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July 2014

Charlotte/South Sarasota Edition - Monthly

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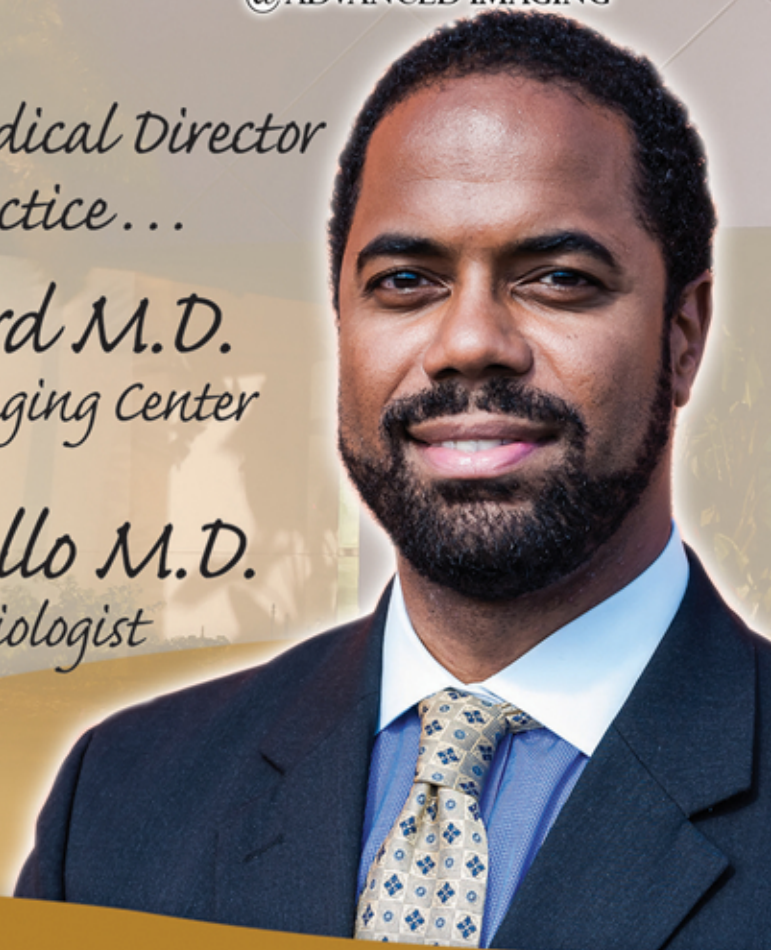
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# contents

## July 2014

- |  |  |
|--|--|
| 6 Arthritis of the Foot & Ankle                  | 20 An Open Letter to Surgical Practices                            |
| 8 Problem Veins: More Than a Cosmetic Concern    | 21 "The Long Goodbye"  |
| 11 Neuropathy... What is That?                   | 22 Can Alzheimer's and Independence Go Hand in Hand?               |
| 12 Preparing for Disasters... Are You Ready?     | 24 Do You Need a Stent?  |
| 13 Are Hidden Food Allergies Making You FAT?     | 26 One of Top 1% of LASIK Surgeons in US Joins Dr. Jonathan Frantz |
| 14 Alzheimer's Awareness                         | 27 Hot Weather Running Tips  |
| 15 Planning a Vacation?                          | 28 Underlying Reasons for Limb Swelling                            |
| 16 Alzheimer's: The Most Common Type of Dementia | 29 Computer Guided Dental Implant Surgery                          |
| 18 What Does Freedom Mean to You?                | 30 Dog Days of Summer Are Here                                     |
|  | 31 Spiritual Wellness The Hidden Message                           |

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# Arthritis of the Foot and Ankle

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

**T**o understand foot and ankle arthritis and how it affects us, we must first understand the basic anatomy of the foot and ankle. Amazingly, the foot and ankle are comprised of 28 bones and 30 joints! However, arthritis mostly affects a few specific joints, mainly the ankle where the tibia (shinbone) interacts with the talus, the uppermost foot bone; the three joints of the hindfoot where the talus interacts with the other three bones of the hindfoot; the midfoot, where the forefoot bones (the metatarsals) connect with smaller midfoot bones (the cuneiforms); and in the great toe, where the end of the first metatarsal interacts with the toe bone (phalange). This is also where bunions usually occur.

With every step, we place stress onto these bones and joints in our feet and ankles. Conservative estimates state that by the time we reach fifty, we have stressed these joints to the amount of 15 BILLION pounds of pressure from the approximately 75,000 miles that we have walked since birth. Complicate that with such things as being overweight, specific types of work professions, trauma and fractures, and special types of diseases such as gout and lupus and you can easily see that arthritis to the foot and ankle can occur in many more people than we think. Of course, the two main causes of arthritis to the larger joints (the hip, knee or shoulder) which are osteoarthritis and rheumatoid arthritis can also affect the smaller joints of the ankle and of the foot. Also, know that there are approximately 100 different causes which can lead to arthritic conditions in a joint!

The signs and symptoms of arthritis are generally the same throughout the body and this holds true for the foot and ankle joints. Stiffness, swelling, tenderness and pain are associated with lower extremity (foot and ankle) arthritis. Bone spurs may form at the joints and since the foot is made mostly of bone, these spurs may stick out and make the joint appear lumpy. The joint may become deformed. Sometimes, with the weight-bearing joints such as foot and ankle, the joint may feel "unstable" or feel like it is ready to give out. The worst symptom will be that any walking may become quite painful.

The good thing about foot and ankle arthritis, if there is one, is that there are many types of conservative treatment that can be used in order to alleviate the symptoms, which is mainly pain with stiffness. Simple steps such as steroid injections, anti-inflammatory pain relievers, placing pads, arch supports or other inserts into footwear, and even custom footwear or bracing of the foot or ankle can all be used to relieve symptoms. Physical therapy, exercise and even a weight loss program can be a benefit to easing your symptoms. A specialist in foot and ankle is generally aware of all these treatment types and will utilize them in an attempt to help the patient.

However, like the large joints such as hip and knee, conservative treatment sometimes will not work at all on a patient and more likely, will help for awhile, but due to the increasing severity of the arthritis, will eventually cease helping the patient. Surgical options will then need to be considered. If you have mild or moderate arthritis, especially in the ankle only, an ankle arthroscopy may be warranted to help cut back on the arthritic changes in the ankle joint. In the foot and toe joints, as well as more arthritic ankle joints, surgery may involve an arthrodesis (fusion) of the joint to eliminate pain. In some rare cases of severe ankle arthritis, a specialist may recommend an ankle replacement using prostheses, which are used in hip and knee replacement surgery. But, most specialists will generally avoid the ankle replacement surgery, since the techniques and prostheses are not as advanced as they are in hip and knee replacement surgery and they have been known to have many more implant failures with catastrophic results.

The most important thing about arthritis of the foot and ankle, which I have stated several times, is to be seen and followed by the proper clinician who can help you in many ways to solve your arthritic ankle or foot and help you return to a more pain-free, less symptomatic life. I am 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.

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# Problem Veins: More Than a Cosmetic Concern

By Joseph Magnant, MD, FACS

**V**enous insufficiency, or leaky veins, is a medical disease that, if left untreated, can lead to long-term health problems. Yet, it can be easily evaluated and often remedied permanently through a minimally invasive procedure.

**Lesley Colantonio says she had significant varicose veins.**

*"I thought they looked really nasty," remembers the 41-year-old senior special events coordinator for Make-A-Wish Foundation of Southern Florida and mother of three. "I just had a little spot on the back of my left leg, but I had more on my right leg and a giant one on the inside of my right knee. I'm extremely fair skinned, so they stuck out like a sore thumb. I asked my primary health provider about them, but she advised me that it was a cosmetic issue and that treatment would cost me a fortune."*

Disappointed, but not ready to give up, Lesley says she took advantage of an opportunity that presented itself: "I was covering a booth at a senior expo and happened to notice the display of a vascular surgeon. Just for my own piece of mind, I approached the surgeon's representative."

That encounter led Lesley to schedule an appointment with Joseph G. Magnant, MD, FACS, a board-certified vascular surgeon who specializes in vein treatment. His practice, Vein Specialists, with offices in Fort Myers and Bonita Springs, is 100% dedicated to the modern evaluation and treatment of leg vein disorders.

"We rely heavily on ultrasound evaluation of our patients' veins," explains Dr. Magnant.

A diagnostic ultrasound is a very conservative, non-invasive, accurate, diagnostic tool that can be used to identify any leaking veins.



Before



After

"With ultrasound, which is usually covered by patients' health insurance, we can determine the exact source of the problem," says Magnant. "We can see exactly which veins are leaking, stratify the degree and length of veins involved and then design a game plan to solve the problem."

Dr. Magnant had his vascular technologist J.T. Jarrard perform a full ultrasound on each of Lesley's legs. The ultrasound revealed that both of her legs had severe superficial venous insufficiency, which is a condition in which the valves of the superficial veins of the lower extremities no longer function properly in a one-way manner. These valves are floppy and continue to open, or prolapse, beyond the closed position. This results in

reflux, or backward blood flow in the veins, which produces increased hydrostatic pressure in the venous system leading to bulging or varicose veins, swollen legs and other signs or symptoms of vein disease.

Superficial venous insufficiency affects between 35 and 40 million adults in the US, says Dr. Magnant: "It is a correctable medical disease. There are modern techniques to both diagnose and treat it, but if left untreated, it can lead to many unhealthy symptoms. Venous insufficiency should be treated more as a medical condition than a cosmetic condition since leaving it alone often results in more serious conditions."



A reasonable answer for patients suffering with any of these symptoms is to have a complete evaluation by a board-certified vein specialist which will usually include a diagnostic leg ultrasound.

#### **Radiofrequency and EVLT endovenous closure**

Historically, the only treatment available to offer patients with venous insufficiency was surgical vein excisions or vein stripping, which often required hospitalization and general anesthesia along with an extended recovery period.

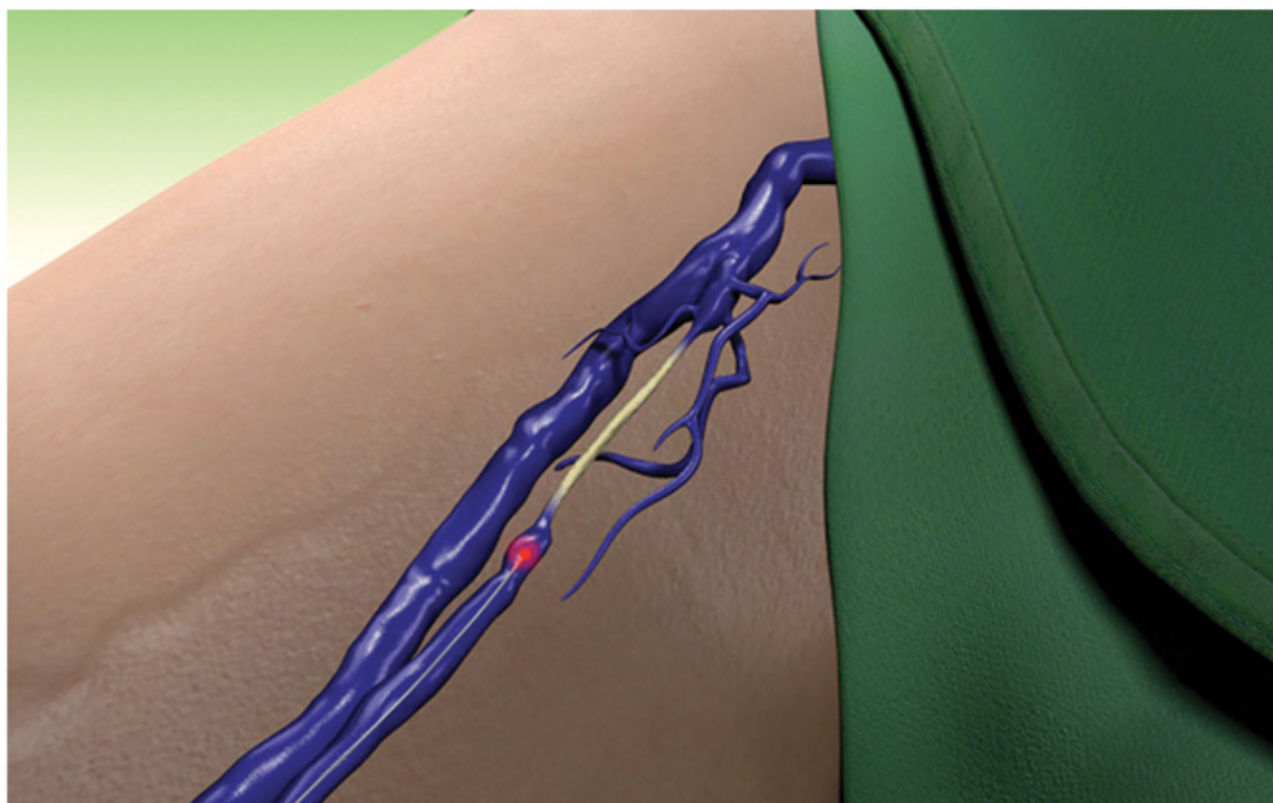
“Because the surgery was so invasive, unless the patient had bleeding or ulcers, patient management usually meant compression stockings,” remembers Dr. Magnant.

“Fortunately, leaky superficial veins can be treated today with a choice of minimally invasive, in-office procedures. In 1999, the first FDA-approved system was the radiofrequency-based closure system designed by VNUS Medical Technologies, now called the Closure-FAST or Venefit. Using a catheter-based system, the vein is heated, under local anesthesia, in the sterile office setting and closed segmentally from the inside.

*“It was really a game changer in terms of treating patients with venous disease.”*

Then, in 2001, the first laser-based system was approved, and other laser companies followed suit with various wavelengths, says Dr. Magnant: “This procedure is often referred to as endovenous laser treatment, or EVLT, and is slightly different in technique from radiofrequency in that it is a LASER catheter which is used which heats at the very tip and is retracted continuously rather than segmentally.

“Vein Specialists offer both the newer VNUS ClosureFAST system and Cooltouch LASER for EVLT, because each system has its place in the treatment of patients with venous disease. In fact, for Lesley we used the ClosureFAST on her right leg where the veins were long, straight, and deep, and we used the laser on her left leg where the veins were smaller and shorter in length.



“Both the VNUS and laser systems allow us to treat patients in the office without anesthesia risks, and patients can return to normal activities almost immediately.”

Lesley was pleased to learn that her insurance company would cover the cost of both treatments.

“My legs look fantastic,” says Lesley, “and the restlessness I was experiencing in my legs stopped entirely.

“Dr. Magnant and his staff are true professionals, and terrific to work with; they’re great people. In fact, the doctor was kind enough to buy a table at one of our biggest fundraisers: the Wishmaker’s Ball, and he and some of his guests adopted wishes for a child.”

Dr. Magnant continues to support Make a Wish Foundation and recently he nominated one of his patient’s children and both were recipients of a wish this year!

#### **Consider Venous Insufficiency earlier in the course of the disease**

Not everyone with venous insufficiency has obvious varicose veins sticking out, stresses Dr. Magnant: “Approximately half of our patients

have bulging veins, but the other half present with less obvious external signs and more obscure symptoms.

“Venous insufficiency is a medical disease and, like for any disease, early diagnosis is beneficial. We don’t advise waiting for a heart attack or stroke to treat high cholesterol, nor do we suggest waiting for vision problems or circulation problems to treat diabetes. It makes no more sense to wait for a deep vein clot, skin changes, bleeding or ulceration to treat venous insufficiency.”

*“I’ve recommended Dr. Magnant to several people, including my own mom,” reflects Lesley. “He’s fabulous.”*

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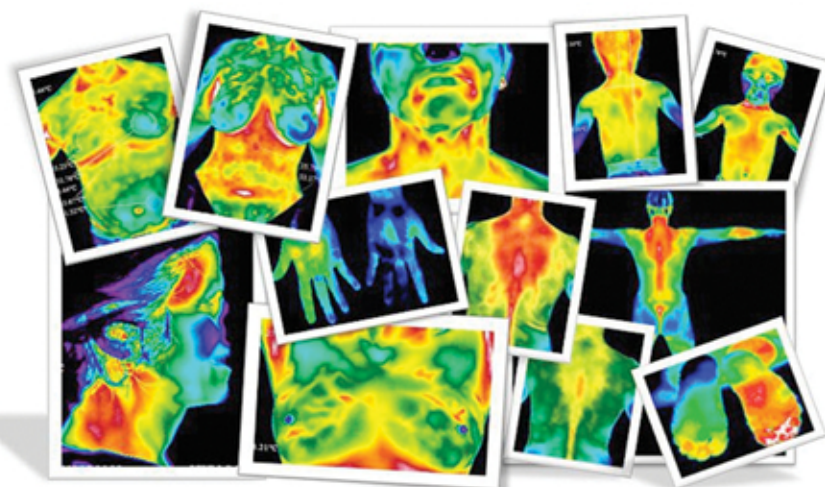
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# Neuropathy...

## what is that?

*By Dr. Jeremiah Joseph, Chiropractic Neurologist  
Renowned Author of "Recover Your Health"*

**T**here is a condition that 10 - 20 million Americans are living with. A condition that is frequently misdiagnosed or many times not diagnosed at all. It is called Peripheral Neuropathy. Peripheral Neuropathy is a disease that affects the outlying, or "peripheral", nerves that run throughout the body. This includes the hands and feet, not the brain or spinal cord. Neuropathy can create an abnormal or decreased feeling in the fingers or toes, and can affect both sides of the body simultaneously. When this happens, it is called Polyneuropathy or Symmetrical Polyneuropathy. Neuropathy can be frightening and detrimental to one's health. Understanding the facts about the disease is the first step of treatment.

Whenever diagnosing a medical disorder, first we have to look for the symptoms. Most symptoms of Neuropathy are felt in the arms, hands, legs and feet. Neuropathy can cause low to heavy levels of pain. It generally starts out with numbness, but can progress to a sharp or "electrical" feeling. It can hurt to walk or even grasp items. Tingling and shooting pains that may result in leg cramping can also be commonplace. It is an unusual feeling and many people have said it feels like they have a sock on their foot when they do not.

One of the main causes of Peripheral Neuropathy is Diabetes. Neuropathy affects over 60% of people who have the disease. Though the majority of people with diabetes will be affected by it, only 30% of all people with Neuropathy have Diabetes. Chemotherapy drugs have been shown to induce Neuropathy, as well. When this occurs it can last weeks, months, even years. One of the most stated reasons for people leaving Chemotherapy treatment early is because of this debilitating side effect.



The list of causes of Peripheral Neuropathy can also include alcoholism, arthritis, injuries, and family history. Long term drinking creates back problems, thyroid issues, vitamin deficiencies and nutritional problems that eventually cause nerve damage. There is a chance Rheumatoid Arthritis can induce mild forms of Peripheral Neuropathy, like carpal tunnel syndrome. Certain traumatic injuries and certain infections to the nerves can result in Neuropathy. People with a family history of Neuropathy and who are over age 40 are more at risk for the disorder.

The most common cause of neuropathy that we see in our clinic relays itself from the spine. If the neuropathy is in the hands, it often times is coming from the neck. If it is in the legs or feet, then it may be coming from the lumbar (low back) region. The way we treat neuropathy in our office is first to determine what the cause is. Once we determine what the cause is, we formulate a treatment plan that may consist of a combination of things like; whole body vibration, infra-red laser, Sarapin medical injections (natural medication), medical bracing and even chiropractic. The combination of the above has had a proven track record of success with neuropathy in thousands of patients.

Dr. Joseph speaks on a wide range of topics from losing weight, to thyroid, diabetes and neuropathy. To find out Dr. Joseph's speaking schedule or to have Dr. Joseph speak at one of your venues, please call 941-697-3001 and ask for Kerri. You may also listen to Dr. Joseph host his radio show on 1580 AM WCCF every other Tuesday at 11:00 AM.

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# Preparing for Disasters...Are You Ready?

**D**isasters can happen anytime, anyplace to anyone, but as a resident of Florida it is important to approach hurricane season fully prepared with a plan especially for those caring for someone with Alzheimer's Disease or other memory impairments. Disasters can be particularly disruptive to the daily living of older adults and their caregivers. An emergency can exacerbate the effects of damage or loss. An interruption of services or treatments can dramatically effect the behavior of one suffering from any form of dementia. While there is nothing that can be done to prevent a disaster, a well thought out proactive emergency disaster/evacuation plan can help minimize the stress to both the person with memory impairment and the caregiver.

## Take Specific Needs Into Account or Make a Specific Plan

For example, if the person with Alzheimer's or other dementia uses a walker or portable oxygen, be sure your emergency evacuation plans accommodate these needs. If the person receives routine health procedures at a clinic or with home health, request a copy of their emergency plan. Have all clinical contact information easily accessible.

## Supplies

Caregivers should pack a bag with something comforting to the person with memory impairments, incontinence undergarments, wipes, lotions, favorite snacks and high-nutrient drinks, physician's name, address, and phone number, copies of legal, medical, insurance, and Social Security information. Include a zip lock bag to hold medications, personal health records, documents and recent photos of the person.

## Enroll Person with Memory Impairment in Safety Program

Contact your local Alzheimer's Support Network and find out what wandering programs they offer. Some examples include: MedicAlert, Safe Return, and Comfort Zone, all designed to manage flight risk persons with dementia. A caregiver may want to also have a bag of recently worn clothing on hand for the search dogs to be able to track a scent.

For more information about Hurricane Shelters in your area or to get a complimentary Alzheimer's disaster preparedness starter kit, contact your local Nurse On Call Branch at: (941) 235-1015.



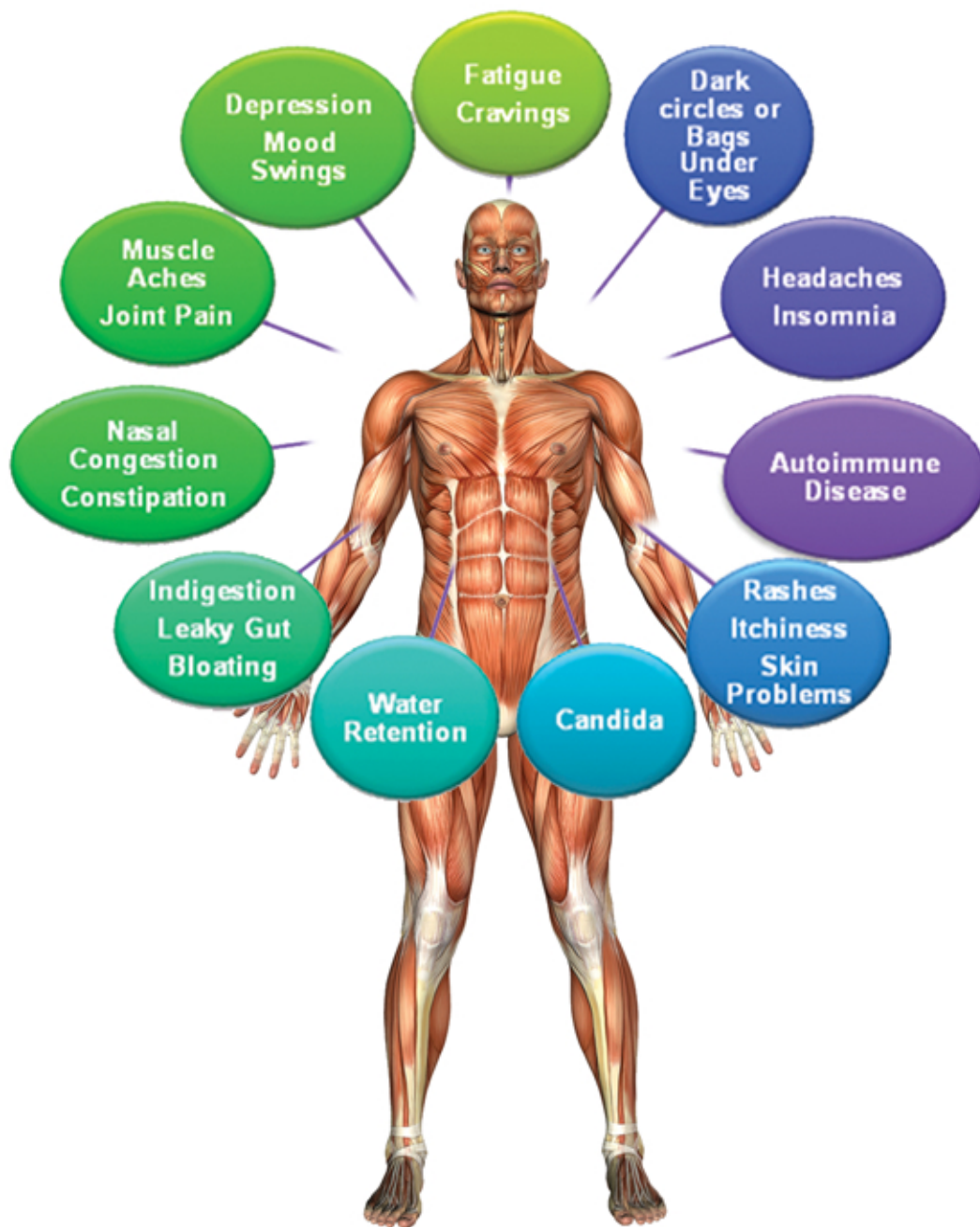


# Are Hidden Food Allergies Making You **FAT?**

By Yollo Wellness

**300,000 people die annually from health problems related to obesity. Is your food worth dying for?** There are many reasons why we are fatter than ever. The modern diet consists of over processed, fatty foods. They are called "skeletal" foods because they contain very little nutrients with a lot of calories. All structure and functions of the human body are built from and run on nutrients. ALL of them. Certified nutritionists Deb and Wendy at YOLLO Wellness want to educate you on how to take your vitamins and nutrients and shed the unwanted body fat for good.

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# Alzheimer's Awareness

**A**s life throws us curveballs, we become more accustomed to making hard decisions. This doesn't mean they get easier, just more bearable. As we mature, we gain the wisdom to reassure ourselves that the most difficult choices are usually the right ones. Knowing someone who has Alzheimer's disease is more common than ever. This heartbreaking ailment has placed a fork in the road to millions of people. The predicament on whether to entrust a loved one to the care of an assisted living facility can bring on many emotions, such as fear and guilt. You might be surprised to learn that making this decision can actually enhance your relationship.

It's funny how some stereotypes can be so wrong. For example, the mind of the elderly is presumed to deteriorate with age. An outsider sees short term memory loss, trouble learning new information, or needing more time to remember past events. The perception is that it is because of aging. This is simply not true. A recent study has shown that as the years pass, we retain everything. An easy comparison is to think of our brain as a hard drive in a computer.<sup>[1]</sup> As it gets bogged down with years of internet surfing and downloading, a computer eventually gets slower. However, the processor of the machine (or the brain), is still the same. The processing speed doesn't change, but the amount of information it needs to sort through does. This is why it is more difficult for an older person to remember things versus a young person.

That being said, Alzheimer's is an actual disease that does indeed shrink the brain. The reason why this disease eliminates brain cells over time is still unknown. It can be difficult coping with something that leaves so many questions unanswered. Just know that you are far from alone. There are currently five million Americans living with Alzheimer's and it is the sixth leading cause of death in this country.<sup>[2]</sup> This illness can throw a wrench into the natural order of life. As a child, you are cared for by your parents and as you enter adulthood, you care for your own children. As you grow older still, you care for your parents. When a parent has Alzheimer's, however, this accelerates the final stage and can put a strain on your lifestyle. Your loved one may get confused at home and even unintentionally become a danger to themselves. There is no reason to feel guilty about reaching out for help.

Facilities that specialize in caring for patients with dementia and Alzheimer's help set your mind at ease. Locally, Banyan Assisted Living is fully equipped to keep residents as independent as possible; while maintaining their safety. Banyan is one of a growing list of facilities that focus on open floorplans and outdoor living space to allow the freedom of movement in a controlled living environment. Allowing a professional to help carry the responsibility of caring for someone 24/7 is actually a blessing. It gives you the chance to focus on the relationship with your loved one without the daily struggles of caretaking.

[1] <http://www.telegraph.co.uk/science/science-news/10584927/Brains-of-elderly-slow-because-they-know-so-much.html>

[2] [http://www.alz.org/alzheimers\\_disease\\_facts\\_and\\_figures.asp#quickFacts](http://www.alz.org/alzheimers_disease_facts_and_figures.asp#quickFacts)



If you would like to visit Banyan Assisted Living to see if their unique arrangement is right for you, you can contact them at (941) 412-4748. They are professional and understand more than most the daily challenges that you may be facing.

**941-822-3420**

100 Base Ave E,  
Venice, FL 34285.

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



**A Banyan Residence has the following features to do so:**

- Custom Shuttle
- Monthly Newsletter
- Spa Day
- Walking Club
- Physical Therapy Room
- TV satellite service
- Movie theatre popcorn
- Family & Friends BBQ
- Tropical Garden
- Fruits & Vegetable Garden
- Walking Club
- Waterfall
- Physical fitness activities
- Salon Room
- Custom Shuttle Bus
- Koi Fish & Duck Pond
- Butterfly Garden
- Special Events: Annual Red Carpet Fashion Show



# Planning a Vacation?

Don't let your hearing loss prevent you from getting the most out of your time off!

By Dr. Noël Crosby, Au.D.

**G**ot a vacation coming up? If you do, chances are you have a checklist of things that need to be done before you head out of town...i.e. cancel your mail and paper delivery, fill prescriptions and pack medications, give contact information to family and friends, etc.

And even more importantly, if you wear hearing aids, don't forget to add these critical steps to your planning and vacation strategies!

## 1. Prepare for vacation travel.

- If you are traveling by air, arrive at the airport early. If you struggle to understand the public address system at the airport, alert the airline desk personnel at your gate that you cannot hear the boarding announcements well. Request that they personally notify you. Sit near the personnel counter.
- Make sure you have an adequate supply of batteries with you, in case you get stranded.
- Make sure you have a dehumidifier with you!
- Try to avoid taking your hearing aids out while on the plane, but if you must do so, make sure you take the time to put them away. Do not let them lay in your lap or on your lap tray, otherwise they may be lost when you de-board.
- When staying overnight in a hotel, ask the hotel if they have a hotel kit for the hearing impaired. These kits typically include:
  - Visual smoke detector, door knock signaler and phone alert
  - Strap-on phone amplifier
  - Tactile vibrator alarm clock
  - TTY (teletext)
  - Closed caption converter

## 2. Make an appointment with an audiologist BEFORE you leave town.

- If you are a current hearing aid wearer, schedule an appointment before you head out of town to have your hearing aids cleaned and checked to make sure they are functioning well and are programmed correctly. Also have your audiologist make sure you don't have any wax in your ears!

- If you do not wear hearing aids, but are not hearing as well as you once did, schedule an appointment before your vacation to have your hearing checked. Your hearing loss could be caused by an abundance of ear wax. Don't let something as common as ear wax prevent you from getting the most out of your vacation.

- If you have a spare, back-up set of hearing aids, make sure they are also in working order and don't forget to take them along! Also make sure if they use a different size battery that you bring those along too!

## 3. Plan ahead.

- **Noisy environments:** If you are in a difficult listening situation, like at a family or class reunion, and are trying to have a conversation with another person, go to another room or quieter area to talk. Keep away from the middle of the room. Instead, have the person to whom you are talking sit down or stand with his or her back to the wall. By following this simple tip, adaptive dual microphones in hearing aids can more easily focus on the sounds you want to hear while reducing or eliminating irritating and distracting background noise.
- **Restaurants:** Plan your trips to restaurants with small groups. That way the conversation will be easier for everyone...even those without hearing loss.
- **Arrive early** so you can request a table that is away from the kitchen or service area. Reduce background noise by choosing a booth in a corner if possible. This location will help the advanced technology in your hearing aids do what it is designed to do more effectively.

## 4. Be assertive with friends and family at family gatherings.

- It is up to you to take charge of your listening environment. Don't pretend you are hearing when you are not. It will only make you seem out of touch.



- If you struggle to hear the voices of small children, explain to them you want to hear everything they have to say and invite them to have a conversation sitting facing you in a quieter area of the home. The same goes for all conversations with adults.

## 5. Have a great time!

If you have questions about hearing loss or hearing aids, please contact Noel Crosby, Au.D. at Advanced Hearing Solutions, Englewood, FL at 941-474-8393.



### PROFESSIONAL BIO

Dr. Noël Crosby, Au.D., owner and practicing audiologist at Advanced Hearing Solutions in Englewood, FL is an experienced professional whose career has been devoted to helping people of all ages hear and understand more clearly.

With over 23 years of experience, Dr. Crosby's career path is marked by the pursuit of advanced education. After completing her undergraduate requirements, she received her Bachelor and Master of Science degrees from Florida State University and her Doctorate in Audiology from the University of Florida.

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 just completed her second term as president of The Florida Academy of Audiology.

941-474-8393 | [www.drnoelcrosby.com](http://www.drnoelcrosby.com)



# Alzheimer's

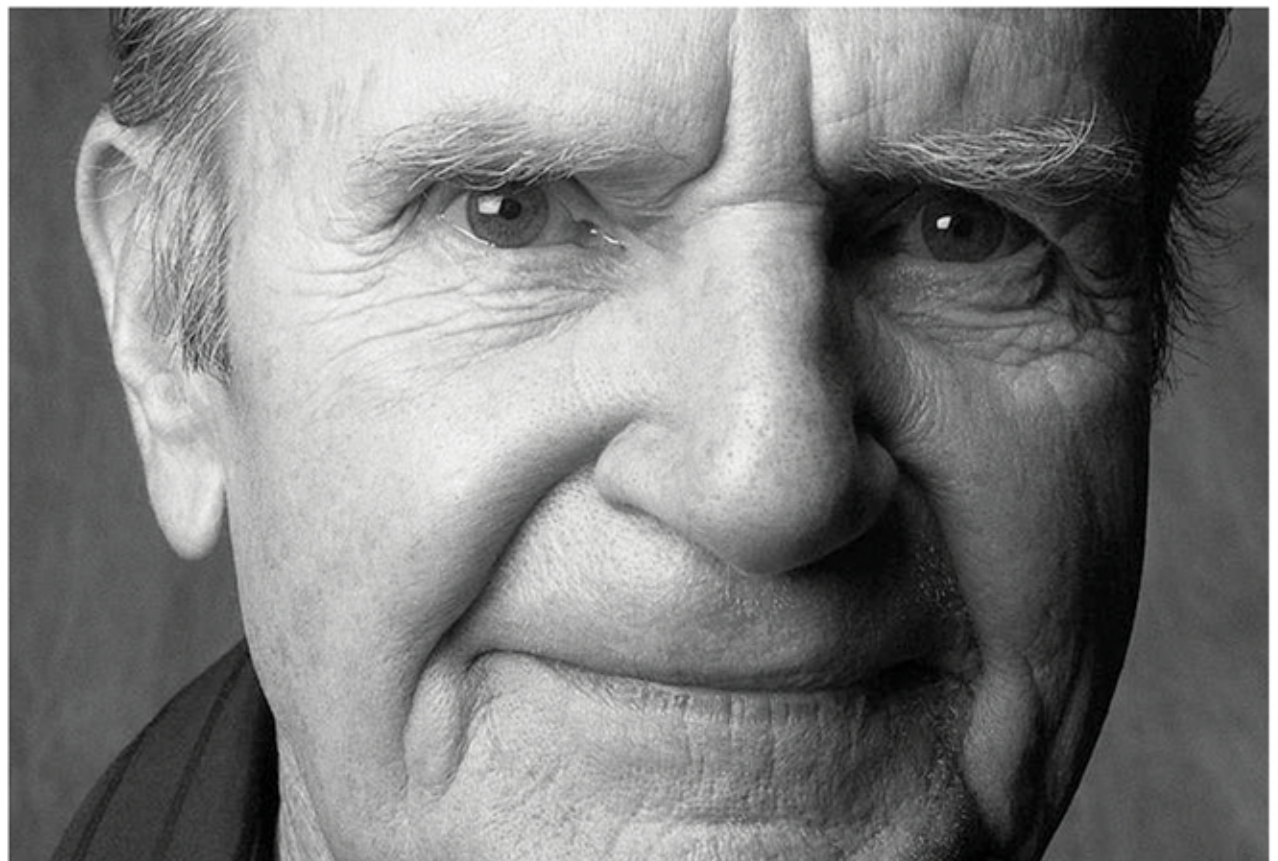
## The Most Common Type of Dementia

Advanced Imaging of Port Charlotte

**P**ositron Emission Tomography (PET) is a powerful imaging technique that holds great promise in the diagnosis of Alzheimer's. Alzheimer's is the most common type of dementia that can cause problems with thinking, memory, and behavior. Fifty to eighty percent of dementia cases are patients with Alzheimer's. The disease progressively gets worse, interfering with daily tasks. The disease is fatal and there is currently not a known cure. Although Alzheimer's mostly affects people 65 and older, it is not just a disease of old age. Close to four percent (or 200,000) of Americans, with the disease have early onset, also known as younger-onset, which appears when they are in their 40s or 50s. In the early stages of Alzheimer's, memory loss is mild. However, as the disease progresses it can cause a person to lose their ability to respond to their surroundings and lose their ability to carry on a conversation. Alzheimer's is the sixth leading cause of death in the United States. On average, people live eight years after their symptoms are noticeable to others. However, survival can range from four to 20 years depending on age and other health concerns. (Source: [www.alz.org](http://www.alz.org))

Not everyone will experience the same symptoms or progress at the same rate. However, Barry Reisberg, MD, clinical director of the New York University School of Medicine's Silberstein Aging and Dementia Research Center, created a 7 stage framework for the disease:

- **Stage 1:** No impairment. The person does not have any memory problems
- **Stage 2:** Very mild cognitive decline. Person may feel as if they have memory lapses, but can't be detected by an exam.



- **Stage 3:** Mild Cognitive decline. Family, friends, and co-workers begin to notice difficulties like remembering names, the right word, losing valuable objects, trouble organizing, etc.
- **Stage 4:** Moderate Cognitive decline (early-stage Alzheimer's). Medical interview should be able to detect it. Symptoms include: forgetfulness of recent events, impaired ability to perform challenging mental arithmetic, forgetfulness about one's own personal history, moody, and greater difficulty performing daily tasks.
- **Stage 5:** Moderately severe cognitive decline. Gaps in memory and thinking are noticeable and

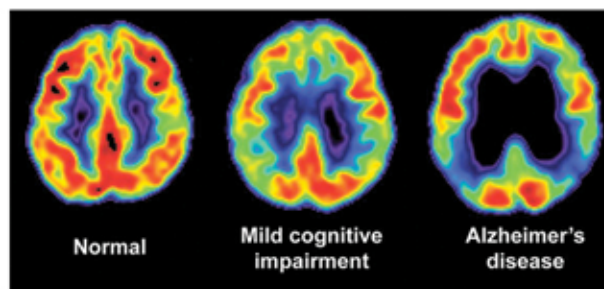
they begin to need help with day-to-day activities. At this stage, they will not be able to recall their own address; they are confused about what day it is; and they need help choosing clothes.

- **Stage 6:** Severe cognitive decline. Memory continues to get worse, personality changes get worse, and they need extensive help with daily activities.
- **Stage 7:** Very severe cognitive decline. They lose the ability to respond to their environment, to carry on a conversation, and eventually to control movement. (Source: [www.alz.org](http://www.alz.org))





An important aspect of treatment is early detection. The FDA approved a new technology to detect Alzheimer's, called Amyvid. Its radioactive dye is used with positron emission tomography (PET) to visualize amyloid plaque buildup in the brain. It's designed to be used on adult patients with cognitive impairment. A negative Amyvid scan shows scarce plaques and is inconsistent with a diagnosis of Alzheimer's. It also reduces the likelihood that a patient's cognitive impairment is caused by Alzheimer's. A positive Amyvid scan indicates moderate to frequent amyloid neuritic plaques; neuropathological examination has shown this amount of amyloid neuritic plaque is present in patients with the disease, but may also be present in patients with other types of neurologic conditions along with older people with normal cognition. In other words, if a patient with dementia does not have amyloid buildup, then the cause of dementia is likely not to be Alzheimer's. (Source: [www.alz.org](http://www.alz.org))



Advanced Imaging of Port Charlotte is currently the only area imaging facility that offers the Amyvid exam. Advanced Imaging strives to provide the residents of Port Charlotte and the surrounding communities with superior diagnostic testing performed on the highest level equipment. Advanced Imaging, headed by Thomas Fabian, MD, Medical Director has been the premier imaging facility in Port Charlotte since 2005. Advanced Imaging has the distinction of being ACR accredited and is staffed by only board certified radiologists. Testing available

includes: MRI, CT, DaTScan's, Breast MRI, Digital Mammography, Interventional Radiology, Nuclear Medicine, Prostate MRI, Ultrasound, Cardiac PET, CT Angiography (CTA), DEXA (Bone Density), Digital X-ray, MRA and PET scans and Amyvid exams. For your convenience Advanced Imaging is open Monday thru Saturday from 7-7. Advanced Imaging is a participating provider with Medicare and all major insurances. Any questions, please call 941-235-4646.

**Advanced Imaging**  
2625 Tamiami Trail of Port Charlotte  
**941.235.4646**



# What Does **FREEDOM** Mean to You?

*Being Thankful for the Many Forms of Freedom in our Lives.*

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

**J**uly is a month in America when we pause and give thanks for the many freedoms our nation provides us, such the freedom of speech, freedom to practice a religion of choice, and the freedom of assembly. While these articles helped make up the Bill of Rights, and have become an integral part of American life, there are still many other aspects of life most Americans are still constrained by, including health challenges, financial restrictions, and time constraints.



## Freedom from Health Challenges

When you are someone plagued with health concerns, you appreciate those days when you are free from pain, free from illnesses, and free from the limitations ill-health places on your everyday life. Unfortunately, most people have begun to accept those constraints as if they were a "life-sentence" of disease. Nothing could be further from the truth – or your potential reality. "Too many people are simply living with ill-health, not by choice", explains Carolyn Waygood, Certified Natural Health Professional, "but because they haven't been educated or empowered to change their situation." Good health is something everyone is capable of achieving, they just need a little direction. Recently, Plexus Worldwide, a natural health company based in Scottsdale, Arizona, hosted their annual convention in Dallas, Texas, and the theme of the gathering was "FREEDOM". During the 3-day event, thousands of Plexus customers and representatives shared their experiences, detailing the many health benefits they achieved through the Plexus products. "I think it's so important to let everyone know", noted Sabra McCraw as she addressed the over 8,000 attendees, "that [Plexus] is not just about weight loss...while the weight loss is great, that's just a tiny benefit to what Plexus does!"



*Figure 1: Sabra McCraw Before & After Plexus!*

doctors weren't finding. After deciding to take Plexus to hopefully aid in my weight loss, I learned about candida overgrowth and the havoc it can cause to your entire body, so I decided to do the candida spit test and was it ever present! I immediately started taking the recommended Plexus products to get rid of it. The first few weeks I'll admit were really rough, I learned I was going through what's called candida die off symptoms that included nausea, diarrhea, stomach cramps, severe headaches and body aches. I was determined to stick it out and see if this Candida Overgrowth had been the root of my problems. When the die off symptoms subsided, I started feeling really good! Three months later... I am now convinced that this was indeed my problem and with Plexus Slim, Accelerator, ProBio5, Bio Cleanse and X Factor I have won the battle against the Candida! I feel amazing and have more energy than I ever remember having, my mood even seems to be elevated. I want to call my husband most days and tell him how incredibly happy I feel. I know to some that may seem silly but when you get as down as I was it's a HUGE thing! I'm no longer on my thyroid meds, my hormones or my GERD/Acid Reflux meds, the insomnia is gone as well and now I fall asleep with ease and no longer need sleep aids or antidepressants. I also don't remember the last Hot Flash I had! These Plexus products have given me my life back and I will never stop taking them, they really do work! They are changing the lives of my family and friends and for this I am so grateful!"

– Sabra McCraw

While Sabra's experience is a common one, Plexus Health Ambassadors still have an uphill battle when trying to encourage others to take the necessary steps to improve their health. "Unfortunately, most people are skeptical, and they become paralyzed by their doubt", explains Ms. Waygood. "To help encourage people to invest time and energy into their health, I simply let them know that Plexus has an effective line of natural wellness products that have proven time and time again that they can help improve even the most stubborn health challenge. The key is to work WITH your Plexus Ambassador as they help YOU overcome your personal health issues. It takes patience and perseverance, but everyone can break free from dis-ease."



*Figure 2: Angel Fletcher Before & After Plexus!*

## Financial Freedom

When you have good health, you are free to live a life of joy,... and a little extra money helps too! Take it from Angel Fletcher, Plexus Ambassador, and a single mother

Disclaimer: All information provided in this article, particularly any information relating to specific medical conditions, health care, preventive care, and healthy lifestyles, is presented for general informational purposes only. It should not be considered complete or exhaustive and does not cover all disorders or conditions or their treatment. The information provided is not intended as a substitute for the advice provided by your own physician or health care provider, and may not necessarily take your individual health situation into account. The author assumes no liability or responsibility for any errors or omissions in the content of this article. The statements regarding any products included in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



of three. At one point in her life, she packed her car with 3 suitcases and headed back home to live with her mother. Her daughter was sick, she lived off food stamps, and weighed 300 pounds. Life seemed pretty dark, until she was introduced to Plexus. When her daughter's doctors approved the Plexus products and she began to witness an improvement in her health, Angel began to use them too. When Angel started her personal Plexus journey, she weighed 300 pounds and was a size 26. After she lost 97 pounds, and scaled down to a size 5, she knew she had to share the products with the world! Today, while the improvements in her family's health are recognized as the most important blessing, the income she earns through the Plexus business opportunity is beyond her (and ours!) imagination!

"One of the most amazing things about being affiliated with Plexus", notes Carolyn Waygood, Plexus Health Ambassador, "is it offers people a real opportunity to achieve better health, as well as a unique business model that empowers people to build financial independence. There's no other income opportunity that offers someone the ability to get healthier and TWELVE ways to earn money!" While some Plexus customers chose to participate in the Plexus business in order to earn extra income, it is not a requirement when purchasing Plexus products. However, if you're considering trying a Plexus product for yourself or a loved one, take the time to learn about the business opportunity because it's helped thousands of people all over the world achieve financial freedom.

#### Freedom to Live Your Life on Your Terms!

Freedom to dictate your own schedule, the hours you work, the time you spend with your family, when you want to take a vacation, and when you simply want to relax at home seems to be an unrealistic dream. Maybe it was based on historical business models, but not anymore!



"We are living through an important change in traditional business models", explains Ms. Waygood. "The influence of social media, the increased importance in personal testimonies and referrals, a consumer's desire for more education, and the need for increased wealth are driving the success of direct-sales and home-based businesses." The positive impact the direct selling channel of distribution has made, and continues to make, on the lives of people is both real and achievable. The fact that a single mother of 3, once bound by food stamps and ill-health, could obtain both health and wealth from products sold through direct-sales should encourage everyone.

**You are invited to learn more  
about Plexus products and business  
opportunity by visiting;  
[www.Waygood.MyPlexusProducts.com](http://www.Waygood.MyPlexusProducts.com)**

Interested consumers can also listen in on a Weekly 30-minute Conference Call every Wednesday evening, 9:00 EST, by dialing (857) 232- 0155, and entering the access code: 610844.

If you have trouble accessing this number,  
call (602) 734 - 2177.



Plexus Ambassadors are certainly encouraged, and feel blessed to be involved in a young company based on high-quality natural wellness products, and guided by a moral and ethical executive team. Talk to any Plexus Health Ambassador and they will tell you they are thankful for the freedom Plexus has brought them; freedom from sickness, freedom from debt, and freedom to spend their time doing what they love! "If you're frustrated with your job, and feel passionate about helping others be healthier", suggests Ms. Waygood, "than you owe it to yourself and others to learn more about Plexus!"

Looking for a Plexus Ambassador close to you? Contact one of our passionate and professional representatives today, and learn more about the many health benefits associated to the Plexus natural products, as well as the generous income program Plexus offers. Let them help you improve your health, and wealth, with Plexus!

#### Plexus products are formulated to help with;

- Healthy Weight Management
- Glucose & Insulin Management
- Abdominal Pain & Discomfort
- Candida Overgrowth
- Joint Pain & Discomfort
- Better Breast Health
- Relief from Skin Irritations
- Digestive Health
- Improved Energy
- Detoxification & Elimination of Waste
- Relief from Chronic Inflammation
- Improved Immune Function
- Healthy Body pH Levels
- Improved Nutrition

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# AN OPEN LETTER TO SURGICAL PRACTICES

**Y**ou have spent years perfecting your craft; college, medical school, residency, and continuing education. Countless hours spent in the operating room saving lives for some and improving the quality of life for others. We respect and appreciate your dedication. You are always there for your patients. Who is there for you? Who is in your corner? Especially, when it comes to your bottom line.

To provide the best care possible for your patients, your practice needs to allocate its resources properly. The more resources... the more beneficial you are to your patients. This is where billing comes in. In the complicated world of insurance claims, most practices either hire staff to oversee their billing or outsource to an agency. Unfortunately, utilizing internal office staff to simply keep the wheels of insurance claims rolling can actually be counterproductive. If you realized that there was significant revenue lost in addition to cost of their employment, you might reevaluate this strategy. On the other hand, some of the best known national billing companies will outsource their work to countries like the Philippines or India. You may think that you are working with an American company that is well-versed in our laws and regulations, but you may actually be entrusting your revenue to an offshore worker making minimum wage.

So, what is the solution? At Premier Surgical Billing, located right here in Sarasota, they have over 30 years of experience handling surgical claims. On average, they have found that most practices leave up to 15% in reimbursements on the table. In addition to the billing of your end-to-end services, they scour your operating notes with a fine-tooth comb to ensure that every procedure is properly coded for maximum revenue. Oftentimes, they will discover enough lost income to offset their fees entirely. How is that for ROI?

As you know, new regulations are being created each the day. Trying to stay on top of that growing mountain is daunting at best. Premier Surgical Billing is 100% compliant with all new HIPAA requirements and is ready to navigate the replacement for the 9th Edition of the International Classification of Diseases, ICD-10. Submissions are run through their rigorous 6-point inspection before they are sent electronically. Leave the worrying to them; they are well-versed in all pertinent laws and regulations.

You will always be in control of your practice and your books. They just take the day-to-day stress off of your shoulders, so you can spend more time with your patients. Everybody has their specialty; yours is surgery... theirs is surgical billing. In fact, they are able to seamlessly integrate with your existing



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

Practice Management software with ease. The only thing you will notice is a blacker bottom line and a better night's sleep.

To learn more about the benefits of working with Premier Surgical Billing of Sarasota, you can visit their website at [www.premiersurgicalbilling.com](http://www.premiersurgicalbilling.com) or call them at (941) 343-9098. They will be happy to stop by and show you firsthand how easy it is to increase your revenues and decrease your stress.

They've got your back...

*Premier Surgical Billing*





# "The Long Goodbye"

By Vicki Polce, Studio FSW  
Florida SouthWestern State College

**A**s a child, I thought there was nobody like my dad. The strong, silent type – but when he had something to say, you had better listen! A wounded World War II veteran, he came back home to start a business and take care of his family.

As he approached his middle 70s, my mom, my brother, and I noticed a difference. He became forgetful (more so than you would consider normal) and would ask mom the same question several times in a short period of time. But yet he could talk about things from his childhood as if they happened yesterday.

Mom took him to several doctors and specialists and he was diagnosed with Parkinson's disease and the onset of Alzheimer's. Keep in mind that this was 25-plus years ago and not a lot of information was readily available for us to research so we could prepare for what was to come. He was given a litany of medications in hope that it would slow the progress of both maladies.

For the next five to seven years, his deterioration was slow, but then as if someone turned on a switch, the Parkinson's riddled his body, the Alzheimer's consumed his mind, and it became harder and harder for my mom to care for him at home.

He had "Sundowner's Syndrome" meaning as soon as evening came, his mind would ramp up. He would wander the house looking for people who were not there. He would constantly ask my mom who was sitting on the couch next to her. He would try to turn the television around to see

'how those people got in there'. He thought they were talking directly to him and he would answer them. One night he called 911 and told them that his two-year-old grandson was wondering around outside and that his parents (my brother and his wife) would not let him in. This was when we decided he needed to be in a nursing facility.

Here's the sad part; there were occasions that he was aware of what was happening to him and he would beg us not to put him in a nursing facility and he promised to be better. It broke our hearts but we knew that he was making promises that his mind could not keep.

We did decide on a facility and for the next months we would visit him there. He forgot who everyone was, with the exception of me. Every time I visited, he would cry and hold my hand and ask me why he was there. He felt as if he was being punished for some crime he did not commit. It was a very hard time for all of us.

About nine months later, he contracted pneumonia and was taken to a hospital where we all watched him slip off in to a coma. Laboring to breathe, we all held his hand, talked to him, and kept cold compresses on his forehead to try to bring his temperature down. Finally late one Sunday evening, after a valiant fight and over a week in the hospital, he passed on to be with his parents whom he loved and missed so much.



I know you have heard of Alzheimer's as 'The Long Goodbye' and it truly is. You're watching your loved one slip away daily into a world that is only about the size of your hand. My advice to anyone out there who thinks they or someone they love may have the start of Alzheimer's, please, please, please go or get them to a doctor. There are some new advances that were not around 25 years ago that may be able to help. Also, if you know of a loved one who is caring for an Alzheimer's patient, call them, go see them, offer to sit with the patient so the loved one can get out of the house and get a break, hold their hand and let them cry or talk. I saw what a

toll my dad's care took on my mom even though we did everything possible to give her a break.

Alzheimer's Awareness is everyone's responsibility – especially now with all the wonderful resources that anyone can research.....and don't forget about the caregivers, they are the unsung heroes in all of this.



www.FSW.edu - (800)749-2322  
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## Can Alzheimer's and Independence Go Hand in Hand?

**W**hile some treatments are being introduced to combat the effects of Alzheimer's, currently there is no cure. About 5 million Americans are living with Alzheimer's. This number is expected to rise dramatically over the next few decades. No one wants to hear they have this debilitating disease; it can be frightening and full of unknowns. For family members, the news usually invokes the same response.

### The first question... What is Alzheimer's?

Alzheimer's is the most common form of dementia. It makes up approximately three quarters of all dementia cases. It is commonly found in the elderly, but a small percentage of people are diagnosed as young as 40. One of the misconceptions about this disease is that it is a normal part of the aging process. The notion that everyone will eventually get dementia as we get older is wrong. Many believe that Alzheimer's is something mild, like forgetting where your car keys are, or forgetting someone's name from time to time. The fact is that Alzheimer's symptoms do gradually get worse with time and eventually lead to death. By the time symptoms present themselves, the average life expectancy is approximately ten years. Though, there have been cases of people living more than 20 years after diagnosis.

Being aware of the signs early can help give you a head start on what to expect. A disruption in daily life due to memory loss is easily one of the first and most common symptoms of Alzheimer's. Short term memory is affected more than long term; anything that has just been learned, such as someone's name can be immediately forgotten. Having more trouble than usual working basic objects around the house like the radio or television can be a telltale sign of the disease. Post-It notes and reminders can be crucial to help remember dates, names, or phone numbers.



One of the most difficult symptoms of Alzheimer's for the patient and their loved ones is difficulty with conversation. During a simple encounter, an afflicted person may stop speaking midway through because they don't know how to continue their thought. They may begin to speak differently, forgetting certain words and repeating what they had just said. Mood swings, anxiety, and fear of their surroundings can lead its victims becoming more and more reclusive. Many times, they do not want to go out into public and avoid social settings.

Treatment is available to help reduce the symptoms of Alzheimer's like memory loss, behavioral problems, and sleep changes. Medications can help,

but they will not reverse or stop the process. For spouses and other loved ones, watching over them can be a full-time job. Visiting Angels sees the frustration and feeling of hopelessness first hand. They are an in-home care agency that helps with daily chores, hygiene, running errands, and medical reminders.

If you have any question regarding Alzheimer's or the assistance that you can receive from an agency like Visiting Angels, you can contact them at (941) 347-8288. Their commitment to caregiving is unparalleled and they will come into your home to evaluate your specific needs.





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**Dr. Debbie Marks**  
is now back at The Animal Clinic. Her special interests include wellness and geriatric care, internal medicine, and dentistry.

**Dr. John Rand**  
is a Punta Gorda native and UF graduate. His special interests include clinical pathology, exotic animal medicine, and diagnostic imaging.

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# Do You Need a Stent?

Louis D. Rosenfield, MD

**T**hrough my years as a practicing physician, two of the most common questions patients ask are: What is a stent? and Do I need a stent? I will now try to answer these frequently asked questions to give you a better understanding of stents and why they are used.

Stents are mesh tubes designed to hold/scaffold, usually tubular body structures. Stents can be used to treat blood vessels (arteries and veins), but can also be used in urologic, gastrointestinal, pulmonary, other systems procedures. I want to focus this time, specifically, on the coronary arteries, vein or arterial coronary by-passes that involve stents.



This small tubular mesh is made with biocompatible material usually stainless steel, chromium-cobalt alloy, Tantalum alloy or Nitinol (combination of nickel and titanium). There are two types of stents available to use – bare metal stents and drug-eluted stents. The drug-eluted stents, in addition to the metal, have a polymer which holds a medication (Sirolimus, Tacrolimus, Everolimus) to prevent what is the Achilles tendon of stents, in-stent restenosis or closure with scar tissue (neointimal proliferation) which appears over months following procedure. The use of drug-eluted stents decreases the risk of restenosis and the chance of returning to the hospital for another procedure in the same vessel area. On the other hand, drug-eluted stents take longer time to heal and carry a higher chance of forming a blood clot within the stent and a heart attack if adequate antiplatelet medication (combination of aspirin and clopidogrel or prasugrel) is not taken for at least one-year post procedure. The bare-metal stent usually heals



within four weeks and at that time is safe to stop the antiplatelets if needed. However, other studies show that taking the medications, aspirin (forever), and Clopidogrel or Prasugrel (or 9-12 months) improve clinical outcomes with bare metal stents also. If you have a bare metal stent placed and no problems taking the medications, the doctor may opt to keep you on dual antiplatelet medication for nine months to a year.

Prior to the existence of stents, we used to open the arteries/veins only with balloon angioplasty. The problem with balloon angioplasty is that after ballooning the blood vessel, a wound may form

(dissection) and the vessel may close in the periangioplasty time. The vessel also reacts, constricting again (recoiling) causing an acute closure of the vessel. Implanting stents scaffolds the vessel and prevents recoil and acute closure to help heal the vessel. Most of the coronary interventions that take place today use stents.

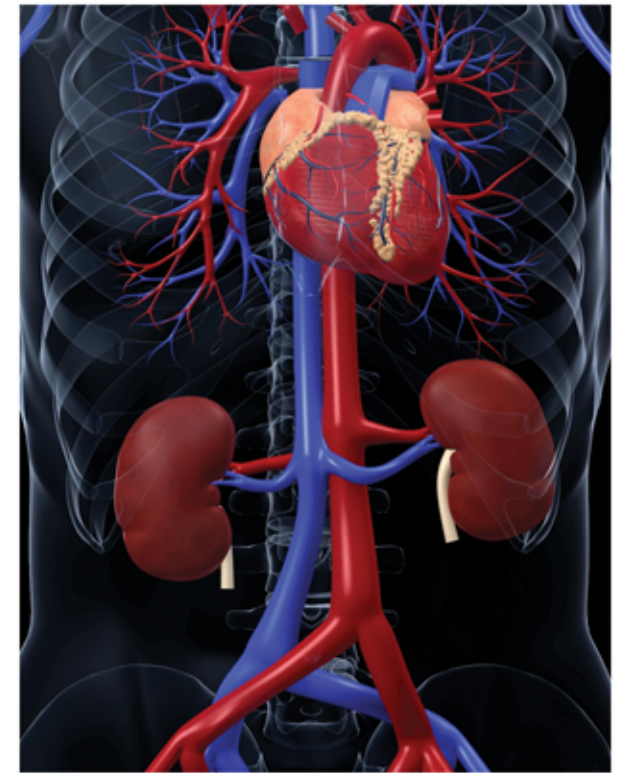
**Do you need a stent?** In order to answer this question we have to differentiate an acute coronary syndrome from chronic symptoms of coronary disease. On top of that we need to define what is an unstable plaque and a stable plaque.



Acute coronary syndromes are heart attacks or pre-heart attacks (change in symptoms that may lead to a heart attack). If a patient experiences acute coronary syndromes he/she will typically find themselves in the hospital.

An acute coronary syndrome usually occurs because unstable plaque ruptures within the blood vessel, forming a blood clot around it and obstructing the vessel totally or partially in a short period of time, causing acute symptoms. In this case it is recommended, if high risk, proceeding with a heart catheterization and fixing the obstructing plaque with a stent together with adequate medical therapy. In this situation stents may increase survival, reduce risk of subsequent myocardial infarction, and reduce complications post heart attack. In other occasions, lower risk patients, doctors may decide to treat with medicines only.

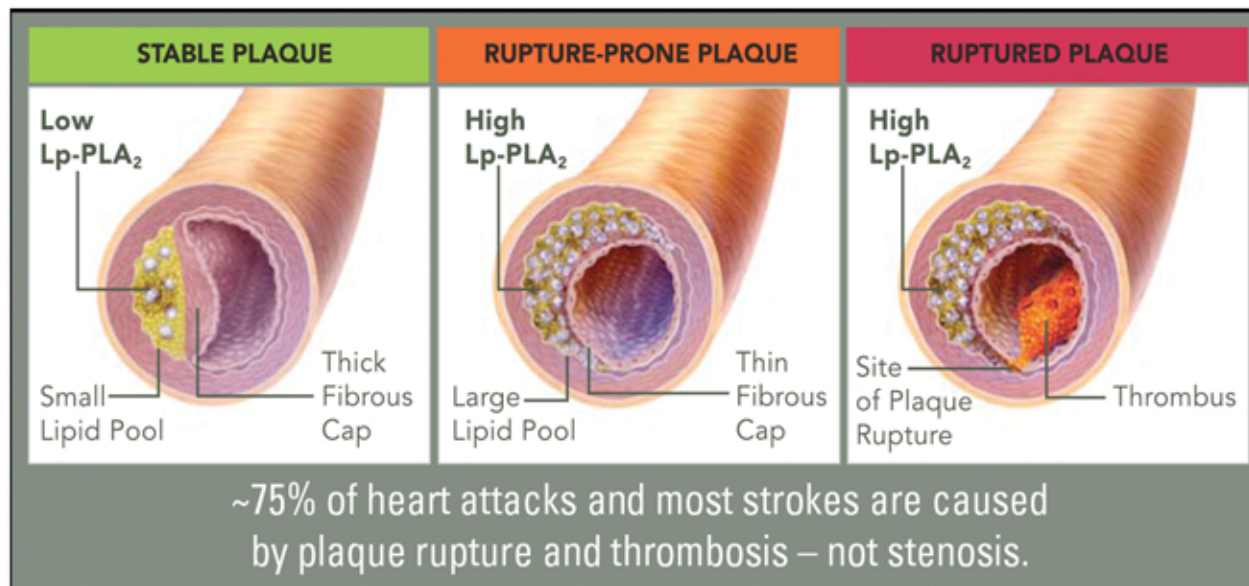
On the other end of the spectrum, when someone presents with chronic coronary symptoms (chest pain, shortness of breath, other) they have a chronic stable plaque obstruction. It is important to know that in chronic coronary disease, angioplasty and stents do not necessarily improve survival or decrease heart attacks. In these cases, stents are used to improve symptoms and quality of life. Usually a stress test will be performed for risk assessment. After considering results from various tests and after placing the patient on medical therapy, the doctor may decide to proceed with a heart catheterization and decide if stents may help improve symptoms. Stents are also indicated if a large, important area of the cardiac muscle is not receiving adequate blood flow and is in jeopardy. The heart catheterization may also help to determine if coronary artery by-pass grafting is needed, which in some occasions may also improve survival comparing with medical therapy alone.



Finally, I want to remark the importance of medical therapy and risk factor modification for coronary artery disease. Angioplasty/stents do not work if patients are not adequately treated with medications. It is just also vital for patients to manage and lower their risk factors for coronary artery disease. It is crucial to not use tobacco, aggressively adjust the cholesterol according to guidelines, exercise, lose weight and closely monitor glucose levels if diabetes is present.

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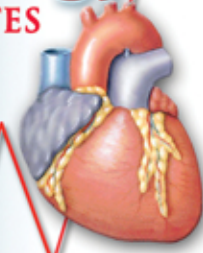
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# One of **Top 1% of LASIK Surgeons** in US Joins Dr. Jonathan Frantz at Frantz EyeCare

I am pleased to announce that Jeffrey B. Robin, MD, has joined my medical team at Frantz EyeCare as a LASIK surgeon, laser eye specialist and comprehensive ophthalmologist.

Dr. Robin has performed over 65,000 laser vision correction procedures during more than 20 years in practice. He has traveled to more than 30 countries to perform and teach vision correction surgery and has been designated by Best Doctors of America as a Top Doctor for several consecutive years. Additionally, his extensive qualifications and experience place him among the top one percent of LASIK laser eye surgery and refractive surgeons in the United States.

An extensively trained and experienced ophthalmologist, Dr. Robin specializes in corneal diseases and surgery and refractive surgery. He has worked successfully in many ophthalmology scenarios, including academic, VA, private practice, and corporate. He has authored more than 100 peer-reviewed articles and has delivered thousands of lectures and seminars at ophthalmology meetings around the world. He is an internationally recognized refractive surgeon and was extensively involved in the development, growth and leadership of the International Society of Refractive Surgery, of which he is past president.

In addition to performing LASIK surgery at Frantz EyeCare, Dr. Robin will also see patients for eye conditions such as glaucoma, diabetic eye disease, dry eyes and pterygiums.

Dr. Robin received his Bachelor of Science from Pennsylvania State University and Medical Degree from Jefferson Medical College in Philadelphia. After completing an internship at Harbor-UCLA Medical Center and ophthalmology residency at Georgetown University Medical Center in Washington, DC, Dr. Robin completed Fellowships in Cornea and External Diseases at Estelle Doheny Eye Foundation at the University of Southern California and LSU Eye Center at Louisiana State University School of Medicine, where he also did a Fellowship in Ocular Virology and Immunology.

Among his numerous professional societies, Dr. Robin is a member of the American Academy of Ophthalmology, the American Society of Cataract and Refractive Surgery, and the International Society of Refractive Surgery.

Frantz EyeCare and area residents are extremely fortunate to have a surgeon of such high caliber in the field of LASIK and refractive surgery right here in southwest Florida. Together with our team of ophthalmologists and optometrists, Frantz EyeCare has a medical team that is second to none in our area.

Dr. Robin will see patients at all five locations of Frantz EyeCare.

To make 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, treatment of eye diseases, bladeless iLASIK laser vision correction, and eyelid surgery with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.*

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# HOT WEATHER RUNNING TIPS

**T**he Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

- Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

- Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature. Check your local weather and humidity level.

- When running, if you become dizzy, nauseated, have the chills, or cease to sweat...STOP RUNNING,



find shade, and drink water or a fluid replacement drink. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.

- Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the

sun, apply at least 15 SPF sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.

- If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

- Children should run in the morning or late afternoon hours but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.

- Do wear light colored breathable clothing. Do not wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits on hot days to lose water weight is dangerous!

- Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running, how long you think you will gone, and carry identification.

- Stay hydrated, cool, and safe this summer!

Source: [www.rrca.org](http://www.rrca.org)

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# 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 Venus 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?



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# Computer Guided Dental Implant Surgery

By Dr. Joseph Farag

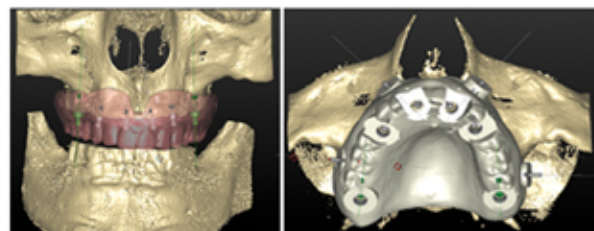
**M**ost radiographic images used in implant surgery prior to the advent of CBCT were only two-dimensional. These images, if properly taken, only provided a rough estimation of bone height. Often times, the bone width and actual 3 dimensional shape was only visible during surgery, sometimes necessitating some creative solutions for anatomical problems, and other times an incorrect placement of the implants.

## A Precise and Predictable Solution

As dental implant surgery has become more widespread, a more precise and predictable solution for surgery was needed. This need gave rise to the development of 3-D imaging technologies that could easily be used in a general dentist practice.

## Radiation Exposure is Mild

Cone beam computed tomography (CBCT), also referred to as 3-D x-ray, has many distinct advantages over traditional two-dimensional imaging. The amount of radiation exposure compared to traditional CT scan is mild. In some cases, it can be as little as 1/100 of the exposure used in CT.



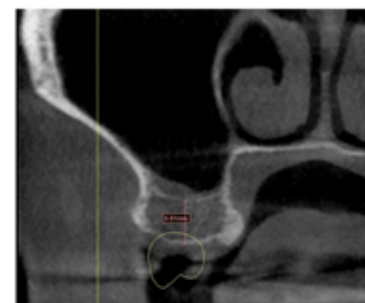
## Implants Placed with High Degree of Precision and Accuracy

Another advantage of three-dimensional imaging is the detailed assessment of the bone scan using specific software. This software, used in conjunction with the 3-D images obtained by CBCT scans, provides a clinician with an indispensable tool for planning implant surgeries. With the use of these specifically designed surgical guides, implants can be placed with a very high degree of precision and accuracy. There is little discrepancy between the planned surgery on the computer and the final implant placement.

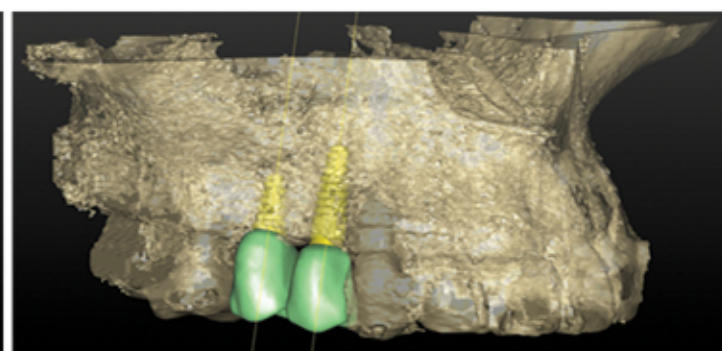
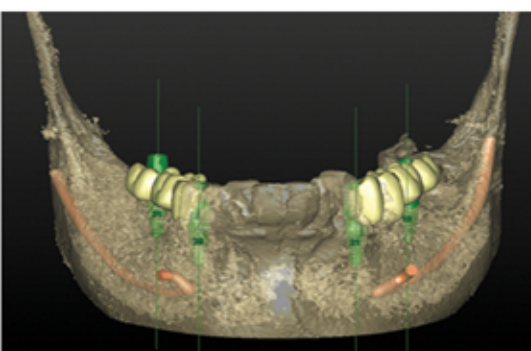
## Less Discomfort and Shorter Treatment Time

These procedures can also be accomplished in a more conservative manner which provides the patient with less discomfort and a shorter treatment time.

Cross-section view of a patient who does not have adequate bone for an implant. By using the 3-dimensional images and planning software we can determine that this patient will require a sinus graft prior to implant placement.



To learn more about dental implant surgery or to schedule an appointment, call Dr. Joseph Farag at Port Charlotte Dentalcare, 941-764-9555.



3D imaging is necessary for the exact identification of vital anatomical structures that should be avoided during implant surgery such as nerves, blood vessels and sinus cavities. More and more clinicians are using 3D imaging and guided surgical techniques in order to provide patients with safer and more predictable results.

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# Dog days of summer are here.

By Dr John Rand, D.V.M.

**D**ogs pant for many reasons; fear, anxiety, pain, various drugs, heart, lung, or central nervous system disease, and for the purpose of this paper, to keep cool. Dogs' main means to dissipate excess heat is via evaporative cooling from the respiratory tract through panting. Panting increases air flow over moist surfaces. The increased airflow speeds evaporation and cools the dog. Sometimes, though, panting is not enough.

In this part of the country at this time of year, we may inadvertently put our pets in situations that can quickly turn deadly. Rising temperatures and an everpresent, high humidity makes losing enough heat very difficult for animals. Compound that with a lack of shade or wind and also with the fact that most of today's pets are overweight. A dog left outside in the direct sunlight, or worse, a closed car or truck, is in serious risk of heat stroke. Brachycephalic breeds (smooshed in face) like pugs, shih tzus, Boston terriers, etc., that can barely breathe as it is, can suffer from heat stroke even easier.

The signs are subtle, but significant:

Dark red tongue and gums

Fast heart rate

Bounding pulses

Vomiting

Diarrhea

Wobbliness

A dog's body temperature can quickly and easily climb over 106 degrees. At these temperatures, nearly every organ of each body system is affected. Blood cells and vessels melt, causing internal bleeding, clotting abnormalities, and low blood pressure. Intestinal cells leak and bacteria enter the bloodstream. The brain and nerves swell, leading to disorientation, seizures, and



coma. The heart begins beating irregularly and blood flow decreases. Kidney and liver cells die, leading to organ failure. If it sounds scary, it is.

Always provide shade, moving air, cool water to drink, and room temperature water to mist. When in doubt, get your pet to a veterinarian immediately. Depending on the severity of damage, you may expect

around two days of hospitalization, with complications occurring up to one week out.

Heat stroke often carries with it a poor to grave prognosis as well as a hefty hospital bill. As with so many medical conditions, prevention is key.



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## Spiritual Wellness

# The Hidden Message

By Alex Anderson  
Senior Associate Pastor at Bayside Community Church

### Bizarre Stories

There are enough bizarre things about the Bible to give lots of reason to visit its pages regularly. Some of my crazy favorites are as follows: Peter, one of Jesus most noteworthy disciples, gets out of a perfectly good boat and walks to Jesus on the waters of the Sea of Galilee during the middle of a storm. Does that make much sense to you?

Another strange one is about a woman named Mary who crashes a dinner party where Jesus is the guest of honor. She is so grateful for something He had apparently done for her that she pours, not accidentally spills, a bottle of perfume over Jesus that cost in 2012 US money over \$36,000.00. That's a lot of money for any bottle of perfume much less to be poured over someone all at once.

One of my all-time favorites is when Saul, a well-meaning Jewish Rabbi, is on his way to Damascus and in the middle of the day is blinded by a piercing light which so disorients him that he loses his balance and falls off his noble steed, his donkey. But that's not Saul's entire bizarre road trip. As he is picking himself up off the ground he realizes that he cannot see anymore. Then it gets really bad.

He hears a voice talking to him. So Saul responds to the voice and asked who was speaking. The voice says that it is Jesus. At this point of time Jesus had risen from the grave during what we call Easter and was supposed to be in Heaven. What was He doing back on Earth, talking to Saul and why blind him with light? The rest of Saul's funky road trip evolves into some man praying for him to get his sight back and it happens in the most peculiar way, which makes for a lot of fun reading.



### Odd Things

The Old Testament has 17 historical, 5 poetical and 17 prophetic books. As a matter of fact, it is one of the few documents to survive so many different wars, so many different regimes, and so many different centuries on the earth. That is pretty amazing. Seems like God may have had something to do with that. The New Testament has four gospels, the book of Acts, twenty-one epistles and the Revelation. Personal Revelation seems to really run all throughout the Bible. John got Revelation on the Isle of Patmos. He was too tough to die when they boiled him in oil. So they stuck him on an island by himself. Big mistake. They should have never done that because God was, to some degree, living inside of John or at least enough to write the book of Revelation. That's very odd indeed.

### A Few Fun facts

Some facts about the Bible: there are 1189 chapters. The Old Testament has 260. The longest chapter in the Bible is Psalms 1:9. It is very long. The shortest verse, John 11:35, happened when Jesus was standing in front of his best friend's tomb, Lazarus, and Jesus wept. The Bible was written over 1500 years, over 40 different generations and has over 40 authors. It was totally directed by the hand of God. To date, between printings and distributions, a recent survey says there are probably over 6 billion copies out there. It is the most widely published material ever.

### Hidden Message

But the real reason we read the Bible is because it speaks to us. No I'm not suggesting you will hear audible voices like that guy Saul did on his strange road trip, but you will hear something. Something inside your soul will connect with the hidden, secret voice of the Bible. It's the voice of Holy Spirit. It is unlike any other set of written words you will ever read. According to the writer of the book of Hebrews, the Bible is literally alive!

Jesus said this, about His own words; "These words that I speak, they are spirit and life." They are unusual. They are different than anything you could ever read. When you read Plato, Socrates, or Shakespeare, you realize they were awesome thought-leaders, but their words are not quite like the words of the Bible. It is living and active and it kind of pokes around inside of you in a good sort of way. The Bible is literally God breathed, so when we read it, God helps us to understand its deeper meanings.

So grab a copy of the New Living Translation of the Bible, fill up your tea or coffee cup and spend a little time reading some surely bizarre and odd things. And who knows what you may "hear" along the way. It's a lot of fun.

To your spiritual health,

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





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