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April 2015

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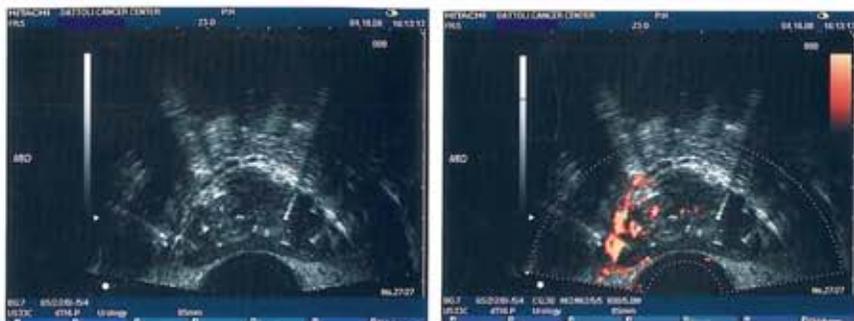
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# Challenging the Status Quo with Stem Cells

By Cara Tompot, Staff Writer

Looking back on history, we remember a time when women didn't have the rights that they do now. Prior to 1919, women didn't have any way to express their thoughts and desires through public policy. Thanks to first-wave feminists questioning the status quo, 1920 marked the first year that women could vote. This social change marked a moment in history when women finally had the right to take control of their own life. In many ways, the history of women's suffrage is similar to the road to regenerative medicine advancements.

Much like women fighting for equality, patients have been fighting for a new way to treat their chronic lung disease. Now, with the advancement of stem cell therapy, sufferers of chronic lung disease are no longer limited to the confines of traditional medicine—which involve managing symptoms rather than the disease. Stem cell therapy, like women's voting rights, helps people take control of their life by giving them a voice.

For years, people accepted the status quo, and for people suffering from chronic lung diseases like COPD, the status quo meant a constant struggle for oxygen. As an incurable disease, most sufferers felt that they didn't have any options. But now, everything has changed.

One state-of-the-art clinic, the Lung Institute, developed an alternative. Stem cell therapy helps sufferers finally breathe easier. People are no longer forced to accept the fate of continual disease progression or an invasive lung procedure. Stem cell therapy harnesses the healing power of a patient's own stem cells to help regenerate damaged lung tissue.

Today, lung disease can be treated with adult stem cells harvested from the patient's own fat, blood or bone marrow to replace damaged lung cells with healthy ones. According to the clinic's website, [www.lunginstitute.com](http://www.lunginstitute.com), this innovative procedure slows the progression of the disease, in addition to, restoring lung function and reducing inflammation. The result is the ability to breathe easier.

Similar to the fight for women's rights, doctors and patients have been diligently looking for a new way to treat lung disease. Now, with the advancement of stem cell therapy, patients can finally combat disease progression. As with any change, some physicians and patients may be slower to adopt new ideas while clinging to traditional approaches; however, just as social change made it possible for women to have a voice in the government, clinical advancements like stem cell therapy make it possible for patients to have a voice in their healthcare. If the fight for equality is any sign of the future of stem cell therapy, there is no doubt that stem cells will become the status quo for treating lung disease.

If you or a loved one suffers from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at (855) 914-3212 or visit [lunginstitute.com/health](http://lunginstitute.com/health) to find out if these new treatments are right for you.



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# OCCUPATIONAL THERAPY HELPS INDIVIDUALS LIVE LIFE TO ITS FULLEST



**A**pril is a month designated to celebrating Occupational Therapist. Occupational therapy enables people of all ages live life to its fullest by helping them promote health, prevent—or live better with—injury, illness, or disability. It is a practice deeply rooted in science and is evidence-based, meaning that the plan designed for each individual is supported by data, experience, and “best practices” that have been developed and proven over time.

Occupational therapists and occupational therapy assistants focus on “doing” whatever occupations or activities are meaningful to the individual. It is occupational therapy’s purpose to get beyond problems to the solutions that assure living life to its fullest. These solutions may be adaptations for how to do a task, changes to the surroundings, or helping individuals to alter their own behaviors.

When working with an occupational therapy practitioner, strategies and modifications are customized for each individual to resolve problems, improve function, and support everyday living activities. The goal is to maximize potential. Through these therapeutic approaches, occupational therapy helps individuals design their lives, develop needed skills, adjust their environments (e.g., home, assisted living facilities, or work) and build health-promoting habits and routines that will allow them to thrive.

By taking the full picture into account—a person’s psychological, physical, emotional, and social makeup as well as their environment—occupational therapy assists clients to do the following:

- Achieve goals
- Function at the highest possible level
- Concentrate on what matters most to them
- Maintain or rebuild their independence
- Participate in daily activities that they need or want to do.

Qualifying Medicare recipients can qualify for an occupational therapist to come into the home to evaluate, educate, provide rehabilitation treatments, and modalities to improve functional independence. This service may be appropriate for but not limited to seniors that are deconditioned, secondary to acute or chronic orthopedic and/or neurologic disorders, have memory or cognitive impairment or suffer from low vision. Each patient is evaluated to determine their condition and an appropriate care plan is designed to meet that patients goals. If you have questions about occupational therapy and specialty services please contact Nurse On Call at (941) 366-2900.

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# PROSTATE CANCER: PSA Screening – The Controversy

By Virginia Carnahan, APR, CPRC  
Director of Development

**F**or more than 20 years (the “PSA Era”) physicians (family practitioners, GPs, urologists, etc.) have encouraged men to have an annual prostate cancer screening exam starting around age 50. The exam includes two simple tests – a PSA blood test and digital rectal exam (not pleasant but of short duration). Over these two decades, prostate cancer deaths have been reduced tremendously.

Now the tide has turned – we are saving many thousands of men from the painful, lingering death that untreated prostate cancer promises. Screening and early detection has done the same for many other major cancer killers ... breast cancer, colon cancer, skin cancer.

So why does the Federal government now recommend that men STOP having these life-saving screening tests? It makes no sense – except to the statisticians who gathered the data used by the U.S. Preventive Services Task Force. The USPSTF published their 2012 recommendation based on the fact that abnormal findings from the screening exams lead to biopsies, and biopsies bring a level of “risk” with them. Often the typical random sample biopsy will miss a cancerous tumor, and the “negative” result is really a false negative. The patient will think he is in the clear until his next screening exam results in the same abnormal levels, triggering another biopsy.

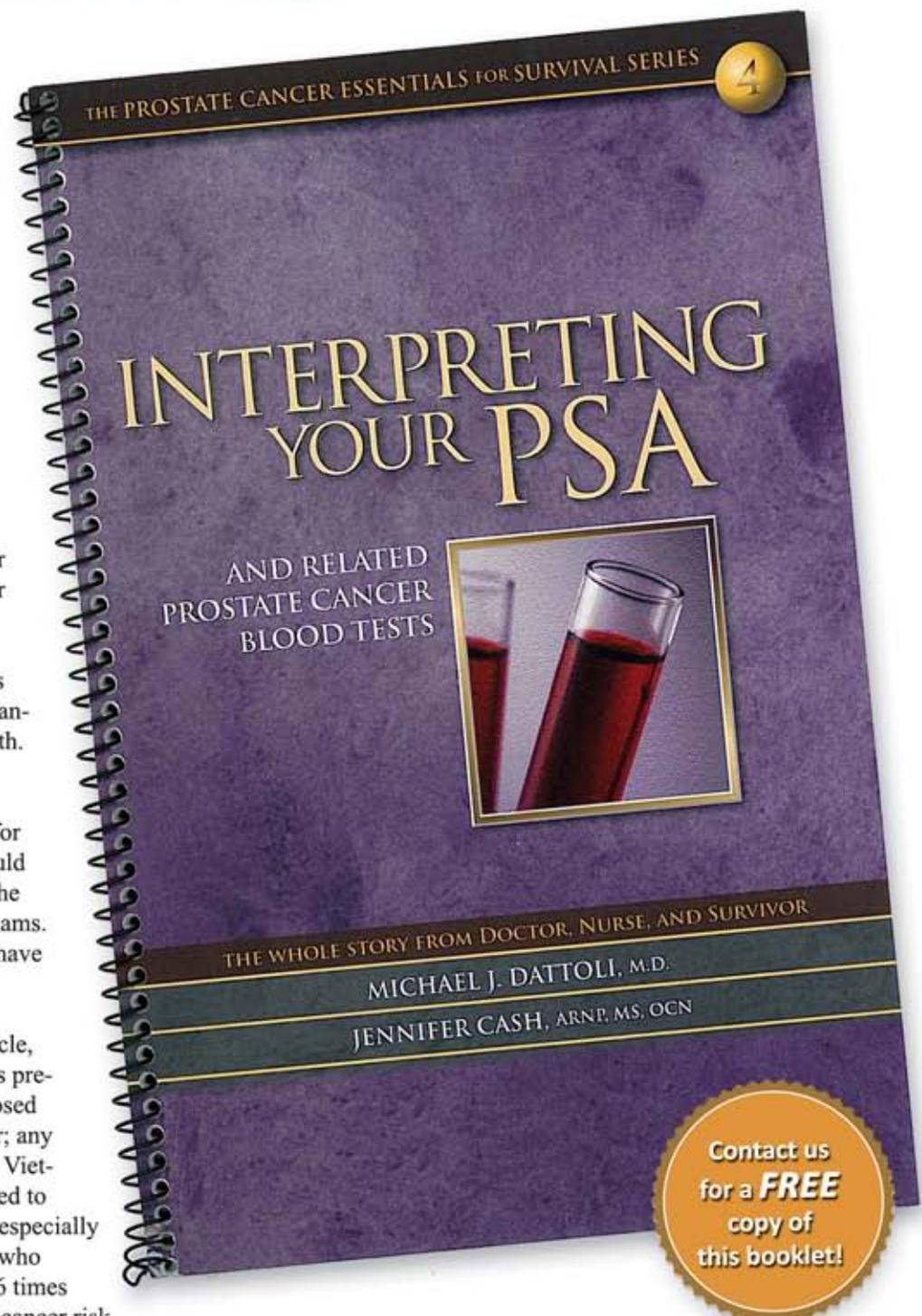
All these biopsies are costly and bear a small risk of infection – even a very small risk of death! (Maybe one man in 500,000 suffers a heart attack while having a biopsy – and the biopsy is labeled the cause.)

By eliminating screening exams, the task force succeeds in “throwing the baby out with bath water.” What should really happen is that the task force should make recommendations that men having abnormal results at screening be counseled about the risk of going forward with a biopsy versus the risk of developing advanced prostate cancer down the road.

Wouldn't you rather know you have the disease when it is in its early stages and potentially curable, rather than finding out when it is difficult or too late to stop it? If your doctor refuses to order the screening exams for you, look for another doctor who will. Or watch the papers for FREE screening events scheduled in September, which is National Prostate Cancer Awareness Month.

Those men who are particularly at risk for prostate cancer should seriously consider the annual screening exams. They are men who have a family history of prostate cancer ... a father, brother, uncle, grandfather who has previously been diagnosed with prostate cancer; any man who served in Vietnam and was exposed to Agent Orange; and especially African Americans who genetically stand a 6 times increase in prostate cancer risk.

Until there is a better way – we say “PSA is the Only Way!” Be safe – get screened. And in the meantime, adopt a heart-healthy diet, maintain your recommended weight, get regular exercise, get enough rest and reduce stress!



Michael J.  
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# Where's the Nearest Restroom?

By Dr. Sean Castellucci, Urology Partners

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

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

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

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



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

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

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

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

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

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



**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 Sloane 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.*



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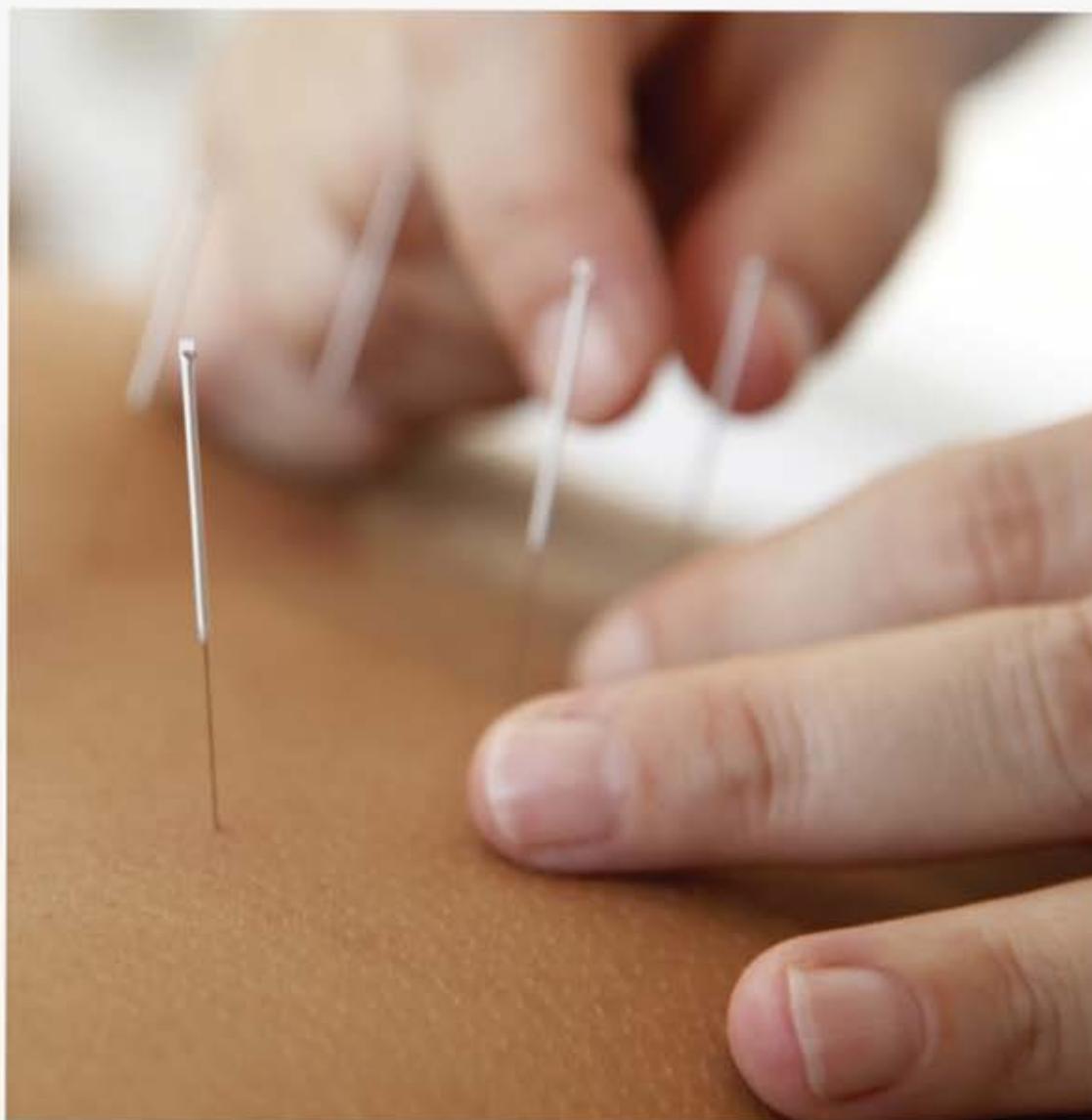
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# Acupuncture Can Help ABDOMINAL PAIN!

By Christina Captain, DAOM (c)

**A**cupuncture, a single modality in the ancient medical model of Oriental Medicine is considered to be between 4,000 and 6,000 years old. The World Health Organization (WHO) recognizes over 43 common disorders that Acupuncture and Oriental Medicine can effectively treat. Respiratory disorders such as Asthma and allergies, musculoskeletal disorders such as joint pain and arthritis, and gastrointestinal disorders such as acid reflux and irritable bowel syndrome, to name a few. One aspect of Traditional Chinese Medical theory on which acupuncture is based, is the theory of qi (chi) and meridians. Qi is the vital substance that animates the human body and keeps all of its systems and organs functioning properly. Qi must be in ample supply and must flow smoothly without obstruction through the meridians. Meridians are pathways that the qi flows through. Each meridian is associated with an organ and has several branches throughout the body. Imagine that these meridians were streams off of a larger river and that the water flowing through the streams is actually the qi flowing through the meridian pathways. Now imagine that the trees lining the banks of the streams fell and blocked the flow of the water through the stream. If we think of this as the qi being blocked then the result is a stagnation or stoppage of the smooth flow of qi. This stagnation of qi translates into pain or organ system dysfunction.



Acupuncture and herbal medicines allow us to manipulate the flow of qi in the body thus relieving pain and restoring organ system function. For example if you have pain from inflammatory bowel disease and then theoretically the qi in your abdomen is blocked and an acupuncture treatment (the placement of sterile thin needles in specific areas) should help to relieve the pain by restoring the smooth flow of qi. Acupuncture is known for its ability to regulate bowel movements and restore proper function to the gastrointestinal system.

Another aspect of Contemporary Chinese Medicine is the thought that qi and meridian theory is not as important as the theory that acupuncture works based on a series of responses by the nervous and vascular systems of the body. In his book the Dao of Chinese Medicine Dr. D. Kendall expertly parallels Eastern and Western systems creating a contemporary and controversial model of Oriental Medicine. This theory is more easily accepted by the Western science community however completely degrades the more traditional model. It is my opinion that we cannot dismiss one theory for another rather we must unite the two and continue pressing forward for mainstream acceptance. We must continue to strive for additional research and integration in order to create the most understanding for academia, the medical community as well as the patient. It is obvious that the body responds to acupuncture and that the stimulation of acupuncture points inform the body systems to create homeostasis. As for pain we know that acupuncture decreases swelling while increasing blood flow to a specific area. This creates healing. One of the most important points in receiving acupuncture is knowing whom to receive it from. In the state of Florida Acupuncture physicians are required to complete a 5 year course of academic study after meeting the mandatory prerequisites for acceptance. This results in a Master's degree in Oriental Medicine.

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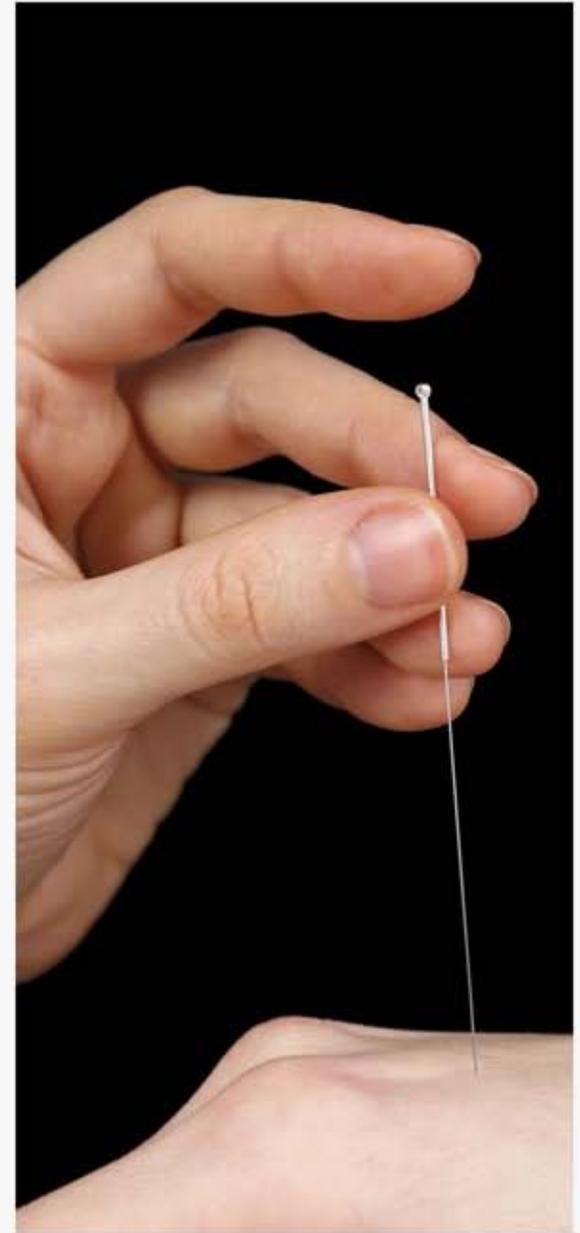
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After completing the required didactic and clinical coursework a national board examination test must be passed and malpractice insurance obtained before a license will be issued. Chapter 457 of the Florida code describes acupuncture physicians as primary care practitioners who are able to order and utilize laboratory testing. Acupuncture physicians are regulated under the same federal laws and rules in regard to the health-care privacy act. The highest degree a non-medical doctor can achieve now is a doctorate in acupuncture and oriental medicine, the DAOM. To find the very best in a specialty area please seek out the DAOM credential.

Nearly one in ten adults (approximately 20 million people) in the United States has received acupuncture and sixty percent say they would readily consider acupuncture as a treatment option, according to the findings of a national survey by the National Certification Commission for Acupuncture and Oriental Medicine. Nearly half (48%) of the individuals surveyed who had received acupuncture reported that they were extremely satisfied or very satisfied with their treatment, and only eighteen percent of respondents reported being not very satisfied or not at all satisfied with their treatment.

The truth is you miss all the shots you do not attempt to make, so why not give Acupuncture a try, there really is nothing to lose. Seek out ONLY qualified licensed practitioners, NCCAOM.org is the national accrediting body for Acupuncture and Oriental Medicine.



**CHRISTINA A. CAPTAIN, DAOM (C)**



*Christina is a nationally board certified (NCCAOM) acupuncture physician and the lead practitioner at the Family Healing Center which she founded in 2000. She has a Master's Degree in Human nutrition and is a candidate for the DAOM degree. You can seek more information at:*  
**[www.familyhealingcenter.com](http://www.familyhealingcenter.com)**.

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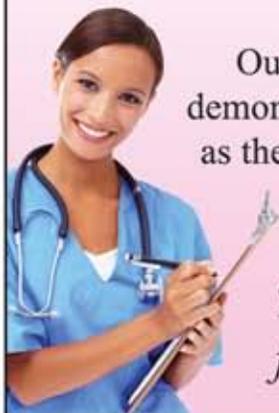
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# Family History Matters

## -Mr. Lobo's Story

By CardioVascular Solutions Institute



In April 2008, I underwent my annual nuclear stress test and was pronounced OK. Six months later (October), I had trouble walking from the mailbox to the front door and underwent another nuclear stress test. This time, I was over 90% blocked in two arteries behind my heart and my left carotid. Dr. Sedillo called it the “snowball effect of cholesterol buildup.” I checked into the hospital the very next day and Dr. Sedillo told me that he would stent the 2 arteries behind my heart, but a vascular surgeon might be needed for carotid surgery which would leave me with a large scar on the side of my neck. I expressed my displeasure about the scar. The next morning, Dr. Sedillo proceeded with the cardiac catheterization and placed two stents in my coronary arteries. After completing the two behind the heart, he examined the carotid and announced that I would not need a vascular surgeon, nor would I have a scar because he could perform the procedure through the groin. This made me very happy and pleased. The procedure was successful!

I was raised in a boarding school with regular meals and never consumed soda, fast food, etc. In adulthood, I kept up good eating habits along with my beautiful wife Melanie and our two children. We also tried to stay healthy by not smoking or drinking in excess.

**With good dietary habits, why am I a patient of Dr. Gino Sedillo?** Statins were only marketed in 1987, so for 50 years prior, my arteries accumulated and clogged with cholesterol, before I was able to curb further build-up with statins. In June 2003, I had a stroke on my left side. After partial recovery, my Internist told me, “One day you are going to need roto-rooter/plaque removal surgery and hence I will send you to the very best, not only in Sarasota, but in the US.” And that was how I first met Dr. Sedillo.

My story all boils down to two choices; one that I made (choosing Dr. Sedillo) and one that I could not make (a family history of high cholesterol). Thankfully, I made the best decision when I chose Dr. Sedillo who was able to successfully perform the procedures needed to combat the complication of accumulation of cholesterol due to a family history of high cholesterol.

My story all boils down to two choices; one that I made (choosing Dr. Sedillo) and one that I could not make (a family history of high cholesterol). Thankfully, I made the best decision when I chose Dr. Sedillo who was able to successfully perform the procedures needed to combat the complication of accumulation of cholesterol due to a family history of high cholesterol.

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



### 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 here 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.



## BLADELESS LASER

### Cataract Surgery

Courtesy of The Eye Associates

# 8 Warning Signs of a Serious Eye Problem

If you or a loved one experiences any of the following symptoms, please call your eye doctor immediately.

### 1) A sudden decrease in vision in one eye....

Any sudden loss of vision could signal a number of eye conditions. A problem with the retina is the most common cause, including a macular hole, a retinal detachment, and an abnormality in the optic nerve. The chance of any of these happening increases as we age, and women are at higher risk than men.

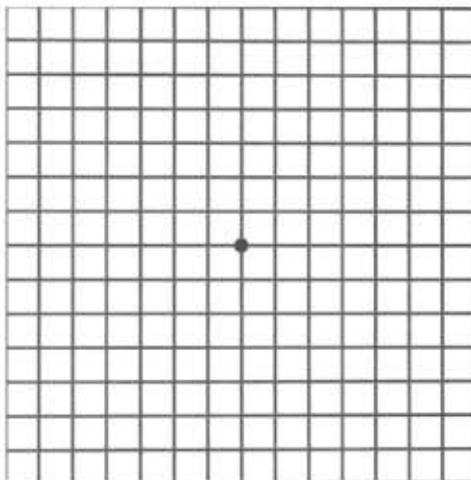
### 2) A gradual loss of central vision and distortions when looking at straight lines....

Macular Degeneration is the leading cause of blindness among older Americans, with central vision loss a common symptom. Dry Macular Degeneration can turn into Wet Macular Degeneration overnight, when blood vessels in the eye leak fluid or blood under the retina. That is why seniors should test their eyes daily with an Amsler Grid. You can pick up FREE Amsler Grids at any of the 5 offices of The Eye Associates.

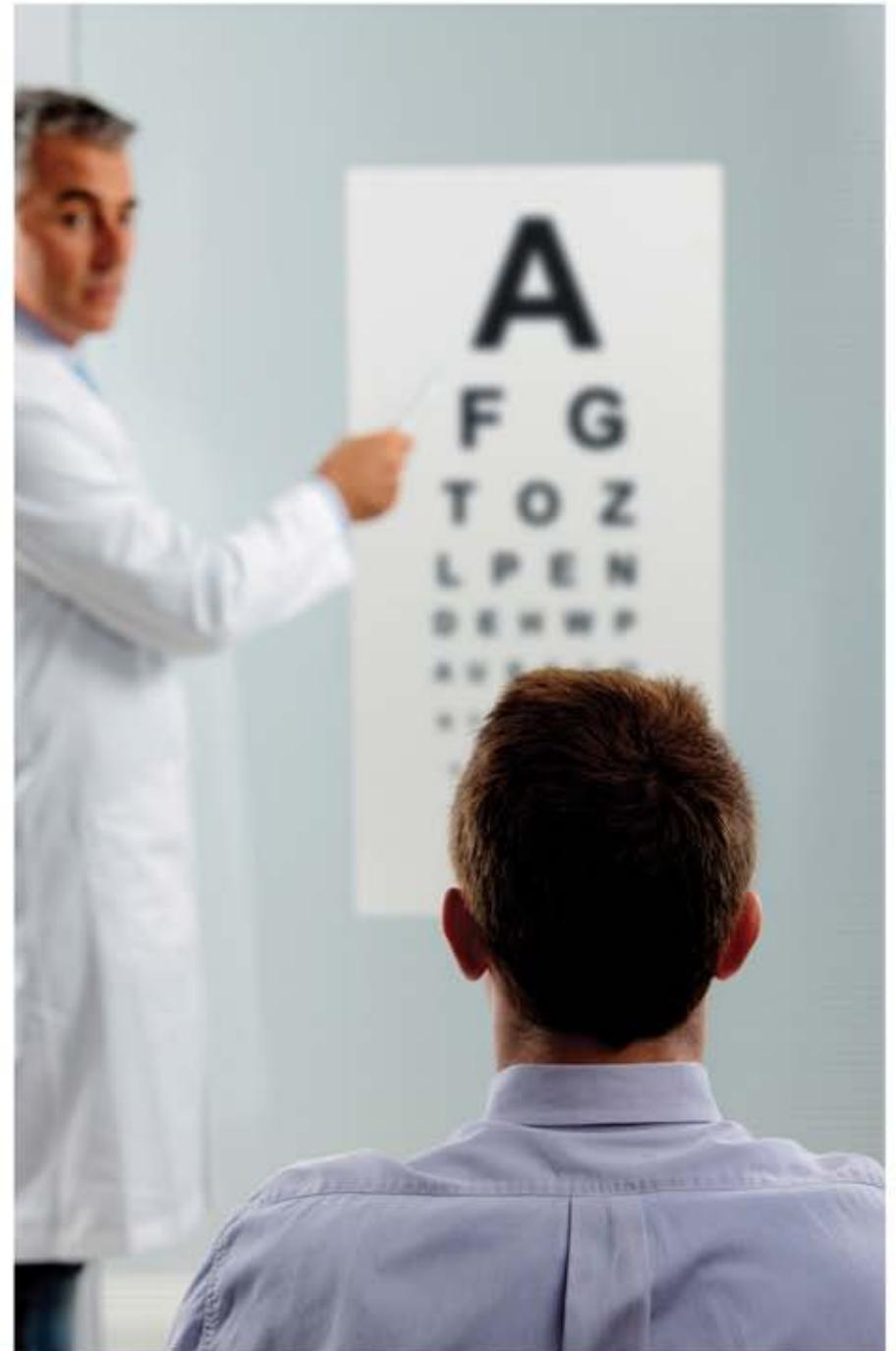
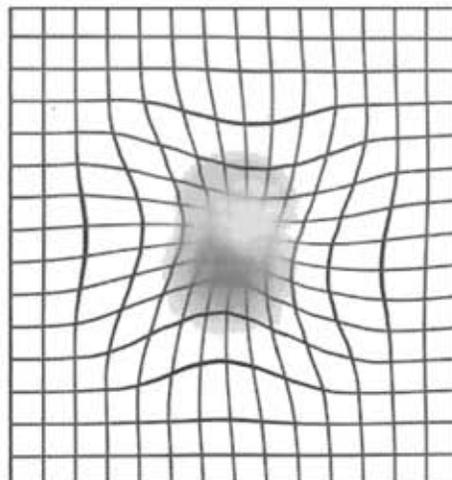
### 3) Flashes, a flood of floaters or debris in the eye, or a dark curtain across your field of vision....

Most floaters are benign but if you experience a sudden onset, it could indicate a retinal problem such as a retinal tear or retinal detachment. If it is a retinal detachment, it needs to be treated immediately. Left untreated, vision loss can be permanent.

Amsler Grid Normal



Amsler Grid Abnormal





**4) Loss of peripheral vision....**

Loss of peripheral vision is hard to notice because it happens so slowly, but it could indicate that you have glaucoma. It is estimated that more than 2 million Americans have glaucoma and only half know it. With Open Angle Glaucoma, there are usually no glaring symptoms, so you may have glaucoma and not even realize it. The only way to determine if you have glaucoma is to have a yearly comprehensive eye exam that includes dilation and a glaucoma test. It is important that you catch glaucoma in the early stages, because even though it's not curable, the disease can be managed. Vision loss that has already occurred cannot be regained, but with medication and/or surgery, it is possible to halt further loss of vision.

**5) A sudden onset of eye pain, nausea, vomiting, and redness....**

These are common symptoms that could indicate an attack of Narrow Angle Glaucoma. If you do not receive immediate treatment, this condition can permanently damage your optic nerve, causing loss of vision. Many times a preventive laser treatment is recommended for patients with 'narrow' angles to prevent a painful attack.

**6) Double vision or 'ghost like' images....**

Double vision can be related to many eye problems, and even other health conditions such as strokes. We recommend that you take immediate action and see a doctor.

**7) Scratchy, irritated, watery eyes....**

Frequently these symptoms indicate Dry Eye Disease (DED). There is no cure for DED, but there are many treatments that can help you find relief. Many new innovative treatments have been made available to your eye doctor in the last few years that can make a real difference in your comfort. One of the latest is the use of amniotic membrane tissue, such as PROKERA. If your DED is left untreated, loss of vision could occur in extreme cases.

**8) If you are diabetic and have blind spots, accompanied by floaters and blurred vision....**

This could indicate the onset of diabetic retinopathy. All people with diabetes, both type 1 and type 2, are at risk for this sight threatening disease. That is why it is so important for diabetics to have a comprehensive dilated eye examination at least once a year. We also recommend daily use of an Amsler Grid as well, so that you can monitor your own vision. You can pick up FREE Amsler Grids at any of the 5 offices of The Eye Associates.

**Another common condition that is not an emergency....**

**'Halos' around lights and cloudy, blurry vision....** Cataracts could be the cause. People with cataracts often report being fearful of driving at night because of the debilitating glare that they experience from oncoming headlights. Luckily cataract surgery is quite commonplace these days and can quickly return good vision to you.

**The following are some tips for keeping your eyes healthy....**

- Have yearly comprehensive eye exams. Remember 'prevention' is the best way to maintain good vision.
- Have regular health check-ups to make sure that your blood pressure is under control.
- Monitor your diabetes and check your vision daily with an Amsler Grid.
- Don't ignore the warning signs above.
- Maintain a healthy diet filled with fruits and vegetables.
- Protect your eyes with good quality sunglasses.
- Exercise regularly.
- **DON'T SMOKE!**

Saving sight is our most important mission at The Eye Associates! Should you or someone you know experience one of the serious symptoms above, call 1-866-865-2020. Even after business hours, our answering service will contact the doctor-on-call for any emergencies.



**THE EYE ASSOCIATES**

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

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# Prevent Surgery

## with Knee Injections

**T**he knee is notorious for pain and injury. Knee pain can occur from an injury or a condition like osteoarthritis, and can impact activities of everyday life. There are many remedies for this condition, including rest, anti-inflammatory medications and using knee braces. For individuals whose knee pain progresses or does not respond to other types of treatment, injections may be an option to help relieve pain and discomfort without requiring surgery.

When regular treatments are not working well enough such as medication management with nonsteroidal anti-inflammatories along with physical therapy, intra-articular injections can be a great option.

There is a substance known as hyaluronic and that is naturally found in the synovial fluid of human knee joints. It works to lubricate and cushion the knee joint, being the human equivalent of "motor oil". In 1997 the FDA approved the first hyaluronic acid preparation made from rooster combs for usage in knee injections for osteoarthritis.

Currently there are multiple FDA approved hyaluronic acid preparations, which are all extracted from rooster combs. They have trade names such as Hyalgan, Synvisc and Orthovisc. While each company counts the benefits of their individual product, research studies have shown that all of them work consistently well while no one particular brand has shown superiority.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage, lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.



Numerous clinical studies have been performed regarding the effectiveness of hyaluronic acid formulations. One of the largest studies in the US showed beneficial effects in 80% of patients for over six months it appears that the combination of joint lubrication along with the anti-inflammatory effects that both come from hyaluronic acid work together to create such effective results.

Knee injections are typically extremely effective. Specifically, hyaluronic acid injections have shown over 80% satisfactory results as well which was maintained for over a six-month time period. These results are often good enough to delay the need for a knee replacement surgery or avoid it altogether. If you suffer from the pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.



941-702-9575 | [www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.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**

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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 potheyr 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.



# BREEZE THROUGH ALLERGY SEASON WITH PROPER CARE

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

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

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

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

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

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





**Treating Seasonal Allergies**

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

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

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

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

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

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

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

**Now Open!!!**



**Sarasota Urgent Care West**  
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# Compression Devices for Limb Swelling

By Alyssa Parker

**A** common challenge faced in the medical field is finding the cause of an individual's limb swelling. Any limb swelling may be your body's way of letting you know there is a potential underlying condition that can cause even more damage if left untreated. When swelling in a limb becomes chronic, pinpointing the origin is vital to getting proper treatment. Some of the most common diagnosis are venous insufficiency and lymphedema.



Fluid accumulation can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. Recent studies show that nearly 7 million people in the United States suffer from venous disease. While 2 to 3 Americans suffer from secondary lymphedema.

Chronic venous insufficiency (CVI) is when blood is unable to circulate from the lower limbs back to the heart. CVI is caused by incompetent valves and venous hypertension, in both parts of your venous system. The venous system is comprised of two parts, deep circulation and superficial circulation which are interconnected by perforating veins. Your venous system is an important component to delivering blood to the heart, then passing it through the lungs to obtain oxygen. The oxygenated blood is then delivered to the lower limbs.

Venous hypertension leads to secondary Lymphedema from the lymphatic system's inability to keep up with an abnormally high demand of protein rich fluid. Lymphedema is chronic swelling from protein-rich fluid accumulation in the tissue. Lymphedema occurs secondary to CVI when the lymphatic system is obstructed causing damage, blockage, or abnormal development. Primary Lymphedema can be hereditary or congenital, where an individual is born with a compromised lymphatic system.

## Risk Factors

Once your circulatory system has been obstructed leading to venous insufficiency or lymphedema this may lead to an interruption in the venous and lymphatic flow. Both diseases are manageable and treatable however there is no cure for either one.

### Risk factors may include:

- Unknown swelling of a limb
- Family history
- Invasive surgical procedure i.e. radical cancer surgery
- Chronic open wounds
- Decreased mobility
- Infections such as cellulitis/ lymphangitis
- Skin changes such as discoloration or hardening



## Management: Compression Pump

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body. Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long-term treatment. Compression devices are widely recognized and highly effective treatment. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb.

A pneumatic compression device mimics the muscle contraction that naturally occurs when performing a cardiovascular activity. 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 speeding the recovery time.

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 treating swollen limbs and chronic wounds.

Contact Acute Wound Care today by calling 239-949-4412 to learn more about the benefits of compression devices and the other in-home services available.



## ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call

**239-949-4412**

and speak with a specialist.



By Carl McAloose

# PHYSICAL ACTIVITY

## *Benefits More Than Your Body*

**W**e all remember having PE in school. I dare say that when asked what your favorite part of the school day was, many of us said "PE." And why not? PE was fun. You got to play games, jump, run and best of all, you weren't sitting at your desk. You got to burn off that extra energy, and that made being in the classroom easier. Study after study shows the correlation of physical activity, whether it's PE, sports or just riding your bike around your neighborhood, helps improve your overall health. These studies also show that physical activity helps you mentally.

The annual *Sports & Fitness Industry Association* survey found that over 21 million youth ages 6-17 play team sports on a regular basis, with an additional five million occasionally involved in sports. We all know that regular physical activity provides many benefits, like maintaining healthy muscles, bones and joints, not to mention helping with your weight. Your doctor tells you this and more each year when you have your physical.

For our kids, playing sports means they are eight times more likely to still be active at the age of 24 compared to those who don't participate in sports. (*Perkins study*). The benefits extend to academics. Several studies have concluded that physical activity helps improve academic achievement, from grades to standardized test scores. Think about it. Don't you feel more relaxed and focused after physical activity? It's easier to concentrate and learn.

Additionally, studies have shown that physical activity can also positively impact our youth in the areas of self-esteem, goal-setting and leadership. As a parent, just spending some time with your kids playing catch, shooting baskets or any other sport or game gives you quality time with them in a fun setting. It also sets a good example of the importance of physical activity.

Kids who participate in sports learn to manage their time better. They get an extra sense of confidence because they can balance the demands of school and sports. Playing a sport also teaches them the value of teamwork, cooperation and leadership.

The benefits of sports are more than physical. They are also mental. Studies show physical activity can help with things like improving your mood. Whether you like to play sports, work out in the

gym, or take your dog for a brisk walk, physical activity helps stimulate brain chemicals that make you feel more positive.

We all have some level of stress in our lives. Too much of that can lead to many problems, both mental and physical. When you're exercising, you help reduce your levels of stress hormones – namely adrenaline and cortisol. Physical activity helps distract your mind from negative thoughts, which allows you to think more creatively. Simultaneously while exercising, your body produces endorphins, which naturally make you feel happier and relaxed.

Studies have also shown that regular physical activity helps improve your level of concentration. Mental skills such as thinking, using good judgment and learning stay sharp as you age if you do a mix of aerobic and muscle-strengthening activities. And those types of activities are common in sports!

I know that when I exercise, I sleep better. We know that exercise helps you relax and get rid of stress and tension, so it makes sense that would help you get a good night's sleep.

As a parent, all three of my children have been involved in sports in some form. I have seen how it has helped them not only physically, but also academically, mentally and socially.

Not every child participating in sports will go on to be a professional athlete, but they will all treasure the memories of family time together and the friendships they made along the way. Most importantly, they have learned that physical activity is lifelong fun!



Carl McAloose is the Athletic Director at Florida SouthWestern State College. The Buccaneers will debut their softball and baseball teams in the fall 2015, followed by men's and women's basketball in fall 2016. More information is available at [www.FSW.edu/athletics](http://www.FSW.edu/athletics).

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# April is Youth Sports Safety Month

## CONCUSSIONS IN YOUTH SPORTS

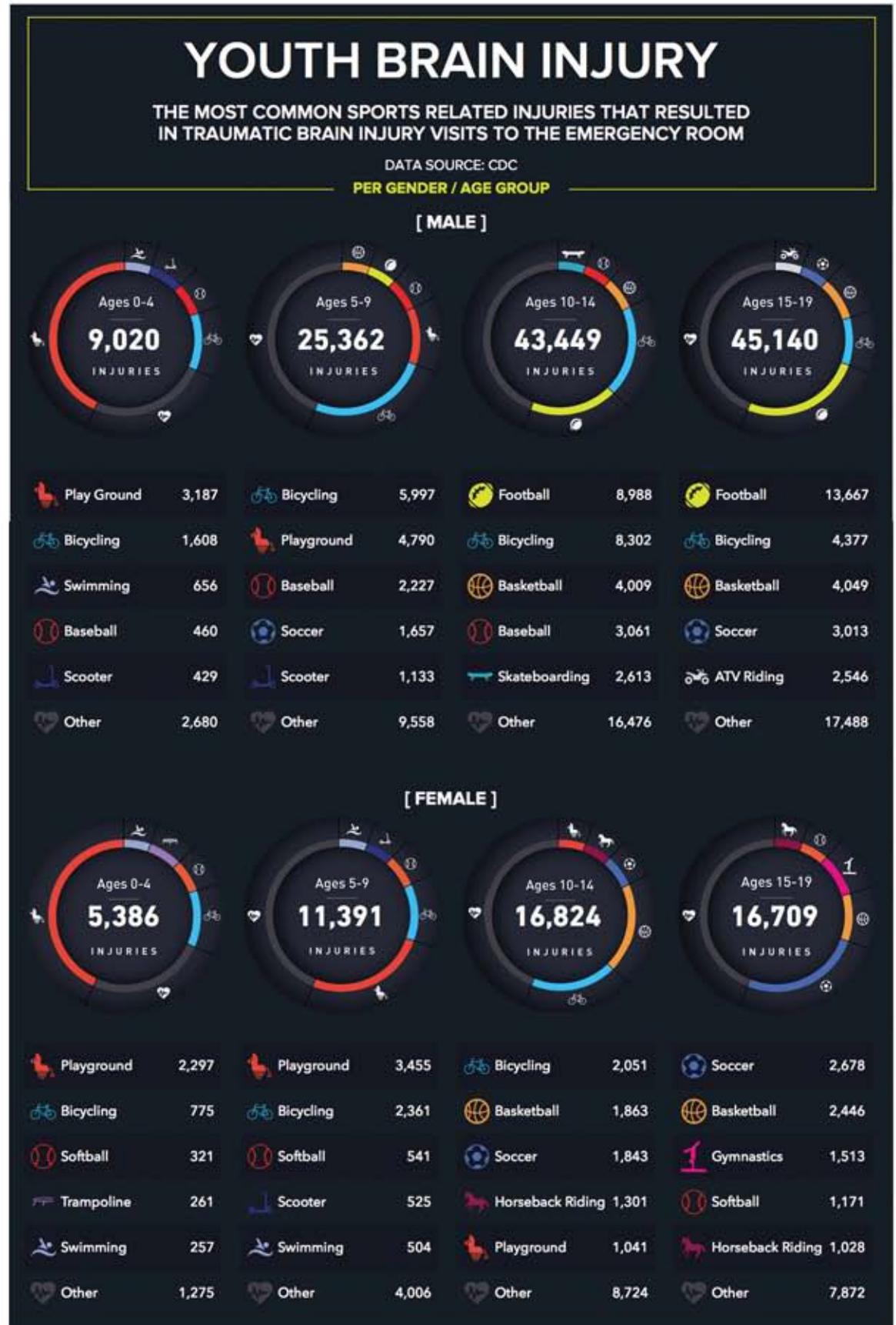
**A**s the number of reported cases of traumatic brain injury (TBI) increases in professional sports, so too does awareness of concussions at the college and amateur levels. The NFL now takes helmet to helmet contact as a serious offense after coming under intense scrutiny for allowing players to reenter the game after sustaining brain jarring hits. Professional leagues have their reputation and financial interests to consider, but what about little league players or high school athletes looking to advance their game to the next level?

The following interactive data visualization breaks down the total number of traumatic brain injuries sustained by children under 19 years of age between the years of 2001 and 2009. The data, taken from a 2011 study by the Centers for Disease Control and Prevention (CDC), is categorized according to gender, age range, and sport/activity.



No matter your level of expertise on the subject, the numbers have a way of speaking for themselves. Go to [www.tnhealthandwellness.com](http://www.tnhealthandwellness.com) and click on the article to review the interactive graph details.

Article source: Safer-America



# April is Autism Awareness Month



THE LEADING & MOST EXPERIENCED  
ORGANIZATION ON AUTISM-RELATED  
WANDERING PREVENTION & RESPONSE

## What is Autism?

- Autism is a bio-neurological developmental disability that generally appears before the age of 3.
- Autism impacts the normal development of the brain in the areas of social interaction, communication skills, and cognitive function. Individuals with autism typically have difficulties in verbal and non-verbal communication, social interactions, and leisure or play activities.
- Individuals with autism often suffer from numerous co-morbid medical conditions which may include: allergies, asthma, epilepsy, digestive disorders, persistent viral infections, feeding disorders, sensory integration dysfunction, sleeping disorders, and more.
- Autism is diagnosed four times more often in boys than girls. Its prevalence is not affected by race, region, or socio-economic status. Since autism was first diagnosed in the U.S., the incidence has climbed to an alarming one in 68 children in the U.S.
- Autism itself does not affect life expectancy, however, research has shown that the mortality risk among individuals with autism is twice as high as the general population, in large part due to drowning and other accidents.
- Currently, there is no cure for autism, though with early intervention and treatment, the diverse symptoms related to autism can be greatly improved and in some cases completely overcome.



## Autism Facts & Stats

- Autism now affects 1 in 68 children.
- Boys are four times more likely to have autism than girls.
- About 40% of children with autism do not speak. About 25%–30% of children with autism have some words at 12 to 18 months of age and then lose them. Others might speak, but not until later in childhood.
- Autism greatly varies from person to person (no two people with autism are alike).
- The rate of autism has steadily grown over the last twenty years.
- Co-morbid conditions often associated with autism include Fragile X, allergies, asthma, epilepsy, bowel disease, gastrointestinal/digestive disorders, persistent viral infections, PANDAS, feeding disorders, anxiety disorder, bipolar disorder, ADHD, Tourette Syndrome, OCD, sensory integration dysfunction, sleeping disorders, immune disorders, autoimmune disorders, and neuroinflammation.
- Autism is the fastest growing developmental disorder, yet most underfunded.
- A 2008 Danish Study found that the mortality risk among those with autism was nearly twice that of the general population.
- Children with autism do progress – early intervention is key.
- Autism is treatable, not a hopeless condition.

For more information on Autism, go to our website at <http://nationalautismassociation.org/>.

Article Source: National Autism Association

# Is it worth it?

## The Dermapen & Food for the Face

By Yollo Wellness

**T**hat moment when we wake up and look at ourselves in the mirror and realize "I'm beyond a dapple of this and that on my face." The fact that I'm in my late 40's is showing on my face.

It's not so much that I've got deep wrinkles, I don't feel like the Grand Canyon quite yet. It's more a combination of pigmentation from my pregnancies and my skin's texture. Everything is starting to drop. I'm noticing the crows feet from squinting.

Is there anything that can be done about this? Something that will even out the surface so my face feels less like train tracks, more like a smooth pond. I need something more hard-core than a facial but nothing "invasive". Just the word makes me shudder, and I want the results to last longer than a movie marathon.

Beauty industry, are you listening?

Apparently, they are. Here's what I tried.



**THIS WEEK:** I walked into YOLLO Wellness, which promises "the most technologically advanced and innovative non-surgical Pure PRP Skin Rejuvenation Therapy." That sounds exactly like what I'm after. After a thorough consultation, it's decided I'll start with a Dermapen treatment using my own Pure Platelet Rich Plasma.

...an automated-micro needling therapy that vertically pierces the skin to naturally stimulate collagen and elastin with minimal epidermal damage."



**WHAT IS IT:** Essentially, it's a pen with tiny, super-fine needles on the end of it. The needles roll over your skin, pinning holes in it as they go. They can penetrate the skin up to 2 millimetres. This definitely sounds more hard-core than a facial. The PRP part was really cool. They did a simple blood draw and spun it out a couple of times in a really high tech centrifuge.

**WHAT THE HECK FOR?** Apparently, causing controlled damage to your skin will prompt it to produce a bunch of collagen, which is the building block of skin. The more collagen you have, the more elastic, less wrinkled and better textured your skin will be.

**WHO IS IT GOOD FOR?** Anyone with sagging skin, fine lines, wrinkles, scarring.

**WHY I'M GETTING IT:** To improve the texture of my skin and try and get its bounce back. I've got a few fine lines, but my skin is definitely starting to slacken. Also as I mentioned before after my two pregnancies I can see some pigment changes going on.

**WHAT THEY DID:** First, they sanitized my face with saline and alcohol solution. I was laying down, relaxing on a table when Debbie painted my face with my own Pure Platelet Rich Plasma. The next step happened so fast I couldn't believe it was over. Wendy used the Derma Pen on my forehead, side of my eyes, under my eyes, my cheeks, side of my face, upper lip, on my lips, chin, neck decolletage. Virtually every nook and cranny of my face, neck and chest. It was over in 10 minutes! I couldn't believe it. I kept asking if they were sure they got it all. Wendy explains there will be some bleeding as she is basically pinning holes in my face. She moves the pen all over, working on it section by section, checking in every now and then to see if it's painful. Next, Debbie painted a layer of my Plasma Poor Protein all over the controlled injured areas to allow more proteins to penetrate my skin to help build even more collagen.



**HOW DOES IT FEEL?** Surprisingly, fine. Kind of like a mixture of a sunburn and the shower water hitting it.

**AFTERWARDS:** My face feels very hot and a bit stinging. My skin is quite red and sensitive. They applied a layer of vitamins onto my skin which I immediately felt my skin begin to cool and be soothed. Then they applied a collagen cool gel mask I relaxed on the table under a warm snuggly blanket for 15 minutes. I had the option of going into their oxygen anti-aging chambers. They are supposed to take the collagen building to the next level. I didn't have time to get my doctor's note to do it so I will the next time around. I like to take things slow at first anyways when I don't quite know what to expect. I was told to not wash my face tonight but I could apply any of the anti-aging products I purchased from them. The next morning I'm quite tight and dry and still very red, like I've sat with my face in the sun for a whole day. I washed my face as usual and I slather on sunscreen because one thing I've learned after visiting anti-aging salons to research this piece, is that it's really our only defense against aging. It is not recommended to put makeup on for a couple of days and only use the collagen building creams and serums they recommended because it will all be soaked up into my skin and could alter my results. By day three however I can go back to my routine of a little tinted foundation.

**DID IT WORK?** After a couple of hours from leaving YOLLO Wellness I noticed my fine lines were filled in. My skin is clearer after a week. The pigmentation I have around my lips from my pregnancies has already almost disappeared. I'm feeling more confident without make-up. They tell me my face will continue to improve up to three months!

**CAN I GET THIS RESULT AT HOME?** There's no equivalent product at home to a Dermapen as it's essentially damaging your skin to encourage it to produce collagen.



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LOWER EYELID REJUVENATION

MID-FACE LIFT AND CHEEK REJUVENATION

LOWER FACE AND JAW LINE REJUVENATION

NASOLABIAL GROOVE AND UPPER LIP REJUVENATION



**HOW MUCH IS IT:** \$799 per treatment.

**TIME TAKEN:** 50 minutes.

**IS IT WORTH IT?** Absolutely. I can imagine that after the suggested four treatments my skin would look pretty amazing. Besides I keep getting asked if I did something to my face because I look radiant even after one treatment!

Only you can decide whether you want to go beyond a regular facial treatment. At \$799 it's not cheap, but there is no downtime and it's less invasive than a laser, plus the results will last longer. I'm looking at it like an expensive coat, which is an investment in looking good. And I've decided my face is more important than a coat!

## YOLLO Wellness

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# Get Rid of Embarrassing Toenail FUNGUS in Just ONE Treatment!



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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!

**T**oenail 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.

## 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.



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- **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

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# Five Reasons Why Women Are Less Prepared to Retire than Men

By Sandy Keir, CFP®, Suncoast Advisory Group

I typically dislike articles written about women, because I think it's wrong to make generalizations about half of the population based on nothing but gender. But, when certain behaviors unique to women negatively impact their financial security, they need to be mentioned. With awareness comes change.

Numerous articles have been written about how ill-prepared baby boomers, in general, are to retire. Some economists calculate that the retirement savings deficit in this country is between \$6 and \$14 trillion!!!! But Sally Krawchek, former president of Bank of America's Global Wealth and Investment Division, says that this deficit will impact women more than men. "Let's begin to acknowledge that the retirement savings crisis is a gender crisis – a women's crisis," says Krawchek. Women retire with about two-thirds of the money their male counterparts do, but end up living longer and needing an even larger nest egg.

Why do women end up with less retirement savings than men? Well there are several reasons. First, women still make less money than men. Women earn an average of 77 cents for every \$1 earned by men and, calculated over an entire lifetime, that's over \$300,000 less income! That's \$300,000 that can't be saved, invested, contributed to a retirement plan or used to buy an income-producing annuity. That means we're starting retirement with less money than men.

Second, because women make less than money than men, their pension payments will be smaller and they'll receive smaller Social Security checks than men do. Why is that? It's easy to see why when you remember that both Social Security and pension administrators average your salary out over a number of years (35 years for Social Security) and base your benefit payment on the average monthly amount you earn over your working years. So the less you make today, the lower your benefit amount will be and the less you'll have to live on in retirement.



Third, according to the Employment Benefit Research Institute, those men and women who do contribute to their IRAs contribute, on average, roughly the same amount (\$3,995 for women and \$4,023 for men) but women end up with less. The average IRA balance for men in 2012 was \$136,718 and it was only \$75,140 for women. Why is that the case when we know that women at all salary levels contribute a higher percentage of their income to their 401(k) plans than men do?

It's because women invest differently than men. The fourth reason women are less prepared to retire than men is that women, on average, are more risk averse than men. According to a 2013 Global Investor Pulse Survey, only 26% of women felt comfortable investing in the stock market, while 44% of men did. And stocks tend to be the best performing asset class over long periods of time. So, if you're contributing to your IRA and 401(k) regularly, but making poor investment decisions, your money is going to grow much slower.

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



And the fifth reason women are less prepared for retirement is that women are going to live longer and need their money to last longer than men. While a 65 year old man can expect to live—on average—to age 84, a woman can expect to live to 86.6. And if both husband and wife are 65 today, there's a 43% chance that one or both will live to age 95!!!! So, not only do women start with less money, but they need it to last longer.

Now that we're aware of the problem, what can we do about it? Find a competent financial advisor who will tell you how much you need to be saving today, how much you'll need before you retire and how you need to invest your money. Interview several advisors and find someone who is genuinely interested in your needs, wants, goals

and aspirations and rely on them for help. A good advisor will become your partner and be there to help you transition to retirement and beyond. With awareness comes change!

*If you can relate to any of the issues Sandy writes about in this month's article, call her at 941-928-8485 or email her at [sandy@suncoastadvisorygroup.com](mailto:sandy@suncoastadvisorygroup.com) to receive complimentary information.*

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**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.*

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

# STOP DIABETES

Provided by The American Diabetes Association

**D**iabetes is a serious disease, and you probably know someone who is affected by it. Nearly 30 million\* children and adults in the U.S. are living with diabetes. About eight million of those people don't know they have it, which means they're not getting the care they need to stay healthy.

About 5% of people in the U.S. with diabetes have type 1 diabetes, in which the body attacks and destroys its insulin-producing cells. There is no way to prevent or cure type 1 diabetes at this time.

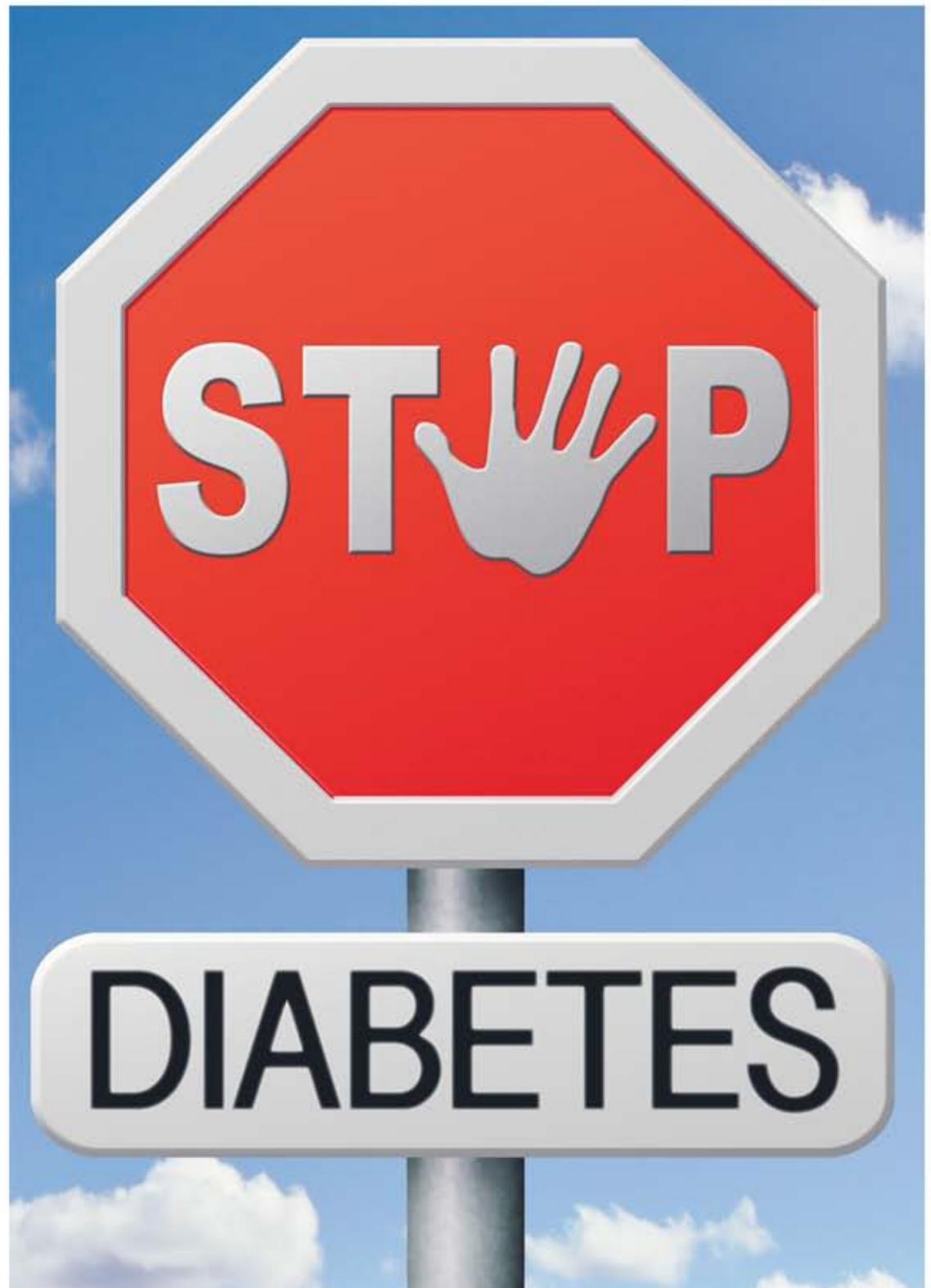
With type 2 diabetes, which represents 90-95% of all diabetes cases, diagnosis often comes 7 to 10 years after the onset of the disease, after disabling and deadly complications have had time to develop. Therefore, early diagnosis is critical to successful treatment and delaying or preventing complications such as heart disease, blindness, kidney disease, stroke, amputation and early death.

Everyone should be aware of the risk factors for type 2 diabetes. People who are overweight, under active and over the age of 45 should consider themselves at risk. African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Pacific Islanders, people who have a family history of the disease, and people who have prediabetes also are at an increased risk for developing type 2 diabetes.

There are steps you can take to help prevent the onset of type 2 diabetes. Studies indicate that it can be prevented or delayed by losing just 7 percent of body weight through regular physical activity (30 minutes a day, five days a week) and healthy eating.

To learn more about your risk for type 2 diabetes, take the American Diabetes Association's diabetes risk test at [diabetes.org/risktest2015](http://diabetes.org/risktest2015). It's free, quick and easy to share with friends and family who may also be at risk.

\*That's more than the entire populations of Alaska, Delaware, District of Columbia, Hawaii, Idaho, Kansas, Maine, Montana, Nebraska, Nevada, New Hampshire, New Mexico, North Dakota, South Dakota, Rhode Island, Utah, Vermont, West Virginia and Wyoming combined.



# Ginny Gave Out, but She Never Gave Up

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**W**hile I sat with the family in the surgical waiting area, I saw the elevator doors open. It was the surgeon. As he walked the twenty-five feet or so from the elevator to the waiting room, he was looking at the floor as though he was searching for something, maybe the next words to say. When he came into the waiting area, all eyes were on him. He was an older gentleman with many years of saving lives. He immediately sat down in one of the chairs and began to describe in layman's terms the very difficult and tedious aspects of the surgery.

"The aneurism had grown to the size of her stomach and was simply impossible to repair in the few precious moments we had to work with her," he said sadly. In addition, he said that she had apparently suffered a heart attack.

Then I heard it. What the gentle surgeon said next stood out to me like a hammer striking a large bell. He said, "*She never gave up the fight; she just simply gave out.*" As these words rang through our ears, we all knew she had gone on to be with her Lord and Savior, Jesus Christ.

It took only a few moments for the reality of that statement, "*She never gave up the fight; she just simply gave out,*" to sink into me like warm rays of sunshine breaking through on a cold and snowy day. This lady's life was a living testimony of that statement. She was an eighty-year-old grandmother with a love for God and for her family, who compelled her family who compelled her to be a "force to be reckoned with." I watched as her children and grandchildren began to weigh out the tremendous loss and the impact to their daily lives.

She had recently had cataract surgery so she could continue to drive herself and be present in the lives of those God had entrusted to her care.

She had been the spiritual matriarch to this large family.



I watched two very big, strong grandsons begin to weep as they felt the loss of her presence in their lives. She was in their hearts at such a deep level that it could only be expressed with tears. I said to these young men as I hugged them that they needed to "let it go" and cry. I told them she was watching them from Heaven now and needed to see if all her hard work and prayers for their lives would continue to pay off, and that it would bring her joy to see them miss her. I asked them never to forget all the life-giving, Godly advice she poured into their ears and hearts over the last twenty years.

As I drove home from the hospital, I wondered about my life. I wondered if it would be said of me one day, "He never gave up the fight; he just simply gave out." I realized that the "never give up" was about love and commitment, a sometimes rare commodity today. And that "simply giving out" was only about resources and not heart.

As I prayed, traveling east on Manatee Avenue, I recognized how she was able to stay so strong all those eighty years, even up until the end of her life. Her secret is found in the Bible, the book of *Hebrews in chapter 12 verse 2*. It states:

"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.

Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."

It's the ongoing daily relationship with Jesus who died, but is not dead now. As the verse states, He is sitting in Heaven at God the Father's right hand. Why is Jesus there and not here? He is praying for us. He is there to ensure *we do not give up the fight*.

My prayer and hope for you this Easter is that you will find a great church (there are many in Sarasota and Manatee counties including my own, Bayside Community Church) and go. Not for a religious activity, but to have an authentic experience with the God of the universe. I know it may feel a little scary, (it was for me when I first went for that purpose) but do it. God is real. He is nothing but pure love and wants a long-term, even eternal relationship with you. And if you do decide to have that relationship with Him, I hope it will be said one day that you "never gave up; you only gave out."

To your spiritual health,  
**Alex E. Anderson**  
 Author of the book, *Dangerous Prayers*  
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*Dedicated to Virginia (Ginny) Cognac*

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