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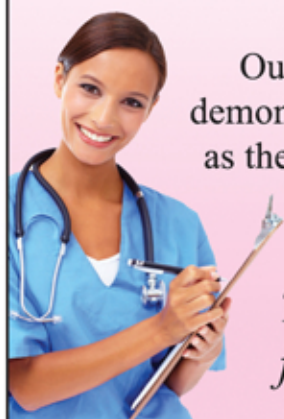
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CONTACT US

DISTRICT MANAGER
813-787-1128

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

EDITOR - Lisa Minic EDITOR - Lorrie Ritchie

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Atherosclerosis: Are Your Arteries Healthy?

By Jessica Babare, DO, CardioVascular Solutions Institute

You probably wouldn't be terribly surprised if I were to tell you that the leading cause of death and disability in this country is heart disease. Actually, chances are, you or someone you love is living with coronary artery disease. You are probably also familiar with some of the modern medical advances that have come about in recent years to help millions cope with the consequences of coronary artery disease such as coronary bypass surgery or coronary stents. What you may not understand, however, is that the modern plague of coronary artery disease is often a co-conspirator, keeping deadly company with numerous other diseases, all related to each other by one simple mechanism: a degeneration of the body's arteries.

It's not hard to understand that one of the key components of a healthy body is a healthy supply of blood to organs and tissues. The blood is essential for delivery of oxygen and nutrients to each of the body's trillions of cells, followed by removal of waste products. That being said, it is clear to see how a healthy body would be very dependent on the vitality of its arterial supply.

Most people would probably be surprised to know that the vast majority of today's modern diseases all stem from the same cause: atherosclerosis. Atherosclerosis is a disease process whereby the artery lining becomes diseased, often accumulating plaque which obscures areas where blood is meant to flow freely. There are many different factors leading up to this, but ultimately, the process causes poorly functioning, hardened, and eventually, clogged arteries that can no longer perform their essential role in the body. There are arteries throughout the body where atherosclerosis can occur. Once this disease is in a more advanced stage it can cause severe damage to which ever organ the diseased artery is meant to supply. Everyone knows that if you block blood flow to the heart, a heart attack occurs, but what most people don't know is that the same process can occur all over the body and that many common diseases are caused by the same, underlying process.



Most people who suffer from a chronic disease, suffer from a disease which either contributes to or is a consequence of arterial disease. Do you know someone suffering from dementia? One of the most common causes of dementia is called vascular dementia. This occurs when tiny blood vessels no longer function properly, leading to numerous tiny, undetected strokes, causing a person to lose their cognitive abilities. Although other causes of stroke exist, the most common type of stroke occurs due to atherosclerosis of the brain's arteries, including the large arteries in the neck supplying the brain, the carotid arteries.

Do you know of anyone who has kidney failure or is on renal dialysis? Well, you may be surprised to know that the leading cause of kidney disease is from degeneration of the tiny arteries that filter blood within the kidney. The large renal arteries which bring blood into the kidney can also become clogged, preventing blood from reaching the kidney all together. In the same way, damage to the eye's delicate retinal arteries is one of the most common causes of blindness.

Ever known of someone who had something called peripheral arterial disease? Or have you ever heard of someone who has had to have their legs or toes amputated? In the majority of these cases, the cause of their limb loss was the same disease process that would have caused a heart attack: atherosclerosis. The reality is that many, if not most of all the diseases affecting Americans today stem from complications of vascular disease.

Causes of Atherosclerosis

Although it may be daunting to think that so many serious, life-threatening conditions are caused by the same process, arterial disease, the good news is that the prevention and management of this wide spectrum of diseases is also, at their basis, the same.

1. Smoking

Most people are aware of the dangers of smoking as it relates to lung diseases and cancer, but what is less known is that smoking has strong damaging effects on the body's arteries. The toxic chemicals in cigarette smoke cause injury to the delicate lining of arteries, raise blood pressure, and accelerate the formation of atherosclerotic plaque. Cigarette smoking has been shown to significantly increase a person's risk for all manner of cardiovascular diseases including heart attack, stroke, aortic aneurysm, and peripheral arterial disease.

2. Hypertension

Hypertension, commonly known as high blood pressure, is an exceptionally common problem within Western society. Caused, by a complex interaction of the body's hormones, breakdown in the health of the body's arteries, increased salt intake, high stress lifestyle, and numerous other factors not quite understood by modern medical science, hypertension is a disease that is strongly linked to cardiovascular diseases. Ironically, hypertension is often one of the causes of arterial disease, but, is also made worse by the arterial disease process that it brings about.

3. Diabetes

Unfortunately, now one of the most common chronic diseases affecting Americans, diabetes is a serious risk factor for developing atherosclerosis. Due to the nature of their disease, diabetics, have difficulty with cholesterol and other lipid processing within their bodies. Also associated with diabetes are increased inflammatory changes and hormonal irregularities which contribute to narrowing and atherosclerotic degeneration of the body's arteries. Due to this, most diabetics will die from cardiovascular complications caused by their diabetes. As it turns out, diabetics are some of the most vulnerable when it comes to developing cardiovascular diseases such as renal failure, blindness, heart attacks, strokes, and limb loss.

4. Cholesterol

Although not the only factor involved in the formation of atherosclerotic plaque, we know that elevated levels of blood cholesterol and other lipids is a major contributor. Plaque often forms as a result of deposition of fatty deposits in the body's arterial lining, causing inflammation and scarring to occur, eventually leading to arterial narrowing and cardiovascular diseases.

5. Stress

Often an overlooked contributor to disease in modern society, stress plays a key role in the development and advancement of cardiovascular diseases. Stress hormones cause numerous changes to occur within the body, including elevation of blood pressure, hormonal changes and increased inflammation, all leading to more aggressive progression of atherosclerosis. Increased stress can lead to difficulty controlling blood sugars for diabetic patients. It can also lead to insomnia, anxiety states, and depression, all factors which have been shown to increase a person's risk of cardiovascular diseases such as heart attack and stroke.

6. Diet

The standard American diet, consisting mostly of meat, dairy, and processed carbohydrates is widely known to be a large contributor to many of the risk factors for cardiovascular disease such as hypertension and diabetes. The standard American diet provides many of the building blocks for atherosclerosis. It is a pro-inflammatory diet, providing the body with an overabundance of calories, cholesterol, and predisposing Americans to conditions such as diabetes, obesity, and hypertension as a precursor to the more serious cardiovascular complications that will follow.

Managing and Preventing Cardiovascular Diseases - Now that you've been brought up to speed about the pervasiveness and risk of atherosclerosis and cardiovascular diseases, you may be wondering what you can do to reduce your risk and prevent many of these diseases from occurring to you or someone you love. Here are a few recommendations that you may find helpful. First of all, seek guidance from a trained health professional who can discuss with you your risks for cardiovascular disease and screen you for other contributing conditions such as hypertension, elevated cholesterol, or diabetes. If you do have any of these conditions, work closely with your physician to strictly manage your blood pressure and blood levels of cholesterol and glucose. The better you can control these diseases, the better your chances will be that your arteries can stay healthy.

If you are a smoker, make a plan to quit.

It won't be easy, but there is nothing more empowering you could do for your cardiovascular health! Ask your doctor for recommendations on quitting, find a buddy to support you along the process, and set a quit date on which you will begin your new non-smoking life.

Do your best to make healthful choices at meal time.

Make sure that your priority will be to fill your plate with vegetables, fruits, whole grains, and beans. Minimize and, if possible, eliminate processed and fried foods from your diet. Limit sweets, meat, and dairy, all foods that are high-calorie, low-nutrient, and place undue stress on the body. Take time to enjoy life, go for walks on the beach, read a good book, take time to spend time with your family and friends, all things that will help keep your stress under control, and lead to a higher quality of life. Cardiovascular diseases all respond to positive efforts to modify your lifestyle and control your risk factors.

For those whose cardiovascular disease process is well underway, having suffered heart attacks, severe blockages in the arteries of the legs, kidneys, or carotid arteries, many procedures and medical interventions exist to help open blocked arteries and support a body after having undergone a serious trauma like a heart attack. The application of these procedures and medications lie within the expertise of a cardiovascular specialist, called an Interventional Cardiologist, a specially trained doctor who specializes in the treatment of heart diseases as well as vascular diseases manifested throughout the body. Often, these treatments provide significant relief to the suffering that these diseases cause.



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Jessica Babare, DO

Dr. Jessica Babare was raised in a small town and after her mother's heart attack Jessica realized she wanted a chance to truly change the world. In 1997, at age 17, Jessica entered Elmhurst College in Chicago. After graduating, she attended Nova Southeastern College of Osteopathic Medicine in Fort Lauderdale. Jessica excelled at NSU-COM and completed her medical school rotations, internal medicine residency, and fellowships in both cardiology and interventional cardiology at Suncoast Hospital and Largo Medical Center in Largo, Florida. She holds board certifications in Internal Medicine, General Cardiology, Integrative and Holistic Medicine, and is board eligible in Interventional Cardiology.

Dr. Babare believes the ability to adequately diagnose and treat patients with cardiovascular diseases begins with personal wellness. She is known by her peers as a caring and compassionate physician. She is a doctor whose truest desire is for every patient to be restored to his or her fullest potential for wellbeing.

In the summer of 2013, Dr. Babare joined the CVSI team practicing in both Manatee and Sarasota counties. She and her husband Nick look forward to establishing their careers and family here.

Geriatric Rehabilitation

On any given day, there can be any number of medical problems affecting our lives. Unfortunately, this is especially true of seniors. The list of these difficulties can be wide-ranging and include back pain, arthritis, fractures, joint replacement, and life threatening complications from strokes and heart problems. Recovering from these challenges can be difficult, but there is help. Rehabilitation can incorporate Physical, Occupational, and Speech Therapy. There are people and programs that understand the needs of patients coming back from these unfortunate events and conditions.

One of the main afflictions for many seniors is arthritis; it affects more than 20 million people in this country. Arthritis is a chronic inflammatory disease that can occur in our joints. Generally found in older segments of the population; the disease not only affects the appearance of the joint, but its functionality as well. For older patients, joint replacement is a viable option to treat the disease. Artificial joints are surgically implanted to the affected area replacing the older diseased joint. While it has a successful track record, it can still be unsettling before and after the surgery. The long road of recovery can be eased with proper rehabilitation. Pines of Sarasota is a local Rehabilitation Center that has many years of experience educating patients of the process of recovery. With proper assistance, patients who have had their joints replaced are able to get back to an active lifestyle within months.

Some medical conditions present themselves suddenly and without warning. After a life-altering event, like a stroke, everything seems more confusing and complicated. It is important to have professionals to rely on when embarking on the road to recovery. Physical Therapy often begins while the patient is still in the hospital. Not everyone has access to a trained stroke center, so finding a rehabilitation facility that is well-versed in post stroke therapy is essential. After a stroke, muscles have a difficult time remembering how to perform actions that used to be simple, and done without much thought. Actions like eating, walking, or even sitting down must be relearned. Musculoskeletal problems are a priority of trained Physical Therapists and can be aided by performing assisted strengthening exercises.

Finally, trauma related injuries can turn a life upside down. Accidents occur; whether it is a car crash, falling, or purely twisting the wrong way one morning getting out of bed. Broken bones, head trauma, and burns can unfortunately put our lives on hold. Once again, finding a qualified rehab center is vital to your recovery. Putting yourself in the hands of caring, trained professionals can be half the battle. The road may be long, but it doesn't have to be traveled alone.

If you or a loved one have any questions regarding rehabilitation options, you can contact Pines of Sarasota at 941-552-1882 or visit them at 1501 N Orange Avenue. They are local experts who tailor their therapy to your specific needs in mind.



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"The Long Goodbye"

By Vicki Polce, Studio FSW
Florida SouthWestern State College

As 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.

MAR 1957



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.



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PROSTATE BASICS

By Mark Weintraub, M.D.

Prostate cancer is second only to skin cancer as the most common male cancer in the United States. Each year, more than 200,000 men are affected by this disease. Men aged 50 and older, African-American men, and men with a family history of prostate cancer are at higher risk.

Early stage prostate cancer often has no warning signs, making regular screening tests such as PSA and digital rectal exams critically important. Fortunately, most prostate cancers are slow growing and can be detected at an early stage when most can be cured.

Risk Factors

Factors that may increase your risk of prostate cancer include:

- **Family History:** having a brother, father, grandfather, son or cousin with prostate cancer
- **Age:** 90% of prostate cancers are diagnosed in men 50 and older
- **Race:** African-Americans are at greater risk
- **Diet and Lifestyle:** obesity and/or a diet high in saturated fats has been associated with more aggressive prostate cancer. Eating fruits and vegetables high in antioxidants such as broccoli and cauliflower may decrease risk.

What is the Prostate?

Many men do not know what their prostate is, what its function is, or where it is located. The prostate is a walnut-sized structure that is situated just below the bladder. Its primary function is to produce some of the fluid that makes up semen. The urethra, which is the tube that carries urine from the bladder out of the body, runs right through the middle of it. In other words, the prostate completely surrounds the urethra, and that is the basis for most of the symptoms that prostate problems can cause.



Three Primary Conditions That Afflict the Prostate

There are three primary conditions that can afflict the prostate and result in symptoms:

- Prostate Cancer
- Prostatitis (inflammation of the prostate)
- BPH (benign enlargement of the prostate)

Prostate cancer has gotten a lot of attention, both in this forum, as well as the press. But, benign conditions affecting the prostate, are MUCH more common than prostate cancer, and MUCH more likely to cause most men problems as they age.

What is BPH and Who Gets It?

BPH, Benign Prostatic Hyperplasia, is a non-cancerous increase in the size and number of cells that make up the prostate. Almost all men as they get older have BPH to some degree. The severity of symptoms that it may cause is widely variable, from none at all, to a complete inability to urinate. While we don't know exactly why men get BPH, we do know that it is associated with hormones, including testosterone, dihydrotestosterone, and estrogen.

Possible Symptoms

As the prostate continues to grow throughout a man's life, it many times impinges on the flow of urine through the urethra by compressing it, thereby causing obstruction. As this happens, symptoms that a man may notice (what we call "prostatism") include: A weak or thin stream, hesitancy (having to wait awhile until the stream starts), having to strain, intermittency (starting and stopping of the stream during urinating), dribbling, nocturia (waking up at night to void), increased frequency of voiding, and urgency (a sudden and intense urge to have to urinate quickly). Some men with BPH may not have any of these symptoms, while other men may have just one symptom, and yet others may have all of them. While it is true that cancer of the prostate may cause some of these symptoms, the overwhelming majority of men that have these symptoms will NOT have prostate cancer, merely BPH.

Most Common Treatments for BPH

There are many treatments available for BPH that becomes symptomatic. Most of the time we treat a man for BPH, it is not because there is a medical

danger, but because he is very unhappy in that these symptoms are adversely affecting his quality of life, such as difficulty sleeping, traveling, sitting through a movie or other event, time away from work because of needing to void frequently, etc. Left untreated, BPH can, in some cases, cause major medical problems. This will happen in cases of severe obstruction of the urethra because the bladder will no longer be able to push all of the urine out past the prostate, so that the man will then not empty completely. This can cause urinary tract infections, urinary tract stones, bladder damage, and most dangerously, kidney damage from back pressure of the full bladder. If any of these issues should arise, then your urologist will definitely recommend a treatment.

The most common treatments of BPH today involve the use of medications. There are two basic classes of medicines we use: Alpha blockers (i.e. Flomax, Uroxatral, Rapaflo, Tamsulosin, Terazosin, and Doxazosin) and 5-alpha-reductase inhibitors (i.e. Avodart, Proscar, Finasteride). One of these medications, or sometimes a combination of them, will often significantly reduce the symptoms of BPH. In some patients, the medications are not effective enough, or else they cannot be tolerated by the patient, and in that case, a procedure will be needed.

Surgical Treatments

The most time-honored surgical treatment for BPH is what is commonly known as the "roto-roooter" job, which we call a TURP (TransUrethral Resection of Prostate). This is an operation whereby the urologist will remove the part of the prostate that is "squeezing off the channel" via a telescope through the penis while the patient is under anesthesia. Over the years, there have been many new procedures introduced in order to decrease some of the side effects, complications, and cost of this procedure. However to this day, the TURP is still the "gold standard" in terms of the efficacy of relieving symptoms.

Most of these newer procedures have been abandoned for one reason or another. But there are some that are very effective with less risk of complications, less cost, and easier recovery. One of the most common procedures performed today is Photoselective Vaporization of the Prostate (PVP), most commonly using a "green-light laser". This procedure is similar in idea to a TURP, but instead of cutting away the prostate tissue, we use a very high-powered laser to vaporize the tissue. The end result is the same, the urethral channel is wide open to allow the urine to pass easier.



Mark Weintraub, M.D.

Dr. Mark Weintraub was born in Chicago, IL. He graduated from Occidental College in Los Angeles in 1981, and Loyola University Stritch School of Medicine in Chicago in 1985. He then did a Surgical Internship at Oakland Naval Hospital, and spent 3 more years as a general medical officer in the U.S. Navy. After discharge as a Lieutenant Commander in 1989, Dr. Weintraub moved to New Orleans, LA, where he was a National Institutes of Health Research Scholar recipient at the Tulane University Primate Research Center, one of only seven federally-funded primate research centers. He then spent five additional years as a surgery and urology resident at Tulane, and completed his formal urology training in 1995.

In 1995, Dr. Weintraub moved to Bradenton, Florida, where he has both practiced urology and been actively involved in the medical community. He has served as President of the Manatee County Medical Society, and President of "We Care," an organization founded by Manatee County physicians that annually provides over \$200,000 of free care to the uninsured working poor of Manatee County. He has also served as a delegate to the Florida Medical Association representing Manatee County physicians for several years, and has been fortunate to be able to influence our community's health care through meetings with Florida's Governor, as well as numerous other state and local officials.

Dr. Weintraub has been a panelist for Sarasota/Manatee BUSINESS magazine (now BIZ 941), and has appeared on local television and radio stations. He has also served on advisory boards for pharmaceutical companies, and is regularly asked to speak to other physicians in the community. In addition, he has given educational lectures to community physicians at both Blake and Manatee Hospitals. Dr. Weintraub has continued to be active in the community, including being a founding member of a Jewish Synagogue, and participating in city historic district renovation plans.

Dr. Weintraub practices all aspects of general urology, but has a special interest in renal surgery, kidney stone management, and minimally invasive surgical treatments. He performs many laparoscopic kidney procedures, no-scalpel vasectomies, and minimally invasive therapies for the treatment of prostate disorders. He was the first physician in Manatee County to perform microwave therapy of the prostate.

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The main advantages of PVP over TURP include less blood loss, and the ability to do it as an outpatient without any overnight hospital stay. The main potential complications associated with both of these procedures include infection, bleeding, anesthetic risks, incontinence, and impotency, although the risk of any of these is extremely low.

The Safest and Easiest Procedure

The safest and easiest procedure of all is TransUrethral Microwave Therapy (TUMT), which is done right in the office with local anesthesia. In this procedure, we use a special catheter with a microwave transducer built into it (like your microwave at home), and the prostate is literally "nuked" with microwaves. This takes only about twenty minutes, is comfortable, and is virtually risk-free in terms of any long-term complications. The only downside is that it is generally less-effective than PVP or TURP, although most men will have significant improvement in their symptoms.

In summary, BPH is very prevalent in men. The odds of having symptoms from it increase as a man ages. In general, most men may start noticing early symptoms of BPH in their 50's, but some will start even younger. Yet some may not have problems until their 90's, and yet again, some may never have any significant symptoms.

No Reason To Remain Uncomfortable Any Longer

Fortunately, there are many treatment options available, and a state-of-the-art urologist should be familiar with all of them. All treatment options have positives and negatives, and your urologist will be able to tailor the best treatment(s) for each man as needed. There is no reason why any man should have to remain uncomfortable, or in any way "put out" by his prostatism symptoms. So, if these symptoms sound familiar to you, then call Urology Partner today, and get on the road to feeling better.

To learn more or to schedule an appointment, please call Urology Partners at 941-792-0340 or visit us online at www.urology-partners.com.

Preparing for Disasters...Are You Ready?

Disasters 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) 366-2900.



(941) 366-2900

HHA: 299993068

YOUR SURGICAL TEAM

The unknown force in the OR.

Who are they? They are the quiet force that is critical for a positive outcome before, during and after the surgical process. Consisting of Operating Room Nurses and Surgical Technicians, the team supports the operating surgeon and anesthesiologist.

The Operating Room (OR) Nurse:

The primary job of the OR nurse is patient advocate. From start to finish, throughout the entire surgical experience, until the patient leaves the OR and is handed over to another nurse in recovery, the OR nurse will follow her/his patient, making sure that safety checks are followed. He or she will interview, review, assess and learn everything necessary in order to support the patient. Identification, mental acuity, specific allergies, incapacity such as hearing, eyesight, prosthesis and ambulation are noted. Consents are carefully reviewed noted and checked. The surgical site is inspected for the surgeons mark.

The OR nurse will then assist in the transfer of the patient into a warmed OR bed. The patient is secured and made comfortable.

After transport to the OR and before anesthesia agents are administered, a time-out is called with patient participation. The entire team is asked to go through a complete safety check identifying the patient, the procedure and the particulars, which are specific to that patient. "Right patient, right surgeon, right site and side, allergies and medications noted." All quiet is demanded during this exercise.

The Surgical (Scrub) Technician:

The surgical technician works under the direction of an OR nurse or physician. He or she is primarily responsible for the sterile imperatives in the surgical field. They apply the sterile drapes to the surgical site, label medications passed from nurses to the site, assist nurses with patient care, scrub patients as needed, anticipate and assist surgeons with their every need.



No operation is the same. Each patient has a different profile and history. Anticipating those variances while following protocol and safeguards is the role of the team. The nurse will order any blood products that might be needed and will make sure that specimens arrive safely at pathology.

When the procedure is finished and final safety checks are done, the team will assist with the transfer of the patient to their post-op bed. At that time, a detailed 'hand-off' is given to the nurse taking over the patients care.



The general patient population is often not aware of the superior care they are receiving by the surgical team while under anesthesia. Communication is usually with the surgeon and his staff. The OR team is never in the limelight, but they are always behind the scenes, caring for and reassuring patients.

The mission of the OR is exceptional care to every patient every time; sufficiency is not acceptable. Excellence is the standard."

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



Can Alzheimer's and Independence Go Hand in Hand?

While 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) 952-5800. Their commitment to caregiving is unparalleled and they will come into your home to evaluate your specific needs.



Neuropathy...

what is that?

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

There 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.

**You may reach him at 697-3001 or
www.PivotalHealth4You.com**



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Fireworks Safety Tips

Summer means picnics, barbecues, parades and fireworks displays, especially around the 4th of July. Summer also means an increase in injuries from backyard grills, bonfires and fireworks. In 2011, an estimated 9,600 people were treated in emergency rooms for fireworks-related injuries, 36 percent of whom were under 15 years old.

Children between the ages of 10 and 14 were at three times the risk of fireworks injuries than the general population. About a third of the injuries were from small firecrackers, 21 percent from bottle rockets and 20 percent from sparklers.

The National Council on Fireworks Safety offers these common sense safety tips for using consumer fireworks in hopes that injuries to consumers can be greatly reduced this season:

- Always purchase fireworks from a reliable source.
- Use fireworks as directed on consumer product safety label; never alter products.
- Observe local laws and use good COMMON SENSE.
- Have a designated shooter to organize and shoot your family show.
- A responsible ADULT should supervise all firework activities.
- Parents should not allow young children to handle or use fireworks.
- Alcohol and fireworks do not mix. Save your alcohol for after the show.
- Use fireworks OUTDOORS in a clear area; AWAY from buildings and vehicles.
- NEVER carry fireworks in your POCKET.
- Wear safety glasses whenever using fireworks.
- Always have water ready if you are shooting fireworks.
- Do not experiment with homemade fireworks.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Soak spent fireworks with water before placing them in an outdoor trash can.
- Report illegal explosives, like M-80s and quarter sticks, to the fire or police department.



CHILD OBESITY

"He's so chubby and cute."

"What I feed my child at this age, doesn't really matter."

"Do as I say, not as I do."

These are some of the common themes I hear when working with obese parents with overweight kids.



According to the CDC, over the past 30 years the prevalence of obesity has more than doubled in the children population and quadrupled in the adolescent population. In 2012, more than one third of children and adolescents were obese or overweight. Where does the problem lie? It's hard to blame a 6 year old child for their weight issues. It's easy to put all the blame on the parents, but the issue is bigger than that.

At Healthy Steps, we work with families to help fight childhood obesity one child at a time. There are many common trends that we see when talking with children and their parents. The most prevalent is that busy lifestyles lead to increased occasions of eating out and consumption of convenience foods. Children sit in front of the TV and are constantly being shown commercials with fattening foods loaded with sugar. All these "kid-friendly" foods are processed, loaded with sugar and sodium and highly addicting. Let's take a look at the typical child's breakfast: sugary cereal with milk, or a pop tart. There are over 11 grams of sugar in the typical child's breakfast. The American Heart Association recommends children have 4 teaspoons of added sugar per day. Sugar has officially gone from a condiment to a staple in the typical American child's meal. Another big contributing factor to the epidemic is the fact that many children live a sedentary lifestyle. Here are some tips you can do with your children to help fight weight issues.



5 Ways to Help Your Child Maintain a Healthy Weight

1. Closet Cleanout

It is very hard to control your children's food intake out of the house but you can control what food is in the house. It's time to throw away all of the addicting sugary, processed foods. Take a look at the ingredients label: if you see sugar or fructose corn syrup in the top 3 or 4 names on the list, toss it.

2. Get Everyone on the Same Page

Everyone in the family should be eating the same thing. I have parents come to me wanting their child to lose weight but they don't want to change their eating habits. It is very hard for overweight children to stick to a healthy diet when their siblings are eating the foods they shouldn't have.

For our picky eaters: studies show that it takes 12-14 times of reintroducing foods to children before they actually accept them. Introduce ONE food at a time. I would recommend giving your child the "new" food first while they are hungry followed by the foods you know they like during the meal.

3. Family activities outside

Children spend more time on the computers, ipads, phones, or in front of the TV than anything else. It is important to get them outside and have everyone doing sometime active. Go for walks outside, to the park, the pool or to the beach. Activities outside together as a family are a great for family bonding. According to the CDC, the recommended amount of exercise for children is at least 60 minutes per day.

4. Have healthy snacks in the house

Convenience is key! Have pre-cut fruits and veggies for your children to snack on during the day. If you have followed step #1, there shouldn't be bad choices in the house for a child to gravitate towards.

5. Let your child be a part of the shopping, prepping and cooking process

Let your child pick out the fruits and veggies when going grocery shopping. Let them pick a new vegetable they would like to try or some healthy snacks. Studies show that if children are involved in the preparation and cooking of meals they are more likely to try and enjoy it.

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

July 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

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

Plexus Ambassadors

CAROLYN WAYGOOD, CNHP, BRADENTON, FL

Tel. (941) 713-3767

Carolyn@BetterBreastCheck.com

www.Waygood.MyPlexusProducts.com

JAMIE BROWN, BRADENTON & PORT CHARLOTTE, FL

Tel. (941) 720-7075

JBrownPlexus@gmail.com

DR. MICHELE LOUISELLE, CENTER OF INTEGRATED MEDICINE

Tel. (941) 752-4838

www.CIMWellness.com

BARBARA HEINLY, BRADENTON, FL

Tel. (828) 342-1975

PlexusAndMe@gmail.com

NANCY BOLTWOOD, BRADENTON & SARASOTA, FL

Tel. (941) 720-1254

nboltwood@hotmail.com

MICHAEL MATTHEW, PH.D., TAMPA & MIAMI, FL

Tel. (787) 688-7897

DrMikeMatthew@gmail.com

GINA GIER, BRADENTON, FL

Tel. (941) 356-7278

GGierPlexus@gmail.com

LOIS NICHOLSON, SARASOTA, FL

Tel. (941) 377-2255

BirmanBabes@hotmail.com

MICHAEL KEHOE, SARASOTA, FL

Tel. (941) 224-2155

msdk721@msn.com

KATHLEEN LONG, NEW JERSEY & PA.

Tel. (609) 610-9434

KLong@icammco.com

AN OPEN LETTER TO SURGICAL PRACTICES

You 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



941.343.9098

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 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



Dog days of summer are here.

By Dr John Rand, D.V.M.

Dogs 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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Disclaimer: No article, journal, webpage, breeder, or friend of a friend can take the place of personalized, veterinary medical advice. If you have any questions, always consult with your veterinarian.

Safe & Effective Weight Loss Combination

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

Chances are, right now you would like to (or need to) lose some weight, build some muscle and get in better shape, or maybe you just want to live a better, healthier lifestyle. Dr. Bunch of Bradenton Surgical Group will challenge the way you think about slimming down and shaping up, by introducing you to the Body by Vi program and the LAP-BAND surgery.

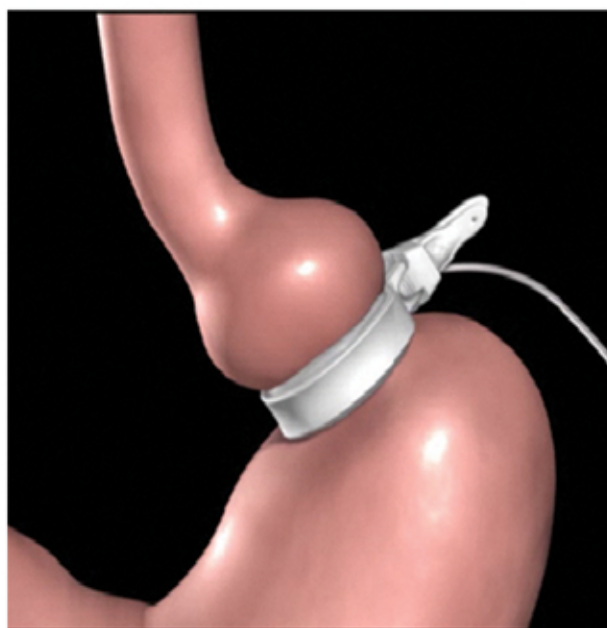


If your goal is to lose 10 pounds or 100 pounds, Dr. Bunch can assist you in choosing the correct Body by Vi program. The popular transformation program contains everything you need to get the extra unwanted weight off and keep it off. Most people start the program by replacing two meals each day with a nutritional shake. Also offered through the program are: fat burner, essential oils, hunger blockers (to help you fend off those hungry feelings throughout the day), and an herb based energy drink.

The Body by Vi programs are not just for those looking to lose weight, the nutritional shakes can be added to your current diet to help you build muscle. So, whether you are looking to reach your goal weight or maintain a healthy weight, the Body by Vi program is a perfect fit for anyone looking to get fit and healthy.

There have been many studies done on the effectiveness of meal replacement nutritional shakes, and in the end what we have learned is, they succeed in helping people lose/maintain weight, have more energy, and just feel better in general. The Body by Vi shakes use amazing ingredients that help build and maintain lean muscle, are easily digested, and include prebiotics to support a healthy body. The shakes have 12 grams of protein, and you know we're all huge fans of protein. They also have about 30% of your daily vitamins and minerals per serving. Their strongest feature is the 0 grams of sugar and only 90 calories per serving, which is great.

According to Dr. Bunch, patients who have tried unsuccessfully to lose weight and keep it off are consistently getting great results with the Body by Vi program. The program is often used by patients who choose to have the minimally invasive LAP-BAND surgery that is offered at Bradenton Surgical Group. LAP-BAND patients will often use the Body by Vi nutritional shakes as preparation for surgery or to ensure they are getting adequate healthy nutrition following the surgery.



The procedure itself is considered safer and less traumatic than other kinds of bariatric surgery as there is no cutting, stapling or rerouting of the stomach or intestines. Because the LAP-BAND surgery is performed laparoscopically, there are no large incisions so there is less discomfort to the patient and a shorter hospital stay.

With the safety of his patients in mind, and the undeniable results it produces, Dr. Bunch has elected to restrict bariatric practice to performing LAP-BAND surgery only. The advantages of LAP-BAND over gastric bypass and other bariatric procedures is clear. Dr. Bunch is experienced in these procedures and believes LAP-BAND is much safer and will eventually take the place of the old standard gastric bypass.

By coupling the Body by Vi program and the LAP-BAND procedure, Dr. Bunch has created a successful weight loss program that has provided many patients a safe, effective platform to lose weight and keep it off. For more information about the Body by Vi products or the LAP-BAND procedure please call 941-744-2700 to schedule a consultation or visit www.bradentonsurgicalgroup.bodybyvi.com.

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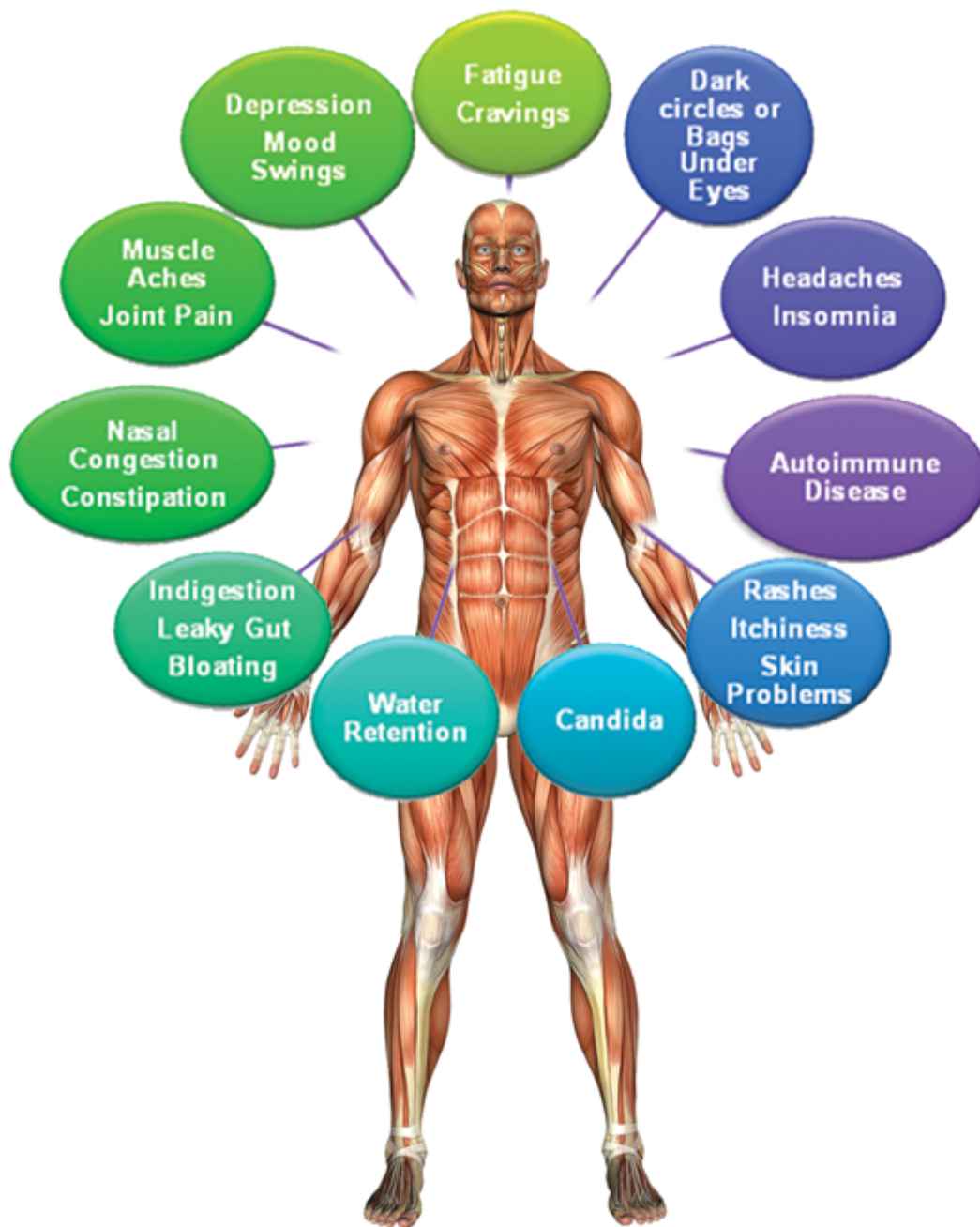
Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

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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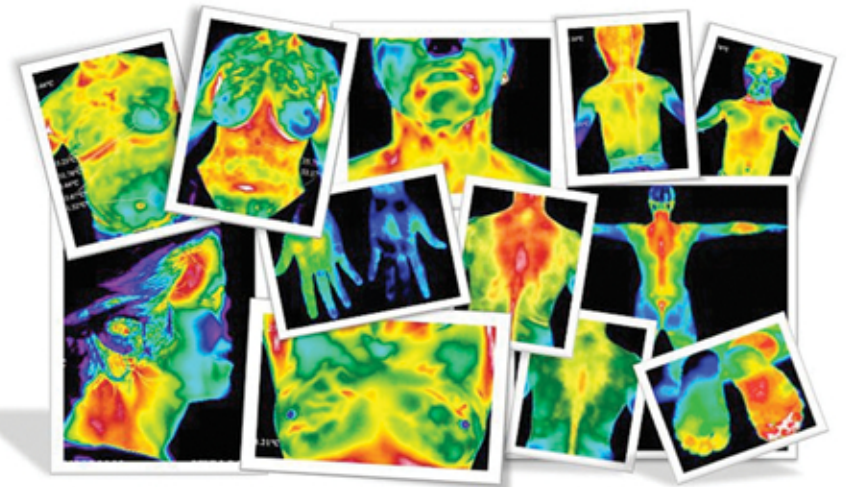
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Early detection is everything.

HOT WEATHER RUNNING TIPS

The 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

TAKE (LONG-TERM) CARE - Don't overlook this essential part of retirement planning.

By George T. Leamon, CLTC - Lutgert Insurance

Most retirement planning is about means, not ends. It's about making sure you have as many options as possible, not telling you how to spend your money. This month, however, I want to suggest that you set aside a significant amount of your monthly budget for a purchase that is often considered somewhat controversial: long-term care insurance.

Long-term care includes medical and nursing services beyond your typical visits to the doctor, treatment for illnesses and short hospital stays. It's the kind of ongoing help you need when you can't handle activities of daily living, such as bathing, eating, or dressing. It can take place in your home, assisted living facilities (residences with services that monitor your health and provide your meals), or nursing homes.

The case for insuring yourself and your family against the costs of long-term care is straightforward and essentially statistical. First, however healthy and hearty you may be today, you might need help tomorrow. Americans age 65 and over have a 40 percent chance of entering a nursing home at some point during their lives, according to the Department of Health and Human Services. Meanwhile, today 55 percent of Americans age 85 and over are impaired seriously enough to require long-term care,

There are four types of People in this world. Those who have been caregivers. Those who are caregivers. Those who will need a caregiver. Those who will be a caregiver.

- Roslyn Carter

according to America's Health Insurance Plans, a trade group. Many of these seniors will get help at home, but a good portion of them will have to move into a facility.

Second, this kind of care is extremely expensive and getting more so every year. The annual cost of private nursing-home rooms averages a whopping \$75,190 in 2006, up 7.3 percent since 2004, according to the Met Life Mature Market Insurance. The average cost of 12 months in an assisted-living facility was \$35,616 in 2006, up 17.6 percent since 2004-and that doesn't include extra charges that some impose for dementia care.

Third, for most Americans, long-term care isn't covered by other types of insurance. Don't be confused by the fact that Medicare pays for "skilled nursing care." This refers to short-term help you may require to get over an injury or acute illness. If you break your leg, for instance, Medicare will cover the cost of "medically necessary" care, like physical therapy, for 20 days. (It will then cover part of your costs for another 80 days, after that you're on your own.) But, if you are chronically sick or permanently incapacitated, Medicare will NOT help. Neither will Medigap or Medicare Advantage policies.

The question people ask most often is "What is MY risk?"

It's a valid question, but the fact is your real risk of needing long-term care at some point in your life is

either going to be 0% or 100%. Either you will need long-term care or you won't. Averages merely show how many people out of every 100 have a need. Nice information to know, but no prediction of your individual real risk and need. Everyone is at risk.

Once you understand that a risk exists, your two big decisions are: 1) how do you handle the risk....and 2) if long-term care insurance is an option, how much protection is appropriate. The more protection you want, the more coverage costs. **IMPORTANT NOTE:** An experienced long-term care insurance professional can help you take advantage of discounts and show you ways to maximize your coverage even when budgets are limited.

Since no one can predict your true risk, the best we can do is provide information on what happens when someone with long-term care insurance has a claim.

George T. Leamon, CLTC | 239.280.3246
Blog: GeorgeTLeamon.com
www.lutgertinsurance.com

George Leamon, Life and Long Term Care Specialist with Lutgert Insurance, has been in Naples for over 35 years helping seniors with their Life Insurance. Long-Term Care, Annuities and the rapidly changing Medicare arena. When was the last time you had your insurance reviewed?

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Underlying Reasons for Limb Swelling

By Alyssa Parker

Many 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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Pistachio Power

Nuts are a popular snack and an ingredient in both sweet treats and main dishes. If you like to eat nuts, pistachios are one of the healthier options. They are filled with essential nutrients and have a number of health benefits, helping you to control your body weight and lowering your risk for heart problems.

Heart Health For a healthy heart pistachios are a must. As they are a source of healthy monounsaturated fatty acids they have been shown to decrease LDL cholesterol (bad fats) while at the same time increasing HDL (good fats) cholesterol leading to reduced blood pressure, which is key when it comes to reducing the risk of cardiovascular illness.

Pistachios improve digestion because they are rich in dietary fiber. Fiber aids in proper digestion of food and assists in growth of good bacteria, which is important for improving digestive efficiency.

Diabetes Help Eating pistachios may help to prevent Type 2 diabetes. 60 percent of the



recommended daily value of the mineral phosphorous is contained in just one cup of pistachios. As well as breaking down proteins into amino acids, phosphorous aids glucose tolerance.

Healthy Blood Pistachios are an incredibly rich source of vitamin B6. Vitamin B6 is essential to make hemoglobin, the protein responsible for carrying oxygen through the blood stream to cells, and is also shown to increase the amount of oxygen carried.

Eye Health Pistachios contain two carotenoids not found in most nuts. These carotenoids, called lutein and zeaxanthin, function as protective antioxidants, defending tissues from damage from free radicals. They have been linked with a decrease in the risk for developing age-related macular degeneration, which is the leading cause of visual impairments and acquired blindness in the United States.

Immune System A healthy immune system requires adequate intake of vitamin B6, which pistachios abound in. A surfeit of vitamin B6 can retard brain activity as well as decrease the effectiveness of the immune system for fighting infections. Vitamin B6 found in pistachios also helps the body make healthy red blood cells, and helps maintain the health of lymphoid glands, such as the thymus, spleen and lymph nodes, ensuring the production of white blood cells that defend the body from infections.

Weight Loss Pistachios also known as "the skinny nut", aid in weight reduction as the dietary fiber, fat and proteins induce a feeling of fullness so there will be less chance overeating. By eating a couple of handfuls a day they will remove unwanted cholesterol in the body and will nourish our brain cells.

Skin Health Pistachios are a great source of vitamin E, a powerful fat-soluble antioxidant, essential for maintaining the integrity of cell membranes and often recommended for healthy and beautiful skin. Vitamin E does an excellent job protecting the skin from UV damage, providing daily defense against premature aging and skin cancer.

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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.

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