANTI-AGING!**

## Great Care with Convenience

Bradenton • Lakewood Ranch • Sarasota  
**URGENT CARE**

### WALK-IN CLINICS



- ▶ No Appointment Necessary
- ▶ Walk-Ins Welcome
- ▶ Lowest Self Pay Rates
- ▶ Most Insurance & Medicare Accepted
- ▶ Flu & Pneumonia Shots
- ▶ Digital X-Rays, EKG's & Labs On-Site

**FREE Blood Pressure & Glucose Tests Everyday!**



**4 Convenient Locations Open Daily 8am to 8pm!**



**1 BRADENTON**

4647 Manatee Ave. W.  
Bradenton, FL 34209  
(941) 745-5999  
[www.BradentonUrgentCare.com](http://www.BradentonUrgentCare.com)

**2 LAKEWOOD RANCH**

9908 SR 64 East  
Bradenton, FL 34212  
(941) 747-8600  
[www.LWRUC.com](http://www.LWRUC.com)

**3 SARASOTA**

6272 Lake Osprey Dr.  
Sarasota, FL 34240  
(941) 907-2800  
[www.SarasotaUrgentCare.com](http://www.SarasotaUrgentCare.com)

**4 \*SARASOTA WEST**

1435 S. Tamiami Trail  
Sarasota, FL 34239  
(941) 554-4301  
[www.sarasotaurgentcare.net](http://www.sarasotaurgentcare.net)

## EXCLUSIVE COMBINATION OF SCIENCE & TECHNOLOGY TO REDUCE THE SIGNS OF AGING

### Instant Lift for Face & Neck

Instant Results  
No Downtime and Pain Free  
Look Younger and More Vibrant  
Repairs Skin at a Cellular Level  
Reduce Wrinkles  
Tighten Skin  
Exclusively at Swan Centers

**FREE CONSULTATION**  
by Appointment only



**SWAN**

**1-800-965-6640**

[www.SwanCenters.com](http://www.SwanCenters.com)

Special Offer:

**\$225**  
PER TREATMENT  
Regularly \$375  
Must present coupon.  
Not valid with other offers.

**Swan Age Reversal Centers**

OFFICES IN BONITA SPRINGS, FORT MYERS, NAPLES AND SARASOTA

# Nurse On Call

is a Medicare certified agency,  
serving home healthcare since 1989.

With 27 offices, serving 47 counties within Florida, we have a strong reputation for providing hospitals, case managers and physicians the professionalism they demand for their patients.

Many of the Nurse On Call staff and management gave greater than fifteen years in home health care. *That means experience.*



Our staff is composed of professionals who have demonstrated the sincere heartfelt desire to treat people as they would want their own family member treated, *whatever they need.*

*The best possible home healthcare...  
for the best possible recovery.*



**Skilled Nursing • Rehabilitation**  
**Home Health Aides • Medical Social Workers**

**5831 Bee Ridge Road • Suite 306**  
**Sarasota, FL 34233**  
**941-366-2900**

HHHA: 299993068

# No Drugs. No Surgery. Simply Relief from Knee Pain.

At Physicians Rehabilitation, you will find a unique and comprehensive approach to healing. We are dedicated to helping our patients identify the cause of pain or discomfort that they are in and then putting together a strategic treatment program that will work successfully. Our team of pain specialists and physical therapists are among the best in their respective fields. We invest and implement the latest techniques and best medical procedures.

Call **TODAY** to schedule your **NO COST** consultation! That may be just what you need to change your life for the better.

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.



We are Medicare providers and accept most insurance plans.

**941.702.9575 • www.PhysiciansRehabilitation.com**

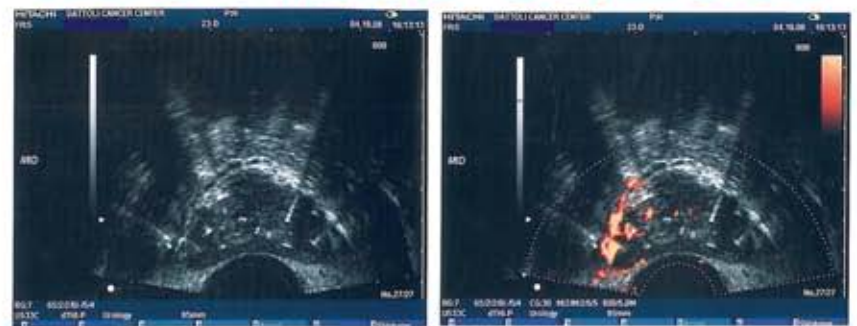
Sarasota: 3801 Bee Ridge Rd. Unit #3, Sarasota, FL 34243

Port Charlotte: 4369 Tamiami Trail, Port Charlotte, FL 32980 | **941.467.1666** Charlotte

Fort Myers: 6150 Diamond Centre Ct., Bldg. 100, Fort Myers, FL 33912 | **239.768.6396** Lee

Naples: 2828 Tamiami Trail North, Naples, FL 34103 | **239.687.2165** Collier

# Prostate Cancer



You can't defeat it if you don't know where it is.

**Color-Flow Doppler Ultrasound**  
makes the diagnostic difference.



Call for free telephone consultation: **1-877-DATTOLI**  
Sarasota, FL



**Don't gamble with COPD.**

**Improve your odds  
with stem cell  
therapy.**

Treatments at the Lung Institute use stem cells from the patient's own body to regenerate new, healthy tissue that improves lung function and quality of life.

Call (855) 914-3212 or visit  
[lunginstitute.com/health](http://lunginstitute.com/health)



"THE GREATEST MEDICINE OF ALL IS TO TEACH PEOPLE HOW NOT TO NEED IT!"



## FAMILY HEALING CENTER

NATURAL HEALING AND WELLNESS

- ACUPUNCTURE
- ACUPUNCTURE POINT INJECTION
- AFFORDABLE LAB TESTING
- COSMETIC ACUPUNCTURE
- DETOXIFICATION
- WEIGHT LOSS
- ENERGY MEDICINE
- JAFFE MELLOR TECHNIQUE
- NUTRITIONAL COUNSELING
- INFERTILITY
- STOP SMOKING
- DIAGNOSTICS
- TREATMENT FOR CANCER PATIENTS
- ANNUAL CARE PACKAGES

CALL FOR YOUR FREE CONSULT TODAY!

## Free Nutritional Class March 18th • 6pm

### High Fat - Low Carb Diet - Craze or Cutting Edge?

Christina Captain, AP, DOM has recently completed her MSHN (Master of Science in Human Nutrition), expanding her knowledge base in order to serve you better and help you live your most vibrant life!

Register at [www.familyhealingcenter.com/nutrition](http://www.familyhealingcenter.com/nutrition)  
or Call 941.951.1119

941.951.1119 • [www.familyhealingcenter.com](http://www.familyhealingcenter.com)  
Midtown Medical Park at 1219 East Avenue South, #104, Sarasota

## THE EYE ASSOCIATES

• Dermatology • Hearing • Cosmetic • Optical • Eye Surgery • Eyecare

## Watch THE EYE ASSOCIATES Experts every Sunday at 10 AM on ABC 7

Our doctors present in-depth discussions on eye conditions, cosmetic procedures & dermatology.

### POPULAR MARCH TOPICS

#### March 1st - Glaucoma

Robert Friedman, MD  
& Scott Han, OD

#### March 8th - Bladeless Laser Cataract Surgery

Harris Silverman, MD; Robert Friedman, MD; Cathleen McCabe, MD  
& Brian Foster, MD

#### March 15th - Dry Eye Disease

Brian Foster, MD & Scott Han, OD

#### March 22nd - Medical & Cosmetic Dermatology

Gary Rosen, MD

#### March 29th - Bladeless Laser Cataract Surgery

Harris Silverman, MD; Robert Friedman, MD; Cathleen McCabe, MD  
& Brian Foster, MD

**792-2020 for appointments & more information**



[www.TheEyeAssociates.com](http://www.TheEyeAssociates.com)



2014 BEST Ophthalmologists  
2014 BEST Optometrists  
2014 BEST Eyewear

## Urology Partners

"Partners in Your Care"



John Sylvester, MD  
Radiation Oncologist

Mitchell Yadven, MD; Mark Weintraub, MD; Edward Herrman, MD; Sean Castellucci, DO; Alan Miller, MD, FACS; Terri Jenkins, ARNP; Austin Hill, MD

## State-of-the-Art Diagnosis and Treatment

- ◆ Benign Prostate Disorders
- ◆ Vasectomy & Reversal
- ◆ Elevated PSA

- ◆ Cancer of Prostate, Bladder, Kidney, Testicle
- ◆ Erectile Dysfunction & Low Testosterone
- ◆ Female Urinary Problems

- ◆ Urinary Tract Infection
- ◆ Urinary Incontinence
- ◆ Kidney Stones

Riverwalk Professional Center  
200 3rd Avenue West, Ste. 210  
Bradenton, FL 34205

**941-792-0340**  
[www.urology-partners.com](http://www.urology-partners.com)

A Division of 21st Century Oncology, LLC

Accepting New Patients  
Medicare and  
Most Insurances Accepted

# Contents

March 2015

6 Stem Cells Take Center Stage

7 Just Who Gets Prostate Cancer?

8 To Mesh or Not to Mesh?

10 Nanny Granny - Back on Tack: Gloria Schoenfeld's Story

11 Think About Your Heart Health Even After Heart Month

12 Low Carb - High Fat Diet What Will it do to My Cholesterol?

14 Ask the Experts at The Eye Associates: Common Questions About Cataracts

16 National Kidney Month

18 Genetic Test Helps Determine Risk of Getting Breast Cancer

20 Cutting Edge Technology and Science Meet to Make You Look Years Younger!

21 Knee Pain Does Not Mean You Need Knee Replacement Surgery

22 Community Partnerships the Key to Success

24 Limb Swelling: Medicare Approved Treatment Options

25 Hydrotherapy Key Benefits

26 I Found It..The Secret to Anti-Aging!

27 Get Rid of Embarrassing Toenail Fungus in Just One Treatment

28 5 Important Things Women Baby Boomers Need to Know

30 What is Your Sleep IQ?

31 Spiritual Wellness: Throwaway Kids Become World Changers

## CONTACT US

DISTRICT MANAGER  
813-787-1128

OWNER / ACCOUNT EXECUTIVE  
**Cristan Gensing**  
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR  
**Sonny Gensing**  
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

EDITOR - Lisa Minic EDITOR - Lorrie Ritchie

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals, doctors, chiropractors and dentist offices. Find a copy of your FREE Southwest Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call  
**239.389.9449**

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2015. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



## CARDIOVASCULAR SOLUTIONS

INSTITUTE

Chest Pain? Leg Pain? Call Us!  
(941) 747-8789

### Specializing In:

- General Cardiology
- Peripheral Vascular Disease
- Carotid Artery Disease
- Abnormal Heart Rhythms
- Minimally Invasive Techniques
- Abdominal & Thoracic Aortic Aneurysm Repair
- Coronary Artery Intervention
- TAVR-transcatheter Aortic Valve Replacement
- Mitral Clip- Minimally Invasive Mitral Valve Repair



**Gino Sedillo, MD, FACC**  
Interventionalist



**Stacey Royce, PA-C**  
Certified Physician Assistant

5741 Bee Ridge Rd., Ste. 320  
Sarasota, FL 34233

714 Manatee Ave. E., Ste. A  
Bradenton, FL 34208

facebook

**941-747-8789**

[www.cardiovascularsolutionsinstitute.com](http://www.cardiovascularsolutionsinstitute.com)

# STEM CELLS TAKE CENTER STAGE

By David Ebner, Staff Writer



**T**he world will never forget the fate-filled day when four young men from Liverpool, England walked onto the stage of The Ed Sullivan Show in 1964. The bright stage lights and the squeals from the crowd rained down on the smiling group, and that grainy black and white image was pinned as a moment of transformation in music history.

The introduction of stem cell research onto the world stage was not filled with as much fanfare. There were no screaming fans or standing ovations when the first stem cell therapy was conducted in the form of a bone marrow transplant in 1956. The long hours that scientists spent diligently researching and studying cells in laboratories across the world were not recorded in the pages of Life magazine. Even in 2012, when the two scientists who discovered the application of stem cells as the building blocks for human life won a Nobel Prize, the response was limited mostly to the medical community.

While the history of stem cell research may seem dwarfed in comparison to that of the Beatles or Elvis Presley, its impact on the healthcare and medical industry is anything but small. Although embryonic stem cells have a long history of being in the public spotlight, adult stem cells, those that are already inside the body of an adult, are not as well known. These stem cells live in the blood, fat, bone marrow and other areas of the body and can be extracted, and reintroduced into a different part of the body. This results in the stem cells specializing as whatever type of cell they are near. For example, if the stem cells from a patient's abdominal fat were removed, cleaned and separated, and then reintroduced to the lungs

of the patient with a progressive lung disease like chronic obstructive pulmonary disease (COPD), the stem cells would become lung cells. The difference is that the new cells would be disease free and would regenerate into even more healthy lung cells, inevitably increasing lung function. For someone suffering from a debilitating disease, a stem cell treatment like the one described above could mean the difference between struggling for air and breathing easier.

The physicians at a medical clinic called the Lung Institute have been performing such procedures for some time now and boast that they have treated over 500 patients and have a 70 percent success rate in increasing the quality of life of their patients. The Lung Institute's Medical Director, Dr. Burton Feinerman, who has been treating patients with stem cells for over 15 years, said, "Stem cells are very important because they offer a different approach. Instead of just treating symptoms and making the patient a little more comfortable, stem cells target the disease and can repair the damaged tissue. It is a whole new ball game and gives people realistic hope that we can challenge the incurable."

It's difficult to imagine a medical breakthrough taking center stage over a story about the newest trending celebrity. However, that isn't to say that advancements in medical therapies, like stem cell treatments, aren't occurring every day and won't completely change the longevity and quality of our lives. The people that have sought these innovative treatments are already seeing these advancements in action, and although they may not be screaming like the crazed Beatles fans of the sixties, the stem cell fan base is growing every day with people that can now breathe easier.

**Call (855) 914-3212 or visit [lunginstitute.com/health](http://lunginstitute.com/health)**

# Just Who Gets Prostate Cancer?

By Virginia Carnahan, APR, CPRC  
Director of Development

**M**ost people are surprised to learn that more men are diagnosed with prostate cancer every year than women are diagnosed with breast cancer! Think about that for a moment. How many women do you know who have battled breast cancer? Seems like every family, every neighborhood, every group of friends has at least one breast cancer story. Women who fought and won; women who fought and lost. Famous women – names we all know.

And yet there are more men among us who have learned they have prostate cancer. Statistics from the National Cancer Institutes (a division of the National Institutes of Health) predict that 1 in every 8 American women will be found to have breast cancer sometime in her life. The NCI/NIH number for men learning they have prostate cancer is 1 in 6. Do the math.

We don't hear as much about prostate cancer because men just don't talk about their personal issues. Also, men don't have a vocal and visible spokesperson for prostate cancer like Susan G. Komen became for breast cancer. Much of the education about breast cancer in the last two decades was a result of the Komen family's efforts which began more than 25 years ago.

There are men out there who have openly shared their prostate cancer diagnoses: Robert DeNiro, Colin Powell, Rudy Giuliani, Bob Dole, Arnold Palmer, Don Imus, Harry Belafonte, John Kerry, Nelson Mandela, Joe Torre, Roger Moore, Charlton Heston, Dennis Hopper, Sir Alec Guinness, James Brown and many more. Prostate cancer is not very selective; if you have a prostate you have a chance of developing prostate cancer.

We don't know exactly why some men develop this disease. It is believed by some to be just part of the natural aging of the prostate gland. Something in the DNA triggers the prostate cells to "go wonky," and to become highly undifferentiated, to begin to grow wildly and to beat a path of escape outside the gland, on to the bones and organs throughout the body. In addition, we know that some situations and environmental factors can encourage the growth of malignant cells. Men who were exposed to Agent Orange during the Vietnam War stand a much higher



risk of developing prostate cancer – and to develop a particularly aggressive form of prostate cancer. Men who have a family history of prostate cancer stand a greater chance of developing it, and African Americans have a higher risk of the disease, too.

It is believed that diets high in red meat, processed foods, dairy products and sugars can contribute to development of prostate cancer (as well as other cancers). Stress, air pollution, lack of sleep – etc. may play a role in this disease.

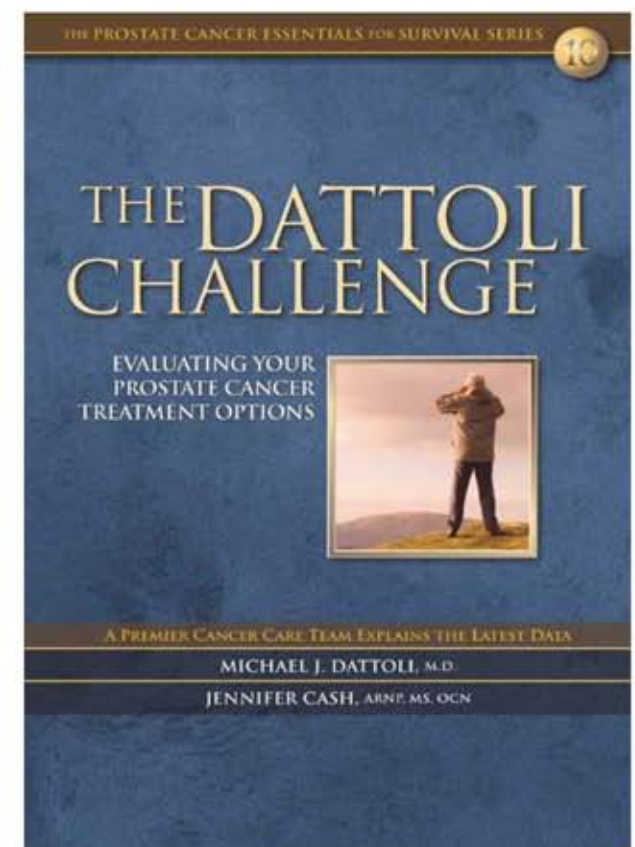
If you venture onto the World Wide Web, you can find lots of material about prostate cancer. Some is very good; some is plain awful and untrue. One must be very discriminating in deciding what to believe of internet information. Make sure it comes from a reputable source and can be verified by publication in respected medical journals.

In researching material for this article I came across a site: "Six Weird Clues to Prostate Cancer Risk." Of course I had to read this one! Here are a couple of the little jewels (most likely fake, of course) that I found:

- Men whose index finger is longer than his ring finger are 33% less likely to develop prostate cancer
- Men who start losing hair by age 20 are twice as likely to develop prostate cancer
- Men who father only girls may be 60% more likely to have prostate cancer
- Taller men (taller than what?) have a 19% greater chance of developing prostate cancer
- American Men who live north of 40 degrees latitude (such as Philadelphia, PA; Columbus, OH; or Provo, UT) have the highest risk of dying from prostate cancer.

So there you go. It pretty much boils down to the luck of being born male, your environment and diet growing up, the professions you end up in as an adult and your lifestyles. Wish there was better news but at this point there's not much.

While you have very little choice in whether or not you will develop this disease or not, you can have a major impact on whether you will survive it. The biggest thing you can do is educate yourself and commit to regular, annual PSA and digital screening exams. If you find this disease early, it is highly curable. The tricky part is that there are rarely any symptoms when the disease is early.



My suggestion is to take a hint from the breast cancer crusaders. Every time you hear about women needing annual mammograms, take it to heart and go get your own life-saving screening for prostate cancer! Man up – your life may depend on it.

*If you would like to learn more about prostate cancer, contact us for a copy of "The Dattoli Blue Ribbon Prostate Cancer Solution." 941-365-5599*

*Michael J.*  
**DATTOLI CANCER CENTER**  
& BRACHYTHERAPY RESEARCH INSTITUTE  
*Dedicated to Life*

1-877-DATTOLI | [www.dattoli.com](http://www.dattoli.com)

# To Mesh or Not to Mesh?

A guide to pelvic floor prolapse and the benefits of Robotic Assisted Sacrocolpopexy

By Dr. Sean Castellucci, Urology Partners

**W**hat are these ads on television about bladder slings? Did I have that done to me in the past? Should I be worried that I will have a problem from a prior surgery or even a future surgery? These are very real questions and show how powerful television and marketing can be. There are definitely potential risks and benefits to any pelvic floor repair, as there is with any surgery. Pelvic prolapse is a very common issue that women face. This can be a life altering entity, but is also very correctable. When the muscles and ligaments supporting a woman's pelvic organs weaken, the pelvic organs can slip out of place or prolapse. Pelvic organ prolapse can worsen over time, and you may need surgery to fix it. There are other less invasive options as well.

There are different types of pelvic organ prolapse. Women can have bladder, uterine, rectal or some combination of prolapse. Some women develop pelvic organ prolapse after childbirth, a hysterectomy or menopause. This can also be associated with urinary tract infections, since it can be more difficult to empty your bladder with the lack of support, or can relate to incontinence (involuntary leakage of urine). Luckily, there are ways to correct pelvic floor prolapse.

There are different ways to correct prolapse. Non-surgical methods can include use of a device to hold or support the pelvic floor with the use of a pessary. Otherwise, surgical options are also a possibility. These can be done either through the vagina (trans-vaginal approach), or through the abdomen in an approach called a sacrocolpopexy, which lifts the top of the vagina and supports the entire pelvic floor.

Depending on the type of repair that is required, surgical mesh may be of benefit. But it has undergone scrutiny in the media and in many ways misrepresented in terms of its effects. Surgical mesh is a medical device that is used to provide additional



support when repairing weakened or damaged tissue. The TV warnings that have been issued do NOT include all types of mesh and mesh still does have a very important position in pelvic floor repair. The American Urologic Association's (AUA) official position has always been that mid-urethral mesh slings, which are thin strips of polyethylene plastic that resemble window screen material, are important options for women who have stress urinary incontinence. Stress incontinence is a condition where the bladder leaks because of pressure from laughing, activity or sneezing. The AUA states: "restriction on the use of synthetic polypropylene mesh would be a disservice to women."

Additionally, this warning is not associated with other types of pelvic floor repair such as what is used in the minimally invasive robotic assisted sacrocolpopexy. Robot-assisted sacrocolpopexy is performed in order to correct prolapse and/or herniation of the vagina, uterus, and bladder (cystocele). In this procedure, mesh is used to anchor the cervix or apical portion of the vagina if no cervix is present (prior hysterectomy) to the sacral bone (a large triangular bone located in the upper back of the pelvis), thereby lifting the vagina and bladder into their normal anatomic positions. Robotic sacrocolpopexy can also be performed in women who have suffered a prolapse of the vagina (and sometimes the intestines, as well—a condition known as enterocele) following a prior hysterectomy.



Traditional open abdominal sacrocolpopexy has been shown to be a durable and successful method of repairing symptomatic prolapse while maintaining natural vaginal depth and length. We have now adapted the techniques utilized in open surgery to robotic sacrocolpopexy. Robotic surgery offers a minimally invasive approach with several technical advantages for the surgeon, including enhanced visualization with magnification, reduced blood loss, improved suturing techniques compared to laparoscopy, and reproducible surgical results. And because robotic sacrocolpopexy avoids the need for a large abdominal incision, women undergoing this procedure are able to experience a less painful recovery with a significantly quicker return to normal activities than would be possible with open surgery.

In this procedure, the patient is placed under general anesthesia and five small incisions are made in the lower abdomen, allowing introduction of a camera, three robotic instrument arms and one accessory port for passage of sutures and mesh materials. In cases of advanced uterine prolapse, a hysterectomy will then be performed with or possibly without preservation of the cervix, which would be done in conjunction with your Gynecological Surgeon. Following this, a small piece of polypropylene mesh is used to anchor the cervix, vagina and bladder to the sacral bone. Finally, tissues are sewn over the mesh to form a barrier between the mesh and surrounding pelvic organs.

The advantages of this minimally invasive procedure are reduced recovery time and hospital time. Since this procedure avoids the need for the large abdominal incision used in open surgery, most patients are able to resume normal activities within 3 to 4 weeks, compared to 6 to 8 weeks for an open sacrocolpopexy with less post-operative pain and need for pain medications. The superior precision and visualization of operative dissection offered by the da Vinci Si enhances the surgeon's ability to perform sacrocolpopexy with reduced blood loss and more accurate placement of suspension sutures. The patient is able to maintain natural vaginal length and depth, resulting in reduced vaginal scarring and maintenance of female sexual function.

We at Urology Partners have been performing this procedure in Manatee County with great success. Our physicians are trained with the knowledge and skill to help you with your medical problems. If you have any of the aforementioned issues, please do not hesitate to come in for an evaluation. We are here to help you through these intimate concerns.



## Dr. Sean A. Castellucci

*Dr. Sean Castellucci earned his medical degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. He completed his clinical internship at Mercy Catholic Medical Center in General Surgery followed by a general surgery and urologic surgical residency at Albert Einstein Medical Center, and Hahnemann University Hospital, where he was chief resident. Dr. Castellucci has also completed a clinical externship at Memorial Sloan Kettering Oncology Center during his residency. His most recent position was at the Urology Center of Columbus in Columbus, Georgia where he served as Medical Director.*



*Dr. Castellucci is interested in all aspects of Urology services and research. His specialties are in: Erectile Dysfunction, Bladder Cancer, Prostate Cancer, Kidney Stones, Female Pelvic Organ Prolapse Repair, Kidney Cancer, Low Testosterone, Urinary Incontinence, and minimally invasive therapies including laparoscopic surgery and the utilization of DaVinci Robotics.*


*Dr. Castellucci is very involved in research which has earned him both national and international recognition, including many publications in peer reviewed journals. His investigations focused on new innovations in urologic, oncologic surgery including the first single port access laparoscopic adrenalectomy performed; as well as research in other fields of urology including prostate cancer.*

*He has presented at numerous, internationally recognized meetings including the American Urologic Association, the European Association of Urology, and the World Congress of Endourology. His research has also earned him various distinguished awards including the Robert C. Erwin literary award, as well as the Leonard Finkelstein award in Urology.*

*Dr. Castellucci's diverse professional interests and responsibilities have enhanced and complimented his role as both husband and father. He is happily married to his wife Dania and has two children; Madison and Hailey.*

**941-792-0340**

**[www.urology-partners.com](http://www.urology-partners.com)**

 A Division of 21st Century Oncology, LLC

# Nanny Granny-Back on Track- Gloria Schoenfeld's Story

## Patient Testimonial for Dr. Gino Sedillo at CardioVascular Solutions Institute



**G**loria Schoenfeld went to see her cardiologist because she had been experiencing consistent leg pain. The cardiologist discovered that Gloria had no discernible pulse and determined that surgery was needed to correct the problem. He referred her to a surgeon. "I made an appointment with the referred surgeon, and during my appointment I learned that the procedure I needed was going to be very invasive, have multiple incisions and a long recovery time. This was so upsetting and I was scared of what was to come."

As luck would have it, Gloria's daughter attended a birthday party, at which time she explained her mother's situation to a friend. This friend mentioned that she knew of Dr. Gino Sedillo's less invasive work and suggested getting a second opinion from Dr. Sedillo. The day after the party, Gloria and her daughter called CardioVascular Solutions Institute and discussed Gloria's upcoming surgery and the possibility of meeting with Dr. Sedillo to determine if he could perform the less invasive surgery on her. "The staff was able to make me an appointment the very next day. Soon after meeting Dr. Sedillo, I knew that I was going to call the original surgeon and cancel the invasive procedure." After speaking with Dr. Sedillo, Gloria learned that the surgery she needed didn't have to be as invasive as she once feared, and the recovery time would be significantly shorter.

Armed with this new information, Gloria chose to have Dr. Sedillo perform the procedure she needed. The procedure, involving several arteries, was performed at Doctors Hospital in Sarasota.

"My recovery was smooth and I noticed improvements in areas that I was not even expecting. For example, I was once again able to get a full night of uninterrupted sleep, without having to use the bathroom a couple times throughout the night. I have to say, that was a unique and nice surprise!"

"I just have so much energy! Dr. Sedillo is a miracle worker. I feel like I'm 10-15 years younger. I have returned to my active lifestyle as a "Nanny Granny" caring daily for my two grandchildren, Aiden and Nadia. Being able to do this is just so important to me in so many ways." According to Gloria, last summer when she cared for her grandchildren she would always need to rest or nap afterwards. She is looking forward to spending entire days filled with fun events with the grandchildren this summer. Gloria boasted that she recently completed her spring cleaning from windows to cabinets to floors in a record-breaking three days. She excitedly proclaimed that she has so much energy she is a ball of fire and she owes it all to Dr. Sedillo and the surgery he performed.



"Thanks to Dr. Sedillo, I am back to doing all the things I have been unable to do for quite some time. Even my 4 year old golden retriever, Sophie, is having trouble keeping up with me on our 1 1/2 mile morning walk. I have to drag her along on the last 1/2 mile. I LOVE IT!"

### Dr. Gino Sedillo, M.D. F.A.C.C.

Dr. Gino Sedillo, M.D. F.A.C.C. Born in Albuquerque, New Mexico, Dr. Sedillo is Board Certified in Internal Medicine, Cardiovascular Diseases and Interventional Cardiology, and has been a member of the American College



of Cardiology since 1996. He completed his residency training for Internal Medicine at the University of Texas, where he was voted Intern of the Year and was selected Chief Medical Resident. He completed his Cardiology training at the Texas Heart Institute/ St. Lukes Hospital in Houston, Texas. He was elected Chief Interventional Fellow. Dr. Sedillo received additional specialization in Coronary and Peripheral Vascular Intervention as well as Pacemaker Implantation.

After 15 years of training, Dr. Sedillo started working for the Bradenton Cardiology Center in 1995. While there he performed more than 1,000 procedures per year and he began teaching procedures and techniques to other practicing cardiologists, vascular surgeons, and interventional radiologists. He served as Director of the cardiac catheterization lab at Manatee Memorial Hospital.

Most recently, in May 2011, Dr. Sedillo founded his independent practice, CardioVascular Solutions Institute, with offices in Sarasota and Bradenton. Since then Dr. Sedillo has been named director of the Percutaneous Coronary Intervention program at Doctors Hospital in Sarasota.

When he's not seeing patients, teaching other physicians or doing clinical research, Sedillo cherishes time with his three children.

**Call To Schedule Your Appointment Today!**  
**(941) 747-8789**



# Think About Your *Heart* Health Even After Heart Month

**F**ebruary is designated as American Heart Month., but every month should be focused on strengthening community through healthy living, and the promotion for everyone to take steps in the prevention of chronic diseases, such as heart disease, so they can lead longer, healthier lives.

According to the Centers for Disease Control and Prevention (CDC), heart disease is responsible for one in four deaths each year in the United States. The root causes of many chronic diseases are unhealthy behaviors such as physical inactivity, unhealthy eating and tobacco use. There are a lot of questions about heart disease, the causes and prevention. Nurse On Call had the opportunity to chat with Dr. Socrates Perez-Rodriguez, who specializes in internal medicine and has his own medical practice and is a hospitalist at Physicians Regional. Dr. Socrates Perez-Rodriguez, did his internship and residency at Jersey City Medical Center, Jersey City, NJ and has practiced medicine at many renowned hospitals including Columbia. We asked him a series of questions relevant to heart health and these were his responses:

## What causes cardiovascular disease?

Dr. Socrates Perez-Rodriguez, MD-There are many risk factors that contribute to the development of cardiovascular disease. Some people are predisposed to heart disease and stroke, but most people who develop cardiovascular disease do so because of a combination of factors such as poor diet, lack of physical activity and smoking.

## What is the connection between high blood pressure (hypertension) and heart disease?

Dr. Socrates Perez-Rodriguez- Blood moving through your arteries pushes against the arterial walls; this force is measured as blood pressure. The harder your heart has to work to pump blood through the smaller space, the pressure inside the vessels grows, elevating your blood pressure.



## How is coronary heart disease diagnosed?

Dr. Socrates Perez-Rodriguez- There are a number of ways to diagnose coronary heart disease. A coronary angiogram uses a dye inserted into your arteries and an x-ray to see how the blood flows through your heart. Another test is an electrocardiogram. This test records the electrical activity of your heart. An electrocardiogram measures the rate and regularity of heartbeats, the size and position of the heart chambers, the presence of any damage to the heart, and the effects of drugs or devices used to regulate the heart. It is a non-invasive procedure.

## Does diet play a part in the development of heart disease?

Dr. Socrates Perez-Rodriguez-Diet plays a significant role in protecting or predisposing people to heart disease. Diets high in animal fat, low in fresh vegetables and fruit, and high in alcohol have been shown to increase the risk of heart disease. A diet low in fat and salt has a proven to be effective long term.

## Is heart disease hereditary?

Dr. Socrates Perez-Rodriguez-Heart disease can run in the family, however, even if you inherit the risks factors that predispose you to heart disease, such as high blood cholesterol, high blood pressure, diabetes, or being overweight, there are measures you can take that will help you avoid developing cardiovascular disease.

## What are the newest advances in heart treatments and diagnoses?

Dr. Socrates Perez-Rodriguez- There are some new advances but it's a constantly evolving field. We can offer many more treatments that are less invasive which doesn't always mean one could go into a procedure. It could be as simple as sitting down with your doctor and determining the symptoms. There are different ways of evaluation such as stress tests and if there are abnormal results, we can complete Ct scan or cardiac MRI.

At the end of the day "Coronary artery disease is preventable," said Dr. Socrates Perez-Rodriguez, "You need to be aware of your own body, genetics and habits. Typical warning signs are chest pain, shortness of breath, palpitations and even fatigue, but in diabetic patients symptoms are usually absent."

Nurse On Call Home Healthcare has specialty cardiac team committed to the prevention, education and treatment of heart disease. If you have further questions about Heart Disease, local cardiologist, support groups and non-profit organizations committed to Heart Health contact your local Nurse On Call Home Healthcare branch.



941.366.2900

HHA: 299993068

# Low Carb - High Fat Diet

## What will it do to my Cholesterol?

Throughout time fad diets have been a staple of the American weight loss industry it seems that almost everyone is looking for the next magical way to lose weight and lower cholesterol. In response to that need the marketplace has a new and improved fad or medical theory diet to sell to us every year. Some of the more dangerous fads use injectable hormones and severe calorie restriction as part of their plan for you to lose weight. Fad diets do work (in the short term) because they cut calories. It makes no difference if it's an anti-inflammatory, gluten free, low carb, liquid, fasting, paleo, no grain, high protein, high fat or a food-combining plan. All of these plans are low in calories and most require you to eat less processed food and more whole food. By cleaning up your diet you can make a difference immediately, especially in your cholesterol levels. However to avoid gaining all the weight back, (including your less than optimal cholesterol numbers) the key is to create a plan that you can continue as a life-long lifestyle change instead of a temporary fix.

Before we dive into the low carb-high fat diet pros and cons I want to touch upon cholesterol levels in general. My opinion on the treatment of cholesterol is that cholesterol numbers are not how we should be diagnosing and treating people. Cholesterol is very complicated and should not be relegated to - a "you have this number - so you get this treatment." Cholesterol levels need to be analyzed so that we can see the balance between the different types of fat. Suppressing cholesterol to its lowest levels is actually detrimental, in most people and should only be done in patients with history of heart disease. This is a great transition to how you can maintain a not only healthy but optimal cholesterol level with what you are eating.



The newest medical theory on the block was developed by a physician that I truly respect, Dr. David Perlmutter, MD. In his book "Grain Brain", he espouses a world where no one should grain carbohydrates, including most fruit. So that means no or limited rice, wheat, millet, quinoa, corn, potatoes and fruit while at the same time advocating eating a higher (naturally saturated and monounsaturated) fat diet. Huh? I was taught that fat was bad, it would make cholesterol higher and damage the cardiovascular system. How is it now that fat is good? The theory behind grain brain is that grains, including sugar (which is actually a grass) can produce inflammation in the body, inflammation is well known as the foundation of all disease. Dr. Perlmutter's theory is that elevated cholesterol is not the problem we have been told it is, as the brain requires fat for fuel and depriving it of that good fat will set up an even more damaging situation. He states that grains actually do more harm to especially our brain functions than any of the natural saturated or monounsaturated fats could do to our heart.

The idea is this; we should be increasing our intake of Omega 3 fatty acids, they are the part of fat that keep us healthy overall, fuel our brain and reduce inflammation. Likewise we should be decreasing our intake of Omega 6 fatty acids. If we get too many Omega 6's (the part of fat that increases inflammation) then we are becoming unhealthy. It comes back around to whole foods versus processed foods as most of the grains/carbs found in the carb addicts pantry are processed cookies, cakes, crackers and breads (omega 6 heavy) versus eggs with healthy saturated naturally occurring fat (omega 3 rich) which is a whole food.

Another helpful tip Dr. Perlmutter explains in his book is that most saturated fat comes from animal products (ie: beef, eggs and cheese/milk/butter) and the key to eating healthy naturally occurring saturated fat is to use animals that have had omega 3 rich feed, like grass. So if a cow or hen eats grains (probably GMO a topic for another time) then the product (meat, eggs and cheese/milk/butter) is higher in omega 6 – more inflammatory – if the animal eat grass ie: free roaming or range free ... then the higher the omega 3's. High omega 3 equals heart and brain health. The other way to get your healthy Omega 3's is to eat foods that contain monounsaturated fat from avocado, nuts/nut butter, salmon and olives. While there is much evidence that points to grain brain being a correct theory there are

many who say that we need grains in our diet. I as always, am taking the middle way. I believe in balance and that eliminating an entire food group is unnecessary unless, you have a specific disease process or condition that makes it a detriment to eat that food group. In that line of thinking, if you currently have diabetes type 2, metabolic disease or even just elevated cholesterol (this is an entire article on its own) it may be important for you to try a low carb high fat diet for about 90 days. It may be the answer you are looking for.

I do know for sure that eating monounsaturated and naturally occurring saturated foods will not be detrimental to your cholesterol in fact it may create balance where there is chaos.



 **FAMILY HEALING CENTER**  
NATURAL HEALING AND WELLNESS

**(941) 951-1119**

Midtown Medical Park at 1219 East Avenue  
South, #104, Sarasota, Florida 34239



# ASK THE EXPERTS at THE EYE ASSOCIATES

## Common Questions About Cataracts

*Courtesy of The Eye Associates*

### **Q: Can cataract grow back?**

No, cataracts cannot grow back, however, even after successful cataract surgery, the natural capsule that is left behind can become cloudy and causes vision to become blurry again. This occurs in approximately 35 percent of patients. It can happen soon after cataract surgery or many years later. **Not to worry, though.** This cloudy capsule can be corrected quickly, without needles or stitches, using a simple laser procedure called a **YAG Laser Capsulotomy**. "We use a YAG laser to create a small opening in the capsule, which provides a clear path for light to pass into your eye. No anesthesia is required for this painless procedure, and in most cases, people see sharply again right afterward, usually returning to normal activities that same day" explains Dr. Brian Foster, Cataract Surgery Specialist.

cataract. In traditional cataract surgery these steps would be done manually with a blade. That is the reason why it is referred to as Bladeless Laser Cataract Surgery when the LenSx Laser is used."

### **Q: Can cataract surgery correct astigmatism?**

Yes. There are lens implants that include astigmatic correction. Also, the LenSx® laser can treat astigmatism. With the high definition imaging of the laser, it provides real-time, three-dimensional images that enable our skilled surgeons, Dr. Robert Friedman, Dr. Cathleen McCabe and Dr. Brian Foster, to offer patients the most accurate and predictable outcomes.



### **Q: If I have glaucoma, can I get cataract surgery?**

"Absolutely" says Dr. Robert Friedman, fellowship Trained Glaucoma Specialist and Cataract Surgeon at The Eye Associates. In fact, today's glaucoma patient with cataracts has more choices than ever before.

### **Q: Is the YAG laser used to do cataract surgery?**

No, even though the YAG laser is sometimes used after cataract surgery, The Eye Associates uses an Alcon LenSx laser (a femtosecond laser) for Bladeless Laser Cataract Surgery. Dr. Cathleen McCabe explains, "This laser emits cool pulses to automate the most challenging steps of cataract surgery, such as performing corneal incisions, opening the capsule, and softening and breaking up the



**THE EYE ASSOCIATES**

Left: Cathleen McCabe, MD  
Middle: Brian Foster, MD  
Right: Robert Friedman, MD



### ECP (Endoscopic CycloPhotocoagulation)

ECP is a glaucoma laser procedure that can be done on its own, or in combination with cataract surgery. Instead of focusing on the eye's drainage system, ECP works by reducing the amount of fluid the eye makes. Using a laser to treat the ciliary body, the pressure in the eye is lowered. ECP is a non-invasive, low risk procedure that is relatively easy to perform, and proven to be effective in treating patients with glaucoma.



### iStent® Surgery

iStent® surgery is usually done during cataract surgery and it involves inserting a tiny L shaped device that acts as a permanent drain of the fluids which can reduce glaucoma pressure in the eye.

Go to our webpage at [www.TheEyeAssociates.com](http://www.TheEyeAssociates.com) and then into the section on Glaucoma to view a video on iStent. It is a great advancement in glaucoma treatment and one, along with ECP, that can help you decrease the expense of glaucoma drops.

### Q: What are some common symptoms of cataracts?

- **Blurred Distance Vision:** Vision in general starts to blur, but it is especially noticeable when driving or watching TV.
- **Sensitivity to Glare:** Many people find it difficult to drive towards the sun. They also find it harder to see golf balls against a bright sky, even though vision may seem acceptable under other circumstances.
- **Night Blindness:** Because a cataract allows less light through the lens, it may become more bothersome in low light conditions, especially when trying to drive at night.
- **Loss of Depth Perception:** If you find yourself bumping the curb when parking, or if others say that you get too close to cars while driving, you may have a cataract in just one eye, which can cause difficulty in judging distances.
- **Difficulty Reading:** Reading is often blurry, making it difficult to read medicine bottles and phones.
- **Loss of Color Perception:** This symptom usually goes unnoticed until after the cataract has been removed. Many people are even shocked to see the colors they have chosen for their home.



### The First Step

Cataract surgery is highly successful and the most commonly performed surgery in the US. Patients are usually able to resume most normal activities within hours, and frequently have better vision than they had before they developed cataracts.

If you are experiencing any of the symptoms of cataracts, the first step is to have a comprehensive eye examination. Your doctor will be able to determine if a cataract is the cause of your decreased vision. If it is, and if it is inhibiting your quality of life and the activities that bring you joy, then you and your surgeon will determine which option is best for your eyes and lifestyle.

To make an appointment for a cataract evaluation, please call 1-866-865-2020.



## THE EYE ASSOCIATES

Toll Free: 1-866-865-2020  
[www.Sight4Life.com](http://www.Sight4Life.com)

WEST BRADENTON  
6002 Pointe West Blvd

EAST BRADENTON  
7230 55th Avenue East

SARASOTA  
2111 Bee Ridge Rd

ELLENTON  
7915 US Hwy 301 North

SUN CITY CENTER  
3894 Sun City Center Blvd.

# March is National Kidney Month

In a popular 1970 song, singer-songwriter Joni Mitchell asked, "Don't it always seem to go that you don't know what you've got till it's gone"—a question that could have been aimed at people with kidney disease. The kidneys play a crucial role in maintaining overall health, but are rarely appreciated until they become damaged and can no longer do their jobs.

## Top 5 Jobs Kidneys Do

Do you know what your kidneys do every day to keep you healthy? The answer is quite a lot. The kidneys play an important role in keeping your body functioning properly. Here are the 5 top jobs healthy kidneys perform.

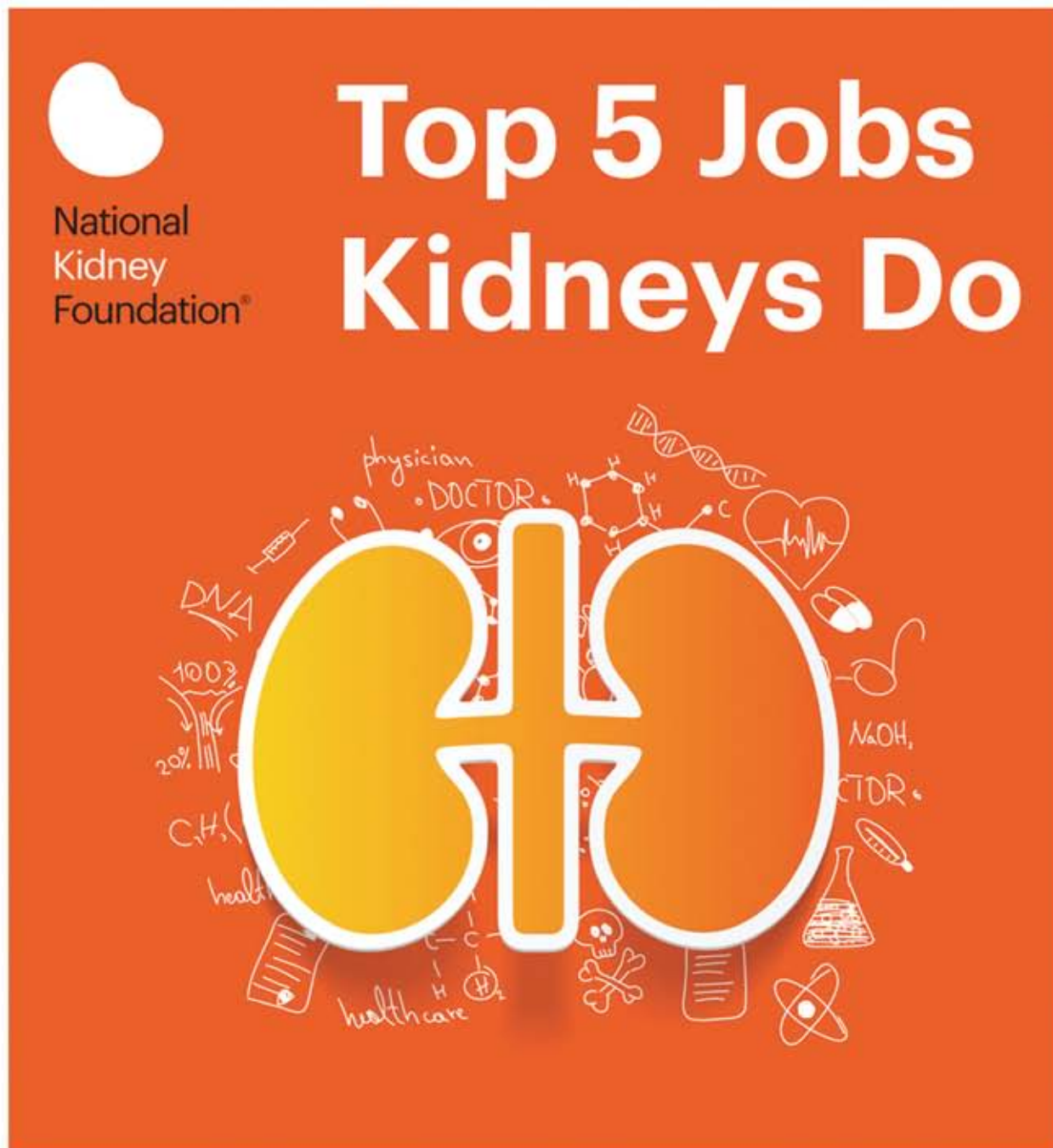
**1. Remove wastes and extra fluid.** Your kidneys act like a filter to remove wastes and extra fluid from your body. Your kidneys filter about 200 quarts of blood each day to make about 1 to 2 quarts of urine. The urine contains wastes and extra fluid. This prevents buildup of wastes and fluid to keep your body healthy.

**2. Control blood pressure.** Your kidneys need pressure to work properly. Kidneys can ask for higher pressure if it seems too low, or try to lower pressure if it seems too high by controlling fluid levels and making the hormone that causes blood vessels to constrict.

**3. Make red blood cells.** Your kidneys make a hormone called erythropoietin. Erythropoietin tells bone marrow to make red blood cells. Red blood cells carry oxygen from your lungs to supply all your body's needs. Red blood cells give you the energy you need for daily activities.

**4. Keep bones healthy.** The kidneys make an active form of vitamin D. You need vitamin D to absorb calcium and phosphorus. Calcium and phosphorus are important minerals for making bones strong. The kidneys also balance calcium and phosphorus so your body has the right amount.

**5. Control pH Levels.** pH is a measure of acid and base. Your kidneys maintain a healthy balance of the chemicals that control acid levels. As cells break down, they make acids. The foods you eat can either increase or lower the amount of acid in your body. Your kidneys balance the pH of your body by either removing or adjusting the right amounts of acid and buffering agents.



## Kidney Disease

Many of us don't give much thought to our hardworking kidneys but the truth is 1 in 3 American adults are at risk for developing kidney disease. The main risk factors are diabetes, high blood pressure, a family history of kidney failure and being age 60 or older.

## What Causes Chronic Kidney Disease?

The two main causes of chronic kidney disease (CKD) are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases. Diabetes happens when your blood sugar is too high, causing damage to many organs in your body, including the kidneys and heart, as well as blood vessels, nerves and eyes. High blood pressure, or hypertension, occurs when the pressure of your blood against the walls of your blood vessels increases. If uncontrolled, or poorly controlled, high blood pressure can be a leading cause of heart attacks, strokes and chronic kidney disease. Also, chronic kidney disease can cause high blood pressure.

### What are the Symptoms of CKD?

Most people may not have any severe symptoms until their kidney disease is advanced. However, you may notice that you:

- feel more tired and have less energy
- have trouble concentrating
- have a poor appetite
- have trouble sleeping
- have muscle cramping at night
- have swollen feet and ankles
- have puffiness around your eyes, especially in the morning
- have dry, itchy skin and need to urinate more often, especially at night.

**The National Kidney Foundation offers 7 Golden Rules of Prevention to lower your chances of getting kidney disease.**

#### 1. Get regular check-ups

You take your car in for a tune-up to make sure it runs smoothly, so why wouldn't you take care of your body? Your doctor can check for kidney disease with 2 simple tests: a urine test and blood test. A urine test called albumin creatinine ratio (ACR) checks if there is a protein called albumin in your urine. A blood test called glomerular filtration rate (GFR) tells how well your kidneys are working to remove waste from your body.

#### 2. Control Blood Pressure

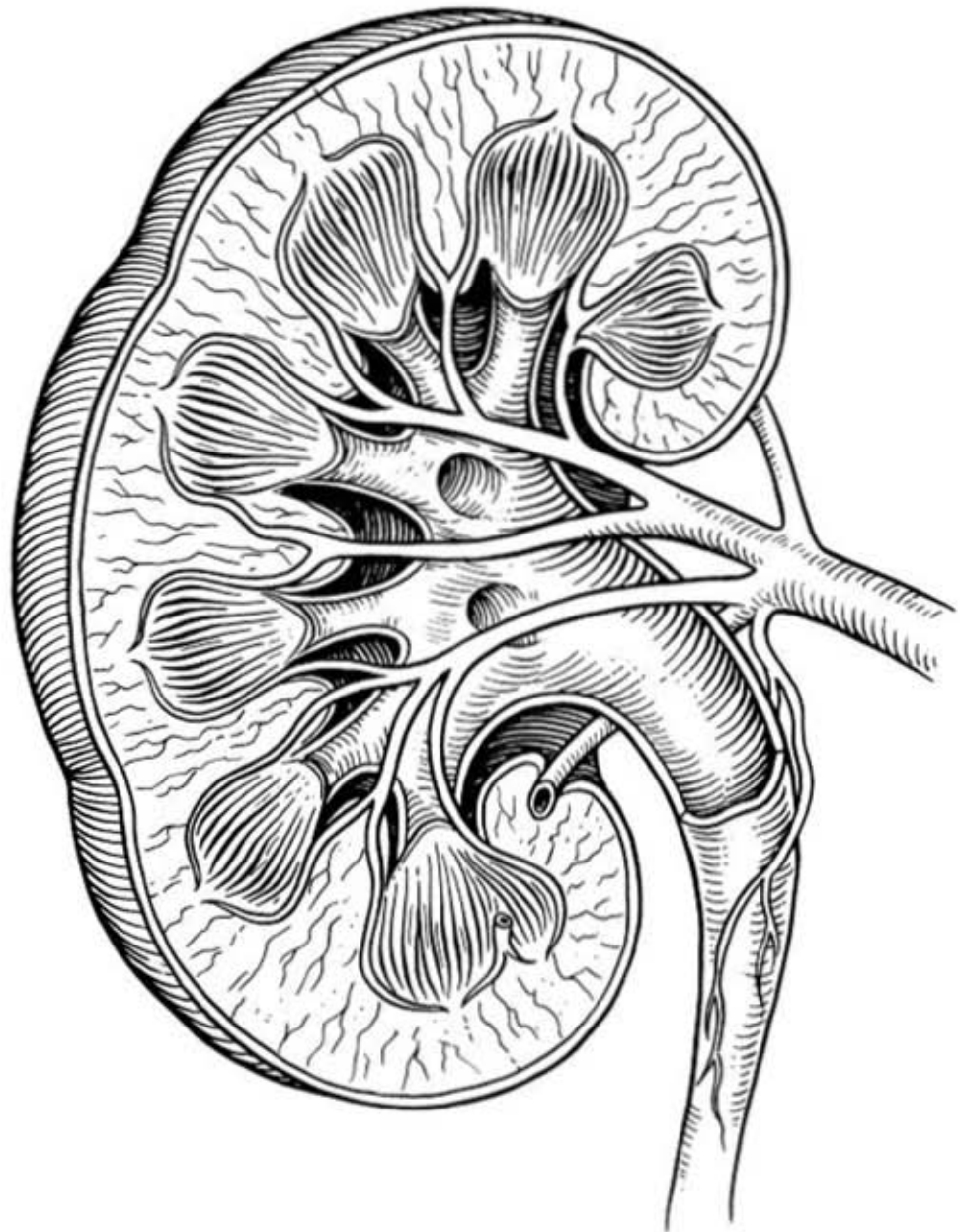
High blood pressure can damage your kidneys and increase your chances of getting kidney disease. If your blood pressure remains high, your doctor may have you take medicine. Making simple tweaks to your lifestyle, such as cutting back on salt and alcohol, losing excess weight, and exercising can help keep your blood pressure in check.

#### 3. Control Blood Sugar

High blood sugar levels make the kidneys filter too much blood. Over time, this extra work stresses the kidneys and can cause damage. If you have diabetes, the best way to protect your kidneys is to keep your blood sugar well controlled. Your treatment plan may include diet, exercise, and medicine to lower your blood sugar levels.

#### 4. Eat a Healthy Diet

A healthy diet plan, such as the DASH (Dietary Approaches to Stop Hypertension) Diet, can help lower blood pressure and lower your chances of getting heart disease and kidney disease. The DASH eating plan includes fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also has less sodium, sugars, fats, and red meats.



#### 5. Exercise

You've heard it before and we're going to say it again: you must exercise. [https://www.kidney.org/atoz/atozTopic\\_Fitness-Rehabilitation](https://www.kidney.org/atoz/atozTopic_Fitness-Rehabilitation). Exercise can help you keep a healthy weight, control blood pressure and cholesterol, build strength and endurance, and lower your chances of getting diseases such as diabetes, heart disease, and kidney disease. There are many types of exercises that can help you stay healthy including walking, household chores, playing a sport, or aerobic exercise (jogging, swimming, biking, climbing stairs, or hiking).

#### 6. Quit Smoking

By now you should know the many dangers associated with smoking. Smoking causes diseases in every organ of the body, including the kidneys. If you are not able to quit smoking on your own, ask your doctor about treatment options.

#### 7. Do Not Overuse Pain Medicines

Using too much pain medicines called NSAIDs (non-steroidal anti-inflammatory drugs such as ibuprofen) may cause kidney disease. Long-term use of NSAIDs, especially at high doses, reduces the blood flow to the kidney which causes harm to kidney tissue. Ask your doctor about other medicine to manage pain, such as acetaminophen.

Source: National Kidney Foundation

# GENETIC TEST HELPS DETERMINE RISK OF GETTING BREAST CANCER

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

**B**reast cancer is the number one cancer diagnosis among women in the United States and is second only to lung cancer in regards to cancer deaths. One in eight women, or 12.7%, will develop invasive breast cancer in her lifetime.

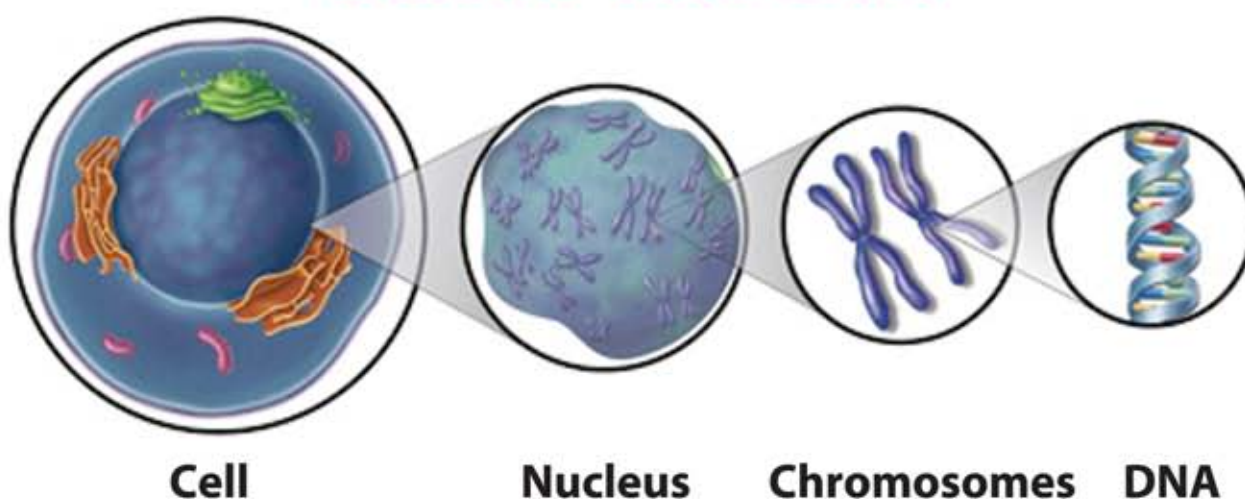
Last year, an estimated 232,000 people were diagnosed with invasive breast cancer and approximately 39,000 died of breast cancer last year. The good news is, the number of these deaths is steadily decreasing. Medicine is making great strides against the disease thanks to early detection and better treatments.

Although the deaths are declining, these numbers are still alarming. Like any health ailment, you should be proactive and do anything you can to lower your risk of developing cancer. Risk factors are anything that increases your chances for developing cancer. Having a risk factor does not mean that you will develop breast cancers; some women with one or more risk factors never develop breast cancer. However, knowing the risk factors and how they affect you can help minimize your chances of developing breast cancer. You can control things like your weight, diet, alcohol consumption and smoking habit. On the other hand, risk factors such as: gender, age, family history, race, and density of breasts are those that you cannot control. One additional risk factor that you may not even know you have unless you are tested is a genetic mutation.

## GENETIC RISK

Approximately 5 to 10% of breast cancers are thought to be hereditary or due directly from a mutation on a gene passed on from either your father or mother. Most inherited cases of breast cancer are associated with two abnormal genes: BRCA1 (BRest CAncer gene 1) and BRCA2 (BRest CAncer gene 2).

## Inside The Cell



Everyone has BRCA1 and BRCA2 genes. The function of these genes is to repair cell damage and keep cells growing normally. BRCA1 and BRCA2 are human genes that belong to a class of genes known as tumor suppressors. When these genes contain abnormalities or mutations, they do not function normally and breast cancer risk increases. Abnormal BRCA1 and BRCA2 genes may account for up to 10% of all breast cancers, or one out of ten cases. Having an abnormal BRCA1 or BRCA2 gene does not mean you will be diagnosed with breast cancer, but it does increase the chances of development.

***The average American woman has a one in eight, or 12 to 13% chance of developing breast cancer in her lifetime. Women who have an abnormal BRCA1 or BRCA2 gene (or both) can have up to an 80% chance of being diagnosed with breast cancer during their lifetime.***

Women with abnormal BRCA1/BRCA2 genes also have an increased risk for developing ovarian, colon, pancreatic and thyroid cancers, as well as melanoma. Are your BRCA1 and BRCA2 genes abnormal, increasing your risk for developing breast cancer?

## GENETIC TESTING

There are various genetic tests available to determine if someone has an abnormal BRCA1/BRCA2 gene. Several methods are available to test for BRCA1 and BRCA2 mutations. Most of these methods look for changes in BRCA1/BRCA2 DNA. At least one method looks for changes in the proteins produced by these genes. Frequently, a combination of methods is used.

A blood sample is needed for these tests. The blood is drawn in a laboratory, doctor's office, hospital, or clinic and then sent to a laboratory that specializes in the tests.



A positive test result generally indicates that a person has inherited a known harmful mutation in BRCA1 or BRCA2 and, therefore, has an increased risk of developing breast cancer.

#### **ABNORMAL BRCA GENES – NOW WHAT?**

Several options are available for managing cancer risk in individuals who have a harmful BRCA1 or BRCA2 mutation. If you do have an abnormal gene, there are lifestyle choices you can make to keep your risk as low as possible. These include:

- Maintaining a healthy weight.
- Exercising regularly.
- Limiting alcohol.
- Eating nutritious foods.
- Never smoking or quit if you do smoke.

These are just a few steps you can take to lower your chance of developing cancer. Along with these lifestyle choices, there are other risk reduction options for women at higher risk because of abnormal genes.

If you are at higher risk because of an abnormal breast cancer gene, you and your doctor will develop a screening plan tailored to your unique situation. It may be determined that you should begin regular screenings before the generally recommended age of 40. In addition to the screening guidelines for women at average risk, a screening plan for a woman at high risk may include:

- Monthly self breast examination.
- Yearly breast examination by your doctor.
- Digital mammogram every six months or every year starting at the age of 30 or younger.
- Breast ultrasound every six months or every year.
- MRI breast screening every year.

Besides close surveillance, there are other ways to minimize risk if you have abnormal BRCA genes including: research trials, medications, and prophylactic or preventative mastectomy or oophorectomy. Talk to your doctor, radiologist or genetic counselor about developing a specialized program for early detection that addresses your breast cancer risk, meets your individual needs and gives you peace of mind.



**Eric M. Folkens, M.D.**

For further information regarding genetic testing and cancer risks, you may contact your healthcare provider or the American Cancer Society. You can also utilize these websites [www.cancer.gov](http://www.cancer.gov), [www.cancer.org](http://www.cancer.org) or [www.myriadtest.com](http://www.myriadtest.com).

#### **Now Open!!!**



#### **Sarasota Urgent Care West**

1435 South Tamiami Trail, Sarasota, FL 34239  
(941) 554-4301

Facebook.com/SarasotaUrgentCareWest  
[www.sarasotaurgentcare.net](http://www.sarasotaurgentcare.net)



#### **Bradenton Urgent Care**

4647 Manatee Avenue West, Bradenton, FL 34209  
(941) 745-5999

Facebook.com/BradentonUrgentCare  
[www.BradentonUrgentCare.com](http://www.BradentonUrgentCare.com)



#### **Lakewood Ranch Urgent Care**

9908 SR 64 East, Bradenton, FL 34212  
(941) 747-8600

Facebook.com/LakewoodRanchUrgentCare  
[www.LWRUC.com](http://www.LWRUC.com)



#### **Sarasota Urgent Care**

6272 Lake Osprey Drive, Sarasota, FL 34240  
(941) 907-2800

Facebook.com/SarasotaUrgentCare  
[www.SarasotaUrgentCare.com](http://www.SarasotaUrgentCare.com)



# Cutting Edge Technology and Science Meet to Make You Look Years Younger!

**S**wan Age Reversal Centers specializes in aesthetic procedures that help their clients look younger, thinner, and more vibrant. Due to huge year round demand for their services, a new Naples office is opening August 2014 and a Sanibel location is opening October 2014. Swan Centers services hundreds of clients and does thousands of procedures annually and have a 98% approval rate. They offer non-invasive, safe, pain-free treatments utilizing State of the Art Devices found exclusively only at Swan Centers. Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, or fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results.

They offer body contouring treatments that stimulates weight loss and fat reduction with most clients seeing instant results. They also offer skin rejuvenation and anti-aging treatments to help restore your natural glow and slow the aging process. Swan Centers offer a wide range of customized services to help our clients look younger, thinner and more vibrant. Many of the services that they offer can only be found only at Swan Age Reversal Centers because they use custom manufactured devices, proprietary serums and exclusive products.

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science and impeccable service. They're driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that only a premium establishment can offer. They specialize in laser, radio frequency, ultrasonic anti-aging and fat reduction technologies, and offer a complementary assessment to all first-time customers.



## SWAN TREATMENT OPTIONS

### SKIN TIGHTENING

#### Swan-Freeze™

Swan-Freeze™ is a state-of-the art, Skin Tightening, Wrinkle Reduction, Cellulite Smoothing device that is exclusive to only Swan Age Reversal Centers. Swan-Freeze™ creates radio frequency waves to penetrate and tighten your skin, reduce wrinkles, and has numerous anti-aging benefits. This non-invasive, pain free technology offers

impressive results in as little as 6-10 treatments, however, many clients notice a difference after the first treatment.

Swan-Freeze™ treatments use radio frequency to consistently and uniformly heat the skin from the inside out. The collagen fibers heat up resulting in skin tightening to attain exceptional results.

Swan-Freeze™ treatments are non-invasive and painless, with many clients comparing the treatment to a hot-stone massage! Swan-Freeze™ treatments are effective in circumference reduction, improving the appearance of cellulite, skin tightening and reducing the appearance of wrinkles. They deliver a safe, pleasant, pain-free experience in treatments for the body including arms, belly, hands, thighs, buttocks, neck and face.



### FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, love handles, buttocks or arms. Swan Age Reversal Centers has the answer! They are excited to offer 2 Exclusive fat reduction options only found at Swan Centers. Swan-Lipo™ utilizes state of the art laser technology and Swan-Cavi™ is fat reduction with the use of ultrasound. They can use one or both of these exclusive devices to treat you, based on what your specific fat reduction needs are.

#### Swan-Lipo™ and Swan-Cavi™

Swan-Lipo™ and Swan-Cavi™ are used to reduce fat to specific targeted body parts and transforms bodies with remarkable results, with clients seeing incredible results



Anti-Aging • Fat Reduction • Skin Tightening  
Wrinkle Reduction • Cellulite Smoothing

**1-800-965-6640**

[www.SwanCenters.com](http://www.SwanCenters.com)

3301 Bonita Beach Road #106  
Bonita Springs, FL 34134

12575 S. Cleveland Avenue #5  
Fort Myers, FL 33907

141 10th Street South  
Naples, FL 34103

950 S. Tamiami Trail #100  
Sarasota, FL 34236

with inches lost off their waist, belly, back, arms, hips and thighs. Swan-Lipo™ and Swan-Cavi™ are safe and effective way to lose inches of fat without surgery, no pain, no bruising or recovery time! Swan-Lipo™ and Swan-Cavi™ help to contour your body, lose inches and reduce stubborn body fat without having painful plastic surgery procedures! Swan-Lipo™ and Swan-Cavi™ works by painlessly creating a small pore in the wall of the fat cells to start the inch loss process. While the cells remain healthy and alive, the fat is emptied out of the cells through the open pore. Our bodies then safely and naturally eliminate the fat using the lymphatic system which causes you to lose inches in the waist, hips, arms, back and thighs.

Swan-Lipo™ and Swan-Cavi™ treatments are quick and painless. Treatments generally take 45 minutes or less and unlike other plastic surgery procedures, Swan-Lipo™ and Swan-Cavi™ allows you to continue your daily activities without any interruption.

### SKIN RENEWAL

#### Swan Ultrasonic™

Swan Ultrasonic™ is an exclusive and unique state-of-the-art treatment system that produces amazing results on all skin types. Swan Ultrasonic™ utilizes low frequency sound waves in a two-stage process to repair skin at a cellular level regardless of skin concerns such as acne, rosacea, wrinkles, hyper pigmentation, dry skin or blemishes. Swan Ultrasonic™ can be done as a stand-alone treatment option or to achieve more dramatic results, Swan Ultrasonic™ can be combined with other treatments.

**Swan Ultrasonic™ offers an easy 20 minute two step application.**

**1. Deep Exfoliation** – Removes dead skin cells and impurities by cavitating pores with a gentle sound wave. The skin is cleaned deeply and exfoliated allowing it to receive nourishment at a cellular level.

**2. Antioxidant & Serum Infusion** – With the proper frequency and consistent potency density, antioxidants and proprietary topical collagen products deeply penetrate, instead of simply lying on top of the skin where they provide little to no benefit. This treatment will penetrate the skin to boost collagen, giving your clients a fuller and more youthful appearance.

Swan Ultrasonic™ helps to reverse the signs of aging on the face, neck, décolleté and hands with no pain or downtime!

Swan Ultrasonic™ treatment systems provide superior deep pore cleansing, gentle exfoliation, cellular Rejuvenation and deeper penetration of Serums than other skin renewal products. The benefits of Swan Ultrasonic are clear and immediate improved skin appearance that will be noticed after the first treatment.

# KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

**A** person with knee pain knows how often it gets in the way of doing the things they want and need to do in daily life. Because the knee is a weight bearing joint, knee pain affects almost everything we do that requires mobility, including those things most of us have usually taken for granted.

For many, knee pain makes it hurt to walk, stand, stoop, get out of a chair, or to go up or down stairs. Additionally, routine activities of living, work, social and recreational activities are often inhibited, restricted or avoided because of knee pain.

If you have been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take, don't worry – there is another option.

If you have tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call (239) 687-2165 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand that we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of Preventing Knee Replacement Surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for the Hyalgan treatment for knee arthritis. You can always have more radical procedures performed later, if necessary. However, with knee replacement surgery, once done, there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that Hyalgan is unable to help, but as we have seen with many of our patients... A Total Knee Replacement is a Very Extreme Measure To Take without considering all your options for a condition as common as knee arthritis.

## What are Hyalgan Injections?

Hyalgan injections treat knee osteoarthritis. Hyaluronic Acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. When Hyalgan is injected into the knee, it provides replacement for diseased synovial fluid, which is the cause of your pain. Hyalgan specifically targets the osteoarthritis in your knee, unlike over the counter oral medications or non-steroidal inflammatory drugs (NSAIDs) that affect all parts of your body.

## What's the process?

It's a very easy and quick process. Our Doctors will inject Hyalgan directing into your knee joint using a high tech medical device called a Fluoroscope to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection. Then, an injection of dye confirms needle placement to ensure that the pain relieving drug Hyalgan reaches the knee capsule where it bonds with the naturally occurring joint fluid to create a lubricating and cushioning layer. That's why if you have tried any type of pain reduction injection elsewhere without success, we may still be able to assist you as your original injection may have never would up in just the right place. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

## When will I feel results?

Most feel an immediate reduction in pain and return to normal activities in weeks.



**Avoid Unnecessary Surgery!** This FDA-approved treatment is proven to relieve knee pain, while eliminating the need for surgery. Treatment is safe, easy and covered by most insurance companies, including Medicare.

## Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

## What are other people saying about it?

"My knee feels great. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery. After completing the program, I can now dance again which I have not done in years, and my lifestyle is on its way back to normal!" - Elizabeth B.

## So what are you waiting for?

Pick up the phone and call us today to schedule your NO-COST, NO-OBLIGATION consultation. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are re-directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call. So keep calling – help is only a phone call away...



941.702.9575 | [www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.com)



By Dr. Robert R. Jones

# Community Partnerships the Key to Success

economy. Along with our sister institution, Florida Gulf Coast University (FGCU), we enjoy transferability of courses. The state of Florida enabled this by establishing the common course numbering system, allowing similar courses to easily transfer to other state colleges and universities.

Additionally, FSW's School of Business and Technology partnered with FGCU and Hodges University to establish a Workforce Now, a regional research initiative that was created to provide better information about regional workforce

gaps, skills, and characteristics to both educators, employers, and the public. The project identifies needed skills colleges can include in their program training and provides regional economic and business information to help expand and recruit businesses to the area.

In some cases, we have even reached beyond our local community and have established partnerships with organizations such as the University of Florida (UF). This partnership, along with the Naples Children and Education Foundation

**F**or any community-based organization, your success is only as strong as the relationships you build. At Florida SouthWestern State College (FSW), we strive to provide high-quality, low-cost educational opportunities, programs and services for our students. Often, this is only possible through the partnerships we share with other community-based organizations.

The numerous partnerships FSW has established throughout our community and the five counties we serve have helped develop and grow many of our programs, some of which would not be possible without these partnerships.

FSW's School of Health Professions is one of the top 25 largest producers of Registered Nurses (RNs) in the country. This is thanks to the many local hospitals and medical facilities, such as Naples Community Hospital, that provide onsite clinical training to our nursing program students. Our students train on the same equipment they will use and with the same healthcare professionals they will work with when they begin their own healthcare careers.

While we may appear to be competitors, we have also built many partnerships with other local higher educational institutions, bringing additional benefits to both our students and the





(NCEF), has helped build the NCEF/ UF Pediatric Dental Center, providing both low cost dental services to over 8,000 children a year and establishing a pediatric dental residency program for UF dental students.

One of FSW's biggest and most recent partnerships is with Suncoast Credit Union. While the most talked about benefit of our partnership has been the naming rights of FSW's new athletics arena, it goes far beyond just that. Together we will provide financial literacy education for our students and the public, provide staff training for Suncoast employees, and create scholarships for our talented students.

When organizations have common goals, taking advantage of each other's talents and working together to compound those resources can often create win-win arrangements for everyone. This ultimately means improving services and making a greater impact in the community.



The mission of Florida SouthWestern State College is to inspire learning, and it is with the help of our many local partnerships and supporters that we are able to do just that.

*Dr. Robert R. Jones is the Collier Campus President/ Regional Vice President Economic & Community Development at Florida SouthWestern State College.*



**FLORIDA**  
**SOUTHWESTERN**  
STATE COLLEGE

www.FSW.edu - (800)749-2322  
Naples | Fort Myers | Punta Gorda | LaBelle  
f FSW Bucs t @FSWBucs i FSWBUCS

# Limb Swelling: Medicare Approved Treatment Options

By Alyssa Parker

**P**neumatic 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.



## ACUTE WOUND CARE

Contact Acute Wound Care today and speak with a specialist by calling

**239-949-4412**

[www.AcuteWoundCare.com](http://www.AcuteWoundCare.com)



## Hydrotherapy Key Benefits

Hydrotherapy has been used for thousands of years to help people *feel better*. Putting together three of nature's most powerful relieving agents: heat, water, and air, it invigorates and gently massages the body while easing away aches and pains.

*Three basic factors comprise hydrotherapy: Heat, Buoyancy, and Massage:*

- **Heat** from the warm water increases blood flow producing a healing effect on sore or damaged tissue and relaxes tired muscles and joints. Immersion in hot water causes the blood vessels to dilate, resulting in increased circulation, including circulation of the immune system's white blood cells. This helps to open airways and help white blood cells circulate to the affected areas promoting healing.

- **Buoyancy** of the water reduces body weight by approximately 90% while you enjoy your deep soak, relieving pressure on joints and muscles, while creating the relaxing sensation of floating in space. It abolishes gravity, allowing the body to float amplifying the power in the muscles.

- **Massage** is the secret to effective hydrotherapy. This energized warm-water stream relaxes tight muscles and stimulates the release of endorphins, the body's natural pain killers. Jet driven massage gently eases tension directly out of your muscle groups to relieve soreness from your back, hips, legs, and the symptoms of arthritis.



The New England  
Journal of Medicine

*Walk-In-Tubs with hydrotherapy are designed to relieve aches and pains and help alleviate the symptoms associated with:*

- Arthritis • Lower Back Pain
- Cancer Patients • High Blood Pressure
- Sleep Trouble • Heart Attacks
- Migraines • Peripheral Artery Disease • Hips • Muscle Cramps
- Stress • Carpal Tunnel Syndrome
- Rheumatism • Varicose Veins
- Fibromyalgia • Sprains • Knees
- Tendonitis • Tension • Sciatica & Stiffness
- COPD • Diabetes • Shoulders
- Neuropathy Patients • Lumbago Multiple Sclerosis • Feet • Poor Blood Circulation • Stroke Patients

*Florida's Premier Walk-In Tub Solution.....Serving All Of South & Central Florida*

**www.BathSolutionsEtc.com**

Toll Free 877-878-8141

*Discover a life more fulfilling*

## ACUTE WOUND CARE

Are you suffering from lymphedema and chronic swelling of upper or lower extremities?

**We Can Help!**  
Whether you need short-term recovery assistance or a long-term treatment plan, we deliver the supplies you need to shorten recovery time in your own home!

*Specializing in Pneumatic Compression Systems, specialty dressing supplies for treatment of chronic and hard to heal wounds.*

**Call Us Today!**  
**239-949-4412**  
**www.acutewoundcare.com**

\*Deductibles and co-pays may apply. Coverage may vary and is based upon individual insurance benefits. Covered by most insurance and Medicare for qualifying patients, deductibles and copays may apply.

Southwest Florida's  
**Health & Wellness Magazine**

On the Web: [www.swfhealthandwellness.com](http://www.swfhealthandwellness.com)  
On Facebook: [facebook.com/healthandwellnessmag](https://www.facebook.com/healthandwellnessmag)  
On Twitter: [twitter.com/SWFHealthMag](https://twitter.com/SWFHealthMag)  
In Your Inbox: Receive our monthly newsletter. Sign up online.

**Providing information that will promote living a healthy, well-balanced lifestyle.**  
**www.swfhealthandwellness.com**

# I found it — The Secret to Anti-Aging!

## My cholesterol dropped by 73 points in 1 month, my husband's morning blood sugar level dropped from 200 to 113 in 3 months, and we are feeling and looking so much YOUNGER!



Kare & Charles Possick

A few months ago, my husband's blood sugars were out of control after years of controlling it with diet. And his skin had taken on a yellowish-grey pallor... which showed me that his liver and kidneys were also in serious trouble. I was scared!

A friend stopped by, took one look at Charles, and said, "We have to get him on the Micronized Heart of Royal Purple Rice immediately!" Although I had never heard of it, I quickly said, "Get me some now." I am so grateful that I did!

Within 3 weeks his skin was pink and glowing and he was feeling so much better. I also began eating it and began noticing more energy, sounder sleep, and improved skin.

### But What Really Got My Attention...

We had our blood tested and after eating this rice product for only a month, my cholesterol had dropped by 73 points! I had been taking several other natural supplements for two years to lower cholesterol to no avail, but after only one month my cholesterol dropped to normal, as did my triglycerides, and three other blood markers that had been way too high. My doctor was shocked. He said no drug would give me those quick and dramatic results!

And Charles, with several medical conditions, had 10 blood markers drop significantly! My doctor said he knew of nothing that could work like that across so many body systems! "Not drugs...but real foods," I said.

### What's In This Product and How Does It Work?

The basis of the product is an ancient, heirloom strain of royal purple rice that is now grown in Thailand in a pristine valley that has never seen chemicals, pesticides, or GMO's.

Then, the purple husk, which is extremely high in antho-cyanin antioxidants, along with the very heart of the rice (the endosperm) is removed—this is the part that carries the super polysaccharide sugars and polypeptide amino acid building blocks. Everything else is discarded.

With only the dense nutrient rice heart left — this is then milled down to the size of a micron! That's it—that is all that's in this amazing raw natural product.

It takes  
60 pounds of  
Royal Purple  
Rice to make  
ONE Pound  
of my product.



It is so tiny and powerful that when you eat it ... it does not even have to go through your digestive system — it can immediately go into the cells and energize them! Like tiny arrows, these highly charged alpha glucan chains of super nutrients can pierce cell walls and furnish the mitochondria (the cell's battery) with fuel to create massive amounts of ATP Light Energy, so that the cells can recharge, regenerate, and function at the highest level.

### Recharge, Repair, and Regenerate Your Cells

The reason so many people who are eating well and taking good supplements are still sick is ... nutrition can't get into the cell!

A recent medical study showed — more than 80% of the population is insulin resistant at some level. That means that the sugars and nutrients we need for energy cannot get into the cells. (If a cell phone battery cannot be recharged — it powers down and eventually dies). If you are tired, and have dis-eases that have names... your cells are also powering down and dying.

When the sugars (polysaccharides) can't get into your cells to be used for energy, they cause another problem, too. They float around your blood stream, sticking to proteins and fats—or "glycating". Wherever they stick they cause problems... if they stick in the bloodstream they cause hardening of the arteries and high blood pressure, in the brain they cause learning and memory issues or dementia, in the eyes—cataracts, in the skin—wrinkles. With my raw natural product you can recharge your cells and reverse the glycation and aging now!

### Read What This Has Done For My Friends...

When I shared this with my friend, Bonnie, her body used the new cellular energy to reduce her blood pressure and smooth the wrinkles from her face. Nicole's intense pain from an accident is gone and she is off her debilitating medications. Jeff is no longer experiencing acid reflux or gout. Dee Dee's night blindness is gone and so are her allergies. Charles morning blood sugars have dropped from 200 to 113. I am looking so much younger that someone asked me if I had a 'procedure' done! Even my grand-daughter's dog has gotten rid of his digestive issues because of this product. So ... would you like to see what this amazing food will do for you?

Call me (Kare) at: 727-798-8764  
I'll send you my FREE book, answer all  
your questions, and get this product on its  
way to you so you can begin anti-aging, too!

[www.KaresPurpleRiceProducts.com](http://www.KaresPurpleRiceProducts.com)

# Get rid of embarrassing toenail FUNGUS in just **ONE** treatment!



Toenail fungus affects almost half of Americans by the time they reach seventy. If you don't have toenail fungus, the person sitting next to you probably does or will have it soon.

The unsightly fungus can be embarrassing for many people, which is why most try to deal with it on their own. A simple Internet search of "toenail fungus" will pull numerous home remedies. These remedies include things like vinegar, tea tree oil, Clorox, hydrogen peroxide, and urine (yes, urine). Unfortunately, many of the "recommended" home remedies can be dangerous and cause any number of unwanted side effects. Most of these remedies will suggest diligent applications for about a year to get results, which is a very long time and requires a commitment to rid yourself of the ugly fungus infected toenails.

If home remedies aren't your cup of tea, there are oral medications that can be prescribed by your doctor to treat toenail fungus, but these have some bad side effects. There are also creams and other topical medications, but they have their downside too.

That's why Sarasota Foot & Ankle Center became a provider of the PinPointe FootLaser. PinPointe FootLaser is an FDA approved device that will kill your toenail fungus and stimulate new nail growth WITH ONLY ONE TREATMENT in almost 90% of patients. That's an incredible success ratio.

PinPointe FootLaser is the first laser scientifically designed to promote clearer toenails in patients suffering from unsightly nail fungus, or onychomycosis. This clinically proven and FDA approved procedure typically takes only 30 minutes to perform. It is more effective than oral medications and patients are not at risk of side effects common with these medications.



**PinPointe**  
FOOTLASER



**Sarasota**  
*Foot & Ankle Center*  
3428 17th Street, Sarasota, FL 34235  
(941) 366-4888

[www.sarasotafoot.com](http://www.sarasotafoot.com)

We perform the nail treatment in just one session, on an outpatient basis, with no anesthesia. We only zap the infected area and there is no pain or effect on the tissue surrounding the toenail.

Just think: You walk in, and thirty minutes later your toenail fungus is on its way out. You can even use nail polish the next day.

If you're suffering with embarrassing toenails, you don't need to hide them any longer. Schedule your FREE consultation with Sarasota Foot & Ankle Center today and be on your way to walking barefoot without shame!

## About Us



### Dr. Dawn Chiu

Dr. Chiu graduated from the University of California, Davis and the California College of Podiatric Medicine, San Francisco. She completed an externship at Atlanta Hospital in Georgia and at Fifth Avenue Hospital in Seattle, Washington. Dr. Chiu received her residency training in Podiatric Medicine and Foot Surgery at the Frankford Hospital in Philadelphia.



### Dr. Arthur Clode

Dr. Clode received his undergraduate degree from Florida International University, Miami, and his podiatric degree from the California College of Podiatric Medicine. He completed externships at the Podiatry Hospital of Pittsburgh and at Southeastern Medical Center, Miami, as well as residency training in Podiatric Medicine and Foot Surgery at Golden Glades Regional Medical Center, Miami.

## Want to know how I lowered my cholesterol by 73 points in 1 month?

Call **727-798-8764** or visit [www.KaresPurpleRiceProducts.com](http://www.KaresPurpleRiceProducts.com) and learn how YOU can do the same thing!

Did I mention my husbands' blood sugar went from 200 to 113 in 3 months?



You're How Old?

Get a FREE copy of Kare's book,  
**You're How Old?**

How to Recharge, Repair, and Regenerate Every Cell in Your Body?

Do you need to lower your cholesterol, blood sugar, or blood pressure?

Do you require more energy, more focus, and sounder sleep?

Do you want to reverse your body clock so you can look and feel younger?



Kare & Charles Possick



**Sarasota**  
*Foot & Ankle Center*



Keeping your feet healthy is easier when you seek care and treatment at Sarasota Foot And Ankle Center. Doctors Dawn Chiu and Arthur Clode provide a variety of podiatry services, including comprehensive diabetic foot care, revolutionary nail fungus treatment which includes innovative laser foot care services.

**PinPointe**  
FOOTLASER

3428 17th Street, Sarasota, FL 34235

**(941) 366-4888**

[www.sarasotafoot.com](http://www.sarasotafoot.com)



# Five Vitally Important Things Successful Women Baby Boomers Need to Know About Social Security RIGHT NOW!!!!

By Sandy Keir, CFP®, Suncoast Advisory Group

**D**on't be fooled by all the rumors about the Social Security system going broke! There's no way in the world Congress can sit back and let millions of retirees lose their primary source of income. In 2014 alone, 59 million Americans collected \$863 billion in Social Security benefits and the frightening thing is that 22% of married couples and 47% of unmarried persons relied on Social Security for 90% or more of their income!!!!

Now that you know so many retirees rely on Social Security for their very existence, I think you'll agree that the system will still be around when you're ready to retire. That being the case, there are several things you need to know RIGHT NOW that will affect the amount of income you'll be eligible to receive in the future.

**#1:** A successful woman in her 50s or 60s who's earned the maximum taxable earnings since the age of 22 can fully expect to receive the maximum monthly benefit of \$2,685, or almost \$1 million in Social Security benefits if she lives for 30 years after retiring!!! So, even if you've done a great job of investing and don't need to rely on Social Security for the majority of your retirement income, that's still a lot of money to not care about! The Social Security Administration will look at up to 35 years of your past earnings and then choose those years with the highest indexed earnings to determine what your benefit amount will be. So, if you're currently in your highest earnings years, you'll increase your benefit amount every year that you continue to work.

**#2:** Claiming benefits before full retirement age results in permanently lower benefits. How many of us hear from friends who've decided to retire early that they don't really NEED their Social Security benefits, but they take them anyway? Believe it or not, that's the rule rather than the exception! Nearly half of all retired workers claim their benefits as early



as possible (age 62) and almost all claim them at some point before full retirement age!!! What they may not understand is that their reduced benefit is never going to "catch up" to what it would have been if they waited until full retirement age (when they'd receive 100% of their benefit). And, if your spouse takes his benefit early and predeceases you, it could mean that your survivor benefit would be smaller, too. So, even if you decide to stop working early, you may want to wait to start receiving benefits.

**#3:** If you're married and wait until full retirement age to file for benefits, it often makes sense for one spouse to take ONLY their spousal benefit from the

other's earnings record and, at the age of 70, switch back to their own benefit, which will have grown 8% a year (plus any cost of living adjustments during those years). There are several strategies like this one that will significantly increase the amount of benefits you and your husband will receive over your lifetimes. Your financial advisor should be able to help you maximize your benefits.

**#4:** If you're divorced, you may be eligible to receive benefits from your ex-spouse's earnings record!!!! If you were married at least ten years, have been divorced at least two years and have not remarried, you're eligible to receive a spousal benefit

*Investment advice and advisory services offered through Suncoast Advisory Group, a Registered Investment Advisor.*

from your ex-husband. Once again, this works best if you wait until full retirement age to file. While you're taking your spousal benefit, your own benefit amount is growing 8% a year and will be 32% higher when you switch to your own benefit at age 70. I've found that many women are reluctant to take advantage of this strategy because they don't want to "get permission" from their ex-husband to do this. Keep in mind that you're entitled to this benefit, you don't need to ask for permission from your ex-husband, he won't be notified and your ex-spouse's benefit amount (and that of his current wife) won't be reduced.

**#5:** Up to 85% of your Social Security benefits could be taxable if you earn more than the maximum income allowed. So, if you plan to file for benefits and continue to work part-time after retirement, if your spouse is still working or your retirement income is higher than the limit set by law, you could end up paying income tax on a portion of your Social Security benefits. So, make sure you talk to your CPA before you file for your benefits.

Deciding when to take Social Security benefits is only one of the many things you'll need to plan before you actually stop working. You and your financial advisor will also need to develop a Retirement Income Plan to coordinate the timing of your Social Security benefits with income from your retirement accounts. You'll need to work together to decide if one of the strategies mentioned in this article is beneficial and you'll need to decide when to take income from your IRAs, pensions, mutual funds and annuities and other investment accounts.

Don't wait until you're ready to retire to start researching Social Security! It's something you'll need to prepare for many years before you file for benefits!!

*If you can relate to any of the issues Sandy writes about in this month's article, call her at 941-201-1231 or email her at [sandy@suncoastadvisorygroup.com](mailto:sandy@suncoastadvisorygroup.com) to receive complimentary information.*



### Sandra "Sandy" Keir, CFP®, CRPC, CLTC

*Sandy's "aha" moment came at an early age. She had a wonderful childhood in Duluth, Minnesota. Her father was a good provider. Her mother was a devoted wife and mother. But when it came to the household finances, her father was the decision-maker. Sandy made the connection that the breadwinner was the boss. Money was power. "I decided that I always wanted to be in control of my own destiny," she says.*

*A lifelong wealth advisor, Sandy's passion is to help other women pursue the financial independence she has gained. "As women, many of us are going to be on our own at some time in our lives," Sandy says, "so we either need to gain an understanding of money and finances or we need to partner up with a financial advisor who can guide us. Many of the decisions we make, such as when to start taking Social Security, are irrevocable. However, only about 30 percent of women currently seek advice before making those decisions."*

*During her 25 years in the wealth management industry, Sandy has worked for such companies as Merrill Lynch, Lincoln Financial Group and Transamerica Capital. She lived in Sarasota for 15 years before moving to Pennsylvania in 2009, to become the Regional Sales Manager of Western Pennsylvania for Kades-Margolis Corp. She returned to Sarasota in 2014 to join Suncoast Advisory Group.*

*In addition to being a Certified Financial Planner, of which only 23 percent are women, she holds the Chartered Retirement Planning Counselor (CRPC) and Certified in Long-Term Care (CLTC) designations. She earned her bachelor's degree in Political Science from the University of Minnesota in Minneapolis.*

**Goodbye Aches & Pains  
Hello Safe, Soothing Bathing**

*Life Changing Therapeutic Relief  
Safer Bathing • Greater Independence*

**Feel Better • Sleep Better • Live Better**

**BATH SOLUTIONS Etc.**

**WALK-IN TUBS**

**CALL NOW 877-878-8141  
and SAVE \$1,000**

No Obligation Consultation  
Great Financing Available

**Serving SW. Florida • 239-494-5900 • [www.BathSolutionsEtc.com](http://www.BathSolutionsEtc.com)**



### Call Sandy if you want to discuss:

- Social Security claiming strategies that make sense for you
- How to claim benefits if you're divorced
- Coordinating your IRAs, annuities and Social Security to maximize retirement income



**Sandra "Sandy" Keir**  
CFP®, CRPC, CLTC  
Financial Life Planner  
Suncoast Advisory Group  
4270 Castlebridge Lane, #1724  
Sarasota, FL 34238  
**941.201.1231**  
[www.suncoastadvisorygroup.com](http://www.suncoastadvisorygroup.com)

**“How am I going to live today in order to create the tomorrow I'm committed to?”** —ANTHONY ROBBINS

## MARCH 2-8 IS SLEEP AWARENESS WEEK

# What is Your Sleep IQ?

### True or False?

*During sleep, your brain rests.*

**False.** While your body rests, your brain doesn't. An active brain during sleep prepares us for alertness and peak functioning the next day.

*Sleeping just one hour less a night can prevent you from learning or functioning normally.*

**True.** Most adults need around eight hours of sleep to function at their best. To determine your sleep need, sleep until you wake on your own...without an alarm clock. Feel alert? That's your sleep need. You can teach yourself to sleep less, but not to need less sleep.

*Boredom makes you feel sleepy, even if you have had enough sleep.*

**False.** Sleep loss causes sleepiness. Boredom, like a warm or dark room, merely unmasks it.

*Resting in bed with your eyes closed cannot satisfy your body's need for sleep.*

**True.** Rest is not a substitute for sleep. Sleep is as necessary to health as food and water. When you don't get the sleep you need, your body builds up a sleep debt. Sooner or later, this debt must be paid... with sleep.

*Snoring is not harmful as long as it doesn't disturb others.*

**False.** Snoring may indicate the presence of a life-threatening sleep disorder called sleep apnea. People with sleep apnea snore loudly and wake up repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness. Many people with sleep apnea are unaware they have this condition.

*Everyone dreams every night.*

**True.** Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM or rapid eye movement sleep.

*The older you get, the fewer hours of sleep you need.*

**False.** Sleep need remains unchanged throughout adulthood. Older people who sleep less at night tend to sleep more during the day. If poor sleep habits, pain or health conditions make sleeping difficult, a physician can help.

*No matter how sleepy you are, you can force yourself to stay awake.*

**False.** If you're sleepy enough, you can fall asleep anywhere. It's also possible to fall asleep for a few seconds and not even realize it. These "microsleeps" can be dangerous if they happen when you're driving.

*If you're sleepy, raising the volume of your radio is a great way to stay awake while driving.*

**False.** Playing a radio, chewing gum, and opening windows are not great ways to keep sleepy drivers alert because their effects are short-lived. If you're having trouble staying awake while driving, try to pull over at a safe place and take a short nap or have a caffeinated drink. The best solution is to drive after a good night's sleep.

*Most sleep disorders go away even without treatment.*

**False.** Sleep disorders don't disappear without treatment. Treatment may be behavioral (for example, going to sleep and waking at the same time every day), pharmacological, surgical or a combination. Untreated sleep disorders may have serious consequences that worsen your health, quality of life, school and work performance, and relationships. Worse, untreated sleep disorders can lead to accidents and death.

**How'd you do?** It's probably safe to say that most Americans are not getting the amount of sleep that they need. Sleep is crucial at all ages. Sleep provides an opportunity for the body to repair and rejuvenate itself. In one experiment, animals deprived entirely of sleep lost all immune function and died in just a matter of weeks. Many of the major restorative functions in the body like muscle growth, tissue repair, protein synthesis, and growth hormone release occur mostly, or in some cases only, during sleep.

### Benefits of Adequate Shut-eye:

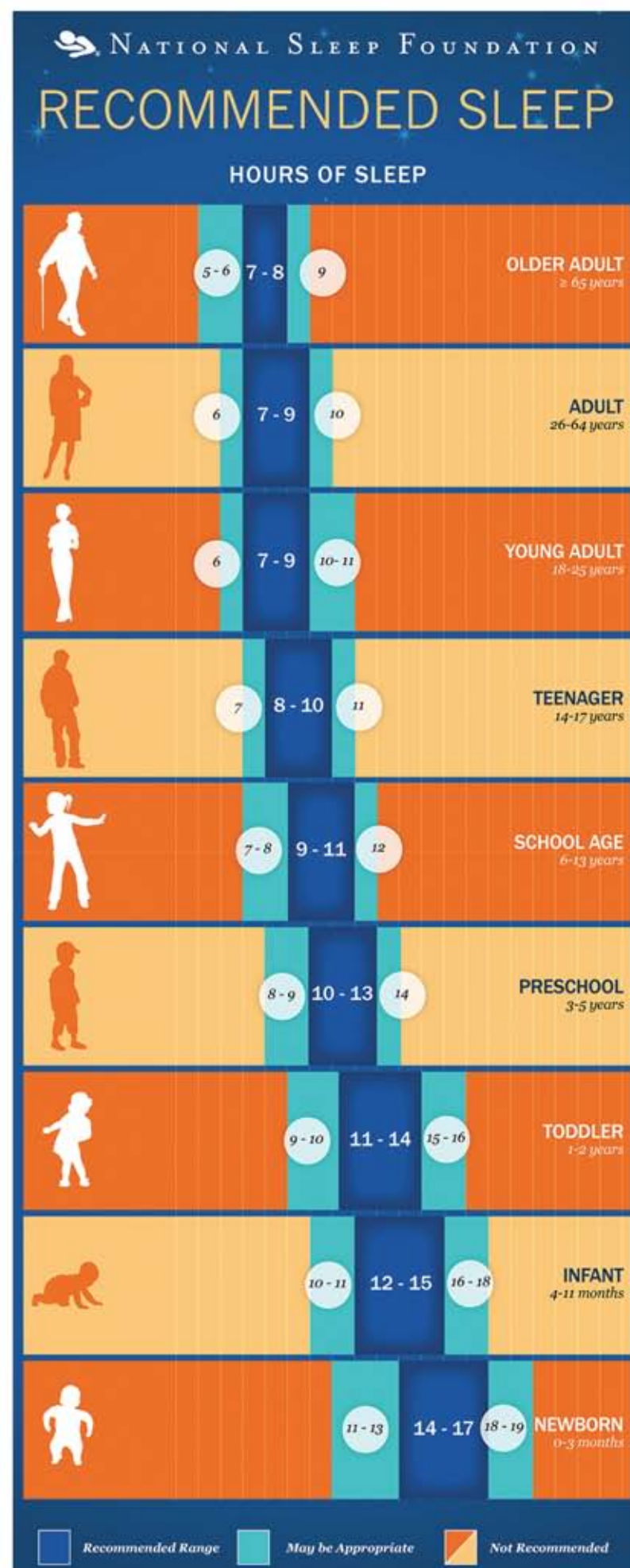
- Improve memory
- Live Longer
- Curb Inflammation
- Spur Creativity
- Improved Athletic Performance
- Improved Learning
- Better Attention
- Improved metabolism
- Lower Stres
- Improved mood

### Here Are Some Tips for a Good Night's Sleep:

- Avoid caffeine after 2:00 PM
- Avoid a heavy meal right before sleeping.
- Keep lights lowered in the evening.
- Try gentle stretching and deep breathing right before bed.
- "Unplug" from all electronics one hour before bed and keep all electronics in another room after bedtime
- Make your bedroom a calming, comfortable haven. Clear it of all distractions and stress.

Sources: Sleepfoundation.org

<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/health.com>



# Throwaway Kids Become World Changers

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

2:38 p.m.  
February 12, 2015  
Upper Room, Day Spring Episcopal  
Conference Center  
Parrish, Florida

Dear Reader,

My friend Ben Rodgers and I took an afternoon break from the day's leadership development work we were engaged in and, while on our break, Ben, who is the executive director of Children's Cup ministries, told me the story of one of the "throwaway kids" his ministry rescued in Africa. Let me warn you, it's not for the faint of heart.

A mother in Zimbabwe had been promised a lot by a man, but after being abandoned by him later found out that the only real thing he had given her was...a disease that would eventually end her life. So over time she gave up hope and decided to end her life instead of waiting for the inevitable. But before doing so, in her desperation, she did something that most of us couldn't even fathom, much less follow through with: she dropped her baby boy in an open-pit toilet in the ground to end his life.

No one knew how long he had been in this pit toilet, but the little guy was a fighter. He screamed, yelled and thrashed around; making so much noise that eventually some boys in the neighborhood heard him, came and fished him out of the putrid pit. I don't know if you can even begin to imagine the nastiness of that. Anyway, after they fished him out, they took him to a Care Point that had been established and was run by Children's Cup in their community.

For quite a while they didn't know if the little guy was going to live or die, especially since he had ingested a lot of sewage from the pit toilet. Day after day he was improving physically, but not emotionally. Ben said he had visited with him and even at the age of five, the little guy was an emotional zombie. But eventually, with the help of the care



point team, he slowly began to get better. The day-in-and-day-out food, clean water, medical care, education and a whole lot of love from the Children's Cup missionaries began to have an effect, and he started to make positive changes. His face even started to warm and become more animated.

## Fast Forward Seven Years

A couple of years ago, my friend Ben was visiting this Care Point. While there, (it's hard to see the screen and type with tears in your eyes) this handsome twelve-year-old young man began running toward Ben as fast as he could yelling, "Pastor Ben, Pastor Ben!" He stopped short and wrapped his arms around my friend. Ben greeted him with a hug and asked how he was. How was his schoolwork going? The boy said things were going really, really well. Then Ben asked him this question, "So Tinotenda, what do you want to do with your life when you grow up?"

To which the young man said, "When I grow up, I want to be a pastor and bring hope to other kids. The 'throwaways' like me." (More tears for me)

That little throwaway kid is now a focused young man with a vision for his future—a future to change the world in which he lives.

As Ben and I got back to our leadership work, he said, "You know, it was at that moment that I knew this really works." He was referring to the Children's Cup Care Point strategy to take the throwaway kids and help them become world changers—read about it at their website below.

## Your Turn

I've been to Zimbabwe more than once, have seen them with my own eyes and held them in my own arms, these throwaway kids who suffer the ravages of AIDS and a country devastated by ninety percent unemployment. I was in Africa the entire month of April last year, and the hopelessness and sheer desperation the people live in every single day seeps into your soul if you have any heart at all. But Children's Cup has developed practical and economical processes to effectively make real and permanent change in these kids' lives.

I make no apologies about what I'm about to say to you now. Please go to this website today: [www.childrenscup.org](http://www.childrenscup.org), and give at least \$100.00 to this amazing ministry. They feed, provide clean water, medical care, educate and teach these children some type of trade on a budget of less than \$1.25 per day. That's less than the cost of a cup of coffee at Starbucks. The missionaries raise their own support funds. It's one of the few ministries that I personally know that every penny is used to the fullest possible way to bring hope to these 'throwaway kids.'

*Thanks for reading this one. I know it's a tough read, but I wanted you to know, and I want you to help.*

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

*P.S. And just so we are clear, I am not being paid by anyone to write this.*

*P.S.S. Ben told me that Tinotenda's name in his native tongue means "we thank you."  
Kind of say it all, doesn't it?*



# Team Cucci FOR A CURE

in conjunction with . . .

**SARASOTA  
FIRE FIGHTERS  
BENEVOLENT  
FUND**



*Family • Friends • Food • Fun  
Music • Raffle & Auction Items*  
**ALL FOR A CURE**

**T**his fundraiser is to help two young women get through one of the most challenging times in their lives. Their mother Laura Cucci lost her battle to breast cancer at the age of 38. Both girls took the BRAC Analysis and tested positive. In order to greatly reduce their chances of developing breast cancer, they will each undergo a double mastectomy and reconstructive surgery at Moffitt. Our goal is to raise funds for these young women and to raise awareness about the importance of BRAC Analysis testing, especially to those who have a family history of breast or ovarian cancer.

**KNOWLEDGE IS POWER! GET TESTED! BE PROACTIVE!**

**When:** Sunday, April 12, 2015

**Time:** 12 – 4 pm

**Where:** The Brickyard behind O'Bricks Irish Pub & Martini Bar

427 12<sup>th</sup> St W Bradenton (Old Main Street) Free parking in the parking garage on 10th street.

**Admission:** \$25 per person — Recommended Donation — Kids 12 & under Free

Please make checks payable to "Sarasota Fire Fighters Benevolent Fund"

**For More Information:** Call Kathleen Cucci 941-737-6635 or Maria Smith 941-812-4403

Or visit [www.sffbf.org](http://www.sffbf.org)



*A Special Thank You to Our Sponsors:*

