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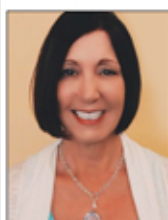
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Dr. Noël Crosby
Audiologist

Noël has been in the audi-
ology field for over 25
years. Having received her
doctorate in Audiology
from UF, Noël has applied
that knowledge to her work
in many areas of hearing;
including clinical, manufac-
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contents

August 2014

- | | |
|---|--|
| 6 Your "Arch" Enemy | 20 What is a PET Scan? |
| 8 Swan Age-Reversal Centers | 22 Frantz EyeCare Celebrates 20 Years In Southwest Florida |
| 9 Debunking the Myth of Cankles | 23 The Daily "Grind" |
| 10 Progressive Technology Helps Seniors Ambulate Again | 24 Underlying Reasons for Limb Swelling |
| 11 Back to the Basics | 25 Health Care Reform (Preventive Services) |
| 12 What You Should Know About Your Hearing Aid Batteries... | 26 Global Burden of Cardiovascular Disease |
| 13 The True Cost of Alzheimer's Disease | 28 Incredible Facts About Babies, Breast Milk, and Breastfeeding |
| 14 Safety First | 29 Back to School Checklist |
| 16 Arts and Education | 30 Write it Off or Take it Off? |
| 17 Back-to-School Eye Exams | 31 Spiritual Wellness If My Life Was But A Single Day |
| 18 Give Your Child a Fighting Chance | |

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YOUR “ARCH” ENEMY

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



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

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

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

So how should you treat this?

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

Why an orthopaedist?

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

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

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



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

Myles Rubin Samotin M.D.

Board Certified Orthopaedic Surgeon
Fellow Foot & Ankle

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We will treat you like family and will do our best to give you the best care possible.

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

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

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

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

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

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

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



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

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

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

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

DEBUNKING THE MYTH OF CANKLES

By Joseph Magnant, MD, FACS

The issue of cankles (where the calf and ankle appear to have merged as one) was recently discussed on daytime MD entertainment talk show "Dr. OZ". I have seen many patients with similar appearing calves and ankles which have been self described as their Grandma's ankles, as Nunn's ankles, piano legs and stovepipe legs to name just a few. As I caught the last segment of the show when I entered the waiting room at Vein Specialists to speak with a patient, Dr. Oz was reviewing the causes of "cankles". I found it odd that missing in the differential diagnosis list was **VENOUS INSUFFICIENCY OR LEAKY VEINS**, as well as other causes. Pregnancy, fatty foods and heart and kidney problems were identified as potential causes although the mechanisms were not well described. The idea of the topic for this article donned on me as I saw the first half dozen patients during my Monday clinic the following week, and three of these patients had no obvious

signs of varicose veins, or heart failure or kidney failure, nor were they pregnant or fat. Yet all three had what I refer to as "cankles" and all had ultrasound evidence of severe venous insufficiency. With an estimated 35 million adults in the U.S.A. affected by significant superficial venous insufficiency, a significant number of patients may present with atypical signs of leaky veins, such as the above referenced "cankles" and other nicknames for thick and tubular appearing ankles. Women are more likely to seek medical attention for this finding than men. They are teachers, nurses, hairstylists, cashiers, stay at home moms, receptionists, physicians, scientists and a variety of other occupations. What they have in common is a family history of venous insufficiency, possibly a few full term pregnancies, a long history of heavy legs and fatigue like symptoms which are classically worse at end of the day.

Patients may have to urinate frequently at nite, often have to loosen their shoes as the day progresses and often note restless legs when they lie down at nite. Elevation eventually relieves their discomfort as the fluid in the legs returns to venous circulation at the level of the collar bone where the thoracic lymphatic duct returns the clear serum back into the internal jugular vein. This returned fluid is then processed into urine by the kidneys, stored in the bladder and often necessitates frequent nighttime trips to the bathroom (nocturnal diuresis). This straight forward cycle repeats itself daily with increased venous pressure in

the ankle area due to leaky vein valves, resulting in seeping of serum out of the thin-walled veins into the surrounding skin and fat (appearance of "cankles") which progresses over the course of the day, until elevation and rest are possible. Over the course of many years the "cankles" appear to more permanent in nature as the net addition of liquid outpaces the body's ability to rid itself of the extra water since we spend 2/3 of our 24 hour days upright (standing, sitting and walking) and only 1/3 in the bed with legs elevated. I agree with Dr Oz that effective conservative therapy includes exercise, as this helps the calf muscles pump at least some of the extra fluid back up to the jugular vein. However, unless the most common and **TREATABLE** underlying cause of "cankles" (venous insufficiency) is scientifically ruled out with duplex ultrasound examination, I would not encourage any of my patients to have liposuction of their "cankles". In the younger population, first consider venous insufficiency. In the older population, one needs to consider heart failure, kidney dysfunction, excess salt intake, medication side effects as well as venous insufficiency. Venous insufficiency should be considered and ultrasound evaluation completed early in the evaluation of swollen ankles rather than as a last ditch diagnosis, grasping for the proverbial straw.

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Progressive Technology Helps Seniors Ambulate Again

Individuals have found new hope when it comes to ambulating and performing assisted daily living tasks independently. A new progressive technology is on the market called the Alter G Bionic Leg which is a battery-powered, wearable robotic training device activated by a patient's initiated movement. It is a modality used by physical therapists for patients with impaired walking and functional mobility. The Alter G Bionic Leg strengthens muscles, improves gait, and facilitates active motor learning while promoting improved ambulation and transfer skills. Currently, it is a crucial component for stroke rehabilitation and physical therapy for patients with chronic, degenerative neurological gait impairments including Parkinson's disease and Multiple Sclerosis (MS).

Nurse On Call a Medicare Certified Home Health Agency is the first and only home care company to launch the bionic leg. It will be used by physical therapy staff to improve participation in sit-to-stand activities, walking and stair climbing exercises that are critical to the recovery of gait and balance. When a patient begins to stand up, step forward or ascend a step, the bionic leg's footpad sensors calculate the shifting weight and the position of the lower leg, and then calculate how much assistive force is needed for knee movement to move the foot and leg in a coordinated pattern, one normal to transfers, gait and stair stepping.

"Alter G Bionic technology can be life changing for someone. We've seen stroke and post-polio patients, people who haven't been able to walk in years who had lost all hope, walk again." exclaimed Colleen Ferren, OT, and Regional Therapy Director



for Nurse On Call. "We are excited to be bringing this progressive technology to the communities we serve. We will be tracking and measuring long term patient outcomes and participating in research studies with our PT staff." Ferren said, "This cutting edge, state-of-the-art rehabilitation therapy and we're thrilled to be the providing it!"

The Bionic leg has been used on numerous patients with very successful outcomes. A patient's mother wrote a letter of appreciation stating, "He started walking at 9 months of age and by the age of 2 started deteriorating and diagnosed with CP at the age of 4. For the past 3 years he has been wheelchair bound and only able to transfer from chair with assist. We brought him to many neurologists who didn't want to work with him.

Finally someone recommended the Alter G Bionic Leg. I can't describe to you what a blessing this has been for my son. It's made such a difference. The look on his face was amazement on his first treatment. After 6-7 visits he came walking out from his bedroom to the living room, by himself. This is a miracle and I'm so grateful." ~ Mrs. Damato



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Back to the Basics

Featuring Dr Jeremiah Joseph
Board Certified Chiropractic Neurologist

The human body is a complex system that is made up of many checks and balances. The human species, in particular, has a much longer lifespan compared to most other mammals. It needs a sophisticated internal system to keep our bodies in tip-top shape. However, sudden movements, injuries, or years of strain can throw it out of sync.

Within our core, the lower back is usually the area that experiences the most wear and tear. It supports the entire weight of our upper body when we stand, bend, or lift. Its soft tissues include tendons and muscles that surround and protect the spinal discs that keep highly sensitive nerve or nerve roots in place. There are two main problems that can affect these discs, causing accompanying pain. Degenerative disc disease is a condition in which the disc's cartilage wears away and shrinks over time. This reduces the amount of cushion that is required for fluid movement and the protection of spinal nerves. The other common problem is a herniated disc. Imagine a water hose with a weakened area. Eventually, the area will bulge causing potential rupture. That is what the cartilage in a herniated disc looks like if not treated properly.

According to Dr. Joseph, of Pivotal Health Physical Medicine, Chiropractic BioPhysics is a highly-advanced, scientific, and proven chiropractic technique which corrects and restores your spine back to alignment. Unlike regular chiropractic therapy that mainly focus on immediate pain relief, Chiropractic BioPhysics goes one step further to also correct the source of the problem. It combines biology, physiology, physics, geometry, and anatomy to identify the causes of your pain, discomfort, loss of mobility, and altered health.

Under the appropriate care, there are various ways to achieve a pain-free life. To improve overall cardiovascular function and the strengthening of weakened muscle

groups, it is beneficial to stretch tight muscles and provide gentle manipulation to a patient's spinal joints. By decreasing any restrictions and inflammation, the nerve function and spinal motion is restored. Another proven method that Dr. Joseph recommends is the use of Sarapin, an aqueous solution of soluble salts from the plant *Sarracenia Acaea* (Pitcher Plant). It is commonly used for the treatment of many painful syndromes including but not limited to Sciatic Leg Pain, Back pain, Occipital Headaches, numbness and/or tingling into arms and legs and even Fibromyalgia. As with all treatments that affect your back, it is advised to consult a licensed Chiropractic Neurologist.

It may seem obvious, but the number one prevention is good posture. Always sit and stand straight with your shoulders back. Proper posture can decrease the amount of stress placed on the lower back. Another important rule to remember is to always lift with your legs and not your back. Instead of bending over to pick something up, squat low and lift while keeping your back perpendicular to the ground. Following these basic rules will help evade unnecessary stress and injuries to your back.

If you have any questions regarding the health of your back, you can contact Dr. Jeremiah Joseph at (941) 697-3001 or visit his website at www.pivotalhealth4you.com. He can also be heard on his radio program every other Tuesday at 11AM on 1580 WCCF. Pivotal Health Physical Medicine is located at 12479 S. Access Rd in Port Charlotte.



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What You Should Know About Your Hearing Aid Batteries.....

By Dr. Noël Crosby, Au.D.

Hearing aid batteries are much more complicated than they look. A long-time hearing aid user may learn some useful things from this article.

Hearing aids are designed to be small and light so that they can be worn behind, or even in the ear. Hearing aid batteries have thus been designed to be small and light. This allows the batteries to be a suitable source of electricity for today's small hearing aids. The battery technology best suited to produce light batteries is the zinc air battery. This battery allows for the greatest amount of power to be stored for a given weight. This can happen because it uses the oxygen in our air as part of a chemical process to produce electricity. Because no storage is required for this chemical inside the battery, it can be made lighter. Zinc air batteries are sealed when manufactured and have a very long shelf life. To use a zinc air battery, you have to remove the sealing tab from the tiny holes on the battery to let the air in. This starts the electricity producing chemical reaction. This chemical process allows the battery to provide a steady current over a period of time. Another important characteristic of Zinc-Air batteries is the way they discharge. Zinc-Air batteries don't gradually fade. They work perfectly until they run out of the zinc that is part of the chemical reaction and then they die almost instantly. This is important for hearing aids, your hearing aid can't weaken or malfunction due to a battery with a weak discharge. The hearing aid works with full power or it doesn't work at all.

Because the process of oxygen absorption is not immediate, battery companies recommend that you wait two full minutes before inserting the battery into the hearing aid and closing the battery door. If you do not wait those two minutes, the battery may not have enough oxygen to power up and it can be starved for oxygen inside the hearing aid's casing. This instruction can sometimes be seen on the battery packaging.



This tip is little known by hearing aid users and healthcare professionals. The fact that battery cells can be oxygen starved was not as likely in older model hearing aids so the issue was not often brought up. But newer hearing aids on the market are more air tight in an attempt to help reduce moisture related problems (sweat, humidity, water, rain).

How long should a hearing aid battery last? This is a difficult question to answer. The average life of a battery is five to seven days; however, there are many factors that can affect battery life. The more severe a person's hearing loss, the harder a battery must work, which shortens its life. Hearing aids with all the bells and whistles may use more power, causing the battery to drain quicker. Low humidity will dry out the battery and high humidity can affect battery discharge. Low temperatures or high altitudes may cause lower battery voltage, thus affecting battery life.

I learned much of this information from my battery supplier. Being an audiologist, I am fortunate to be able to learn from all the industries that deal with hearing aids and hearing aid related products. I am pleased to be able to pass this information along to the general public and my patients.



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.

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The True Cost of Alzheimer's Disease

It is difficult to ignore certain struggles that our nation is facing today; one of which happens to be Alzheimer's disease. This disease causes dementia over an extended period of time due to damage and shrinkage of the brain. The exact cause of this expensive health issue is still unknown. An estimated 5.1 million Americans are currently living with Alzheimer's disease.[1] The patient's neurons begin to stop working and ultimately die. This is why the brain cells decrease. A potential telltale sign of Alzheimer's disease (AD) is that sometimes people lose their sense of smell long before the actual dementia sets in. Of course, it may just be a harmless sinus infection, so it is important to see a doctor for a complete diagnosis.

According to the Mature MetLife Market Study, it costs an average of \$57,000 annually to care for an Alzheimer's patient at an assisted living facility.[2] That is more than some people make in a year, which explains the financial burden that this can cause families. It is important to consider long term health insurance while you are still healthy, one in three Americans die with some form of dementia. Proactive planning is vital to making a possible difficult time down the road a little easier. The loss of self-awareness in a loved one can be disheartening and traumatic for all parties involved. Living expenses when caring for such a patient can be a large shock.

Besides an assisted living facility, there are other care options to choose from. One such choice is a care home; this is usually a facility that offers services to a small number of residents. Residential care centers can cost hundreds of dollars less per month than a regular facility. With certified caregivers and customized living spaces, these offer a great alternative to those with a smaller budget. Another option is to utilize home healthcare services. Visiting Angels is a well-respected service that allows the person with Alzheimer's disease to stay in a familiar environment and still get the daily assistance they need.



Guilt is very common among friends and family; especially, when it comes to deciding whether or not to place a loved one in the care of someone outside the immediate family. As the disease progresses, the patient's own home can be a dangerous and scary place for this individual. People caring for an Alzheimer's patient know that it is a 24/7 job. Just know that it is okay to share the responsibility of caring for a loved one. Sometimes, it is easier to maintain the emotional bond without struggling with the day-to-day stresses that come with caregiving.

Alzheimer's may appear suddenly and can put a lot of strain on the individual's family and friends. Just know that there are millions of other people going through a similar situation. If you have any questions regarding Alzheimer's or the assistance that you can receive from an agency like Visiting Angels, you can contact them at (941) 347-8288 or (239) 226-1620. Their commitment to caregiving is unparalleled and they will come into your home to evaluate your specific needs.

800-365-4189 | www.visitingangels.com

[1] <http://www.nia.nih.gov/alzheimers/publication/alzheimers-disease-fact-sheet>

[2] <http://www.seniorhomes.com/p/alzheimers-care-costs/>

Safety First

Contrary to what Hollywood portrays, aging can be a wonderful thing. Getting to see our children grow up into mature adults and live out their goals is a very rewarding process. One of the main purposes on this earth, besides our own happiness, is to pass our knowledge and wisdom to the next generation. "Leave this place better than we found it" is a great slogan to live by. However, as we age, even simple tasks may become more daunting and even risky to our health.

Although moving to an assisted living facility can be beneficial to you and your family, it is usually viewed as the last resort. Most people prefer to stay in their own home for as long as possible. Making the home safe for you or an elderly relative can help extend a lifestyle that is both familiar and comfortable. Sometimes it is hard to come to terms with difficult facts, but the number one cause of death for seniors is falling. A broken hip bone can have a difficult time healing due to the age of the individual; which can lead to further complications. In order to keep "home" a safe place, there are definitely some basic changes that must be made.

In case of a fire, it is important to keep an escape route clear of obstacles. Like all home safety plans, this is always at the top of the list, because it can be the most extreme emergency we can encounter. Next, keep all the fire alarms in working order with good batteries. Our sense of smell can diminish over time, so the ability to detect fire on our own is at risk. When night falls, being able to see is crucial. Even in a familiar house, adding light switches for more convenience is helpful. There are lights that can be turned on and off by a clap reducing the amount of time searching in the dark for a switch. Nightlights in high travel areas are a simple solution to avoiding furniture while getting up for a midnight feast or bathroom trip.

You can decrease the risk of falling by getting rid of loose or slippery carpets. If an elderly person uses a cane or walker, you can add or clean the rubber at the bottom to keep firm resistance. Non-skid floor wax is a good addition to tile or wood floor. Loose wires should also be straightened up and kept out of the way. All these changes might seem small, but every accident is usually caused by something small and overlooked.

These safety tips have been brought to you by Banyan Assisted Living. Their main goal is to see that everyone stays in their home in a safe and responsible way. However, if you or a loved one are ever in a position to seek out alternative living arrangements, please contact them at (941) 412-4748. Their facility revolves around safety and comfort and is located in Venice at 100 Base Avenue East. You can also visit their website at www.abanyanresidence.com.



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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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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.

The screenshot shows the homepage of the Health & Wellness Magazine website. At the top, there's a navigation bar with links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main content area features a large article titled "Skincancer" with a photo of a woman wearing a sun hat. Below this, there's a section for "Read Our Flip Book Version" showing three magazine covers. To the right, there's a "Sign Up For Our Newsletter" form with fields for Name and Email, and a "Subscribe" button. Below the newsletter form, there's a "Featured Article" section titled "The Other Side of Parkinson's Disease" with a photo of an older man and woman.



Arts and Education: a way to a happy, healthy heART!

**Dr. Emery E. Alford, Dean, School of Arts, Humanities and Social Sciences
Florida SouthWestern State College**

All I ever wanted to do was play the drums. I still vividly remember sitting on the floor of my mother's kitchen at a very young age with pots and pans of many shapes and sizes arranged in a circle as I flailed about with wooden spoons in hand striking my batteria in reckless abandon. As I grew older, I would setup my mélange of assorted items and rock out in front of the RCA Victrola, blasting away the Top 40 tunes of the day. I reached decibels well below what I would later experience performing as a percussionist in marching and concert bands, symphony orchestras, jazz ensembles and mega-watt rock bands of the late 60's, 70's and 80's. *(My ears are still ringing from a series of concerts I performed with The Moody Blues about 20 years ago.)*

I share this knowing without a doubt that my introduction to music in junior high school shaped my life. I grew up in a small south Texas town where life did not offer many opportunities for one to experience or appreciate the arts. Like most boys, I ran track, played basketball, and was pretty good at baseball. However, joining the school band at the start of my 8th grade - *while my parents were divorcing* - gave me an opportunity to channel my energies and love of playing the drums into a focused pursuit that gave me the greatest sense of achievement and happiness. As my musical skills increased, I dreamed of going "out west" with the hopes of becoming a studio musician performing music for the movies. Instead, I wound up performing professionally in symphony orchestras, Broadway touring shows, opera and ballet companies, and assorted rock,

pop, and jazz groups while also spending 35+ years in higher education as a teacher and administrator. (I've also had several stints in the corporate world.) In retrospect, I now realize my ability to think, to question, to formulate an opinion, and to accept and embrace challenges as opportunities was an outgrowth of the knowledge, skills and abilities learned and developed through my background and experiences in the arts. While pounding away during my "drumming" years, I never imagined then how my exposure to the arts would enable me later to be a productive citizen beyond the concert stage.

Much has been written and argued as to the role and relationship of the arts and education. Countless studies and reports have been presented that affirm the achievement of higher test scores of students who have studied within the arts (i.e., SAT scores are often 40-50 points higher). In the Federal No Child Left Behind (NCLB) Act of 2001, the arts share equal billing with reading, math, science, and other disciplines as "core academic studies" (*Critical Evidence*, Ruppert, 2006). In the research compendium *Critical Links* (Deasy, editor 2002), summaries of studies conducted in dance, drama, visual arts, music and multi-arts provide critical evidence linking the study of the arts with student achievement and success - particularly in reading and language, mathematics, thinking and social skills, and motivation to learn. The ability to work "solo" or as part of a team is managed easily by musicians, actors, and dancers, much like those



personified and sometimes glorified by students participating in athletic team sports. Critical thinking and interpretative skills, creativity, and higher-level problem solving traits are especially exhibited by students of the arts.

Critical Evidence concludes that "Learning in the arts is *comprehensive*, benefits associated with the student of the arts are inclusive to all students, and an arts-rich learning environment can have *far-reaching effects*. Starting to trickle in are the first round of required State reports assessing NCLB goals. I can only hope the evidence will show that in those programs where the arts were integrated and embraced, the value of arts in education is realized.

Finally, I have worked with literally thousands of music students and watched them attain success in a variety of occupations (most were *not*

music majors). Like the ideal Renaissance man who should be able to sing, dance, play a musical instrument, understand the arts, and be a kind and charitable person, I encourage you to embrace arts in education and pursue your passion. Sing (*like no one is listening --in the shower is a good place to start*), dance (*like no one is watching*), and draw, finger-paint or color using every crayon in the box. Take your place on the stage of life and act out your fantasies (*to the delight of your inner child*). Try any of these, and you will live a way to a happy, healthy heART!

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Children's Eye Health and Safety Month

Back-to-School Eye Exams for Children

August is Children's Eye Health and Safety Month—a great signal for you to get your child's eyes checked before school starts.

It's almost back-to-school time and you're prepared with your child's enrollment forms, orientation schedules, and immunizations—but what about their eyes?

Join us as we observe Children's Eye Health and Safety Month in partnership with Prevent Blindness America and the American Academy of Ophthalmologists.

Most children have healthy eyes. But there are conditions that can threaten good vision. Because you can't always "look" into your child's eyes to tell if they have eye health problems, set up some time today for an eye exam. Your child's eyes should be examined during regular pediatric appointments and vision testing should be conducted around age three.

Possible Signs of Vision Problems:

Parents should be aware of signs that may indicate their child has vision problems, including:

- Wandering or crossed eyes
- A family history of childhood vision problems
- Disinterest in reading or viewing distant objects
- Squinting or turning the head in an unusual manner while watching television

Talk to your child's pediatrician if you suspect your child has any of the eye diseases below:

- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)
- Refractive errors (nearsightedness, farsightedness and astigmatism)

Let's Talk Eye Safety:

Use this month to discuss the importance of eye safety with your children. More than 12 million children suffer from vision impairment, and eye injuries are one of the leading causes of vision loss in children.* There are an estimated 42,000 sports-related eye injuries each year and the majority of them happen to children. Children should:

- Wear protective eyewear while participating in sports or recreational activities.
- Play with age-appropriate toys. Avoid toys with sharp or protruding parts.
- One of the best ways to ensure your child keeps his/her good vision throughout life is to set a good health example.



To find more information about Children's Eye Health and Safety, visit: www.preventblindness.org and www.aao.org.

*Nearly 25 percent of school-aged children have vision problems. Of children ages 3 to 5, close to one in 20 has a problem that could result in permanent vision loss if left untreated. The American Academy of Ophthalmology estimates that 80 percent of preschoolers do not receive vision screenings.

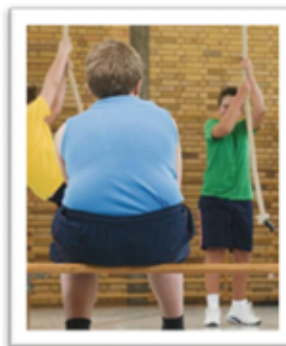
Source: <http://www.hap.org/>

Give Your Child a Fighting Chance

Help your child achieve greater health for a brighter future!

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

Most people are familiar with the quote “Health is the greatest gift”, but statistics have shown that America’s health is declining. This begs me to ask the question “Why are people who reside in one of the most socially and economically developed countries in the world not giving themselves ‘the greatest gift?’” According to a recent report published jointly between the United Health Foundation and the Partnership for Prevention, “the prevalence of obesity in the United States has climbed 132% over the past decade” which has contributed to an epidemic of diabetes in America. Type 2 diabetes used to be called adult-onset diabetes. But now it is becoming more common in children and teens, due in part by escalating rates of obesity in this age group.



Facts and statistics are alarming. The Center for Disease Control (CDC) reports that **overweight teens have an 80% chance of becoming overweight adults.** Obesity is now the 2nd most common cause of preventable death in the U.S., with

deaths linked to being overweight exceeding those from alcohol, drugs, firearms, and motor vehicles.... combined! As children grow fatter, their chance of developing heart disease, diabetes (and associated complications, like blindness, kidney failure, neuropathy, etc.), arthritis, gallstones, high blood pressure, stroke, and certain cancers (including breast and prostate cancer) also increases. Excess fat in children not only creates a self-esteem issue (*if that isn't enough reason to help your child make a change*), it often leads to a life of challenging, and possibly deadly, health issues.

Your choice here, as a parent, is to either shake your head and blame the growing waistline of our children on video games, TV, school lunches, or the internet, or you can realize **obesity is completely preventable** and help your child improve their health



by reaching healthy weight levels. If you’re relying on your pediatrician to solve your child’s weight problem, good luck. Most doctors only have time to record your child’s growing height and weight, chart it on a BMI graph, and caution you that the curve is going in the wrong direction. When you realize optimal health isn’t given to you by your doctor – but rather a choice you and your child make – you’ve made the first big step toward a healthier and happier future. *What a wonderful gift to give your child! The gift of a healthy future!*

When it comes to excess weight, we have to understand the cause before we can define our “personal cure”. Any weight loss program that addresses only the obvious, such as reducing caloric intake (“diet”) and increasing caloric output (“exercise”), will never truly solve the problem today. “Focusing on what your child eats or doesn’t eat, and becoming a drill sergeant emphasizing exercise may create an unhealthy aversion to food and fitness”, cautions Ms. Waygood, also a Certified Pilates Instructor. “America’s growing weight issue is no longer just linked to oversized food portions and under-activity, although they indeed play a role. Excess weight can be caused by a variety of different issues, such as a developing resistance to insulin.” America’s weight problem is not just about calories, carbs, or cholesterol. You or your child’s “personal cure” might also need to address a slow metabolism, insulin resistance, inadequate digestion, nutritional deficiencies, poor elimination, an imbalance of intestinal flora, an acidic body pH, or any combination of these. Believe it or not, when considered individually, each cause can be clearly and easily understood (even by children!), and may be resolved fairly quickly.

Is Your Child Insulin Resistant?

We can no longer assume, for example, that insulin resistance is an issue seen only in adults. We know years of elevated sugar levels triggering high insulin production lead to insulin resistance (when the body’s cells don’t respond as well to the hormone insulin and glucose is less able to enter the cells and be used for energy), and thus the body’s inability to adequately utilize blood sugar and, instead, store it as fat. Previously diagnosed only in adults, most people mistakenly think children’s bodies can adequately process all the sugar it consumes and, therefore, a decrease in insulin sensitivity can’t be the issue behind their child’s weight challenges. According to a scientific statement issued by the American Heart Association (AHA) entitled *Obesity, Insulin Resistance, Diabetes, and Cardiovascular Risk in Children*, “There is an increasing amount of data showing that being overweight during childhood and adolescence is significantly associated with insulin resistance”. This same report cites recent studies in children clearly associating insulin resistance with obesity, hypertension (high blood pressure), and elevated triglycerides and LDL cholesterol in children as young as 5 years of age.



A Natural & Easy Weight Loss Solution

While most weight loss programs involve complicated activities, such as counting points or measuring food portions, that are difficult for children and adolescents to integrate into their lives, the Plexus approach to healthy weight management is easy-to-do, and effective. “I consider the Plexus approach to weight management

the most complete approach to weight loss on the market today", explains Ms. Waygood, "because it addresses the faulty body processes that contribute to excess weight such as metabolism, nutrition, insulin sensitivity, body pH, appetite control, and more!" Plexus Slim is a tasty powdered drink mix originally formulated to help Type 2 diabetics better manage blood sugar. Now available to the public, and still safe for diabetics, hundreds of thousands of people all over the world are not only balancing blood glucose and insulin levels naturally, but also losing weight and reducing their risk of weight-related diseases.

"Plexus Slim is a wonderful weight-loss solution for children because they love the taste", explains Ms. Waygood, "and it's easy! All you do is mix a powder packet into a bottle of water and drink it each morning, and take an optional daily vitamin." Plexus Accelerator or Boost, a daily supplement that can be taken with Plexus Slim, contains important B-vitamins (a catalyst for energy metabolism in your body), calcium (proven to help the body's cells burn fat), chromium (a trace mineral that enhances insulin's action in the body), and a proprietary blend of phytonutrients, which all work together to improve energy and metabolism, and burn fat and calories to yield weight loss. While this powerful weight-loss product set is safe and effective for children, it's also popular among adults and seniors. "Whether you are 10 years old or 80", notes Ms. Waygood, "Plexus Slim may help you rebalance your body, and help it shed the excess fat it's accumulated."

Is Your Body pH Too Acidic?

Dr. Robert Young, author of *The pH Miracle for Weight Loss*, associates much of America's excess weight problems to excess acid in the body. "The body retains fat as a protection against the overproduction of acids produced by the typical American diet", writes Dr. Young. "Fat is actually saving your life. Without fat protecting the cells, tissues, and organs of your body from acids, you would be dead." Acidity and alkalinity are measured using a 14-point pH scale, with zero (0) being most acidic, 7 being neutral, and 14 being most basic (alkaline). Children eating the Standard American Diet (SAD) most likely have a body pH that's too acidic (consistent pH readings below 7.0).

"In the same way body temperature is meant to be maintained at 98.6 degrees", explains Dr. Young, "your body is programmed to maintain a pH balance within very narrow parameters. Just as with temperature, your pH can vary slightly without causing much concern, but a range too far away from ideal can result in serious consequences."

The human body will do whatever it has to in order to maintain pH balance, including building cholesterol plaques, storing fat, and leaching calcium out of bones and/or magnesium out of the heart and other muscles to act as buffers. In an attempt to protect itself from high acid levels, a child's body may start storing fat at a very young age. "People can't avoid acid production in the body because acids are naturally formed as by-products of digestion, respiration, normal metabolism, and cellular breakdown", explains Ms. Waygood. "However, there are ways we can reduce the intake of acids into our bodies, neutralize internal acid levels, as well as better eliminate acids in order to maintain healthy pH levels. A healthy body - at healthy pH levels - naturally maintains its own ideal weight." Plexus addresses healthy pH levels naturally by addressing intestinal balance, regular elimination, and restoring alkalizing mineral reserves. "The pH levels of the fluid in our bodies is directly linked to our current state of health", explains Ms. Waygood, "just as pH determines the health of a swimming pool. You wouldn't want to go swimming in a pool filled with green, algae-ridden water, would you?" Rebalancing the body's pH may be the first important step in healthy weight management.



Preventing Disease & Providing a Brighter Future

There's no better time to teach your child about health, encourage them to take responsibility, and guide them to make healthy lifestyle choices than now, when they're living at home and parents have some level of influence on daily routines and meals. However, most parents don't have the health knowledge necessary to adequately address children's weight issues alone. Because type 2 diabetes is a relatively recent problem in adolescents, society doesn't have a well-known plan to address this growing threat. This is where medical professionals, as well as natural health and fitness professionals, can make a lasting impact. "Establishing optimal health at a young age", notes Ms. Waygood, "is truly a gift that can last a child their lifetime."

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For more information about the health benefits associated with the Plexus products, visit www.WAYGOOD.MyPlexusProducts.com. Ms. Waygood provides FREE health education seminars to groups of all sizes. Contact her today to schedule a health seminar for your organization, church, or office!

What is a PET Scan?

Advanced Imaging of Port Charlotte

Positron Emission Tomography (PET) is a powerful imaging technique that holds great promise in the diagnosis and treatment of many diseases, particularly cancer. A non-invasive test, PET scans accurately image the cellular activity of the human body. PET scanning provides a more complete picture, making it easier for your doctor to diagnose problems, determine the extent of disease, prescribe treatment and track progress.

What is a PET/CT scan?

Positron Emission Tomography (PET) and Computed Tomography (CT) scans are both standard imaging tools that physicians use to pinpoint disease states in the body. A PET scan images the cellular activity of the body at a very early stage, often before anatomical changes take place. The CT scan provides information about the body's anatomy such as size, shape and location. By combining these two scanning technologies, a PET/CT scan enables physicians to more accurately diagnose and identify cancer, heart disease and brain disorders.

How does a PET scan differ from CT or MRI scans?

CT and MRI scans are anatomic imaging modalities, which means that they look at the size and shape of organs and body structures. A PET scan is a metabolic imaging modality, which means it looks at cellular activity. The information collected from a PET scan is different from any other test that is available.

Why is my doctor recommending a PET or PET/CT scan?

A single PET or PET/CT exam can provide information that once would have required several medical studies and possibly surgery. PET scans are most often used to help the physician detect cancer and monitor response to treatment. PET scans are also used to evaluate heart disease, neurological conditions and other physiological problems.





What are the benefits?

PET scans provide the physician with valuable information. For cancer patients it may help diagnose the extent of disease, guide the most effective therapy, and then help evaluate if the treatment is effective. PET scans aid in the diagnosis of heart disease and neurological diseases. This type of imaging can show changes much earlier than other imaging tests like CT or MRI.

Is PET safe?

The risks associated with a PET scan are very minimal. The quantity of radiation is low and the radiopharmaceutical degrades quickly so that no detectable radioactivity is present after several hours. In addition to the radioactive decomposition, the remaining radiopharmaceutical is eliminated from the body through urine. Family members are not at risk for exposure since most of the radioactivity has left the body or decomposed before the patient has left the center.

What should I expect?

If you are having a PET scan for an oncologic application you will usually be scheduled for your scan at Advanced Imaging. Upon arrival you will receive an injection of radioactive glucose, which will take approximately 60 minutes to distribute throughout your body. You will be asked to empty your bladder and then lie down on the scanner bed. The scan takes

approximately 15-35 minutes, depending upon the type of scan you are having and the type of scanner being used. It is important that you lie still during this process. If you need pain medication please bring it with you. You should plan on being at Advanced Imaging for approximately 2 to 3 hours.

What is a radiopharmaceutical?

A radiopharmaceutical is a radioactive drug. The most commonly used PET radiopharmaceutical is a radioactive form of glucose (sugar). To begin the PET procedure, a small amount of glucose is injected into your bloodstream. There is no danger to you from this injection. Glucose is a common substance that every cell in your body needs in order to function. Diabetic patients do not need to worry; it would take 1,000,000 doses of this radiopharmaceutical to equal the glucose in 1 teaspoon of sugar. Radiopharmaceuticals must pass multiple quality control measures before it is used for any patient injection.



941.235.4646

What happens after my scan?

Once the PET scan is complete, you will be able to leave the imaging facility. Make sure you drink plenty of water or other fluids throughout the day to help flush the FDG from your body.

Are there any potential side effects to a PET scan?

There are no side effects to having a PET scan. Make sure you drink plenty of water and check with your physician if you have any concerns.

When will I get my results?

The PET scan is interpreted by a trained nuclear medicine physician or radiologist and results are usually sent to the referring physician within 24-48 hours. You should contact your doctor to discuss the results.

How often should I have a PET scan?

If you are under a physician's care, you should follow your physician's recommendations for frequency of PET scans.

Are there alternatives to PET?

Yes and no. There are examinations that can be performed. However, there is no other metabolic (biological) scanning technique other than PET at this time. CT and MRI, for example, both examine the anatomical (physical) structure. Therefore, they can be useful in determining the size and location of a tumor. However, neither of them can determine whether a tumor is still metabolically active.

Is a PET scan painless?

The only pain involved is the needle prick when you receive the radiopharmaceutical injection, which does not differ from any other type of injection.

Does my insurance cover PET scans?

Many PET scans are covered by private insurance and Medicare; pre-authorization may be needed and is advised.

Advanced Imaging of Port Charlotte provides the highest standard of care available today. Our technologists are highly skilled and available to explain the exams and any concerns you may have. Advanced Imaging is open Monday thru Saturday from 7-7. Call 941-235-4646 for more information or you may review our website at www.advimaging.com.



Dr. Jonathan Frantz and Frantz EyeCare Celebrate 20 years in Southwest Florida

Twenty years ago this July, local ophthalmologist Jonathan M. Frantz, MD, FACS, started his practice, then called Florida Eye Health, in a medical office building at Lee Memorial Hospital.

He moved to his current Fort Myers location at 12731 New Brittany Blvd. in 1996. He now heads a multi-physician, multi-office practice that incorporates the latest technologies to provide patients throughout southwest Florida with the most advanced options for bladeless laser cataract surgery, LASIK, cosmetic surgeries and comprehensive eye care. Dr. Frantz changed the practice's name to Frantz EyeCare in the fall of 2012 to more clearly identify his practice.

During 20 years of practice, Frantz EyeCare has grown from three employees to over 100 and now includes four satellite offices throughout southwest Florida. In 1999, the Fort Myers office was expanded to include a Laser Vision Center and Suncoast Surgery Center, a state-of-the-art, fully accredited ambulatory surgery center. That same year, Dr. Frantz opened an office in Naples and relocated one of the satellite offices to a new location in Cape Coral. In 2002, he added cosmetic services, an entirely new dimension to the practice, to provide his patients with the convenience of having their eyelid and facial cosmetic procedures performed in a familiar and friendly setting. Two additional satellite offices opened in 2007, Punta Gorda in January of that year and Lehigh Acres at the end of the year. With each new addition, new jobs were created, as well as more convenience and a higher quality of service for the practice's customers.

Dr. Frantz is one of the top five bladeless laser cataract surgeons in the country. He introduced laser cataract surgery to southwest Florida in May 2012 and continues to embrace the latest technology for his patients by being the first surgeon in the state of Florida to offer the VERION Image Guided System, which tracks your eye from the planning stages to your actual cataract procedure. He also offers the area's only ORA with VerifEye, which provides an in-depth analysis of the eye during surgery.

Frantz EyeCare offers the area's only bladeless iLASIK, which combines the advanced IntraLase femtosecond laser with the VISX Star S4 excimer laser to provide patients with a procedure that is 100 percent tailor-made

for you and the unique characteristics of your eyes. iLASIK offers improved safety, better vision and more precision. Ophthalmologist Jeffrey Robin, MD, joined the Frantz EyeCare team this past month as a LASIK and Cornea Specialist. Dr. Robin is in the top one percent of LASIK surgeons in the U.S. and has performed over 65,000 laser vision correction procedures during his 20 plus years in practice.

In addition, Frantz EyeCare has a Retina Specialist Robert Sherman, MD, an Ophthalmic Plastic & Reconstructive Surgeon Stephen Laquis, MD, FACS, and a team of licensed optometrists who specialize in examination and diagnosis of eye diseases and vision conditions. In addition to testing for eyeglasses and contact lenses, the optometrists provide pre and post-operative care of surgical patients.

Frantz EyeCare's employee orientation program has a strong emphasis on mission, values, customer satisfaction, teamwork and commitment to coworkers. The major factor in the success of Frantz EyeCare is that Dr. Frantz, as the medical director and owner of the practice, believes and trusts in the administrative, technical, leadership and clerical abilities of his employees so that the company runs efficiently and effectively. He is active in all decisions of the organization and encourages teamwork and creative energy to achieve the best possible patient outcomes and overall excellence.

As an organization, Frantz EyeCare participates in several local professional and civic organizations, such as membership in six area Chambers of Commerce, the Health Management Association, the SWF Chapter of Florida Public Relations Association, and numerous networking groups.

The practice's interactive website provides viewers with information about the numerous services provided at Frantz EyeCare, as well as appointment scheduling and electronic patient registration.

To make an appointment online, visit www.bettervision.net or call the Punta Gorda office of Frantz EyeCare at 941-505-2020.

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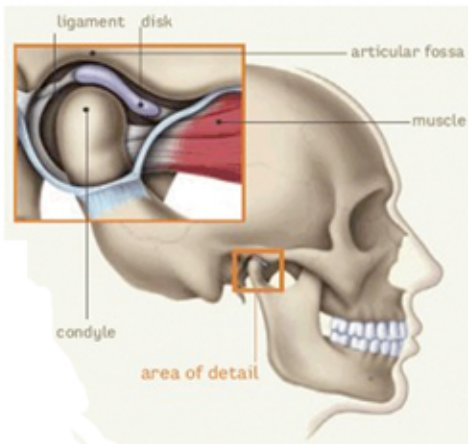


Jonathan M. Frantz, MD, FACS, is named in The Guide to America's Top Ophthalmologists. He and his team of doctors at Frantz EyeCare offer a broad spectrum of patient-focused comprehensive care from eye exams and eyewear to bladeless laser cataract removal, treatment of eye diseases, bladeless iLASIK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

The Daily "Grind"

By Dr. Joseph Farag

Too much stress can contribute to a wide range of health problems. From a dental perspective, stress often plays a role in the development of Temporomandibular Disorders, or TMD. Grinding of teeth which causes headaches, jaw soreness and pain, among many other symptoms can be exacerbated during times of high stress. The temporomandibular joint (TMJ) is the hinge joint that connects the lower jaw to the temporal bone of the skull, which is immediately in front of the ear on the side of your head. The cause of TMD is not clear, but dentists believe that symptoms arise from problems with the muscles of the jaw. Severe cases can be caused by injury to the jaw. In more common cases, grinding or clenching of the teeth puts a lot of pressure on the TMJ and people feel tooth sensitivity, earaches, and neck tension and pain.



Treatment Options

If stress is causing you to grind your teeth, ask your doctor or dentist about options to reduce your stress. Also, avoid foods and drinks that contain caffeine, alcohol, and do not chew gum. Relax your jaw muscles at night by holding a warm washcloth against your cheek. When these

options do not relieve your pain, your dentist can offer a variety of treatment modalities for your specific case. An occlusal guard, often called a nightguard, can be fabricated by your dentist to allow your muscles to rest and protect your teeth from further wear.

Patients who present with TMD should also have an occlusal analysis

This helps determine if there are any bite discrepancies that may be corrected with a simple procedure to reshape how the teeth come together when you bite. Medications such as over the counter ibuprofen are helpful because they reduce inflammation to aid in the healing process. Occasionally, a mild muscle relaxant may be prescribed for a few days or weeks to help relieve pain. Surgery for TMD should only be considered after all other treatment options have been tried and you are still experiencing severe, persistent pain.

Relaxation Techniques May Help Alleviate TMJ Symptoms

Simply becoming more aware of tension-related habits — clenching your jaw or grinding your teeth — will help you reduce their frequency. Because stress can contribute to TMJ disorders, relaxation techniques like yoga, meditation and deep breathing may also help alleviate TMJ symptoms.

This season, survive the holiday grind with a little planning, prioritizing and perhaps a trip to your dentist. To learn more about TMD or to schedule an appointment, please call Dr. Joseph Farag at Port Charlotte Dentalcare, 941-764-9555.



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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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For more information on this topic please call 239-949-4412 to speak with a specialist, or visit us on the web at www.AcuteWoundCare.com. Remember, nothing heals faster than an educated patient.

Health Care Reform – (Preventive Services)

2015 Open Enrollment starts 11/15/2014

By Dee Merritt

The health care reform law passed in 2010 – called the Affordable Care Act (Obama Care) – requires many insurance plans to pay for preventive services like shots and screening tests, many important services are covered at no additional costs. The preventive services defined under 3 headings; Adult, Women, including pregnant women and children. This is a great value as it is often overlooked, Being proactive and accessing this valuable service at no cost to you could ultimately extend and improve your quality of life. As our children head off to school soon physicals are normally required so why not start off on the right foot and do yours as well at the same time. August and September is off season in Southwest Florida so our doctors have more time for us and we have more time available in our schedule as well. Vision screenings is also included under preventive services for children and highly recommend for children under 6 even if there are no signs of a problem.

Immunizations for children covered under the Affordable Care Act

Immunization – vaccines for children from birth to age 18 – doses, recommended ages, and recommended populations vary:

- Diphtheria, Tetanus, Pertussis
- Haemophilus influenza type b
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Inactivated Poliovirus
- Influenza (Flu Shot)
- Measles, Mumps, Rubella (MMR)
- Meningococcal
- Pneumococcal
- Rotavirus
- Varicella (Chickenpox)

*To learn more about Health Care Reform or schedule an appointment contact:
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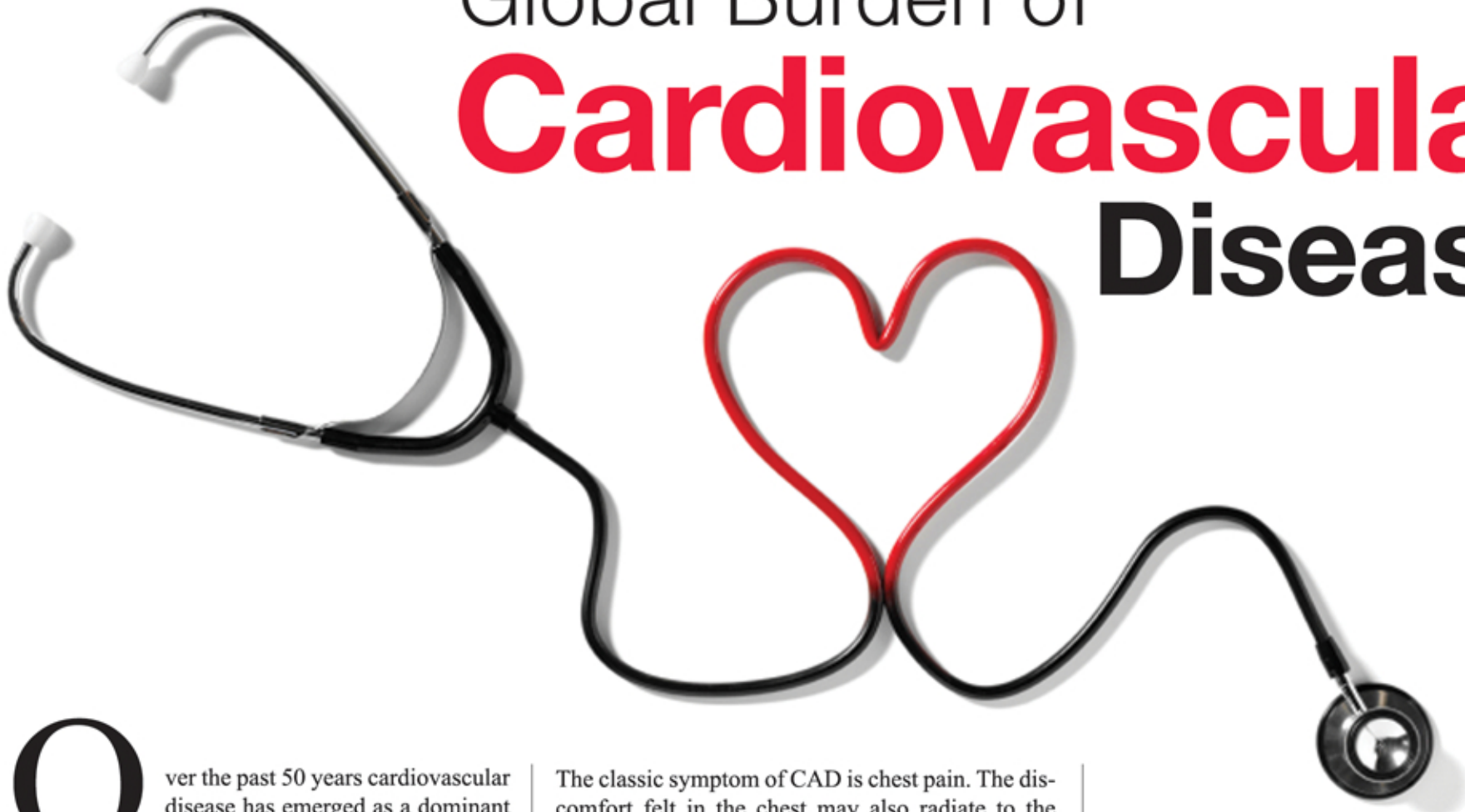
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Global Burden of Cardiovascular Disease



Over the past 50 years cardiovascular disease has emerged as a dominant disease in many parts of our world. This is especially prevalent in the US and the western hemisphere. According to the American Heart Association, there are an estimated 13 million Americans that have coronary artery disease, also known as CAD. Almost 7 million of these have experienced active chest pain and nearly 8 million Americans that have had a myocardial infarction (heart attack).

Based on the data from the Framingham study (an ongoing study performed in Framingham Massachusetts since 1948) the risk of developing symptomatic chest pain or heart attacks after age 40 is 49% for men and 32% for women. In 2001 alone, CAD accounted for 54% of all deaths due to cardiovascular disease and was the single most frequent cause of death in American men and women.

The Framingham study identified the main risk factors causing heart attacks and chest pain as:

- Hypertension
- Obesity
- High Cholesterol
- Diabetes
- Smoking
- Physical inactivity

The classic symptom of CAD is chest pain. The discomfort felt in the chest may also radiate to the neck, jaw, shoulders, or arms and hands, especially on the left side. Some patients have characterized the pressure-like sensation as feeling like a large object is on top of their chest or more like a squeezing sensation that may last 2 to 3 minutes or more. This can translate into a heart attack when lasting 20 minutes or more.



This tightness can also be associated with shortness of breath, palpitations (chest fluttering), dizziness, profuse cold sweats, anxiety, nausea, vomiting and sometimes loss of consciousness. Women more commonly experience fatigue, sleep disturbance or shortness of breath. These symptoms are usually relieved by resting or stopping the physical activity that was being performed.

If necessary, the pain can often be alleviated with Nitroglycerine. This can be taken as a small pill or a spray beneath the tongue where it rapidly reaches the body's venous circulation and in seconds will reach the arteries of the heart.

Anyone experiencing these symptoms should immediately chew an Aspirin (ideally a 325 mg tablet) or 4 Baby Aspirins. If you have Nitroglycerin, you can take one pill or spray every 5 minutes (not to exceed more than 3 times). If the chest pain is still present, you should immediately call 911 or go to the nearest ER facility. If the pill or spray reduces the pain you should call your physician to notify them.

Your physician will most likely recommend you come in for an office visit to evaluate the next step in your medical care. This will enable your physician to determine if the appropriate treatment should be a conservative one, an invasive one, or a combination of both.

An EKG, blood tests to measure the cardiac enzymes, and other tests such as an echocardiogram, a nuclear scanning test, or a stress echocardiogram are some of the different modalities that will help to make the proper diagnosis. Once the diagnosis is made an Interventional Cardiologist can perform a cardiac catheterization and re-establish the proper amount of flow into the heart arteries.

Anyone with the risk factors mentioned above should take the initiative to make the proper lifestyle changes in order to control them and diminish the risk of having a heart attack. Working closely with your physician is key for controlling these risk factors.

Remember that for every pound of extra weight, the heart has to pump to 3 more miles of capillaries. So if you are 20 pounds overweight, your heart must pump to an additional 60 miles of capillaries. It's no wonder that the blood pressure needs to increase to maintain the demand.

Think about your family and yourself as the main motivation to achieve your cardiovascular goals. Try to step out of your comfort zone once in a while and don't become a couch potato.

I hope this month you think seriously about your cardiovascular risks and do something to improve them. Your primary care physician, and if needed your cardiologist, will help you achieve and maintain good heart health keeping you away from the emergency room and hospitals.




Tips to reduce your risks for developing cardiovascular disease are:

- Maintaining a blood pressure between 130/85 and 120/80
- Keeping your cholesterol in check. Ideally you should keep your LDL (bad cholesterol) less than 100 and the HDL (good cholesterol) greater than 40. You should also keep your Triglycerides below 180.
- Do not smoke, or stop smoking as soon as possible.
- Keep your Body Mass Index or BMI less than 27.
- Cardiovascular exercise not less than 20-30 minutes a day.
- Try not to eat while watching TV.
- Strictly limit your intake of carbohydrates and alcohol, both which are transformed into cholesterol once digested by the body.
- Increase the amount of fruits, vegetables and white meat in your diet.
- Shield yourself from unnecessary stress and learn how to manage it.
- Surround yourself with positive people.



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Incredible Facts About Babies, Breast Milk, and Breastfeeding

Like pregnancy and childbirth, you should learn about breastfeeding before becoming a new mom. Test your breastfeeding knowledge by reading these facts to better understand how amazing women's bodies truly are.

- **Breastfed babies typically get sick less.** Breastfeeding reduces the risk of ear infections, diarrhea, and stomach problems.

- **Children who are breastfed have a lower rate of certain illnesses as they grow up.** Babies who are not breastfed have a higher risk of asthma, diabetes, and childhood obesity. Since African-Americans are at an increased risk for these conditions, it's important to understand the long-term benefits of breastfeeding.

- **Your baby can smell you.** Newborns have a strong sense of smell and know the unique scent of your breast milk. That is why your baby will turn his or her head to you when he or she is hungry.

- **Your baby can see you up close and personal.** Babies are born extremely nearsighted, which means they can only see things about 8 to 15 inches away. That also happens to be the distance between your face and your baby's face when breastfeeding. So when your baby locks eyes with you, it's a true bonding moment.

- **Breastfeeding allows your body to recover from pregnancy and childbirth more quickly.** The hormones released when you breastfeed make your uterus contract back to its pre-pregnancy size.

- **Breastfeeding exposes your baby to many different tastes.** Formula has one taste. But through your breast milk, your baby eventually gets a slight taste of whatever you eat, although not directly. This will later make introducing solid foods easier.

- **Breastfeeding may help you to lose weight.** Mothers who exclusively breastfeed can burn as many as 600 calories a day, which may help you get back to your pre-pregnancy weight.

- **Breastfeeding reduces the risk of breast cancer and ovarian cancer in moms.**

- **Breastfeeding can save a family more than \$1,200 to \$1,500 in formula-related expenses in a baby's first year alone.**

- **Your body starts getting ready to breast-feed during pregnancy.** After you give birth, your body gets the final signal to make milk, which is usually more than one newborn can handle. Why? Your body doesn't know whether you have one, two, three, four, or more babies to feed. Your supply then regulates to meet your baby's (or babies') needs.

- **Before your milk comes in, in the first few days after birth, your breasts make a thick, sticky, yellowish fluid sometimes referred to as "liquid gold."** Called colostrum, this liquid has the calcium, potassium, proteins, minerals, and antibodies your baby needs. Your baby needs only a few teaspoons to feel full and stay healthy until your milk flow increases, about two to five days after birth.

- **Your breast milk changes during a feeding session.** When your baby first starts to nurse, your milk is a watery bluish color. Toward the end of the feeding session, your baby gets to thicker, fattier milk, which gives your baby the calories needed to grow healthy and strong.

- **Breast milk heals.** Breast milk is filled with special components that are designed to help fight infection and cut down on swelling in the breast. So, if your breasts are sore those first few days, gently massaging some of your milk into your nipples and breasts can soothe the soreness and speed up recovery.



Did You Know?

Moms can still breastfeed while sick. In fact, it's good for your baby. When you get sick, your body starts fighting the illness by making antibodies, which then get passed on to your baby. By the time you show symptoms of illness, guess what? Your baby has already been exposed to the virus or bacteria, which boosts your baby's immune system. By continuing to breastfeed, you're not just keeping your milk supply up, but you're further protecting your baby from getting sick in the future.

Source: Women'sHealth.gov

Back to School

CHECKLIST

1-2 weeks before school

- ✓ Sort through kids' fall clothing; donate or hand down what doesn't fit.
- ✓ Purchase basic wardrobe necessities for each child as needed
- ✓ Sit down with your planner and write in the entire school calendar for all schools attended by your children.
- ✓ Research and evaluate extracurricular activities for the school year.
- ✓ Purchase backpacks and water bottles as needed.
- ✓ Set up an "Organization Station" in a convenient location near the door in your house. Get one basket or crate for each child; use these baskets for your kids' belongings, e.g. books, hats, gloves, sports equipment.
- ✓ Start getting your kids back on their school year bedtime routine.
- ✓ Schedule haircuts as needed.
- ✓ Bulk shopping: visit your local big box retailer and stock up on non-perishable basics like juice/milk boxes, napkins, sandwich bags, and snack foods like pretzels. While you're there, stock up on supplies like permanent markers, pencils, pens, tissues, and loose leaf paper.

3 days before school starts

- ✓ Plan meals for the first week of school.
- ✓ Make sure your camera is charged and ready for the first day of school!

1 day before school

- ✓ Prepare lunches and snacks for first day of school.
- ✓ Pack supplies in back packs.
- ✓ Lay out clothes for first day of school.
- ✓ Set alarm clocks.

First day of school

- ✓ Take a picture of your kids in the same spot every year. This is a great way to see how they have grown.
- ✓ Celebrate by stopping at your favorite ice cream shop after school.

Source: imom.com



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Write it Off or Take it Off?

By Dr. Debbie Marks

Dogs, cats, rabbits, ferrets, birds, and lizards all show up to the clinic with various sized and shaped lumps and bumps. Most lumps may never seem to be of any bother to the animal, but many, astute pet owners are rightfully concerned and want to know what their options are.

Unfortunately, nothing about the size, shape, color, consistency, location, or growth rate is definitively diagnostic for what a lump might be. Yes, benign, fatty tumors (lipomas) and some "cysts" are very common, but some very malignant tumors will look, grow, and feel identically, and are just as common. Far too frequently will I sample a mass that was previously presumed (based either on feel or how long it had been present) to be a lipoma or other innocuous mass to find that it is, indeed, a malignant tumor, slowly spreading for months or years.

Essentially NEVER will I tell an owner that I know what a lump is without some sample of the mass.

Two general options exist to collect a sample for diagnosis; a fine needle aspirate or a tissue biopsy.

Fine needle aspirates use a tiny needle to collect a small sample of cells from the mass. This process is quick, inexpensive, non-invasive, and can usually yield a definitive diagnosis of the mass in question. At the very least, the results of the aspirate should be able to dictate the general course of action insofar as whether to leave the mass alone, to remove the mass surgically, how aggressive to be with surgery (how much tissue surrounding the mass should be removed), and whether to be concerned with nearby or distant spread.

Tissue biopsy, that is, removing all or some of the lump surgically, is more invasive and more expensive, but will nearly always be diagnostic. Removing a benign mass, though, may not be necessary, putting your pet through an avoidable procedure. Furthermore, removing malignant tumors without a pre-operative diagnosis may predispose us to inadvertently leaving microscopic bits of tumor behind, thereby missing a chance for a curative surgery, and also complicating future attempts at therapy. For these reasons I will usually recommend a fine needle aspirate prior to any mass removal, and certainly prior assuming any mass to be benign.



The sooner you know what a mass is, the sooner you can know whether to write it off or take it off.

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.



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If My Life Was But A Single Day

By Alex Anderson

Mayflies

I had this crazy thought. See if you can follow me on this. I'm 53 years old. If I live to be 86 years old (a very real possibility given my genes) then I have 33 years left. At first this sounds like a lot of time, and it is, unless the perspective is changed to but one single day. Like the Mayfly, which lives from maybe a few minutes to only a day or two, and then is gone. What if my life was, but a single day?

Here are my assumptions. Live until 86 years old. If my useable day is 16 hours (24 hours less 8 hours of sleep) and I divide the 86-year life span by 16 useable hours per day then I get a factor of 5.375. This means that each hour of my useable day is equal to 5.375 years of my life. Humm...one hour equals 5.375 years of my life. Wow!

Then, if I take my current age of 53 and divide it by 5.375 it equals 9.86 hours. So if my waking useable hours start at 7:00 am and end at 11:00 pm (for a 16 hour useable day) then it is 4:52 pm in the afternoon for me, if my life was but a single day. Now I know what the Mayfly must feel. Which means I have 6 hours and 8 minutes left in my day, or in this case...my life.

My Perfect Day

Apparently in the Old Testament King David had a similar thought.

"Show me, Lord, my life's end and the number of my days; let me know how fleeting my life is. You have made my days a mere handbreadth; the span of my years is as nothing before You. Everyone is but a breath, even those who seem secure" Psalms 39: 4,5 NLT

This kind of makes one feel very small, especially in the face of eternity. Unless the real lesson here, besides the fact that we all will die (or rather our bodies will), is to decide how we spend the rest of



our day. If in reality it was 4:52 pm in the afternoon, how would I spend the last remaining 6 hours and 8 minutes of my life? Would I act like it was any given day? Or would I live it like the last day of my life?

Or, maybe my "perfect day?"

If you were designing a day that you would live over and over again for the rest of your life: meaning each day would be exactly the same, what would it look like? Something like the movie Groundhog Day? Each and every day would be the same...your perfect day.

When would you wake up? What would you do when your feet hit the floor? What would you eat for breakfast? Where would you go that day? What would you do? Would you workout? Would you go to work? Would you go see friends or family? What would you do after lunch? Take a nap maybe or create some art? Where would you eat dinner? And who with? What time would you go to bed?

My Hallucination

The only rule is...this is your perfect day and you would have to live it the same way each and every day for the rest of your life. Would you decide not to design it and just live with whatever comes? I know living every day the same way seems...well boring and pointless. But, what if it wasn't? What if, it was exciting? You might be thinking, "How in the world could I design a day that is the same every day for the rest of my life? How could it be anything other than boring after a year or even the first few months?"

The difference between boring and exciting is only one word: perspective. And the deciding perspective is: "who have you designed your perfect day for?" Your own needs, desires, and wants; or the aid, benefit, and wellbeing of others? This one slight adjustment can make all the difference.

If your perfect day is designed to do the exact same thing every day, to help and improve the lives of others ever so slightly, then how could that possible be boring?

Here is my hallucination: you really do not want to live a boring day in your life, much less a life of boring days. So get out a sheet of paper and start at 7:00 am in the morning. Design a day that you could live for the rest of your life. A day that when bed time comes at night, you can say to yourself, "That was perfect."

Then with everything with in you...go live it. Oh, yeah! And email to me a copy of your perfect day. If you actually do this you will be in the top 3 percent of the world, or at least pretty darn close to it, and one of the most happy and fulfilled people on the planet.

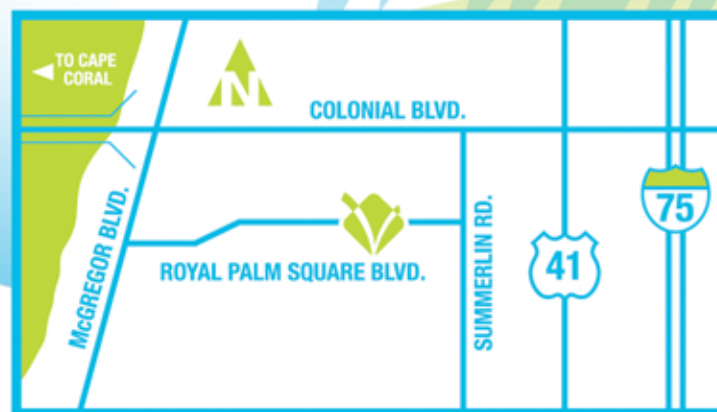
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