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

March 2016

Charlotte/South Sarasota Edition - Monthly

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# YOUR “ARCH” ENEMY

By Myles Rubin Samotin, MD - Board Certified Orthopaedic Surgeon, Fellowship Trained in Foot and Ankle



The signs and symptoms of flatfoot problems can include lower leg pain and weakness, pain around the inside ankle, sometimes with swelling.

You may have weakness inverting (pointing the toes inward) the foot. You may find that you have uneven shoe wear and notice that your regular shoes seem to be collapsing. You may also find that you have the inability to stand on your toes. Some-

times flatfoot can contribute or exacerbate other problems such as plantar fasciitis, posterior tibial tendonopathy, achilles tendonitis, shin splints, bunions, stress fractures and calluses.

## So how should you treat this?

First, you should be properly evaluated by a Foot and Ankle Orthopaedic Specialist who will review your medical history and examine your feet, and if necessary, your gait.

## Why an orthopaedist?

Simple!! The foot has twenty eight bones that need and should be evaluated by a bone doctor!!! Be sure to bring your regular shoes so that these may be examined. X-rays of both feet should be done for comparison and to determine, if it exists, the severity of the flatfoot. Muscle and tendon strength should be evaluated by your Orthopaedic Foot and Ankle Specialist.

Treatment can vary depending upon the cause. Conservative treatment can include shoe modifications, arch supports and custom orthotics. An injection of corticosteroid may be used to calm an inflammatory pain in your flatfoot. Resting and icing the involved extremity can help. Physical therapy may be necessary to strengthen and stretch the surrounding tissues, helping to alleviate the stress placed on to your affected foot.

However, frequently the only way to correct your painful foot is through surgery. Surgical procedures can help reduce or eliminate the pain and can improve bony alignment. They can include Arthrodesis, or welding (fusing) two bones together, Osteotomy or cutting or reshaping a bone to correct alignment, Excision or removal of extra bone or spurs, Synovectomy or cleaning the sheath of a tendon, and/or Tendon Transfer, to replace a worn or ruptured tendon.



Having flat feet can be a very serious matter. If you are experiencing foot pain and think it may be related to flatfeet, see an Orthopaedic Specialist as soon as possible. This is a problem that often worsens over time with treatment becoming more and more complicated. With 28 bones in your foot, you need to be evaluated by a Board Certified Orthopaedic Surgeon with a Sub-specialty, Fellowship Trained in Foot & Ankle surgery. In fact I am the only surgeon with these qualifications in our area. I believe this makes me uniquely able to deal with these problems in a state-of-the-art atmosphere and method that will keep you in good hands and provide you with the most desired result.

**Myles Rubin Samotin, M.D. P.A.**  
324 Cross St., Punta Gorda FL 33950  
**941-661-6757**

**L**ook down at your feet right now! Do they seem different from ten years ago? Does your foot arch look the same as it did, or are you imagining that it has changed? Does your arch seem flatter to you? Well, maybe it has become flatter. And quite possibly that flatness may result in a lot of severe foot problems for you.

First, try the wet test. Wet your feet, then go and stand on a flat, dry surface that can leave an imprint of your foot. A normal footprint has a wide band connecting the ball of your foot to the heel, with an indentation on the middle, inner side of your imprint. A foot with a high arch has a large indentation and a very narrow connecting band, and conversely, a flatfoot leaves a nearly complete imprint with almost no curve.

There are several reasons for having flatfeet. They can be present at birth (congenital), caused by ongoing stresses to your foot, obesity, diabetes, Osteoarthritis, Rheumatoid arthritis, hypertension, or traumatic injury to your foot or ankle.

You may have flatfeet and be pain free. But you must understand that the arch in your foot is there to help distribute your weight across your entire foot. Painless flatfeet can deteriorate over the years and become painful. By that time, it may be too late to treat conservatively.



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# Eat Smart for Healthy Teeth and Gums

By Dr. Alexander Gaukhman

If you are what you eat, then it's particularly true for your teeth and gums. When you drink sugary beverages and eat starchy foods, you're not only feeding yourself—you're feeding the plaque that can cause problems in your mouth.

Plaque is a naturally occurring, thin, invisible film of sticky bacteria and other materials that covers the surfaces of your teeth. When sugars or starches in your mouth come in contact with plaque, the acids that result can attack teeth for 20 minutes or more after you finish eating. Repeated attacks can break down the hard enamel on the surface of teeth, leading to tooth decay. Plaque may harden into tartar, which makes brushing and flossing less effective and can lead to periodontal (gum) disease.

While some foods invite tooth decay, others help combat plaque buildup. Here are some foods to seek out—and some to avoid.



## These foods and drinks promote good oral health:

**Sugarless chewing gum.** Gum is a great saliva generator that helps remove food particles from your mouth. Just be sure to choose a sugar-free variety. Research has shown that chewing gum for about 20 minutes after you eat helps your saliva neutralize the acids that attack your teeth. And because saliva contains traces of calcium and phosphate, it also helps strengthen tooth enamel.



**Cheese, milk, plain yogurt, and other dairy products.** Cheese is another saliva generator that may protect your teeth from decay. The calcium in cheese, as well as the calcium and phosphates in milk and other dairy products, help put back minerals your teeth might have lost due to other foods.

**Green and black teas.** Tea contains polyphenols that interact with plaque bacteria. These substances either kill or suppress bacteria, preventing them from growing or producing tooth-attacking acid. And depending on the type of water you use to brew your tea, a cup of tea can also be a source of fluoride.

**Water with fluoride.** Fluoridated drinking water, or any product you make with fluoridated water, helps your teeth. This includes powdered juices (as long as they don't contain a lot of sugar) and dehydrated soups. But watch out for bottled drinking water, which may not contain as much fluoride as water from the tap.

## Limit your intake of these foods and drinks:

**Sugary candies and sweets that stick in your mouth.** If you eat sweets, go for those that clear out of your mouth quickly. So thumbs down for sticky lollipops, caramels, and cough drops that contain refined sugar.

**Starchy foods that can get stuck in your mouth.** Starches made from white flour, are simple carbohydrates and can linger in your mouth. For example, bread or potato chip bits may get trapped between your teeth. When you get these stuck in your mouth or at the back of your teeth, bacteria love to feed on the carbs.

**Carbonated soft drinks, fruit juices, and more.** Besides being laden with sugar, most colas and other soft drinks contain phosphoric and citric acids that erode tooth enamel. Fruit juices, energy drinks, and iced teas and lemonades may also contain high amounts of sugar.

**Items that dry out your mouth.** These include many medications, including some painkillers, antihistamines, and oral asthma inhalers. Try stimulating saliva flow with sugar-free gum or candies. If medications may be the cause, talk with your doctor.

**Lemons and other citrus fruits.** It's OK to eat them, but don't suck on them. The very acidic juice can erode the enamel of your teeth.

You don't have to avoid healthy foods that may contribute to tooth decay. Just remember to gently brush at least twice a day using a fluoride toothpaste, paying special attention to your gum line, and floss between your teeth at least once every day. And note this rule of thumb: The longer food that promotes plaque bacteria stays in your mouth, the worse it is. So to protect your teeth, eating fewer sweets is not as important as limiting how often you eat them.



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# Congress and the Vatican Agree: Stem Cell Therapy Shows Promise in Curing Diseases

By Maren Auxier - Staff Writer

Stem cell therapy is gaining worldwide support from international policymakers, including the U.S. Congress and the Roman Catholic Church, helping progress the field of regenerative medicine. Congress passed the *Stem Cell Therapeutic and Research Reauthorization Act* on Dec. 16, 2015, securing stem cell industry funding for at least 5 more years. The Vatican also showed their support for stem cell therapy earlier this year, announcing *The Third International Conference on the Progress of Regenerative Medicine and its Cultural Impact* to be held within the Vatican April 28-30, 2016.

"It remains one of the best kept secrets in America that umbilical cord blood stem cells and adult stem cells in general are curing people of a myriad of terrible conditions and diseases in adults as well as children," said U.S. Representative Chris Smith (R-Hamilton, NJ)<sup>1</sup>

The Vatican released a similar statement regarding the benefits of regenerative medicine. "The new field of regenerative medicine holds great promise to alleviate the pain and suffering for hundreds of millions of people around the world. We must unite to discover and advance such new therapies, and find ways to bring them to all those in need," said Cardinal Gianfranco Ravasi, president of the Pontifical Council for Culture.<sup>2</sup>

This may come as surprising news to people whose familiarity with stem cell therapy extends only to the controversy surrounding *embryonic* stem cells. It is a common misunderstanding that all stem cells are derived from human embryos. In fact, stem cells can be derived from umbilical cords, blood, fat and bone tissue. The Catholic Church's position is to support *ethical* stem cell research, which, under their interpretation, excludes the use of embryonic stem cells.

Regenerative medicine provides patients with alternatives to traditional invasive or chemical treatments. Regenerative medicine is helping people with multiple sclerosis, blindness, rheumatoid arthritis and lung disease.



International policymakers like the Vatican and U.S. Congress are calling for advancement of the field of regenerative medicine after seeing positive outcomes.

Lung disease is the third-leading cause of death in the United States, and traditional treatment options have not changed in 30 years. The advent of stem cell therapy represents the greatest advancement in decades for people suffering from a degenerative lung disease.

The Lung Institute ([www.lunginstitute.com](http://www.lunginstitute.com)) helps fight lung diseases by harvesting stem cells from a patient's own blood, fat tissue or bone marrow in a minimally invasive outpatient procedure. Stem cells act as your body's natural healing system, working to promote healing and reduce inflammation. While current stem cell treatments are not considered to be a cure for lung disease, they have shown the ability to improve patients' quality of life.

Lung Institute patient Becky D. explains how stem cell therapy improved her quality of life.

*I wanted to be able to do all my activities of daily living without being short of breath, which is showering and all that stuff...and I do. I wanted to be able to walk across a soccer field to see my grandson play soccer, and I can. I wanted to be able to dance a little again, and I did.*

According to a white paper recently released by the Lung Institute, 84 percent<sup>3</sup> of patients who received stem cell therapy for COPD experienced an improvement in their quality of life. Several patients also saw an improvement in pulmonary function. COPD is a degenerative disease, making any improvement in lung function in such a case truly remarkable.

While the field of regenerative medicine is relatively new, it has made great strides in a short period of time and shows great potential to revolutionize the healthcare industry.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at 800-921-4631 or visit [lunginstitute.com/health](http://lunginstitute.com/health) to find out if you qualify for these new treatments.

<sup>1</sup> <http://chrissmith.house.gov/news/documentsingle.aspx?DocumentID=398635>

<sup>2</sup> <http://www.cbsnews.com/news/vatican-announces-third-regenerative-medicine-conference/>

<sup>3</sup> <https://lunginstitute.com/resources>



# PSP, Lost in Identity

**P**rogressive supranuclear palsy (PSP) is a rare brain disorder that causes serious and progressive problems with control of gait and balance, along with complex eye movement and thinking problems. PSP and Parkinsons present very similar, but they are quite different. Due to the fact that there isn't a lot of resources out there for PSP or an over abundant of people out there that suffer from PSP it is often mis diagnosed as Parkinson's. One of the classic signs PSP, is an inability to aim the eyes properly, which occurs because of lesions in the area of the brain that coordinates eye movements. Some individuals describe this effect as a blurring. Affected individuals often show alterations of mood and behavior, including depression and apathy as well as progressive mild dementia. Five to six people per 100,000 will develop PSP. Symptoms begin, on average, when an individual is in the early 60's, but may start as early as in the 40's. PSP is slightly more common in men than women, but PSP has no known geographical, occupational or racial preference.

The disorder's long name indicates that the disease begins slowly and continues to get worse (progressive), and causes weakness (palsy) by damaging certain parts of the brain above pea-sized structures called nuclei that control eye movements (supranuclear). Progressive supranuclear palsy (PSP) is a neurodegenerative brain disease that has no known cause, treatment or cure. While this is a tragic disease, there are wonderful organizations out there such as, CurePSP, which serves is a lifeboat for those drowning in despair.

CurePSP funds a lot of genetic research and patient clinical trials in order to help find a cure. In addition to research, they provide a lot of patient education, support groups for both the patient and their caregiver as well as a respite fund for those in need. On March 12th, in Marco Island, marks the twelfth year of the CurePSP Awareness & Memorial Walk around the beautiful lake at Mackle Park on Marco Island, Florida. The walk is from 10:30 am - 1:30 pm, and registration is \$25 for adults, \$10 for students. Participants receive a T-shirt and lunch,



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plus can partake in a silent auction and give-aways. Registration can be done online, at [spec@curepsp.org](mailto:spec@curepsp.org). Together we can make a difference and make the community aware of what Progressive supranuclear palsy (PSP) is. It is time that PSP has its own identity. With awareness, comes funding, and funding can be the difference of life and death.



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# New Cancer Therapy is Changing Lives

By Dr. Stan Headley

**T**he cancer world needed a game-changing product to give cancer patients more than just a "fighting chance" to survive cancer and the aggressive therapies used to kill cancer cells. Patients have two great fears, first is the fear of the cancer itself, and the second is the fear of treatments such as chemotherapy, radiation, and surgery. CellAssure is the game changer we've all been looking for!

Statistics show that 85% of cancer patients lose weight while 20-40% of cancer patients actually die from severe weight loss or a condition called cancer cachexia - not the cancer itself! You must win both the battle with the cancer as well as preventing the weight loss and debilitating weakness from cachexia. It is also crucial to understand that just because you may be overweight does not mean you are even remotely protected from cancer weight loss and cachexia.

Medical nutrition is proving to be the answer and the leader in medical nutrition made specifically for oncology patients is CellMark Biopharma. After years of research they've developed a revolutionary, non-drug medical nutritional product that is producing extraordinary results affirming the amazing clinically proven results from the chosen ingredients. The following provides a sample of the ingredients and their benefits that make up their patent-pending CellAssure formula.

**Beta Glucan 1,3/1,6** – Decrease the size of the lung, liver and breast tumors in over 60% of patients when combined with chemotherapy then just chemotherapy alone! Works synergistically with anti-tumor monoclonal antibody therapy for greater results.

**HMB** – shown to increase LBM in 4 weeks in patient with cancer cachexia! As a combination therapy it is effective in increasing bodyweight in weight-losing patients with advanced stage 4 cancer!

**Curcumin + Copper 2** – Demonstrated to be particularly effective for gastrointestinal (GI) cancers including oral cancer, stomach, colon, liver, as well as, multiple myeloma (bone cancer), and pancreatic cancer!

**Pterostilbene** - promotes cancer cell death via a mechanism involving lysosomal membrane permeabilization.

**Silibinin** - studies have demonstrated clearly that silibinin is effective in many types of cancers, including prostate, breast, lung, oral and osteosarcoma.

**CellAssure** is a simple once a day drink created from direct requests by physicians, dietitians and patients battling cancer. CellAssure's ingredients have been clinically proven to:

- Demonstrate Anti-Cancer / Anti-tumor effects
- Provide needed nutrition for cancer patients without adding sugar
- Improve immune system response
- Maintain or increase appetite
- Increase LBM (lean body mass)
- Reduce stress / anxiety and lower cortisol levels
- Provide relief with nausea/vomiting and diarrhea
- Mitigate anemia and improve my liver function

Cancer is a multi-faceted disease that attacks the body in many ways causing multiple serious side effects, each which needs to be addressed aggressively in order for the patient to maintain their health. CellAssure's mission is simple – keeping cancer patients as healthy as possible so their oncologist can kill their cancer with the least amount of side effects/health issues/problems.

Cancer weight loss is associated with poor outcomes for cancer patients—reduced response to therapy, reduced ability to deliver full doses of chemotherapy, stoppages of cancer therapies, increased toxicity, more complications and infections, lower quality of life, and reduced survival.

CellAssure gives patients the essential daily medical nutrition needed to maintain their bodyweight and allow their body to better withstand the rigors of cancer treatments. Remember – staying as healthy as possible allows you to fight cancer without having to stop critical oncology therapies and protocols.



*Proper identification of nutrition problems and treatment of nutrition-related symptoms have been shown to stabilize or reverse weight loss in 50% to 88% of oncology patients.*

## When do I start taking CellAssure?

While most people think that their 'Day of Diagnosis' is when their battle with cancer begins – we know better. The fact is on the 'Day of Diagnosis' their body has already been compromised by the cancer and their nutritional challenges have already started. Cancer has already started waging war and the need for additional nutritional medication is now. It is recommended that you start taking CellAssure from your day of diagnosis forward. Proper nutrition is something helpful regardless of where you are in the cancer process. Of course following a healthy diet along with CellAssure makes the most sense and your healthy eating should continue even after you've won your battle against cancer!

CellAssure delivers on a level that brings smiles to patients, their families, as well as the physicians taking care of them – and as cancer patients we need a reason to smile. We need a reason to believe that we can overcome, conquer and beat cancer head on. There has never been a product like CellAssure before because there never has been a company like CellMark Biopharma™. CellMark Biopharma™ is the leader in advanced medical nutrition for all cancer patients offering unique products for cachexia, CellAssure, and chemo brain, Cognify (chemotherapy induced cognitive decline).

For more information visit: [CellMarkBiopharma.com](http://CellMarkBiopharma.com) or call 888-444-7992.

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# Vein Specialists

Joseph G. Magnant, MD, FACS, RPVI

**W**hen varicose or spider veins bleed it's time to get serious about your vein evaluation and treatment.

Susan is a 68 year old woman with many years of vein problems including swollen legs and varicose/spider veins. She had been told to wait until she had "pain" or other "problems" caused by her varicose veins. One night she had to get up to go to the restroom and on the way down the hall she noticed something running down her leg. To her shock she looked down to find dark blood pumping out of a varicose vein in her mid calf area. She had left a trail of blood from the bedroom to the bathroom. An ambulance ride and several hours later her bleeding vein was sutured in the local emergency room and she was sent home with a bandage and ace wrap. Many patients do not seek further specialized medical

attention and go on to have recurrent bleeding episodes. Several patients I have seen for this problem have bled in their beds while sleeping and required blood transfusion. Fortunately, her primary care physician made a referral for formal venous evaluation and treatment. Subsequent evaluation revealed severe leakiness in the valves of the great saphenous vein in the affected leg and she underwent successful endovenous ablation (sealing of the faulty vein from within) of this vein in the affected leg and had complete recovery and no chance of future bleeding.

Of the estimated 40 million adults in the USA who suffer from symptomatic venous insufficiency, or venous reflux disease, many are focused solely on its visual or cosmetic impact and may still be under the misconception that venous insufficiency is not a medical problem. Since the introduction of

percutaneous endovenous ablation or endovenous closure 15 years ago, millions of patients who were once thought to be untreatable or who were left undiagnosed have been given a second chance.

Until the early 2000s, unless patients had severe external varicose veins or other complications of venous insufficiency such as ulceration or external bleeding, those who presented with leg swelling and disabling leg cramps or diffuse discoloration of the legs were often passively treated with reassurance, elevation, and compression hose, none of which were effective long term solutions. They were essentially left to experience the natural history of untreated or, at best, inadequately treated venous insufficiency and venous hypertension and often went on to develop long-term complications. Therefore, rather than label the diagnosis as *varicose veins* and reserve treatment for only those most obvious and severe-appearing cases of varicose veins, a broader, umbrella diagnosis of *venous insufficiency* was introduced. Venous insufficiency encompasses the full spectrum of presentations.

Venous insufficiency is defined as the condition in which the valves of the deep and/or superficial veins of the lower extremities no longer function properly in the intended one-way manner. These one-way valves are either stuck or scarred in the open position (as in the case after recanalization of the veins after a deep vein or superficial venous thrombosis), or continue to open (prolapsed) beyond the closed position to a refluxing position (as in the case with hereditary or acquired deep or superficial venous insufficiency), both of which result in increased hydrostatic pressure in the downstream venous system. The normal lower extremity venous pressures of 10-15 mm/Hg may increase to as high as 60-100 mm/Hg, depending on the extent and severity of the clinical condition. Longstanding venous hypertension may lead to a myriad of conditions and potential complications.

Before

6-8 Weeks After





**Varicose veins**

Varicose veins are dilated, abnormally appearing veins usually found in the legs, which arise from the leaking veins that have become increasingly pressurized. Spider veins, also referred to as telangiectasias, are tiny dilated blood vessels in the skin that become swollen with stagnant blood. Technically, they are very small varicose veins. They can be related to pregnancy or hormonal variations and are therefore most commonly found in women.

Spider veins can effectively be treated with injection depending on the size and depth of the veins. However, if a patient has diffuse spider or varicose veins and symptoms of leg swelling and/or pain, one needs to be sure that deeper veins are not the cause of the patient's symptoms and external veins. In the presence of untreated venous insufficiency, treatment of spider veins is much less effective than on an otherwise healthy leg.

A logical approach to venous disease evaluation is to consider the venous system from the inside-out. Rather than simply considering what is visible, physicians and patients should look deeper to ensure that the deeper veins are working properly. Typically, the saphenous veins – those underneath the skin and fat but outside the muscle, collectively referred to as the superficial venous system – are the veins that cause most patients problems. Much less frequently, the deep system of veins in the muscle compartments may also contribute to patients' symptoms.

The diagnosis and severity of venous insufficiency can be made accurately with duplex ultrasound evaluation. The initial evaluation of patients with symptomatic venous insufficiency, including ultrasound evaluation, is almost universally considered a service covered by health insurance.

Other patients may present with swollen feet and ankles, achy legs, a feeling of tiredness, persistent itching over the affected area of skin discoloration, punctate hemorrhage from small veins, and, in the most severe cases, ulcers. A number of patients have also described restlessness in the affected legs during the night, which subsequently resolved after effective treatment of the underlying venous insufficiency.

Venous insufficiency can be reliably diagnosed and stratified by a registered vascular technologist with experience in venous insufficiency ultrasound studies. The current recommendation is for a more proactive evaluation of patients with the above referenced signs and symptoms with consideration of

Before



After

**Leaders in Vein Treatment**

The modern evaluation and treatment of venous insufficiency is the singular focus of Dr. Magnant and his professional and compassionate staff at Vein Specialists in Fort Myers and Bonita Springs, FL. He can be contacted either by calling **239-694-8346** or through his website, **www.weknowveins.com**, where patients can submit their request for an appointment. He encourages readers to review his website which is specifically written for his patients and also take the time to view his photo gallery. Venous disease is not a laughing matter, but sometimes it is only through humor that some of us are motivated to act.

more definitive therapy after conservative trials, when appropriate, by an experienced, board-certified vascular surgeon with a strong dedication to venous evaluation and treatment

At Vein Specialists, Dr. Magnant and his staff specialize in up-to-date evaluation and treatment of vein pathology: everything from spider veins and swollen, achy legs to ropey varicose veins; purple, discolored, and thickened skin; and leg ulcers. Their singular focus is on venous pathology, including non-invasive ultrasound investigation of patients with signs and symptoms of venous insufficiency; conservative treatments, and the most high-tech endovenous closure techniques for definitively treating abnormal veins.

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**About Dr. Magnant**

*Dr. Joseph Magnant earned his Doctorate in Medicine and performed his General Surgery residency at the Medical College of Virginia in Richmond, Virginia. He completed his Vascular Surgery fellowship at Dartmouth-Hitchcock*

*Medical Center in Hanover, New Hampshire and is certified by the American Board of Surgery in Vascular Surgery. He is an active member of the Society for Vascular Surgery, the American College of Phlebology, the Southern Association for Vascular Surgery and is also a Fellow of the American College of Surgeons. He practiced arterial and venous vascular surgery as part of a large multi-specialty group for 14 years after he completed his fellowship in vascular surgery until opening Vein Specialists in 2006. He is the only board certified vascular surgeon in south-west Florida whose practice is 100% dedicated to venous diseases and he has offices in Fort Myers and Bonita Springs.*





# 100% INVISIBLE HEARING AID

Advanced Hearing Solutions Inc. is proud to announce that we are now an authorized Phonak Lyric provider

By Dr. Noël Crosby, Au.D.

**L**ytic is the only hearing aid that is 100% invisible and can be worn 24 hours a day 7 days a week, for months at a time, without requiring a battery change. The Lyric device is hidden deep inside the ear canal, just 4 millimeters from the ear drum. The Lyric is not an implant; it can be removed with a small magnet. Typically, anything that clogs the ear canal would trap moisture and pose an infection risk, but the Lyric is surrounded by a spongy material that allows moisture to escape. Because it sits so close to the eardrum, it allows sound to seem more natural because it doesn't have to be amplified as much. When the Lyric's battery dies, the entire device is replaced. Patients do not pay for a new device every time; instead, they pay an annual subscription fee.

The Lyric can be worn while showering, sleeping, exercising and using headphones. The deep placement in the ear reduces background noise and feedback, offering good clarity in all environments including public places, such as the golf course or beach, where wind noise previously has been a problem.

The newest Lyric features the latest Phonak technology; a low-power, deep-ear chip for enhanced signal processing. The new generation of Lyric also brings a more natural hearing experience to users.

Lyric is only 12 mm long and sits completely invisible deep inside the ear canal for months at a time. It uses the outer ear's natural anatomy to direct sound to the device, where it is amplified next to the eardrum. As a result of Lyric's placement, users experience improved directionality and localization, and the majority of Lyric wearers report that the sound quality is very natural. Lyric users report that communication has improved with friends and family, and that even 94% would recommend it to friends or loved ones.

The latest Lyric generation can do even more for people with mild-to-moderate hearing loss. "Lyric has been a huge success from the very beginning,

Lyric.

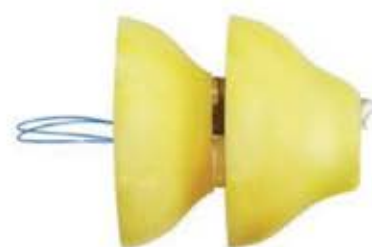
Wear 24/7 for  
months without  
battery changes



and the user satisfaction rates speak for themselves", says Maarten Barmantlo, Group Vice President Marketing of Phonak. "Lyric is now fully integrated into the Phonak family of hearing aids and we have listened intently to our partners and end-users to take this great concept to the next level. We are proud to present the result of these efforts: the latest Phonak technology ensures that Lyric offers not only natural sound quality, but also improved programming flexibility to ensure an enhanced Lyric experience." Some of the latest Lyric generation's unique benefits include:

- Next generation low-power, deep-ear chip that enables enhanced adaptive signal processing
- Adaptive signal and compression processing to provide clean, natural and undistorted sound in a variety of listening situations
- Ergonomic and easy-to-use programming wand that allows for independent, binaural programming at the ear

Please call Advanced Hearing Solutions at 941-474-8393 today to schedule an appointment to find out if you are a candidate to wear the Lyric device.



\* Individual replacement needs may vary. Duration of device battery life varies by patient and is subject to individual ear conditions.

1 Based on a telephone survey of 100 patients who have used Lyric for at least 30 days.

2 Blauert, J. (1997). Spatial Hearing: The Psychophysics of Human Sound Localization. MIT Press, Cambridge, MA, p. 63.

3 Langendijk, E.H.A. and Bronkhorst, A.W. (2002). Contribution of spectral cues to human sound localization. Journal of the Acoustical Society of America, 112, 1583-1596.

4 Based on a telephone survey of 100 patients who have used Lyric for at least 30 days.

## PROFESSIONAL BIO

Dr. Noël Crosby, Au.D., owner and audiologist at Advanced Hearing Solutions in Englewood, FL is a licensed professional whose 26 year career has been devoted to helping people of all ages hear and understand more clearly. Dr. Crosby received her BS and MS degrees from FSU and her Doctorate in Audiology from UF. Her credibility as an authority grew during her tenure as the Director of Audiology at the Silverstein Institute in Sarasota, FL from 1991-1998. Today, in addition to managing a successful audiology practice, Dr. Crosby is involved in creating hearing loss awareness through her jewelry and accessory company AuDBling.com. She has served and is serving on various professional boards and committees and was president of the Florida Academy of Audiology in 2000 and 2010. She has been married to Michael for 23 years and has one daughter.

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## Bayfront Health Port Charlotte and Punta Gorda

# March Event Calendar



The public is invited to attend the following March events hosted by Bayfront Health Port Charlotte and Punta Gorda. To learn more, visit [BayfrontCharlotte.com](http://BayfrontCharlotte.com).

### **Tuesday, March 1, 5:00 to 6:00 p.m. – Corrective Surgical Procedures for the Esophagus**

Speaker: Alvaro Bada, M.D., General Surgeon

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd.

Acid reflux occurs when stomach acid flows backwards into the esophagus. Surgery is an option for treatment. Free. Call 877-323-3982 to register.

### **Tuesday, March 1 and March 15, 9:00 to 10:00 a.m. – Cardiac Diet Nutrition Class**

Bayfront Health Wellness & Rehab Center, 733 E. Olympia Avenue

Learn heart-healthy, low fat and low sodium food options.

Free. Call 877-323-3982 to register.

### **Wednesday, March 2, 1:00 to 2:00 p.m. – How to Spot a Stroke F.A.S.T.**

Bayfront Health Punta Gorda Medical Office Plaza, 4th Floor Conf. Room, 713 E. Marion Ave. Seconds count when it comes to surviving a stroke. Learn how to recognize signs and symptoms. Free. Call 877-323-3982 to register.

### **Wednesday, March 2, 5:00 to 6:00 p.m. – Treatment for Hip and Knee Pain**

Speaker: Nicholas Connors, M.D., Orthopedic Surgeon

Bayfront Health Punta Gorda Medical Office Plaza, 4th Floor Conference Room, 713 E.

Marion Ave. Take the fear out of hip and knee surgery and learn what to expect.

Free. Call 877-323-3982 to register.

### **Tuesday, March 8, 9:00 to 10:00 a.m. – Pulmonary Diet Nutrition Class**

Bayfront Health Wellness & Rehab Center, 733 E. Olympia Avenue

Learn how to take control of pulmonary arterial hypertension by making healthy choices and staying dedicated to a routine. Free. Call 877-323-3982 to register.

### **Tuesday, March 8, 2:00 to 3:00 p.m. – Lung Cancer Support Group**

Speaker: Lohaliz Bobe, M.D., Pulmonologist

Bayfront Health Punta Gorda Medical Office Plaza, 4th Floor Conference Room, 713 E.

Marion Ave. Find out what support and assistance is available to you and your family, and how others are coping. No registration required. For details, call 941-637-9575.

### **Tuesday, March 15, 11:30 a.m. to 1:00 p.m. – Maintain Mobility with Artificial Disc Replacement**

Speaker: Brian Hudson, D.O., PharmD, Neurosurgeon

Punta Gorda Isles Civic Association, 2001 Shreve St.

70 to 80 percent of people will experience low back and neck pain at some point in their lives. Learn the benefits of artificial disc surgery for the lower back and neck.

Free. Call 877-323-3982 to register.

### **Wednesday, March 16, 5:00 to 6:00 p.m. – Abdominal Hernia and Repair Options**

Speaker: Maria F. Castilla, M.D., General Surgeon

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd.

Hernias can cause serious problems. Join us to learn about treatment options to alleviate pain. Free. Call 877-323-3982 to register.

### **Thursday, March 17, 4:00 to 5:00 p.m. – Dizziness and Vertigo**

Speaker: Saeed Shahzad, M.D., Neurologist

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd.

An overview of symptoms, causes and treatments. Balance screening following the lecture. Free. Call 877-323-3982 to register.

### **Monday, March 21, 3:00 to 4:00 p.m. – Poison Prevention: What to Do in an Emergency**

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd.

A wrong combination of medications can cause severe reactions.

Free. Call 877-323-3982 to register.

### **Tuesday, March 29, 5:00 to 6:00 p.m. – Knee Disorders and Available Treatment Options**

Speaker: Ronald Constine, M.D., Orthopedic Surgeon

Bayfront Health Punta Gorda Medical Office Plaza, 4th Floor Conf. Room, 713 E.

Marion Ave. Don't let pain limit your mobility or your ability to enjoy life.

Call 877-323-3982 to register.

### **Wednesday, March 23, 2:00 to 3:00 p.m. – Stroke Support Group**

Bayfront Health Punta Gorda Medical Office Plaza, 4th Floor Conf. Room, 713 E.

Marion Ave. Have you or a loved one been affected by stroke? Find out what support and assistance is available to you and your family, and how others are coping.

Free. Call 877-323-3982 to register.

### **Wednesday, March 30, 5:00 to 6:00 p.m. – Stop Acid Reflux & Chronic Heartburn at its Source**

Speaker: Domingo Galliano, M.D., General Surgeon

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd. Frequent

heartburn may become a significant problem. Learn about a new procedure that can restore your body's natural barrier to reflux. Free.

Call 877-323-3982 to register.

### **Thursday, March 31, 5:00 to 6:00 p.m. – Nutrition and Heart Disease**

Speaker: Jaimela Dulaney, M.D., Cardiologist

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd.

A healthy diet and lifestyle can reduce your risk of heart disease, heart attacks and stroke. Free. Call 877-323-3982 to register.

### **Wednesdays, March 9, 16 and 23, Noon to 1:00 p.m. – One-on-One with Doctor Davis**

Speaker: Mark Davis, M.D., Orthopedic Surgeon

Bayfront Health Punta Gorda Medical Office Plaza, 4th Floor Conf. Room, 713 E.

Marion Ave. Have your questions answered one-on-one for all your hip and knee ailments. Free. Call 877-323-3982 to register.

And don't forget to listen to the Bayfront Health segment on the Golden Hippo show on 1580AM radio: **Thursday, March 3, 8:00 a.m. – Luis Minier, Riverside Behavioral Center Director of Social Services**

**Thursday, March 17, 8:00 a.m. – Dr. Saeed Shahzad – Dizziness and Vertigo**

### **About Bayfront Health Port Charlotte and Punta Gorda**

Bayfront Health Port Charlotte and Punta Gorda are Joint Commission Accredited hospitals part of a regional network of seven hospitals and more than 70 clinics along the I-75 corridor. Our Port Charlotte campus consists of a 254-bed full-service facility offering comprehensive services in emergency care, orthopedics and the only licensed obstetric and pediatric units and Level II neonatal intensive care unit in Charlotte County. The on-campus Southwest Florida Heart Center is an accredited chest pain center with PCI offering comprehensive cardiac services. Our Punta Gorda campus is a Joint Commission Top Performer on Key Quality Measures® for pneumonia, surgical care and immunization, and consists of a 208-bed facility offering an award-winning, accredited primary stroke center, the Joint Commission Certified Joint and Spine Academy, an accredited chest pain center, and emergency care services. Additional on-campus services include adult inpatient psychiatric care at Riverside Behavioral Center and rehabilitation and wellness services at the Wellness and Rehabilitation Center. To learn more, visit [www.BayfrontCharlotte.com](http://www.BayfrontCharlotte.com).



## March is Colon Cancer Awareness Month

# THE BASIC FACTS ABOUT COLORECTAL CANCER

**C**olorectal cancer—cancer of the colon and rectum—is the second leading cause of cancer-related deaths in the United States for both men and women combined. The general population faces a lifetime risk for developing the disease of about 5 percent, while someone whose family has a history of colorectal cancer has a 10 to 15 percent chance of developing the disease. The risk rises to over 50 percent in people with ulcerative colitis and those whose family members harbor specific genetic mutations.

Approximately 140,000 new cases of colorectal cancer will be diagnosed and 56,000 people will die from the disease this year. Surpassing both breast cancer and prostate cancer in mortality, colorectal cancer is second only to lung cancer in numbers of deaths in the United States. Colorectal cancer strikes men and women with almost equal frequency.

### What are the symptoms?

Colorectal cancer is often a silent disease, developing with no symptoms at all. When symptoms do occur they may include the following:

- Blood in or on the stool
- Change in bowel habits
- Stools that are narrower than usual
- General stomach discomfort (bloating, fullness, and/or cramps)
- Vomiting
- Diarrhea, constipation, or feeling that the bowel does not empty completely
- Frequent gas pains
- Weight loss for no apparent reason
- Rectal bleeding
- Constant tiredness, or new fatigue during activity that was previously tolerated

If you have any of these symptoms for more than two weeks, see your doctor or health professional immediately.

### Can it be prevented?

**YES!** Polyp-related colorectal cancer can be prevented. The disease develops from benign polyps (mushroom-like growths on the lining of the colon and rectum). Removing these polyps before they become cancerous may prevent cancer from developing.



A low-fat diet, high in vegetable and fruit intake, and regular exercise can also lower your risk of developing colorectal cancer. Colorectal cancer can be cured in up to 90 percent of people when it is discovered in its early stages. It is estimated that approximately 40,000 lives a year could be saved through widespread adoption of colorectal cancer screening and early treatment in men and women.

### Who is at risk?

The risk of developing colorectal cancer increases with age. All men and women aged 50 and older are at risk for developing colorectal cancer, and should be screened. Some people are at a higher risk and should be screened at an age younger than 50, including those with a personal or family history of inflammatory bowel disease; colorectal cancer or polyps; or ovarian, endometrial or breast cancer.

African Americans and Hispanics are more likely to be diagnosed with colorectal cancer in advanced stages. Incidence rates for colorectal cancer in these groups have been on the rise. Colorectal cancer has increased 46 percent among African-American men and 10 percent among African-American women.

### How do I get checked for colorectal cancer?

Current screening methods include fecal occult blood testing (a simple chemical test that can detect hidden blood in the stool), flexible sigmoidoscopy (a visual examination of the rectum and lower portion of the colon, performed in a doctor's office), double contrast barium enema (barium x-ray), colonoscopy (a visual examination of the entire colon) and digital rectal exam. Virtual colonoscopy, or CT colonography, is also being used in some specific situations, but is not recommended as a mainstream screening test as of this time. Colorectal cancer screening, including colonoscopies, costs are covered by Medicare and many commercial health plans.

Source: [fascrs.org](http://fascrs.org)



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By Dr. Carl Klutke

# Q & A

**Question:** I'm a 48-year old woman and simply can't always make it to the bathroom when I feel the urge. Some times I have leakage. What, besides surgery, can I do?

**A.** *Answer: There are two types of incontinence in women:* stress and urgency incontinence. Stress incontinence is leakage that occurs with a physical stress such as a cough or strain — especially during exercise. It is usually correctable with an outpatient procedure done under local anesthesia called a urethral sling. The operation has a high rate of success and is associated with minimal downtime.

You are experiencing urgency incontinence or overactive bladder, which is related to dysfunction of the nerves and muscles in the pelvis. Symptoms include a sudden, uncomfortable need to urinate with or without urine leakage.

This happens when the detrusor (bladder) muscle squeezes or contracts more often than normal and at inappropriate times. Initial treatment of overactive bladder combines muscle relaxers and learning new techniques, that include timing voiding intervals, reducing fluid intake and exercising pelvic floor muscles.

In the past, when these measures were not effective, most women were left with few options other than major surgery to augment the bladder capacity. However, newer less-invasive procedures now provide an interim step, such as sacral nerve stimulation and Botox® (botulinum A toxin) injections.

Sacral nerve stimulation is used to quiet an overactive bladder by sending controlled pulses of electrical energy to the nerves. The concept is similar to a pacemaker. Usually, after seven days of test stimulation, an outpatient surgery can be scheduled to implant the pacemaker, using local anesthesia with sedation.

Botox is a neuromuscular blocker used for bladder relaxation in cases of overactive bladder that are unresponsive to medication. Botox blocks the nerve endings to the bladder, thereby preventing spasms that cause the urinary urgency and incontinence.

The outpatient procedure takes 15 minutes to perform and patients can quickly return to previous activity levels, although they may notice light blood in their urine and/or mild burning with urination for a few days after the injection.

The injections have been shown in numerous published studies to be very effective, lasting 6-to-8 months. Subsequent injections normally prove to be as successful as the initial treatment.

This procedure is paid for by Medicare and most commercial insurances.



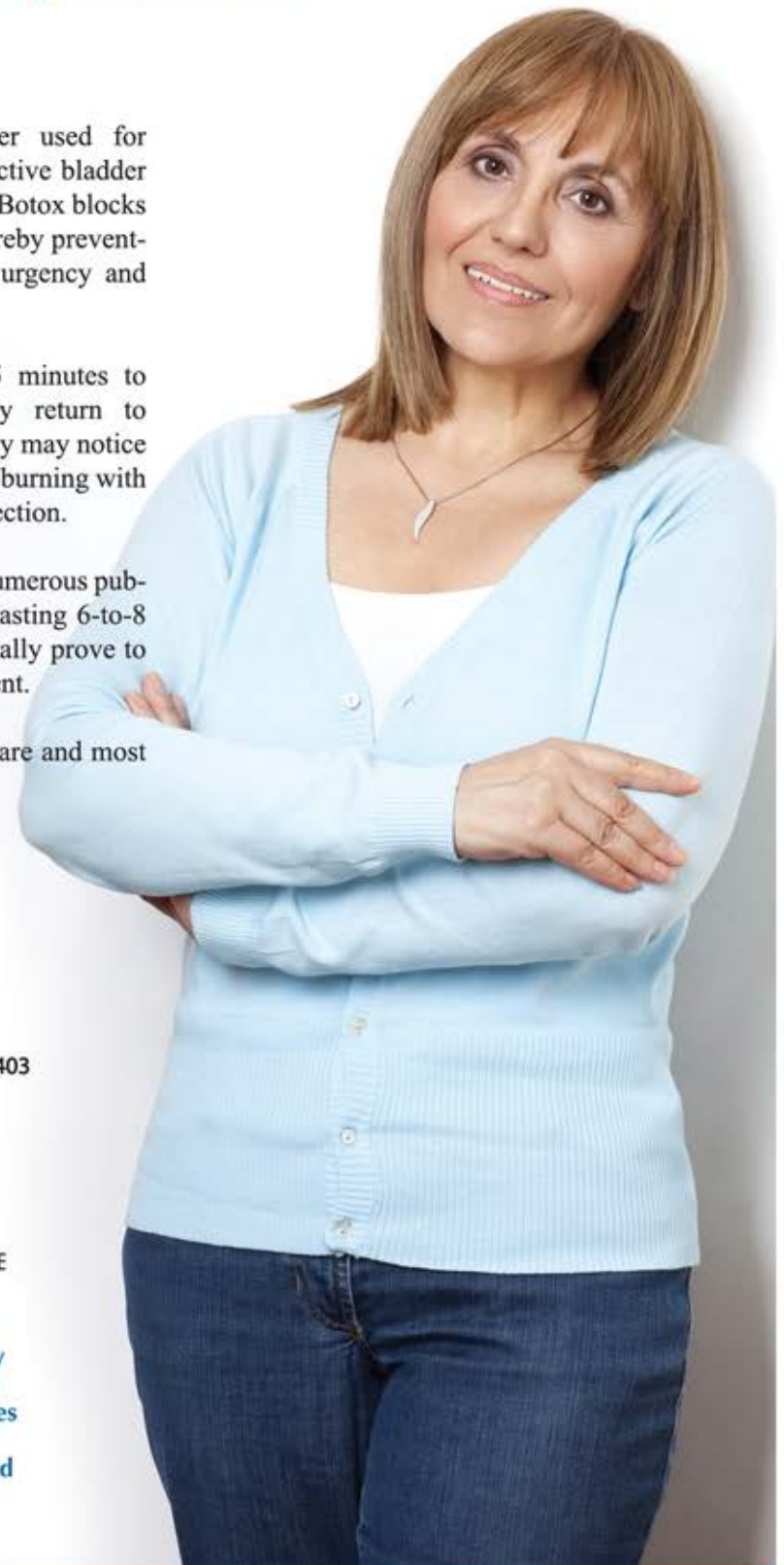
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# What is Liquid BioCell™?

**L**iquid BioCell™ is a unique nutraceutical that provides a potent dose of collagen, hyaluronic acid, and chondroitin sulfate in a natural matrix that is clinically shown to replenish the vital components of joints and skin.

Liquid BioCell™ improves joint mobility and lubrication, reduces discomfort, promotes healthy cartilage and connective tissue, eliminates dryness without the use of topical moisturizers, increases skin's collagen content, hydration, and firmness and reduces the enzyme that can make your skin age.

We start to age on the day of our birth. As we age, the catabolic (breakdown) pathways go faster than the anabolic (buildup) pathways. The whole body is affected by years of living in an oxygen-rich environment with every day wear and tear on the cells of the body, from joints to bones, to muscle, to skin. We all age, but can it be done gracefully? When the joints start to ache, the skin begins to sag and wrinkle, and the fat moves around to places you never imagined, then a person seeks ways to slow down the aging process.

Liquid BioCell™ provides the building blocks that can speed the build-up processes and slow the degeneration and aging processes. For example, HA has been shown in research to block the degrading enzyme, hyaluronidase.

Advanced joint breakthrough is clinically shown to work, unlike anything else!



Learn More

And it gets even better... Liquid BioCell™ reduces wrinkles from the inside-out without cosmetic injections. Clinical trials show that Liquid BioCell™ improves joint mobility, helps promote healthy cartilage and connective tissue, and promotes joint lubrication.

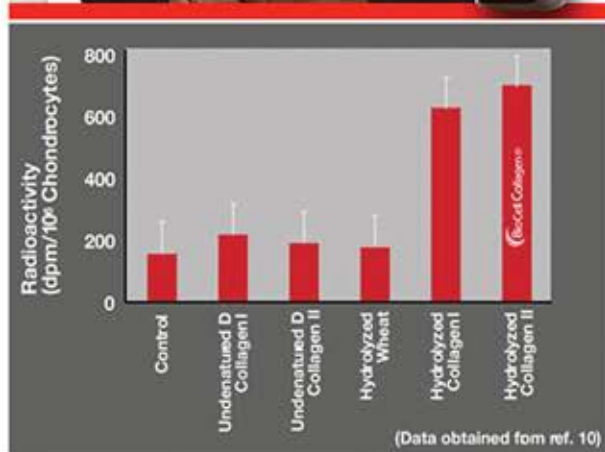
LIQUID BIOCELL



Willie Harper  
Linebacker, SF 49ers  
Superbowl Champion

"Liquid BioCell™ has done wonders for me. I feel better now at 64 than I did at 40. Nothing that I've tried over the years has been so beneficial."

Learn More



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LIQUID BIOCELL

Additional recent studies concluded that hydrolyzed collagen type II, which is a primary component of Liquid BioCell™, can directly stimulate collagen production, and promote healthy cartilage and connective tissue.

### What happens as we age?

Every cell in our body undergoes changes with time. Subcutaneous fat and moisture decreases. Pigmentation declines and age spots start show up. Healing takes longer, elasticity of cells decreases, and circulation declines. The heart increases in size and the arteries stiffen. Strength, flexibility, and height decrease. The metabolism slows and it takes longer to recover from illnesses.

## Changing the Way We Age

with

Lisa DeRosimo, M.D., M.S.  
Diplomate of the American  
Board of Family Medicine





Obviously, taking good care of the body can slow these processes. We are what we eat, so good quality food, appropriate exercise, and optimal supplements can benefit the body as we age.

Unfortunately, everyone will experience some of the changes associated with aging at some point. Liquid BioCell™ is an ideal recommendation for helping slow the aging process. It is a natural, clinically-tested, great tasting, highly absorbable source of collagen, hyaluronic acid, and chondroitin sulfate that has been shown to help restore skin and joint health.

In addition to its benefits for joint and skin health, Liquid BioCell Life™ contains 13 superfruits, and resveratrol in the equivalent of 8 bottles of red wine in a daily dose. The antioxidant and anti-inflammatory effects of this delicious delivery system add additional benefit to the product. Numerous studies have been done and continue to be conducted on the benefits of resveratrol. Resveratrol has been shown to have a preventive effect in obesity, cardiovascular health and brain health. Furthermore, it is a potent anti-inflammatory agent, which can counter the effects of unwanted chronic inflammation in the body. The superfruits give Liquid BioCell Life™ a delicious taste and provide additional anti-inflammatory benefit, as well as the ability to neutralize free radicals that are associated with aging and cell damage.

As a daily supplement, Liquid BioCell Life™ can provide a three way defense (collagen matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints.

Visible signs of aging and joint discomfort are a result of the progressive degeneration of connective tissue, where both collagen and hyaluronic acid (HA) are essential. Unlike anything else, Liquid BioCell™ offers a naturally occurring, patented matrix of Hydrolyzed Collagen Type II™, HA, and chondroitin sulfate and its patented Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb. It's been clinically shown to work! To view our clinical trial studies, visit our website at [www.healthyjointsandskin.com](http://www.healthyjointsandskin.com).

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**Best Bone and Joint Health Ingredient**  
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Collagen is the most abundant protein found in joint cartilage and the dermis of the skin. It provides the structural framework of your connective tissues to keep your skin firm and resilient and your joints active and fluid.

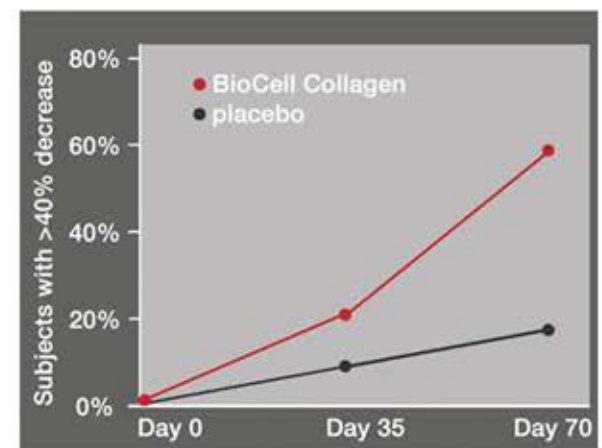
Chondroitin sulfate is a naturally occurring element of joint cartilage that gives it amazing shock absorbing properties.

Hyaluronic acid (HA) is a molecule that helps provide hydration for your skin, lubrication for your joints, and is the gel-like substance that holds your cells together.

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# Knee Pain? Back Pain? Neck Pain? No More!

## Non Surgical Procedures Options To Relieve Pain

By Physicians Rehabilitation

**P**hysicians Rehabilitation specializes in relieving knee, back, and neck pain through the least invasive non-surgical methods known in the modern medical field. Physicians Rehabilitation physical therapists design a unique program for each patient that requires two or three sessions a week.

Committed to alleviating your neck or back pain using Physical Therapy and Spinal Decompression and knee pain, without surgery utilizing specialized Physical Therapy and the latest developments in knee treatments, implementing specialized individual care plans designed to fit every one of their patients.

They Offer Natural, FDA Approved, Drug-free treatments to relieve your pain. Long-lasting, non-surgical options for relief that you deserve.

Physicians Rehabilitation provides an alternative to joint replacement that involves injecting hyaluronic acid, a substance naturally found in the synovial fluid of joints. As we age, the acid degrades, becoming thinner and less viscous. They replace the fluid in the knee and combine that with physical therapy, strengthening the muscles around the knee and in the legs. Their goal is that by end of the period, the patient will be pain free and mobile, able to return to the things they like to do, be it golf, tennis, walking, or gardening. Relief from pain is a goal all patients that suffer with chronic pain want to achieve. Physicians Rehabilitation specializes in doing just that. At Physicians Rehabilitation they help all their patients escape their pain that seems to control their lives.

### Back Pain

At Physicians Rehabilitation they also help people who suffer with chronic back pain using a treatment called VAX-D.

### What is VAX-D and how does it work?

VAX-D is a non-invasive medical technology that stretches the spine and decompresses the spinal discs. VAX-D treatment is able to reduce the pressure within the spinal disc, thereby relieving the stress on inflamed and pinched nerves. In short, VAX-D breaks the cycle of pain caused by bulging and degenerated discs, and other spine related disorders, by eliminating nerve compression. By removing the cause of back pain, the body is allowed to naturally heal.

### What spinal conditions can be treated with VAX-D?

- Herniated Discs
- Degenerative Disc Disease
- Sciatica
- Spinal Joint Arthritis
- Work-related Injuries
- Sports-related Injuries
- Post Surgical Patients

VAX-D works by reducing the pressure within the discs, not to zero, but to negative levels! No other device has been shown to reduce the disc pressure to these desired negative levels. It is this negative pressure that causes the disc bulging or to decrease in severity. This in turn reduces pressure on the VAX-D is easy, convenient and painless.

It is non-invasive so it does not have the pain, risks and complications that are associated with surgery, injections, and anesthesia. Patients will require an MRI prior to treatment to make sure no other serious conditions are causing their pain. Once treatment commences, many patients experience relief of their pain during the first several treatment sessions spinal nerves, which ultimately leads to less or no pain.

### Neck Pain

If you suffer from neck pain you are not alone, as many people suffer from neck pain for many reasons. There are a number of triggers that can provoke your neck pain such as, a bulging disc, arthritis of the neck, trauma or an injury, worry and/or stress, improper sleeping positions, and overall poor posture on a daily basis whether sitting, standing, or laying down.

Among these common, everyday causes for neck pain, there is also the pain caused by traumatic events like auto accidents, such as whiplash; natural causes such as scoliosis; and also by osteoporosis. The pain may start with what most people call a "crick" in the neck that may progress into a painful, debilitating condition. If that neck pain becomes severe and it lasts for a long period of time, then it becomes chronic pain that needs urgent medical attention.. You can avoid expensive and painful surgery. Come see and learn what type of treatment you are a candidate for.

### Knee Pain

Billions of dollars have been spent in research and development in attempts to curb this pain. After careful study and several trials the FDA cleared a non-surgical treatment aimed at helping those with knee pain. This new treatment is a high tech answer for all those who think that surgery, dietary supplements and prescription medications are the only option to eliminate knee pain.

Do not put yourself through surgery if it can be avoided! Physicians Rehabilitation has helped hundreds of people who were told that surgery was the only answer. With 5 Florida locations in Ft. Myers, Naples, Port Charlotte, Sarasota and Summerfield (The Villages) Physicians Rehabilitation goals are to identify the source of your pain, promote healing and eliminate your pain.

They begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction.

Their therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments.



941-467-1666 | [www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.com)







# Hook, Line, and Thinker: Therapeutic Fishing to Reduce Stress

By Deborah Helen Selman, DNP, RN  
Professor at FSW School of Health Professions Department of Nursing  
Florida SouthWestern State College

**T**his past weekend my husband and I decided to store away our big fish tank that had been running for over eight years. We were amazed at how much counter space we had when the job was complete. We sat for hours on the couch with an uneasy stressful feeling that we had done ourselves an injustice. We felt a void in our lives, something was missing. Then we realized that hearing the sounds from the bubbling water, echoed inner peace and tranquility throughout our home and in our minds, and there we sat puzzled by our own thoughts. So, we took our retreat into the backyard boat to rehabilitate with a little bass fishing.

Living in Southwest Florida is like having an outdoor rehab gym in our backyard. I find that fishing is the best stress relieving activity for me. I will outright claim the excuse, of many, that I don't have time to go to a gym nor do I find peace and harmony running on a treadmill. Knowing the significant health benefits of yoga, I will also admit that during my first and last session, I found my inner self crying out for a fishing rod and had a difficult time posing myself standing on a bank with my arms free flowing in the wind imagining that I was reeling in that big fish. What I learned from that lesson, was to seek and find my own personal balance of relieving stress to maintain a healthy emotional state of well-being; I have but to look no further than my own back door, Southwest Florida.

According to a report from the American Psychological Association (2015), research has demonstrated a clear connection between stress and health that is affected by emotional support. However, one out of five Americans are lacking others to rely on for that emotional support. So, what does one do when there is no one there when you need emotional support? I often find myself in this very situation and take to the sea as a refuge for stress relieving comfort. By focusing on fishing as one task, I am able to take my mind off the repetitive stressful thoughts running through my head. I am not alone on this journey seeking relaxation and emotional balance in life. The U.S. Veterans Health Administration has adopted Project Healing Waters Fly Fishing, dedicating fishing activities to support the emotional and physical rehabilitation of injured military veterans. This volunteer



program was established in 2005, and as of 2014 has enabled more than 6300 recovering veterans to participate in the emotionally therapeutic often life-saving fly fishing activities. Researchers Vella, Milligan, and Bennett (2013), studied the effects of a fly fishing program among a sample of veterans with post-traumatic stress syndrome (PTSD). The results demonstrated a link between leisure and recreation promoting numerous benefits of psychosocial health factors with a reduction of PTSD symptoms and somatic stress, depression, and anxiety resulting in a positive mood state.

What we do know is that the effects of stress can put us into a negative mood and even make us somatically ill, and this is not healthy for ourselves and for those around us. So, what don't we know about stress that we don't know? Interestingly, evidence in research indicates that stress can be a risk factor for age-related cognitive loss. There are two combined funded studies by the National Institute on Aging presenting a current project known as the ESCAPE project (Effects of Stress on Cognitive Aging, Physiology, and Emotions)(Scott et al., 2015). Over the next several years, the researchers for this project are seeking to find answers as to whether unconstructive repetitive thoughts from stressful experiences are related to an acceleration in cognitive decline. It is comforting to know that researchers in medicine are hard at work behind the scenes finding ways to understand and improve the short and long term impact of stress-related mediators that can negatively affect our health and well-being.

From the perspective of a Florida SouthWestern State College (FSW) Nursing Professor, Advisor to the new FSW Bass Fishing Team, avid fisherwoman, wife, and mother to six grown children with five lively little grandchildren, I am expected to be at my best. I need to know when to unplug and cast the line. My advice is to make therapeutic time for yourself and enjoy the calming, rejuvenating running waters of life. If you have not tried fishing as an outdoor recreation to reduce your stress, I hope you hook into the healthy advantages that our prestigious environment has to offer.

#### References

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## Important Dates at Florida SouthWestern State College

### FSW Open House

April 11-14, 2016

3pm-5:30pm

Visit [www.fsw.edu/openhouse](http://www.fsw.edu/openhouse)  
for more information

### Spring Break

March 7-13, 2016

College Closed



[www.FSW.edu](http://www.FSW.edu) - (800)749-2322

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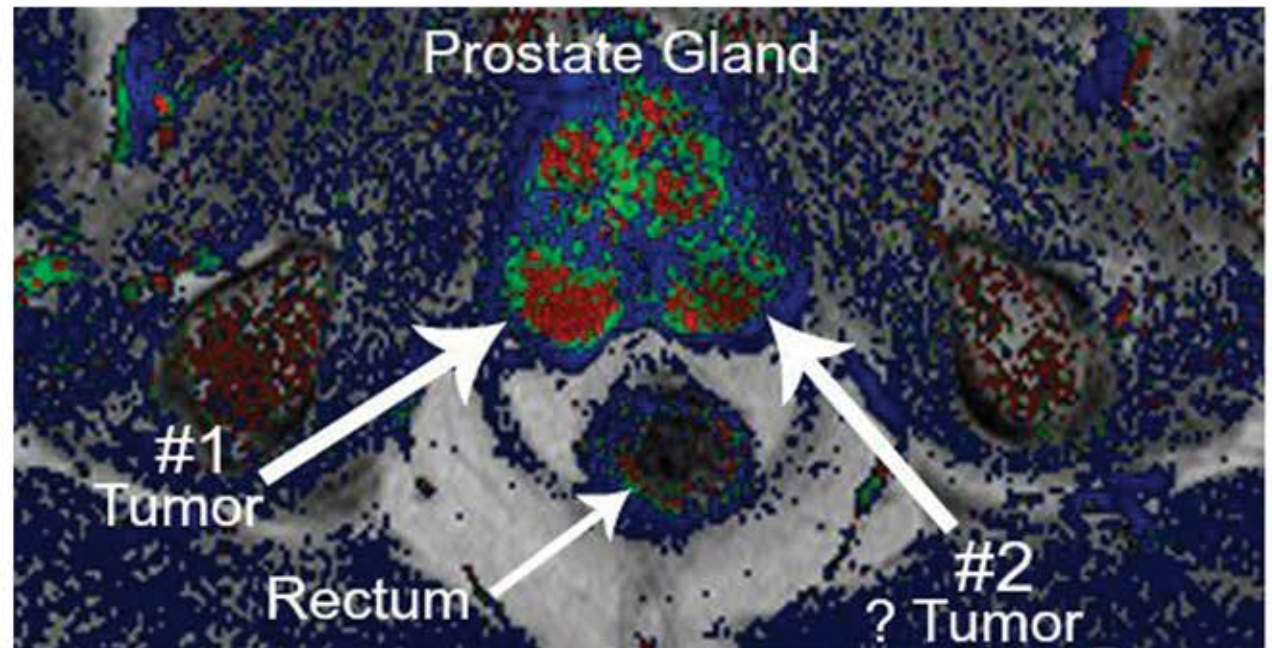
# Emerging Technology with MRI Available to Detect Prostate Cancer

**T**wo men every five minutes are diagnosed with prostate cancer, the second leading cause of cancer death in men. According to the American Cancer Society, an estimated 220,000 new cases of prostate cancer are diagnosed each year, and nearly 35,000 men die annually from the disease.

MRI is a reliable tool for possible early detection of prostate cancer and other prostate-related conditions. MRI uses radiofrequency waves to create a detailed cross-sectional image of the prostate and surrounding tissues.

Prostate MRI uses advanced magnetic resonance imaging to create very accurate and clear images of the prostate gland. These images are diagnostic quality and can be useful when diagnosing possible prostate diseases. Medical images resulting from prostate MR can be combined with powerful post-processing computer programs to provide detailed information about the prostate. This information can offer a wider variety of diagnosis and treatment options for clinicians and patients. If you feel you could benefit from a prostate MRI please discuss with your physician.

Images provided from MR, however, do not always indicate cancer. Prostate MR images identify specific regions of the gland that may appear suspicious and can be further evaluated through a targeted MR-guided biopsy procedure (also available at Advanced Imaging of Port Charlotte). MRI



of the prostate can also be used to evaluate other prostate conditions, including prostatitis (inflammation of the prostate) and benign prostatic hyperplasia (BPH)(enlargement of the prostate)

MR-guided biopsies may be helpful to patients who have had several sessions of TRUS-guided biopsies with negative results. Compared to published cancer yield rates of up to 15% greater with their TRUS-guided biopsies, the increased rate of detection may give greater confidence to both physicians and patients.

## What to Expect from the MR Imaging Process

An MRI is a non-invasive and painless medical procedure used to produce accurate, detailed pictures of organs and tissues to diagnose a variety of medical conditions. When receiving an MRI, patients are positioned on a moveable examination table, and in some cases, straps and bolsters are used to help patients remain still and in the correct position during imaging. Small devices that contain coils capable of sending and receiving radio waves, may then be placed around or adjacent to the area of the body that is being studied.

The patient is then moved into the magnet of the MRI unit. The radiologist and the technologist will leave the room while the MRI examination is performed on the patient. When the examination is completed, patients may be asked to wait until the technologist or radiologist checks the images, in the event additional images are required.

MRI exams generally include multiple runs (sequences), some of which may last several minutes. The entire exam is usually completed in 15-45 minutes.

For more information about the prostate MRI and other diagnostic imaging services available at Advanced Imaging call 941-235-4646 today.

## Benefits:

- Prostate MRI is a noninvasive imaging technique that does not require exposure to ionizing radiation.
- Prostate MRI provides clear and detailed images of the soft-tissue structures of the prostate that may not be assessed adequately with other imaging methods such as x-ray, ultrasound or computed tomography (also called CT or CAT scanning). The detail makes MRI a helpful tool in early diagnosis and evaluation of tumors.
- Prostate MR images can help physicians evaluate the function as well as the structure of many organs.
- MRI contrast material is less likely to produce an allergic reaction than the iodine-based materials used for conventional x-rays and CT scanning.







# TOTAL EYE CARE... for a Lifetime of Better Vision

By Jonathan M. Frantz, MD, FACS, Medical Director, Frantz EyeCare

**M**any of my patients have told me that they are so excited that they found an eye care practice that offers them true Total Eye Care. Previously they had spent several days going to different doctors' offices for the various treatments they needed – one office to get their glasses or contacts from their primary eye care doctor, then another office for treatment from a glaucoma specialist, a third office to check on their diabetic eye disease or macular degeneration, and yet another day spent at a facial cosmetic surgeon's office for eyelid surgery.

At Frantz EyeCare, we believe that a multidisciplinary approach to eye care provides you with a higher quality of care that is more convenient and cost efficient for you.

I have the privilege of heading up an incredible team of multidisciplinary, fellowship-trained specialists to better meet your eye care needs. I am a fellowship trained eye surgeon specializing in Bladeless Laser Cataract Surgery and am one of the top 5 Bladeless Laser Cataract surgeons in the country. I am also listed in *Best Doctors in America* and *The Guide to America's Top Ophthalmologists*.

Let me introduce you to our six other ophthalmologists who make up our subspecialty team at Frantz EyeCare.

Dr. Jeffrey Robin joined our practice with excellent academic and clinical credentials. He was selected by Trusted LASIK Surgeons as one of our country's top 1% of LASIK surgeons having performed over 65,000 laser vision correction procedures. He has also been honored for several years as one of the Best Doctors in America and was Past President of the International Society of Refractive Surgeons. In addition to his expertise in laser vision correction, Dr. Robin heads up our Dry Eye Center of Excellence team who work directly with you to determine the cause of your dry eye and then plan the best course of treatment.

Dr. George Corrent came to us from the faculty of the Bascom Palmer Eye Institute. He has an MD and PhD, and received Fellowship training in Cornea and External Eye Diseases at Bascom Palmer. He specializes in the treatment and diagnosis of corneal diseases, infections of the eye and cataracts, and can treat a broad range of ocular conditions. Dr. Corrent has been named to the Castle Connolly Top Doctors list in Florida since 1996.

Dr. Shawn Khan joined us from the faculty of the University of Michigan, after completing a Glaucoma Fellowship at the world-renowned Wills Eye Hospital in Philadelphia. He has over a decade of experience in advanced medical, laser and surgical management of glaucoma. He also has a Masters in Business Administration from the University of Michigan.

Dr. Robert Sherman is a Medical Retina specialist who focuses on treating people with macular degeneration, diabetic eye disease and other diseases of the retina and vitreous. He completed a Retina Fellowship at New York Medical College.

Dr. Oren Plous is a Medical and Surgical Retina specialist who focuses on the medical and surgical treatment of macular degeneration and diabetic eye disease, as well as diseases of the vitreous, retinal tears, simple and complex retinal detachments, and many other retinal problems. He completed a Fellowship in Vitreo-retinal Medicine and Surgery at the University of Kentucky.

Dr. William Ehrlich attended the University of Michigan Medical School and completed two Fellowships in Orbital Diseases & Oculoplastic Surgery at the Albany Medical Center in New York and Moorfields Eye Hospital in London, England. He has extensive training and experience with eyelid and facial cosmetic surgery, dermal fillers and injectables true tumescent liposuction, fat grafting, natural breast augmentation and laser skin resurfacing.

Our Primary Eye Care doctors include Board Certified Optometrists Dr. Joe Legeic, Dr. Kim Feder, Dr. Sandler Burkley, Dr. Emilio Martinez, Dr. Thy Nguyen, Dr. Roger Paez, and Dr. Dan Jefferies. These doctors are experts at routine eye exams, eyeglass and contact lens measurements and prescriptions, and post-operative care of our patients.

Surgeries are performed at our on-site, state-of-the-art Suncoast Surgery Center at our main office in Fort Myers.

For the convenience of our patients, our specialists work at one or more of our five locations throughout southwest Florida. Because we all share an Electronic Health Records system, once you complete your paperwork at our office and you're in our system, all of your exam and surgery information becomes part of your record and is readily available to whichever doctor you see at any location.

To schedule an appointment online, visit [www.bettervision.net](http://www.bettervision.net) or call the Punta Gorda office of Frantz EyeCare at 941-505-2020.

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

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# The Importance of Vaccinations

**T**he debate over vaccines has caused a bit of a firestorm lately. The controversy usually revolves around the safety of use in infants or children. Lately, however, adults and seniors have been thrust into this debate as well. It seems that everyone has an opinion on the matter without much, or any, research. Vaccines have a significant and interesting past, as well as a promising future. To understand their true benefit, you should be knowledgeable of both sides of the vaccine debate.

## Why do some question Vaccinations?

A few years back, a British physician named Andrew Wakefield started what is now commonly called the "vaccine debate". While observing a dozen children that were in treatment for a bowel disease, he realized half of them were autistic and that all of those had the MMR vaccine (measles, mumps, and rubella vaccine). He drew the conclusion, strictly from this one observation, that the vaccine is what caused the autism. For parents of children with autism, this was difficult to hear. Thus, the suspicion of vaccines was created. Even after the Institute of Medicine declared through many studies and research that the MMR vaccine did not cause autism, the speculation remained. Parents are advised to speak with their physicians and become educated on the pros and cons of getting their children vaccinated. Only facts will help you decide what is best for your child.

## How have Vaccinations shown their worth?

Back in the early 1950's, Polio was a terrifying epidemic. It was one of the worst outbreaks in United States history. There were over 3,000 deaths in 1952 alone and that number was only growing. Shortly after the peak of Polio, there was finally a vaccine perfected to eradicate the disease. The last known case of Polio in the United States was back in 1979. Without the vaccine, hundreds of thousands, even millions more would have been affected by the crippling disease. In those days there were no questions whether it was safe to be vaccinated or not; the fear of Polio eliminated any hesitation by parents to vaccinate their children. Those vaccines proved to do exactly what they were designed to do, prevent further polio outbreaks.

## Does my Age affect which Vaccinations I should get?

As we grow older we tend to put many things behind us, some good and some bad. There is a notion that getting shots is for the younger generation. Some believe getting older means being less susceptible to diseases, when in fact it is just the opposite. There are certain diseases that seniors are actually more prone to; such as Shingles, Pneumococcal Diseases, and Influenza.



• **Shingles** is actually caused by the same virus that creates Chicken Pox. Shingles is a painful rash that triggers water blisters on top of the epidermis layer of the skin. Outbreaks from this disease can last a few months or even years. Immunization for shingles is recommended for people 60-years-old or older. Receiving the vaccine for Shingles has been shown to cut the percentage of occurrence by 50%.

• **Meningitis, Pneumonia, and Bacteremia** are all classified in the Pneumococcal Disease category. All can be very serious, and even deadly, to the elderly. PPSV (Pneumococcal Polysaccharide Vaccine) protects against 23 types of pneumococcal bacteria. This vaccination is recommended for all adults 65-years-old or older. It has a success rate against Pneumococcal Diseases of 60-80%.

• **Influenza**, or the *flu*, has also been a problem for the elderly. Getting the flu at an older age, when the immune system is not as strong, means it may last longer and have a more harmful impact. Flu Shots do not truly start to work until a few weeks from the time of immunization, when it becomes fully developed in the body. The Flu shot should be taken a few weeks, to a month, before National Flu Season, which occurs in November.

While there are always two sides to every topic, we have some of the most credible and educated physicians right here in Southwest Florida. Contact your local physician to learn your options and understand the facts about certain vaccinations. Receiving vaccines can protect you or a loved one from numerous complications.

Banyan Assisted Living wants you to be knowledgeable about vaccinations and their importance to the elderly. They are devoted to bringing the elderly a healthy, happy, quality lifestyle. For more questions regarding their upscale senior living community call (941) 412-4748. They are located near the Gulf of Mexico at 100 Base Avenue East, Venice, FL 34285.



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- Butterfly Garden
- Special Events: Annual Red Carpet Fashion Show



# Underlying Reasons for Limb Swelling

By Alyssa Parker

**M**any people may experience complications after an operation due to the significant amount of trauma your body endures. Whether it's cancer related, non-cancer related, or a minor surgery, patients may develop post-operative symptoms such as swelling in a limb or a particular area of the body. Swelling in the limb which may appear to be temporary can later lead to chronic swelling known as lymphedema.

## How the Lymphatic System Works

What does edema have to do with your lymphatic system? The lymphatic system serves as one of the body's main highways. Through its network of vessels and ducts, it works as a filtration system for body fluid entering into the blood stream. This fluid is referred to as "lymph" fluid, which is the interstitial fluid consisting of proteins, wastes, and a collection of white blood cells. The kidneys, skin, lungs, or intestines then eliminate the wastes that have been filtered out of the lymphatic vessels.

## What is Lymphedema?

Lymphedema is a degenerative condition which means it will only get worse over time without treatment. There is no cure for Lymphedema. Once a lymph node has been damaged, your lymphatic can become compromised. Over the years, as you get older, you may incur irreversible damage to the lymphatic system through medical procedures, injuries, or infection. Examples include cancer radiation, surgical lymph node removal, joint replacements, scarring of the lymphatic vessels through reoccurring infections i.e. cellulitis, or other health problems relating to gall bladder, kidneys, intestines, or reproductive organs. When an obstruction has occurred, a blockage in the lymph nodes can occur. The limb begins to swell with fluid because the lymphatic system is blocked/impaired, unable to move the fluid back into the circulatory system.

## Compression Pump Treatment

One recognized treatment is using a compression pump. This is a safe and effective way to assist your body's lymphatic system in moving the lymph fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has not been damaged.



## Possible Symptoms of Lymphedema

- Swelling in your legs or arms
- A feeling of heaviness or tightness
- A restricted range of motion
- Aching or discomfort
- Recurring infection/cellulitis
- Hardening or thickening of the skin on your arms or legs

It is important to rule out other causes of edema including nutritional issues, allergies and reactions to medication you may be on. True Lymphedema should not be treated with Diuretics as they draw from the Venous system not the Lymphatic system. Removing fluid from the body in this fashion takes away the wastes' only means of transport and can lead to serious recurrent infections or cellulitis since the lymph waste is now trapped in the limb and has no place to go. If symptoms return when you cease

Diuretics, you should be asking questions and seeing a specialist immediately. This is where choosing a physician experienced in recognizing and treating Lymphedema is critical.

## Some Good Questions to Ask Your Physician Include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down?
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

## Specialists in Acute Wound Care

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

## 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

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# Smoking-The Heart Stopper

**M**ore than 16 million Americans have heart disease, almost 8 million already have had a heart attack and 7 million have had a stroke. Cardiovascular disease (CVD) is the single largest cause of all deaths in the United States, killing more than 800,000 people a year.

CVD includes narrow or blocked arteries in and around the heart (coronary heart disease), high blood pressure (hypertension), heart attack (acute myocardial infarction), stroke and heart-related chest pain (angina pectoris). Smoking is a major cause of CVD.

Even people who smoke fewer than five cigarettes a day show signs of early stages of CVD. The risk of CVD increases when more cigarettes a day are smoked, and when smoking continues for many years.

Exposure to secondhand smoke can increase the risk for a heart attack or stroke. More than 33,000 nonsmokers die every year in the United States from coronary heart disease caused by exposure to secondhand smoke.

## Peripheral Arterial Disease

Blood vessels are found throughout the body and carry oxygen to every organ. The oxygen makes it possible for organs to do the work needed to keep the body healthy and working correctly. Cigarette smoke makes cells lining blood vessels swell so that the vessels become narrower, reducing the flow of blood. Even smoking every now and then, or inhaling someone else's smoke, damages blood vessels.

Atherosclerosis, or hardening of the arteries, occurs when artery walls thicken and the opening inside the artery narrows. Peripheral arterial disease (PAD) or peripheral vascular disease (PVD) occurs when arteries that supply the legs, feet, arms, or hands become narrow, reducing blood flow. Without normal blood flow, people with PAD may have pain when they walk, and cells and tissue can die from lack of oxygen. In extreme cases, gangrene can develop and the infected limb may have to be removed. Smoking is the most common preventable cause of PAD.



## Coronary Heart Disease

Components in the blood, called platelets, stick together along with proteins to form clots. Clotting prevents blood loss and infection after an injury. Chemicals in cigarette smoke cause blood to thicken and form clots inside veins and arteries, even when clotting isn't needed to prevent bleeding or infection. Smoking also promotes the formation of plaque in the walls of arteries and clots can form where there is plaque. This is especially dangerous when arteries are already narrowed from smoking, because the clots can easily block those arteries. When arteries are blocked, the oxygen to nearby organs is cut off. Coronary heart disease occurs when arteries that carry blood to heart muscles are blocked by clots. This blockage can lead to a heart attack and sudden death.

## Saving Millions of Lives

There are many ways to reduce smoking rates quickly and dramatically.

Among the strategies proven to work are:

- Affordable smoking cessation treatments that are easily available to people who want to quit;
- Comprehensive smokefree and tobacco-free policies in public places that protect nonsmokers and make smoking the exception rather than the norm;
- Higher prices on cigarettes and other tobacco products that discourage young people from starting in the first place and that encourage adult smokers to quit;
- Continued mass media campaigns that inform people of the dangers of smoking and tell them about resources to help them quit; and
- State and community programs that help integrate tobacco control into medical, retail, education, and public health environments that reach groups of people who might not otherwise be exposed to tobacco control initiatives.



**SAVE YOUR  
HEART  
AVOID THE SMOKE**

Smoking damages the heart and blood vessels very quickly, but the damage is repaired quickly for most smokers who stop smoking. Even long-time smokers can see rapid health improvements when they quit. Within a year, heart attack risk drops dramatically. Within five years, most smokers cut their risk of stroke to nearly that of a nonsmoker. Even a few cigarettes now and then damage the heart, so the only proven strategy to keep your heart safe from the effects of smoking is to quit.



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### Stroke

A stroke is loss of brain function caused when blood flow within the brain is interrupted. Strokes can occur when arteries that carry blood to the brain become blocked from narrowing or a clot, or when a blood vessel leaks or bursts inside the brain. Strokes can cause permanent brain damage and death. Smoking increases the risk for stroke. Deaths from strokes are more likely among smokers than among former smokers or people who have never smoked. The more cigarettes a person smokes per day, the higher his or her risk of dying from a stroke. Even exposure to secondhand smoke can cause strokes in nonsmokers.

### Abdominal Aortic Aneurysm

The aorta is the body's main artery that carries oxygen-rich blood to all parts of the body. Smoking is a known cause of early hardening of the abdominal aorta, the part of the aorta that supplies blood to the abdomen, pelvis, and legs. Autopsy studies have found that smoking during adolescence can cause this dangerous condition as early as young adulthood. Hardening of the abdominal aorta can lead to an aneurysm, or a weakened and bulging area. A ruptured abdominal aortic aneurysm causes life-threatening bleeding and is often fatal. Almost all deaths from abdominal aortic aneurysms are caused by smoking and other tobacco use. Women smokers have a higher risk of dying from an aortic aneurysm than men who smoke.

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### Testimonials

Lekiva Judge

*"I quit... We quit! Both my husband and I quit the same day. We've been smokers for almost 24 years. It was time. The classes helped us to do something that we felt we couldn't achieve on our own. I am happy for the help and encouragement."*

Jorge J. Garcia, MD

*"I want to take this opportunity to thank and complement each of you for the quality of training that you all provided at the recent conference which I attended in Tallahassee for Tobacco Treatment Specialist. The material that was covered was comprehensive and presented in a clear, concise, and well organized fashion. The speakers were all very knowledgeable, they covered their topics thoroughly and the slide presentations were very informative and visually appealing. I learned a lot and feel that my fund of knowledge and ability to evaluate and manage tobacco users was significantly enhanced by my attendance to this training."*



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# MonaLisa Touch Therapy for Vaginal Dryness and Pain

**A**s women age and approach the menopause years in their late 40's and early 50's, estrogen levels rapidly decline. The result is a long list of changes that may affect women's overall health and quality of life. These may include painful vulvar and vaginal dryness with intercourse, urinary frequency and incontinence, and relaxation of the vaginal walls. For decades, the treatments for these conditions tended to center around hormone replacement therapy with various forms of estrogen. However, many women fail to respond to estrogen, are reluctant to use any form of estrogen due to potential risks, or may be prohibited from using estrogen as instructed by their physicians. There were few if any other effective options for these women . . . until now.

MonaLisa Touch is an innovative laser procedure, designed and produced by DEKA (Italy), that delivers fractional CO2 laser energy to the vaginal wall tissue. This is the same type of laser technology used in many facial "rejuvenation procedures" performed by dermatologists and plastic surgeons, so it has already been studied extensively and deemed safe for sensitive parts of the body. The Mona Lisa Touch procedure offers significant advantages over current treatment options as it addresses the issues that cause vaginal dryness and pain, rather than simply working on the symptoms.

**The Science:** How Does It Work? The MonaLisa Touch laser stimulates fibroblast cells in the vaginal tissue to promote a natural regeneration process, mainly by increasing the formation of collagen and other important "building block" molecules, and by restoring the premenopausal blood supply. In as little as 30 days after treatment there is formation of new tissue in the vaginal walls and the protective mucosa recovers volume, hydration and elasticity. The MonaLisa Touch creates longer-lasting relief than current treatments and offers a safe and a life-changing option for patient groups who were previously not suitable for existing treatments.

**Who Is It For?** Any woman suffering from painful vaginal dryness and it's associated symptoms – women who have had their ovaries removed, menopausal women, breast cancer survivors and all other women who are prohibited from using estrogen products



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**Max L. Kamerman, MD, FACOG**

Dr. Kamerman has been practicing Obstetrics and Gynecology in Naples since July, 2003. Dr. Kamerman is originally from Miami, FL, and relocated to Naples upon completing his specialty training at The George Washington University Medical Center in Washington, DC.

His areas of interest include high risk obstetrics, basic infertility, and advanced pelvic surgery for women.

Dr. Kamerman enjoys saltwater sportfishing, boating, and travel.

- Bachelor of Arts Duke University, Durham, NC (1993)
- Doctor of Medicine Ponce School of Medicine, Ponce, PR (1999)
- Internship The George Washington University Medical Center, Washington, DC (1999-2000)
- Residency The George Washington University Medical Center, Washington, DC (2000-2003)
- Active State Licensure Florida
- Active Staff Member Naples Community Hospital and North Collier Hospital
- Board Certified American Board of Obstetrics and Gynecology (2005)



**Karysse J. Trandem, D.O., FACOG**

Dr. Trandem has been practicing Obstetrics and Gynecology since July 2012. Dr. Trandem is originally from Minneapolis, MN and relocated to Naples after practicing for 2 years in Grand Rapids, MN. Her areas of interest include abnormal vaginal bleeding,

minimally-invasive surgery, advanced pelvic surgery, pregnancy, and pelvic organ prolapse. Outside of the office and operating room, Dr. Trandem loves to participate in medical missions and research around the world, the performing arts, and any beach or church activity!

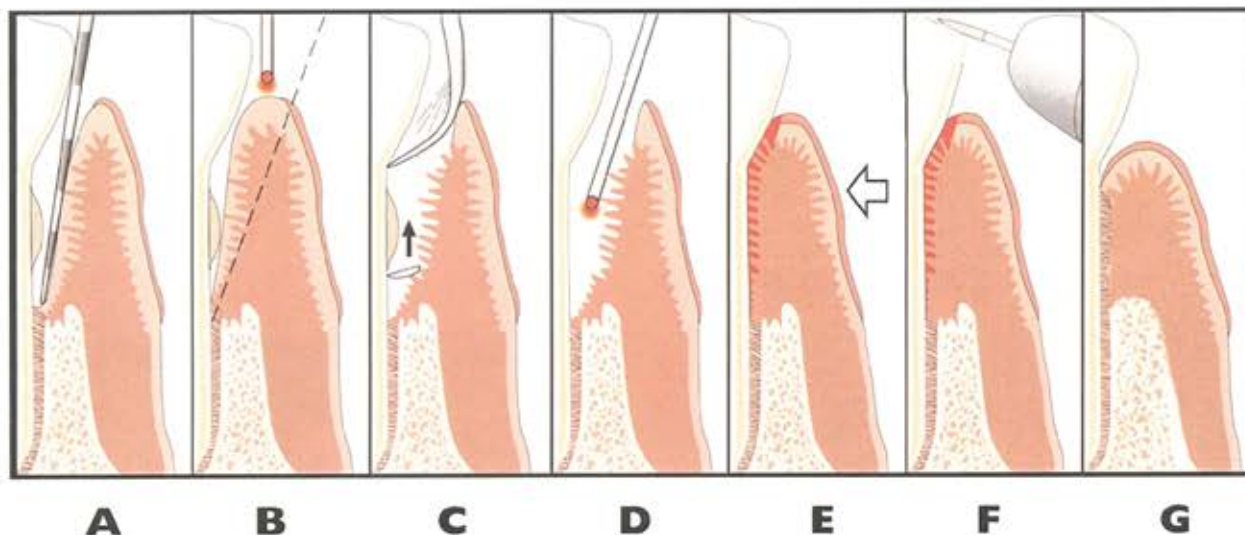
- Bachelor of Science, Bethel University, St. Paul, MN (2001)
- Doctor of Osteopathic Medicine, Kirksville College of Osteopathic Medicine, A.T. Still University, Kirksville, MO (2008)
- Internship, University of Minnesota, St. Paul, MN (2008-2009)
- Residency, University of Minnesota, St. Paul, MN (2008-2012)
- Active State Licensure, Florida and Minnesota
- Active Staff Member, Naples Community Hospital, North Collier Hospital
- Board Certified, American Osteopathic Board of Obstetrics & Gynecology (2012)



# What is Laser Periodontal Therapy?

By Dr. Joseph Farag

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# EXEMPT PROPERTY FROM CREDITORS

By James W. Mallonee

**S**uppose a parent (who is the major bread winner of a family) should die leaving a surviving spouse and two children. The result of this type of outcome could be disastrous by suddenly placing a surviving family squarely on welfare. This article discusses a seldom recognized probate statute, Section 732.402, of the Florida Statutes by keeping a family on its feet. It complements Florida's Constitution Article X, Section 4, which protects a decedent's homestead property from claims of creditors.

As you may know, Florida's Homestead protection (Article X, Section 4, of the Florida Constitution) protects a family by not allowing their home to be subject to creditor claims and forcibly sold. NOTE: There are limitations to this such as the failure to pay your mortgage; failure to pay for home improvements made by contractors; failure to pay property taxes; and failure to pay your income taxes to the IRS.

Section 732.402, Fla. Stat. provides the following additional exemptions to Florida's Constitution protections:

1. Household furniture, furnishings, and appliances in the decedent's usual place of abode up to a net value of \$20,000 as of the date of death.
2. Two motor vehicles (including motorcycles) which do not, individually as to either such motor vehicle, have a gross vehicle weight in excess of 15,000 pounds, held in the decedent's name and regularly used by the decedent or members of the decedent's immediate family as their personal motor vehicles. Historically, this statute provided for all automobiles, however, the term "automobiles" was not defined and Florida's Courts determined that automobiles did not include recreational vehicles or travel trailers which severely limited the use of the exemption to less costly transportation. Section 732.402, Fla. Stat., limits you to two vehicles of any kind except for



any bicycle, motorized scooter, electric personal assistive mobility device, moped or vehicle the exceeds a gross weight of 15,000 pounds. As a result, regardless of the value of the vehicle it is exempt from non-secured creditors. Although the statute uses the term "vehicle" without defining it, collateral statutes define a vehicle as a device, in, upon, or by which any person or property is or may be transported or drawn upon a highway. This raises the question of whether a boat or yacht can be claimed as exempt property.

3. Additional exempt property includes qualified tuition programs authorized by §529 of the Internal

Revenue Code of 1986, as amended, including, but not limited to, the Florida Prepaid College Trust Fund; advance payment contracts under §1009.98 Fla. Statutes; and, the Florida Prepaid College Trust Fund participation agreements under §1009.981 Fla. Statutes. A prior statute limited your exemption to the Stanley G. Tate Florida Prepaid College Program contracts purchased and Florida College Savings agreements established under Part IV of Chapter 1009, Fla. Statutes. This is a major change since it generally protects every college pre-paid plan from creditors in a probate action.





Section 732.402, Fla. Stat., also includes your right to exemption of other statutory exemptions (e.g. Chapter 222, Fla. Statutes) that would be available to the decedent or beneficiary including:

- a. Garnishment;
- b. Life Insurance Policies;
- c. Annuities;
- d. Unemployment Compensation;
- e. Disability Income;
- f. Pension Funds;
- g. Medical Saving Accounts;
- h. Workers Compensation Benefits;
- i. Coverdell Education Savings Account, also known as an educational IRA;
- j. Any Hurricane Savings Account (with certain limitations);
- k. A debtor's interest in personal property, not to exceed \$4,000, if the debtor does not claim or receive the benefits of a homestead exemption under Article X, Section 4, of the Florida State Constitution.

.....  
This article is intended for informational use only and is not for purposes of providing legal advice or association of a lawyer – client relationship.

To be eligible to receive the above exemptions and protections, the decedent must have been domiciled in the State of Florida at the time of death. In addition, the request for such exemption must occur on or before the later of the date that is 4 months after the date of service of a Notice of Administration or a date that is 40 days after the date of termination of any proceeding involving the construction, admission to probate, or validity of the will or involving any other matter affecting any part of a decedent's estate relevant to §732.402, Fla. Statutes.

Lastly, if any of a decedent's property is determined to be exempt under §732.402, Fla. Statutes, such property shall be excluded from the value of a decedent's estate "before" residuary, intestate, pretermitted or elective shares are determined. Why is this important? Because, it is possible that a given estate may have to be distributed by means of the intestate statutes due to children being born or marriage occurring after a Will is written; or, if a surviving spouse elects to take advantage of their right to an elective share of their spouse's estate.

Section 732.402, Fla. Stat., protects a family from devastation by not taking assets away following the death of a parent. Florida's protection of its citizens against creditors is one of the strongest in the all fifty states. If you have questions concerning exemptions to your estate proceeding, contact your attorney and have that discussion. It may be the best investment in time you make.

Next month we'll explore the impact same sex marriages has on Florida's probate and estate administration laws.

#### About the Author:

**James W. Mallonee** (Jim Mallonee) is a graduate with a B.A. degree from the University of South Florida and a Master of Science degree from Rollins College in Winter Park, Florida. He obtained his Juris Doctorate from the University of the Pacific, McGeorge School of Law in Sacramento, California. Prior to returning to Florida to practice law, Mr. Mallonee was employed by Intel Corporation for 22 years in such locations as New Jersey, Florida and California.

In addition to being a member of the Florida Bar since 2003, Mr. Mallonee serves on the Charlotte Community Foundation Committee for asset allocation and teaches Business Law at State College of Florida. Mr. Mallonee is also on the Board of Directors for the Military Heritage Museum located in Charlotte County, Florida.

His firm practices law in the following areas: Probate, Wills & Trusts, Guardianships, and Litigation in the areas of Real Estate, Guardianships and Estates. The firm has two locations in Venice and Port Charlotte, Florida.

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# Prayer Killer #2: Not Honoring Your Spouse

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**Y**ou know what would really be nice? If you (my friends and readers) would send me more of your stories of pain and failure; then I could use your stories and not have to always use mine. (smile)

Many years ago, I went into business with a person who, from every angle, looked legit. (You already know where this is going.) My wife, who is a brilliant woman, and who had left a career in a stock brokerage firm to homeschool our three small children, said, "Honey, I know we've looked at this opportunity from every angle and it seems good, but I just don't have a peace about doing it."

To which, I replied, "Honey, that's just because you don't know much about this type of business. It's gonna be amazing. You just wait and see."

I was right on both accounts. It was amazing and a sight to see...a spectacular screw-up...a hundred-thousand-dollar disaster.

My remarkable wife never said, "I told you so." I'm sure she thought about it though, maybe a hundred thousand times.

I once heard someone say, "If you think education is expensive, you should try stupidity."

What a stupid and expensive lesson.

But looking back now (hindsight is 20/20, you know)...I could have easily avoided this expensive mistake if I had just followed the advice of one simple verse in the Bible.

And here it is.

*In the same way, you husbands must give honor to your wives. Treat your wife with understanding as you live together. She may be weaker than you are, but she is your equal partner in God's gift of new life. Treat her as you should so your prayers will not be hindered. 1Peter 3:7 NLT*



On the surface this verse looks like it's just telling husbands to be nice to their sweet "little wives." But under the surface, this often misunderstood verse has the tremendous power to make your dreams come true.

It may sound like one of those late night infomercials, but the power contained in the promise of this one verse (if you are both Christ-followers) can transform your life in so many ways.

So let's jump into it and see how far we get.

First of all this verse is not only talking to husbands, but is talking to both spouses when it comes to the dynamic life-changing principle I'm about to share. So read it as a spouse not as a husband or wife.

The first line of the verse reads in the Greek (the original language): "...husbands dwell with them according to knowledge..." In other words, "Spouse, learn from experience how special and unique God made your spouse and more importantly how the person of the Holy Spirit speaks through them. (Some of you already know where this is going because you are already enjoying the benefits.)

God will use His ability to communicate to you through your spouse, if you will learn to listen. And that alone could have saved me big bucks.

The second part of this power-packed verse is found in these words, again from the Greek: "...rendering honor as the joint-heir of the Grace of Life..."

The Lord God in His infinite wisdom sees a married couple as a two parts of a three-part unit (the husband, the wife and Holy Spirit). God resides to a degree inside of every Christ-follower.

So when a wife wants to buy a new car and begins to think about car options, color, style, price etc...Holy Spirit knows her thoughts and ideas. If she prays and asks Him what He thinks, He will begin to reveal to her mind ideas that maybe she had not thought. If she asks her husband what he thinks and he also prays and asks Holy Spirit, then you have the three working together to provide answers and solutions.

And since one of the three is God's Holy Spirit, and since He knows a lot more than most and is allowed to help us, then both husband and wife can have a peace in their heart from Holy Spirit that a decision has been thoroughly explored and now can be made. This makes the odds of success go through the ceiling.

Obviously I did not do this with my decision.

There are two more vitally important parts to share, but we are out of article space.

However, you can read the rest of this lesson by going to [alexanderson.org](http://alexanderson.org) and signing up for my weekly lessons. (They are free.)

*To your spiritual health,*  
**Pastor Alex Anderson**  
 Author, *Dangerous Prayers*  
[alex.anderson@alexanderson.org](mailto:alex.anderson@alexanderson.org)  
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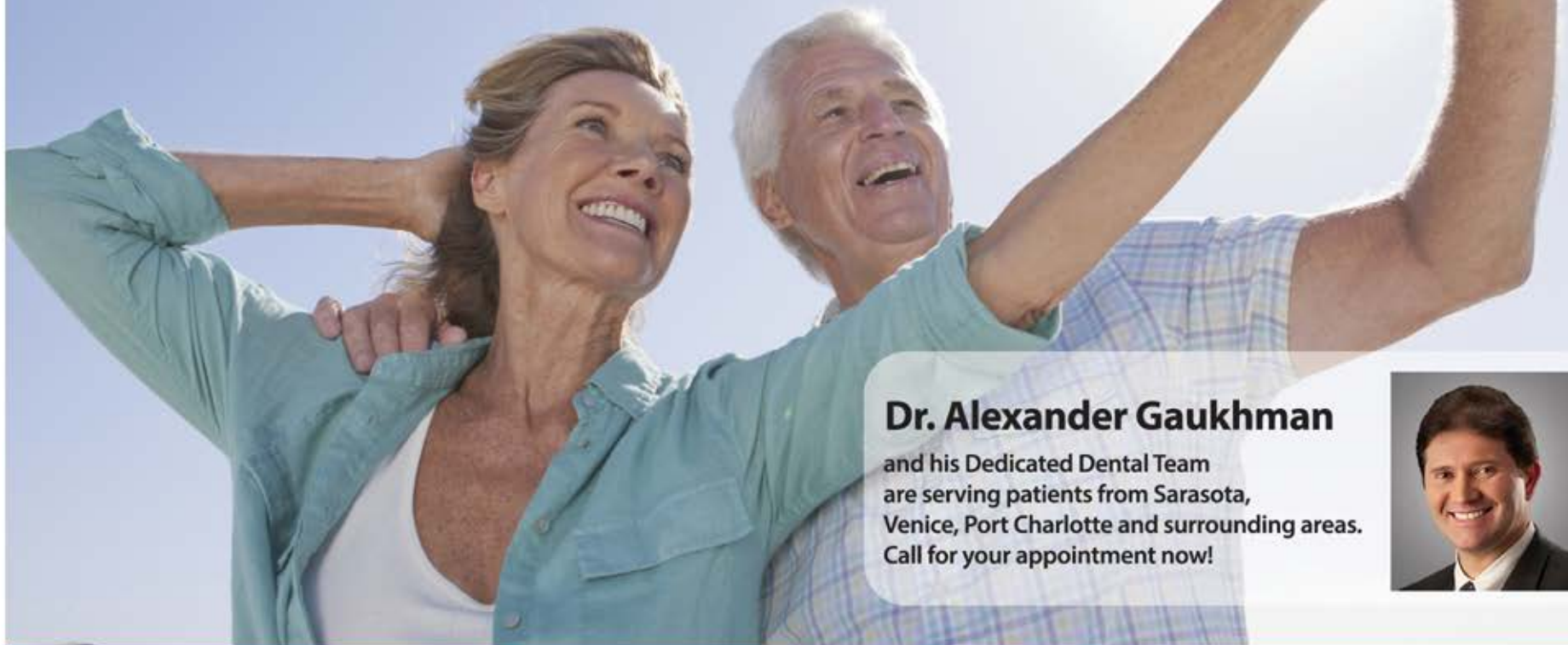
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