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October 2014

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RTR Urology welcomes Dr. Carl G. Klutke Board Certified Urologist-Fellowship trained in Female Urology, Female Urologic Surgery and Voiding Dysfunction for Males and Females

Carl G. Klutke is a Board Certified Urologic Surgeon, a member of the American Urologic Association and the International Continence Society. He received his medical education at the University of Michigan and completed his Surgical Internship and Urologic Residency at the Henry Ford Hospital in Detroit, Michigan. He subsequently completed a Fellowship in Female Urology and Urodynamics at the University of California at Los Angeles. Following Fellowship, Dr. Klutke's career brought him to Washington University in St. Louis, Missouri where he attained the academic rank of Professor of Surgery in the Division of Urology. At Washington University he was the Director of the Female Urology and Incontinence section. He also served as Chief of Staff at the Barnes West County Hospital.

Dr. Klutke has specific expertise in the field of Voiding Dysfunction, Female Urology and Urodynamics. He has published over 100 journal articles and written numerous textbook chapters on these topics as well as the surgical and non-surgical treatments of these conditions. He was listed in Best Doctors in America, 2005-2013 (Best Doctors, Inc.) and America's Top Doctors, 2003-2012 (Castle Connolly Medical Ltd.) "In medical school, I thoroughly enjoyed taking care of both urologic patients as well as gynecologic patients, ultimately I found Urology was where I wanted to be but I still liked to manage gynecologic conditions." Dr. Klutke sought out specialized training in "Female Urology" after his Urology Residency where he could combine his interest in both areas. "My Urology residency gave me the tools to treat urologic conditions ranging from cancer of the urinary tract to conditions of erectile dysfunction and benign prostate issues. The further training in fellowship has allowed me to understand and treat complex conditions that are more specific to the female patient such as incontinence and prolapse as well."

Dr. Klutke was born in Detroit and raised in Dearborn Michigan. As a youth, Dr. Klutke was heavily involved in the sport of Fencing and was Michigan state champion as well as captain of two NCAA championship winning teams. Presently, in his leisure time he enjoys cycling, tennis and spending time with his wife Britta and their three children.

Dr. Klutke will join RTR in November 2014

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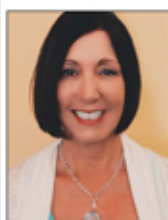
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Dr. Noël Crosby
Audiologist

Noël has been in the audi-
ology field for over 25
years. Having received her
doctorate in Audiology
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Arthritis of the Foot and Ankle

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

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

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

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

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

However, like the large joints such as hip and knee, conservative treatment sometimes will not work at all on a patient and more likely, will help for awhile, but due to the increasing severity of the arthritis, will eventually cease helping the patient. Surgical options will then need to be considered. If you have mild or moderate arthritis, especially in the ankle only, an ankle arthroscopy may be warranted

to help cut back on the arthritic changes in the ankle joint. In the foot and toe joints, as well as more arthritic ankle joints, surgery may involve an arthrodesis (fusion) of the joint to eliminate pain. In some rare cases of severe ankle arthritis, a specialist may recommend an ankle replacement using prostheses, which are used in hip and knee replacement surgery. But, most specialists will generally avoid the ankle replacement surgery, since the techniques and prostheses are not as advanced as they are in hip and knee replacement surgery and they have been known to have many more implant failures with catastrophic results.

The most important thing about arthritis of the foot and ankle, which I have stated several times, is to be seen and followed by the proper clinician who can help you in many ways to solve your arthritic ankle or foot and help you return to a more pain-free, less symptomatic life. I am a Board Certified Orthopaedic Surgeon with a Sub-specialty, Fellowship Trained in Foot & Ankle surgery. In fact, I am the only surgeon with these qualifications in our area. I believe this makes me uniquely able to deal with these problems in a state-of-the-art atmosphere and method that will keep you in good hands and provide you with the most desired result.

Myles Rubin Samotin M.D.

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MORE THAN JUST VARICOSE VEINS!

By Joseph Magnant, MD, FACS, RPVI

When we hear the diagnosis "Varicose veins", most folks dismiss it incorrectly as something that is better off left alone, uninvestigated.

Many patients have been advised to leave their varicose veins alone unless they have pain or complications such as blood clots, inflammation or bleeding. Others may present with leg swelling and pain, without the classic external signs of varicose veins only to be told their swollen painful legs were a result of aging, their body habitus or their weight, with no further consideration of venous pathology entertained. Patients have been told their discolored and thickened skin around their ankles and lower legs was the result of diabetes, medication or some other obscure disease, and often have suffered for years unaware that a cure may have been within easy reach for their venous stasis dermatitis. Bleeding varicose veins may have been cauterized or ligated in the emergency room on multiple occasions without any thought of getting to the bottom of the problem responsible for the varicosities. Mothers of teenagers have been told their daughters painful, tight legs were the result of "growing pains" while the bulging varicose vein below the knee was dismissed as unrelated and cosmetic. I offer this partial list of real life scenarios I have heard from actual patients as food for thought for all who come across this article.

It has been said that the sign of a wise person is one who recognizes their limitations and keeps an open mind, calling on others more learned in other areas to assist in areas foreign to themselves. Venous insufficiency encompasses much more than just spider or minor varicose veins. It is time physicians and patients wake up to the reality that ignoring venous hypertension, which is the result of leaking leg vein valves (venous insufficiency) often leads to avoidable medical complications. Skin infections, cellulitis, bacteremia, blood clots, external hemorrhage, stasis dermatitis, the associated pain of thickened and inflamed skin at the ankle, and lastly, venous ulceration are often the direct result of unrecognized or untreated venous insufficiency. Patients should take an active interest in their health and wellbeing and develop a natural curiosity of what they observe happening to their bodies. Since when is bleeding from a varicose vein normal?

How long should one wait for a leg wound to heal? Why is the eczema affecting only the swollen leg and ankle? If my swollen leg is part of aging then why is only the left leg aging (swollen)? Some things do not take a physician to tell you there is a problem. Sometimes we need to listen to our gut feeling. And if that doesn't work then listen to your wife! Education and empowerment are readily available; one need only have the interest in seeking out the answers through internet resources.

In the year 2000, the treatment of Venous Insufficiency changed dramatically, as if we had been in the dark and had a bright light turned on. Endovenous closure changed the evaluation and treatment paradigm for patients with all of the above noted presenting symptoms and signs as well as others noted below. This minimally invasive technique of sealing the incompetent (leaky) vein from within (rather than stripping the vein out) offers very effective and immediate remedy of the underlying problem of high venous pressure. Presenting symptoms other than varicose veins may include swollen achy legs, leg cramps, thickened and discolored skin, external bleeding from an eroded vein just under the skin to ulceration of the skin in the ankle area. Other, more obscure and less appreciated signs and symptoms include night-time leg cramps, restless legs syndrome, and frequent night-time urination. An estimated 35-40 million adults in the U.S.A. suffer from these more commonly appreciated and recognized presenting symptoms. Countless others may also be affected by this same disease and may be either undiagnosed or misdiagnosed.

The physical, emotional and functional impact of severe venous insufficiency is not quantifiable as the true prevalence of the disease is not known. Persistent misperceptions of the general public regarding the symptoms of the disease, the method of diagnosing the disease and most importantly the available treatment options remain hurdles for today's Vein Specialists. The natural history of untreated severe superficial venous insufficiency has been well documented in the wound care centers around the nation as unchecked venous hypertension progresses from

benign appearing varicose veins to chronically swollen limbs years later, to skin changes which ensue in subsequent years resulting in one or more serious complications such as bleeding, infection and ulceration.

Endovenous closure can be safely performed in a completely outpatient setting under local anesthesia with very little time lost from work or normal activity. Venous insufficiency is accurately and reliably diagnosed with duplex ultrasound in the capable hands of an experienced registered vascular technologist. Duplex ultrasound allows for stratification of the severity of venous insufficiency which is critical to the decision phase and planning of subsequent treatments. Not all insufficient veins need to be sealed. Only those severely leaking veins in the distribution of the patient's symptoms and pathology should be considered for ablation after failure of conservative therapy.

Endovenous closure or ablation has allowed a more proactive approach to patients with this disease. Rather than reacting to the complications of the disease with compression wraps, wound care and submission, we now have a much more definitive, effective and noninvasive therapy to offer patients with appropriate indications for intervention. Minimally invasive endovenous ablation has opened the door to millions of adults who were once thought to be "too sick" for stripping, "too young" for stripping, "too obese" for stripping, "too old" for stripping, "too anti-coagulated" for stripping and now we should be encouraged to reconsider these and many other patients for a more definitive treatment. Our understanding of lower extremity venous pathophysiology has improved over the past 10 years due to the introduction of ultrasound guided, percutaneous endovenous techniques. Endovenous closure is not a license to seal veins at will. Rather, it is a minimally invasive, highly effective method which, in experienced hands and judiciously applied, has changed, for the better, the lives of many patients with symptomatic superficial venous insufficiency. Endovenous closure has indeed changed the treatment paradigm of venous insufficiency as much as any other modern minimally invasive technique in any other disease entity and we will not likely witness as significant a technologic advancement in the treatment of superficial venous insufficiency in the next 20 years.

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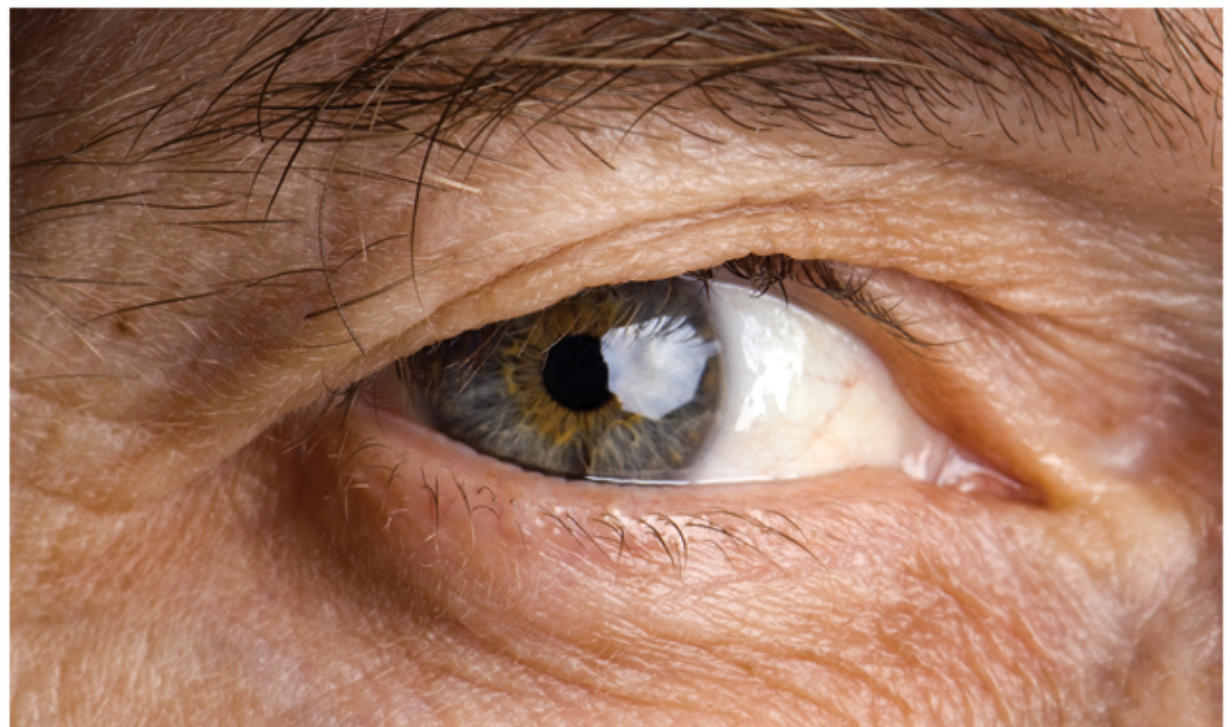
Imagine losing something that you have been dependent on since the day that you were born. Sight is one of the senses that we become the most dependent on, and as we age it's one of the senses that is compromised the most. Many people with low vision have macular degeneration. The disease is common in people over 70 years old. Other leading causes of low vision are glaucoma, cataracts, and diabetic retinopathy. Vision impairment itself isn't the end of the world with the appropriate vision rehabilitation and tools. The largest problem is that people have difficulty admitting their challenges because they are afraid it means they are going to have to move (or go through some dramatic change).

The term vision rehabilitation is replacing low vision services. The focus today is not just on low vision devices but also on training patients to use their remaining sight and other senses so they can function as independently as possible and continue to enjoy things that give them pleasure. Patients who qualify for Medicare home health, can have a certified vision specialist/ occupational therapist come into the home and do a home evaluation and train the patient on techniques and devices that helps one live as independent and safe as possible within their home. The Occupational Therapist, first interviews the patient to see how partial sight has affected their lives and what their goals are for rehabilitation. One person may want to be able to cook and read the newspaper again, while another may want to know what services are available to them to stay social and engage outside the home.



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The Occupational Therapist teaches patients and their families about adaptations they can make at home, the importance of proper lighting and the benefits of contrasting colors for the purpose of improving a home's safety and enhancing independence. Some additional tips and adjustments that can be made for safety purposes are:

1. Pour coffee into a white mug.
2. Avoid glass plates and drinking glasses because they may appear invisible.
3. Wrap colored tape around pot handles.
4. Put safety tape on edges of stairs and paint landings a color that contrasts with the stairs.
5. Set a dark colored chair against a light colored wall.
6. Give away the coffee table or drape it with a brightly colored cloth.
7. Float a bright yellow rubber duck in the bathtub to see when the tub is full.

In addition to occupational therapy, there are licensed social workers that can come to the home to help the patient arrange transportation, resources and support groups for someone newly diagnosed. Physiatric nursing services are also available to someone who needs help emotionally adjusting to living with visual impairment.

Although the loss of vision may be gradual, it can lead to significant changes in daily routine and can become overwhelming and lead to depression, loneliness and a fear of losing independence. Early intervention when it comes to therapy and knowledge is essential in maintaining the highest level of independence as possible. If you or a loved one would like more information on home health, outpatient services, or community resources please call your local Nurse On Call branch at 230-590-3016.

Make Time for Life-Saving Tests & Imaging

By Advanced Imaging of Port Charlotte

Finally, it is here. Season is over, the roads are less crowded, the two hour wait to get into your favorite restaurant has ended and things just seem a little calmer. So at last, it is time for you to take the time to take care of yourself. For months, you may have been putting off your annual physical or have been ignoring those aches and pains, so that you didn't have to deal with the crowds in the doctor's office. Well, the time has arrived for you to make time for yourself. Call your doctor, schedule your tests and follow up; your health depends on it and you are worth it.

Many adults ignore their own health for a variety of reasons: children, finances and even fear. The good news is that your physicians are more than willing to see you and you have the fortune of having a state of the art imaging center right here in Port Charlotte. Advanced Imaging of Port Charlotte has mastered the art of maintaining the small town feel while at the same time offering the most advanced technology and diagnostic testing available anywhere. Advanced Imaging, offers tests that are not available at any other facilities in the area; from DaTscan's to test for Parkinson's disease to MRI guided prostate biopsies. At Advanced Imaging, you are able to have both routine testing such as an x-ray and the sophisticated tests that are not offered elsewhere.

Going to the doctor can be scary, especially if you have been putting it off and ignoring symptoms. However, your physician is the person best able to assess your health issues and if necessary, order the proper diagnostic tests. Advanced Imaging offers everything from x-rays, ultra-sounds, mammograms, CT scans, PET scans, MRI's, Nuclear Stress Tests, biopsies and now DAT scans and MRI guided prostate biopsies. Why would you need these tests?

X-rays can be ordered for everything from diagnosing pneumonia to determining if there is a broken bone or if someone has ingested a foreign object.

Ultra-sounds can be used to examine many of the body's internal organs, including but not limited to the: heart and blood vessels, liver, gallbladder, spleen,

pancreas, kidneys, bladder, the uterus, ovaries, gestational ultrasounds in pregnant patients, thyroid and scrotum. Ultra-sounds are also used to guide procedures such as needle biopsies and breast biopsies. Doppler ultrasounds are used to determine the condition of the heart and whether or not it is functioning at capacity.

Mammograms are something familiar to most women over the age of forty. Advanced Imaging offers digital mammograms using soft pads. The soft pads make the mammogram more comfortable for the patient. The mammogram itself is a quick procedure taking just a few minutes. Advanced Imaging offers both screening and diagnostic mammograms. Women should consult with their physician as to when to begin having their annual mammogram.

CT scans (Computerized Tomography) is used to diagnose muscle and bone disorders, such as bone tumors and fractures or to pinpoint the location of a tumor, infection or blood clot. As with ultrasounds, CT's can be used in biopsies, as well as to detect and monitor diseases such as cancer, heart disease, lung nodules and liver masses. CT's can also be used to detect internal injuries or internal bleeding. CT scans are used in place of an MRI when a patient has a pace maker or an internal pump, such as a nerve block stimulator or a pain pump.

PET exams (Positron Emission Tomography) are most often used in people who have cancer, heart disease or brain disorders. Cancer shows up as highlighted spots on PET scans because cancer cells have a higher metabolic rate than normal cells. PET scans can also be used to determine if cancer has spread, if the cancer is responding to treatment, where the cancer originated or whether cancer has recurred. In general, PET scans may be used to assess organs and/or tissues for the presence of disease or other conditions. PET may also be used to evaluate the function of organs such as the heart or brain. Another use of PET scans is to diagnose Alzheimer's and other neurological conditions.



MRI (Magnetic Resonance Imaging) allows your physician to look at soft tissue of the body without exposing you to radiation. MRI allows physician's to see bone abnormalities, problems with ligaments, tendons, joints as well as some pelvic and abdominal issues. Recently, Advanced Imaging began performing MRI guided prostate biopsies. These biopsies are used in patients who have previously been diagnosed with prostate cancer and have undergone previous prostate biopsies. In the MRI guided biopsy, the MRI allows the physician to see exactly what area of the prostate to biopsy and therefore is more specific and less invasive for the patient.

Nuclear Stress Tests are ordered if your physician suspects that you have coronary artery disease or another heart problem such as chest pain or shortness of breath. The nuclear stress test measures blood flow to your heart in two ways, resting and when the heart is under stress (physical activity). The test shows your physician areas of your heart that may show limited blood flow or show other damage to the heart muscle.

DaTscans are the most recent test available at Advanced Imaging. DaTscans are the only FDA approved test to determine whether or not someone has Parkinson's disease (PD). The DaTscan measures the dopamine receptors in the brain. The DaTscan helps your physician rule out other conditions such as essential tremors. The DaTscan should be ordered by your physician if he/she suspects PD and you are not responding to medication or other treatments.

As with all tests performed at Advanced Imaging, you should always consult with your physician and discuss your symptoms and concerns. Your physician knows your history and is the best person to decide what testing, if any, is the best diagnostic tool for your particular condition and health situation. Should your physician order a diagnostic exam for you, remember, you do have a choice in where to have your imaging performed. For your convenience, Advanced Imaging has weekend and evening hours and accepts all major insurances as well as Medicare.

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Hearing Resources Part 1

By Dr. Noël Crosby, Au.D.

Hearing aids are only the first step to improved hearing. There are many other resources available to the hearing impaired that may also improve their ability to hear and communicate. Over the next few issues I will be discussing some of the available resources that can also assist a person to hear and communicate more effectively.

One of the most helpful resources available to the hearing impaired are specialized caption telephones. Some of these phones and the Telephone Relay Service (TRS) they work with, are available at no cost for those who qualify. Florida Telecommunications Relay Inc. (FTRI) will loan a captioned telephone to permanent Florida residents at least 3 years old who have been certified as hard of hearing, deaf, deaf/blind or speech impaired. FTRI also provides equipment that amplifies incoming sound, devices that alert you when the phone rings as well as many other very specialized devices for deaf and blind individuals. These devices and relay services are provided at no cost because The Florida Legislature passed the Telecommunications Access System Act (TASA) in 1991. The intent of this legislation is to provide basic telecommunications services for those who need these types of services, in the most cost effective way possible. TASA mandates that the FTRI equipment distribution program and the Florida Relay Service be funded by a monthly surcharge billed to all telephone customers (landlines) in the State of Florida. The specialized telephone equipment and ring signaling devices provided through this program are loaned to all qualified permanent Florida residents for as long as they need it at no charge. To find more information about FTRI you can visit their website at FTRI.org or call 800-222-3448.

Another great resource is the Internet Protocol (IP) Captioned Telephone Service (CTS). This service is under the guidance of the FCC. Captioned Telephone Service (CTS) is available both over the regular telephone network (landline) and over the Internet.

There are several forms of Telephone Relay Service that the hearing impaired and deaf can use. These include traditional TRS, which uses a text telephone or teletypewriter (TTY) device and a telephone line, Speech-to-Speech (STS), which uses specially trained Communications Assistant (CA)'s who can relay difficult-to-understand speech, and Captioned Telephone Service (CTS). CTS is available both over the regular telephone network (landline) and over the internet. Two forms of TRS that use the Internet are Internet Protocol (IP) Relay, in which a person with a disability sends text over the Internet and receives messages back (through the CA) in voice, and Video Relay Service (VRS), in which the person with a disability uses American Sign Language to communicate with a third party through an interpreter who knows sign language. The Federal Communications Commission has ruled that IP Captioned Telephone Service (IP CTS) calls are an approved form of TRS that may be compensated from the Interstate TRS Fund. Like all TRS calls, the relay costs associated with IP CTS are not paid directly by users of the service. IP CTS allows persons with hearing loss to take advantage of advancements and improvements in communication technologies and internet connections at their homes and places of work to more effectively use the telephone. There are some forms of the service where captions can be displayed on a screen in large text, using different fonts and colors to accommodate individuals with hearing disabilities who also have poor vision. Two companies that provide caption phones and telephone relay services are CapTel (captel.com) and CaptionCall (captioncallphone.com). An internet connection is required for these phones. A visit to their websites will provide a great deal of information about each of these organizations and how they operate their programs.

In the next issue, I will discuss hearing aid telecoils and how they work with hearing loop systems.



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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Visiting Angels only hires experienced caregivers. Our independently operated homecare agencies are trained to run the most comprehensive background screenings in the industry on every caregiver, including State, County and Federal searches. For this reason, "Peace of Mind" has become synonymous with the Visiting Angels name.

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We know you have questions and concerns. Visiting Angels has solutions. We're here for you!

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Visiting Angels franchised homecare agencies have served hundreds of thousands of families in their homes across the nation. Visiting Angels is the most recognized and respected name in senior home care. We are "America's Choice in Homecare!"

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- More than just senior care
- We're locally owned
- Providing "Peace of Mind" since 1998 across America

If you have any questions about the services provided by Visiting Angels, please call 800-365-4189 today.

We are here to help in any way that we can.

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Dangers in the Home

Oftentimes, living alone can prove to be dangerous for seniors. Senior citizens, like all of us, wish to stay in their home as long as possible and maintain their independence. According to an AARP survey conducted in 2011, 90% of seniors agreed. When someone is having difficulty with day to day tasks, it may seem like an easy choice to move into an assisted living facility. By doing so, seniors can live in a safe environment, maintain a social life and have their health continuously monitored. Still, looking at it from the individual's perspective, this decision can be a very difficult and emotionally draining. However, there has been a move away from the institutional feel of traditional assisted living centers. In fact, a local senior residence, Banyan Residence Assistant Living has designed their entire facility to provide safety and assistance without losing the sense of home.

First, what are some of the hazards that an aging population might experience?

1. Stairs. Climbing stairs can become very problematic for seniors. 30% of people over the age of 65, and 50% over the age of 80 will fall down at least once in the next year (Aging Parents Authority). Many times when a senior falls down the stairs, they suffer with a hip fracture. 25% of seniors with a hip fracture will lose their life within one year.

2. Shower/Bathtub. Something as simple as getting in and out of the shower/bathtub can be a challenging task for seniors. Roughly 33% of people sixty and older have trouble doing this, even with safety equipment installed (University of Michigan Health System). Many will trip, fall, and harm themselves in the process. A study has shown that bathroom injuries treated in emergency rooms rapidly increase after the age of 65 (New York Times).

3. Throw Rugs/Carpeting. Though, only meant for a house decoration, throw rugs can become dangerous to seniors. Without the rugs being secured safely to the floor, it is easy to catch your foot on one and trip. Falling is a leading cause of unintentional injury for seniors over the age of 65. Research has shown that throw rugs and carpeting is one of the most common environmental hazards in senior's homes. There are unsecured throw rugs in 78% of all homes. These homes will average eleven rugs that do not have nonslip backing.

While these are all hazards, being alone is the greatest danger of all. If any of these accidents were to happen, the senior would not have anyone there to help him or her. Recently, a former paramedic relayed an incident in which his crew had found a senior in her home that had been lying on the floor for three days. She had no way to contact anyone for help. Living in a residence that was staffed by trained professionals would have made all the difference. Situations like this occur more often than most of us are aware. To avoid these risks, and any concerns about safety, it may be time to consider a change in living arrangements.



Banyan Residence Assisted Living Resort was created with the principals of safety and security in mind. However, it was important to the designers to accomplish this without losing the senior's sense of freedom and mobility. To avoid the "caged in" feeling, all of the apartments are located in a one story building. Also, beautiful gardens are scattered throughout the courtyard. Residents are free to experience the free flowing layout; while knowing that there is always assistance nearby if it is ever needed.

If you have any questions about this new approach to assisted living, please contact Banyan Residence at (941) 412-4748 to schedule a visit.

Banyan's residents enjoy a sense of both community and independence. This home is located at 100 Base Avenue East in Venice, FL.



www.abanyanresidence.com

A Banyan Residence has the following features to do so:

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- TV satellite service
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- Fruits & Vegetable Garden
- Walking Club
- Waterfall
- Physical fitness activities
- Salon Room
- Custom Shuttle Bus
- Koi Fish & Duck Pond
- Butterfly Garden
- Special Events: Annual Red Carpet Fashion Show



By Dr. Carl Klutke

Q&A

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

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

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

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

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

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

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

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

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

This procedure is not yet reimbursable by insurance providers, so out-of-pocket costs need to be considered.



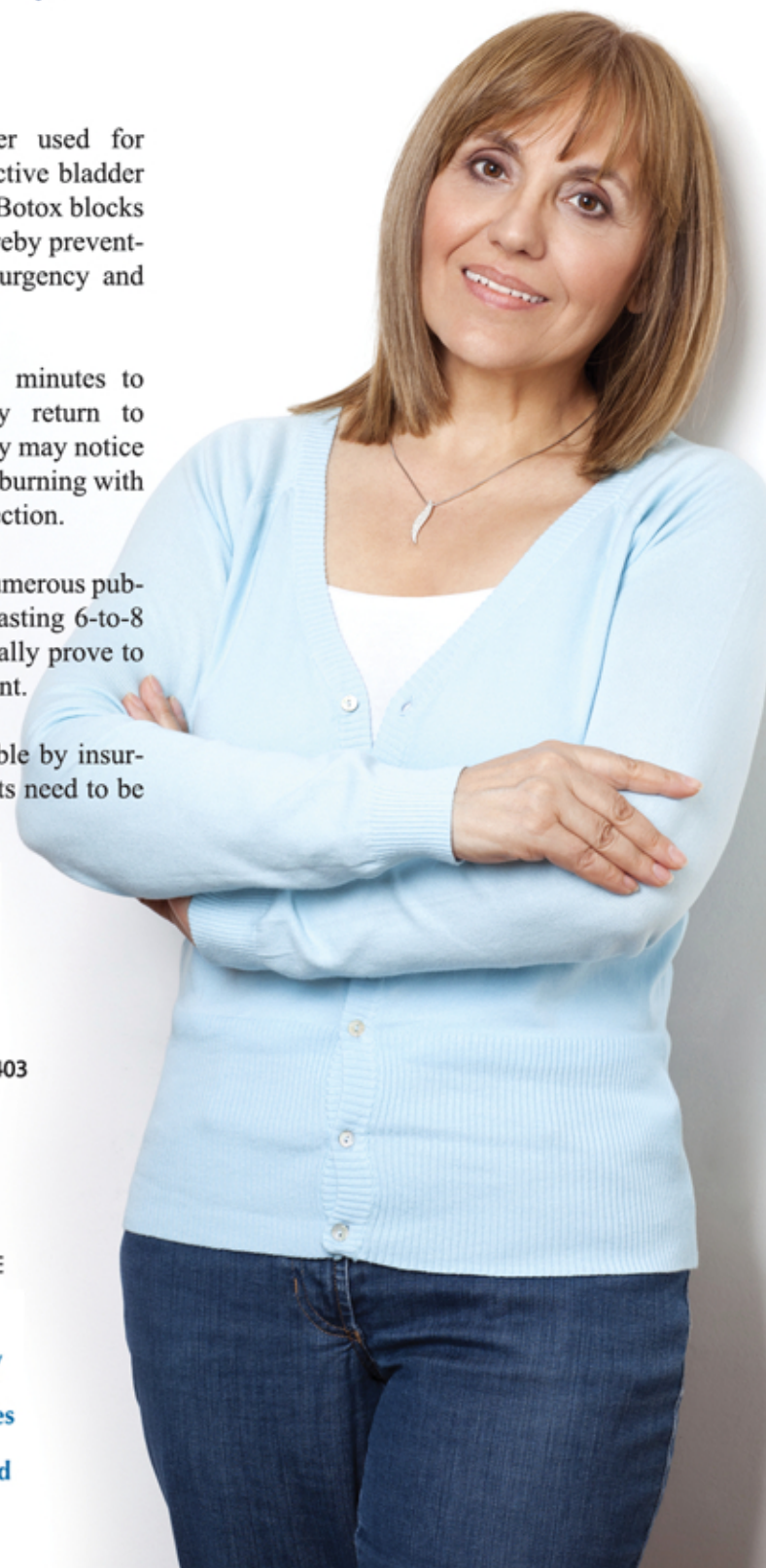
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There's **Pink** and then there is **KOMEN PINK**

We all know that October is Breast Cancer Awareness Month and has become "Pinktober." Companies put pink ribbons on their products or services and while some of these legitimately support efforts to fight breast cancer, not all do and you're never quite sure how the money is used. That's why it is important to know that any product that benefits Susan G. Komen states clearly on the package where the money goes and lets you know the minimum donation promised as part of the company's commitment.

When you support events or products that benefit Komen, you know that 75% of the net proceeds will support local grants in our community to fund mammograms, education and treatment in Southwest Florida. The remaining 25% funds national research projects, allowing Susan G. Komen to be the largest private funder of breast cancer research in the world. Komen has helped fund every major breakthrough in breast cancer research and treatments for the past 30 years and funds over 200% more in research grants each year than any other charity.



Support Susan G. Komen... investing in our community

The Southwest Florida affiliate started in 2002 and in their first year, were very excited to be able to put \$5000 back into our local community. Since 2002, we have put over \$5.5 Million back into our local SWFL five county area. 75% of all our net proceeds stay here in Southwest Florida. This is how we are able to help the community, by funding education, mammograms and treatment grants. The rest of the money, the remaining 25%, is sent directly towards national research programs. Our national office has to raise their own money to cover their expenses and ALL monies sent to our national office from every affiliate are used strictly for research grants. Komen is the largest source of non-governmental breast cancer research funding in the world.

The story of Susan G. Komen is an emotional one for our founder, Nancy Brinker. She is the heart and soul of the organization and has led us since our founding. She is driven by a promise that she made to her sister Susan 30 years ago. When Susan was diagnosed, nobody spoke about breast cancer. She asked Nancy to do everything that she could to find a cure so that no one would ever have to lose a loved one to this terrible disease. Unfortunately, Susan lost her battle at the age of 37 and Nancy made the decision to dedicate her life to changing the way people deal with breast cancer. Susan G Komen for the Cure is the result of her efforts and we have been saving lives ever since.

Although Komen Southwest Florida only has one office, in Bonita Springs, we cover Lee, Collier, Henry, Glades, and Charlotte counties. Komen follows this plan so that we can keep our expenses low and funding where it belongs – for those who need our support in our local community.



We raise money through corporate partnerships and local fundraisers. Our largest event is the Race for the Cure scheduled for March 8, 2014 at Coconut Point in Estero. We encourage you to get involved in some way and become part of this inspiring experience where 10,000 people come together to fight breast cancer. As the end of the year closes, and each individual makes decisions as to where they would like to place their charitable dollars, we ask you to consider our organization. One way to determine if a nonprofit is worthy of your support is to look them up on www.CharityNavigator.org. This is the watchdog agency for all nonprofits in the U.S. and you will see that Susan G. Komen has been given the highest ranking available for the 5th year in a row.

If you are interested in volunteering or learning more about Susan G. Komen Southwest Florida, please call 239-498- 0016 or go to our website at www.komenswfl.org.



• **FACT:** Since 2002 Susan G Komen Southwest Florida has funded more than \$ 5.5 million dollars in local programs and \$ 1.8 million in national research grants. \$ 650,000 has been put back into Charlotte County alone since 2010.

• **FACT:** 75% of all net proceeds raised by Susan G Komen Southwest Florida stays right here in our 5 county area to fund treatment, mammograms and education programs. 25% is contributed to the Susan G Komen National Research Grants Program to fund ground breaking medical research. Komen has been part of every treatment breakthrough over the past 30 years.

• **FACT:** Susan G Komen Southwest Florida has an extremely low expense ratio of only 15%. This means your donations are used effectively.

• **FACT:** Our national office is responsible for their own expenses. 0 % of the funds raised in our area are sent to our corporate office for anything other than research.

• **FACT:** Susan G Komen is the world's LARGEST source of non-governmental funding for breast cancer research and outreach support.

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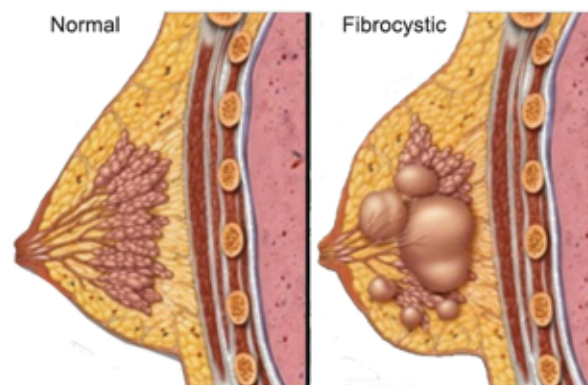
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Fibrocystic Breast Causes, Symptoms, and Relief



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

October presents a wonderful opportunity to focus our attention on breast health, and reprioritize our awareness of how our breasts look and feel. While most October efforts emphasize **breast cancer** - and a hope for a cure - many natural health professionals urge consumers to start thinking about **prevention**, and reducing one's risk of developing breast cancer and other breast diseases.



Fibrocystic Breast Disease is one such disease that has become so commonplace, experts estimate over 60% of women suffer from some level of this often painful condition. Fibrocystic breasts are characterized by lumpiness, tenderness, sometimes shooting pain in the breast tissue, and usually causes discomfort in one or both breasts. The associated lumps are due to small masses or breast cysts. The condition is very common and benign, meaning that fibrocystic breasts are not malignant (cancerous). Fibrocystic breast disease (FBD) is now referred to as fibrocystic changes or fibrocystic breast condition, because it is no longer thought of as a

"disease". Fibrocystic condition primarily affects women between the ages of 30 and 50, and tends to become less of a problem after menopause. Unfortunately, breast health specialists have recently reported seeing fibrocystic conditions in younger women - in one reported case, as young as 12 years old!

In some women, the symptoms of fibrocystic breast condition may cause severe discomfort, especially during the time just prior to menstruation. As a woman approaches menstruation, hormonal changes occur, the most important of these being an increase in the body's production of estrogen and progesterone. These two hormones directly affect breast tissue by causing cells to grow and multiply. Other substances also play a role in fibrocystic breasts, including prolactin (a hormone released from the pituitary gland that stimulates milk production), growth factor (a protein molecule made by the body which helps regulate cell division), insulin (a hormone produced in the pancreas which helps cells utilize glucose), and thyroid hormones (responsible for regulating metabolism) - all substances that are produced outside the breast tissue, yet act in important ways on it! Like estrogen and progesterone, high levels of these hormones stimulate rapid cell division of breast cells which can lead to the development of fibrocystic symptoms.

It is also important to note that rapid replication of breast cells is also thought to increase the risk of cellular mistakes (genetic mutations), and thus increase the risk for breast cancer. As reported by the National Institute of Health, "experimental evidence indicates that prolactin can promote cell proliferation and survival, increase cell motility, and support tumor vascularization", and continues to state that studies show significant association between plasma prolactin levels and breast cancer risk.

In addition, fat cells in the breast also produce hormonal by-products that contribute to the symptoms of fibrocystic breast condition. But it's not just about the amount of fat cells in the breasts; fat cells in other parts of the body also produce estrogen-like by-products which increase the overall levels of estrogen in the body. Together, all these hormone-like factors share a common effect on breast cells: **stimulating breast cells to grow and multiply, more rapidly than they otherwise would.**

Even when the breast is not stimulated to produce milk, some secretions are produced by the secretory cells of the breast. These secretions are normally reabsorbed "downstream" in the milk ducts. However, when there has been tissue damage and scarring (fibrosis) in the breast, these secretions may be trapped in the ducts, thereby leading to the formation of fluid-filled sacs called cysts. In some areas of the breasts, there may be excessive fluid secretions also due to stimulation by the above mentioned hormone-like substances, possibly leading to the development of large-sized cysts.

A Natural Breast Health Protocol



Plexus Body Cream provides the healing benefits of spirulina algae, a blue-green algae known to help neutralize acidic conditions, and restore healthy tissue pH levels. Clinical thermographic screenings have shown that the daily application of Plexus Body Cream to fibrocystic breasts helps reduce inflammation, reduce irregular vascular patterns, and reduce breast tenderness and pain.



Plexus Slim & Accelerator/Boost were originally formulated to help diabetics better manage blood glucose & insulin levels resulting in long-term weight loss. By helping the body maintain healthy blood sugar levels, the ingredients in the Plexus products help regulate insulin levels, improve insulin sensitivity, and inhibit fat storage.

It has been proven that reducing excess weight helps significantly reduce risk of breast and other cancers, and by reducing fat cells in breast tissue - fibrocystic symptoms can also be reduced. While maintaining healthy weight levels is important for breast health, keeping insulin levels low can also reduce the associated stimulatory effect on breast cells.



Plexus ProBio5 & BioCleanse were formulated to support complete digestion and healthy intestinal flora, as well as improve the muscular health of the GI tract and aid in the elimination of waste. The elimination of unwanted toxins helps prevent dangerous xenoestrogens from being re-absorbed back into the body. When struggling with fibrocystic symptoms, reducing levels of estrogen and other stimulatory hormones through the intestines can reduce symptoms and the risk of future disease, therefore making regular elimination an important function in breast health.

BioCleanse, an oxygenating magnesium complex not only aids in the elimination of waste, but also contains high levels of magnesium, a mineral known to promote better breast health, and reduce acidic conditions.

Factors that are Linked to Fibrocystic Condition

- Levels of estrogen & progesterone
- Levels of Prolactin, Growth Factor & Thyroid Hormones
- Levels of Insulin & Glucose
- Amount of Fat Cells in the Breast Tissue & Elsewhere
- The Amount of Secretion Produced by the Breast Cells
- The Body's Ability to Re-Absorb Breast Cell Secretions
- The Body's Ability to Breakdown & Clean Up Unnecessary Breast Cells
- The Body's Normal Inflammatory Response
- The Number of Menstrual Cycles
- The Body's Normal Detoxification Ability

"Certain hormonal (endocrine) abnormalities, such as diabetes or thyroid dysfunction", advises Carolyn Waygood, Certified Natural Health Professional and Breast Health Specialist, "are also known to contribute to fibrocystic breast condition." Diabetes involves aggravating symptoms such as elevated glucose and insulin levels, while thyroid dysfunction often involves irregular fluctuations in metabolic hormones. "Since these conditions may aggravate the symptoms of fibrocystic breast condition", continues Ms. Waygood, "they should be identified and treated. Thermography is a reliable screening option that can help identify fibrocystic conditions, which I recommend to all of my breast health clients."

Fibrocystic condition likely results from a cumulative process of repeated monthly hormonal cycles and the accumulation of fluid, cells, and cellular debris within the breast as breast tissue is "built up" then "torn down" each month. The good news is that after menopause, when this monthly cellular cycle stops, fibrocystic breast condition becomes less of a problem. The bad news is that once a woman experiences fibrocystic symptoms, she is usually challenged by these throughout her lifetime unless she is able to make some lifestyle changes.

Fibrocystic Conditions Do Not Imply Breast Cancer, But....

The most significant problem with fibrocystic breast condition is the confusion or fear of breast cancer. Fibrocystic breast condition is itself benign (non-cancerous). However, the nature of repeated rapid cellular replication, and the recurring monthly damage that occur in breast tissue, may result in an increased risk of breast cancer. Fibrocystic conditions can also make it difficult to detect breast cancer during screenings. "With extremely fibrocystic breasts", notes Ms. Waygood, "mammograms may be very difficult to interpret making thermography more helpful." The probing,

squishing, x-raying and routine biopsies that many women experience due to the fibrocystic structure of their breasts may also result in more trauma and increase the risk of developing malignancy. "I urge all women with fibrocystic symptoms to learn more about the option of thermography, and how natural therapies, such as the natural wellness products from Plexus Worldwide, may help alleviate fibrocystic symptoms."

To Do and Not To Do

"Knowing what we do about the cumulative factors that contribute to fibrocystic condition, we can clearly deduce natural and reliable ways to relieve fibrocystic symptoms and reduce one's potential risk of further breast disease" suggests Ms. Waygood. "For example, we have the ability to balance breast cell stimulating hormones. We also have the ability to lower glucose and insulin levels. Daily exercise, certain arm and shoulder stretches, and frequent massage - along with proper hydration - can help detoxify breast tissue. Prevention is, indeed, possible." For a FREE copy of Ms. Waygood's e-book entitled "Restoring Breast Health for Fibrocystic Sufferers", contact her at Carolyn@BetterBreastCheck.com, or call (941) 713-3767.

Thermography as a Screening Option

Although thermography has been an available technology since the 1950's and breast thermography since the 70's, few people understand what a significant tool it can be in identifying health issues before they become serious health threats. "Simply put", explains Ms. Waygood, "thermography monitors blood flow and circulation, using infrared imaging to take a snapshot of heat patterns inside the body." Blood vessels tend to form specific patterns, producing heat along with possible inflammation, which can signal an abnormality for early detection. "The evaluation of these patterns", she continues, "can determine potential risks as well as imbalances of hormones, such as estrogen, that can lead to fibrocystic symptoms and other health problems."

In 1981, Michel Gautherie, Ph.D., and his colleagues reported on a ten-year study which found that an abnormal thermogram was ten times more significant as a future risk indicator for breast cancer than having a history of breast cancer in your family.[1] "The most promising aspect of thermography", notes Ms. Waygood, "is its ability to indicate something is 'wrong' years before a tumor is present."

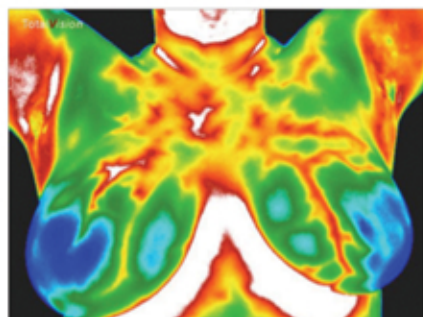
For more information about breast and other health benefits associated with the Plexus products, visit www.WAYGOOD.MyPlexusProducts.com, or www.BetterBreastCheck.com. Ms. Waygood provides FREE health education seminars to groups of all sizes, addressing natural health alternatives to better breast health, weight loss & healthy weight management, digestive & elimination health, and more. Contact her today to schedule a 45-minute health seminar for your office, church, or civic group!

References:

1. M. Gautherie and C. M. Gros, "Breast Thermography and Cancer Risk Prediction," Cancer, vol. 45, no. 1 (January 1, 1980), pp. 51-56.

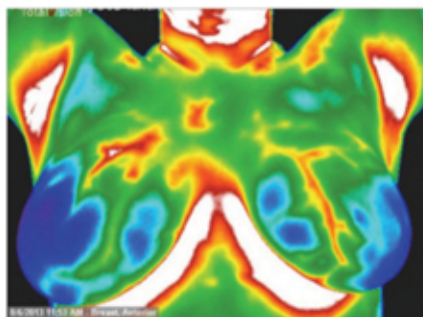
Come visit with Carolyn at these local events throughout the month of October!

- Sat., Oct. 4th at The GAL EXPO
Bradenton Convention Center - TheGalExpo.com
 - Sun., Oct. 12th at The Bridal Expo
St. Pete Coliseum
 - Tues., Oct. 14th at The Senior Expo
St. Pete Coliseum
 - Wed., Oct. 29th at The USF Health Fair
St. Petersburg Campus
 - Sat., Oct. 25th at the Plexus Super Saturday
Event from 3-4 PM at 3405 Cortez Rd.,
W., Bradenton
- R.S.V.P. for any event and receive a FREE GIFT for attending!



Initial Screening

Patient complaining of fibrocystic symptoms showed signs of inflammation & vascular irregularities. Patient was instructed to apply Plexus Body Cream to the area twice daily, and drink plenty of water. Patient also received daily oral doses of Hawaiian spirulina blue green algae, which is the same strain of algae found in the Plexus Body Cream, and received regular Acupuncture and other nutritional support to help promote healing.



90 Days Later

Patient showed significant improvement in breast inflammation, and reported a reduction in pain. "Acupuncture was pivotal in opening up the pathways and strengthening the immune system in order to facilitate the healing process", notes Dr. Louiselle.

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- Balancing Body pH Levels
- Reducing Chronic Inflammation & Pain

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Cancer.

By Jessica L. Clark, APR, Public Relations and Marketing Associate
Studio FSW – Florida SouthWestern State College

It is a word that is far too common in our society today. During the month of October, breast cancer awareness is highlighted to remind everyone about the importance of regular check-ups and to be aware of any changes. Those with a family history of breast cancer are reminded to be vigilant with monthly check-ups and annual exams. I am one of those individuals with a strong family history of breast cancer, as well as other types of cancer. I have been very lucky and blessed that I have not personally had to fight this disease, but I have watched as family members have fought it, with some winning and some not.

Because of this, I have regular discussions with my doctor about what to look for, as well as what preventative measures I can take.

On my father's side of the family, my grandmother battled breast cancer twice. The first time she had it she was able to beat it. I remember visiting her in the hospital and at the time I was so young that I didn't know why she could beat it once and not twice.

As I got older I learned that my great-grandmother on my father's side had also fought breast cancer and had ultimately had both breasts removed. Still, it wasn't enough to defeat the disease.

Historically my family history with breast cancer was only on my father's side of the family. In 2011 my aunt

(mother's sister) was diagnosed with breast cancer. She had two surgeries to determine if it had spread. Following the surgery she is pretty much cancer free, but still visits her radiologist and oncologist every six months. This was the first time that breast cancer had made an appearance on my mom's side.



Jessica with mother Deborah Clark

My mother had thyroid cancer and had her thyroid completely removed in 2000. She just noticed that a large lump had formed on her neck, and she made an appointment to have it checked. The doctors needed to do surgery to biopsy the lump. Once they started surgery, they decided it was best to remove the entire thyroid as a precaution, and the results determined it was cancer. Afterwards she underwent radiation therapy, and since then she has been cancer-free for 14 years. Once she was cancer free for five years, she purchased a separate cancer insurance policy because at the time she did not have one in place, and relied on her primary insurance which was still beneficial. But extra coverage never hurts.

But cancer is such a tricky disease, in that you never know if and when it could return. This is why it is critical to have regular exams and doctor appointments to be aware of your health, and discuss your family history if there is one. This can help you determine the best course of action to help prepare and defend against cancer of any kind. Due to my family history it was recommended that in addition to the regular check-ups with my doctor and being aware of any changes, that I start mammograms at age 35. I took this suggestion very seriously and made my appointment. I am happy to report that all is well and with this initial appointment we now have a baseline of what is normal moving forward. I also made sure in my 20s to secure a separate cancer insurance policy so that it allows me to pursue other areas of treatment if I were ever diagnosed with cancer that my primary insurance may not cover.



Jessica with Aunt Sheila Ezell



Jessica as a child with Grandmother Doris and father Ken Clark

Remember, cancer doesn't discriminate. It can strike anyone at any age at any time. We live in a fast paced world with commitments to family, work, and our communities, but we need to stop and make sure that we take care of ourselves and have regular checkups. Be aware of your health, not just in October, but year round and report any changes to your doctor. Have frank discussions with your physician to determine your cancer risk, preventative measures you can take, and what you should look for between doctor appointments. If you have questions or notice a chance, see your doctor as soon as possible.

Be healthy!

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Cancer - What No One Wants to Hear

By Tara Moser, LCSW, RPT-S and Reina Lombardi, LMHC, ATR-BC



Cancer-the diagnosis no one wants to hear in regards to their or the health of someone they love. It is impossible to escape being affected by this disease.

The leading cause of death in the United States is related to cancer of all types. It is an equal opportunity illness. It comes in myriad forms. It does not discriminate. We are all susceptible and at risk. Our families and friends as well.

The first step in combating cancer comes in the form of education and prevention. Our best tool is to participate in recommended screenings for early detection, which offer a greater chance for effective treatment. Your primary care physician is your best ally! Keeping him/her up to date on your family history and any change in your health will help with proper screenings and detection.

According to the National Cancer Institute at the National Institutes of Health, breast cancer is among the most common type with an expected 235,000 new cases to be expected in 2014. An estimated 12.4% of American women will develop breast cancer during her lifetime.

There are specific healthy behaviors associated with a decreased risk for breast cancer such as healthy diet, regular exercise and limiting alcohol consumption.

While preventative measures can help decrease risk, the one risk that cannot be controlled is genetic pre-disposition. Women with a history of breast cancer in their family are advised to work with their doctor to create a preventative screening regimen, which may vary from those without a family history, to maximize the chances for early detection.

Terminal and life-threatening illnesses affect both the body and spirit. A diagnosis of cancer can be as terrifying for the patient as it is to his/her family and friends. All involved may experience a broad range and intensity of emotions from diagnosis through treatment through outcomes of remission or death.



The way in which each individual copes and processes this experience will be different and unique to that individual. Life experiences create our coping skills. Some people may shut down and withdraw from social engagement, others may don a mask of bravery and appear unaffected, and others may appear irritable and act out in anger.

Coping while fighting this illness, or witnessing and supporting someone you love battle this disease, can be challenging and feel overwhelming. One of the best life lessons is to create a routine of self-care. This is especially important for care-givers, as their health and well-being are needed to be able to care for the loved one fighting to survive the illness.

Self care comes in the forms of emotional and physical needs. Emotional self-care consists of activities that refill, replenish or recharge your spirit such as attending spiritual or religious services, meditation, reading, coffee with a friend, utilizing your creating through art or play, attending a support group, and/or counseling services. Physical self-care includes working out, ensuring proper nutrition, and routine sleep schedules.

It is common to be at a loss of words when talking about your own situation of cancer, your caretaking of a friend/family member with a cancer diagnosis, or approaching a friend or family member who is helping to care for a family member with such a diagnosis. A good rule of thumb when asking questions and making statements is to avoid those that place blame on the individual with the disease. It is not only unhelpful, it is hurtful.

If a person engaged in behaviors or worked in environments with increased risk for cancer, the individual and their family are aware and are not going to benefit from reminders regarding the link between the two.

Focusing on what one can do to help the individual and their loved ones cope--in the present--will go a long way. Statements that reflect empathy, demonstrate support, and are free from judgments are generally considered to be helpful and appreciated. Questions that seek to find ways one may be of help or assistance in such times are of benefit. For individuals fighting this illness alone, extending an offer to assist with simple routine tasks they may not be physically capable to complete can help alleviate much stress for that individual. Tasks such as walking the dog, taking the garbage can to and from the curb, or picking up groceries can feel overwhelming and to someone undergoing chemo and/or radiation treatment.

Cancer is part of our lives, no matter how hard we try to run from it! Preparing ourselves to be proactive and prepared is critical!

Tara Moser, LCSW, RPT-S specializes in working with children, adolescents, and families. She has a Master's Degree in Social Work from the University of Central Florida, is a Licensed Clinical Social Worker in the State of Florida (#SW8379), and a Registered Play Therapist Supervisor through the Association for Play Therapy. Tara also specializes in Play Therapy with children 2 -18 years old, as well as incorporates pet-assisted play therapy into some of her clinical work utilizing her two dogs Abbey and Bode.

Tara has worked in a variety of therapeutic roles including foster care, non-profit family counseling, non-profit individual counseling, elementary school based counseling programs, adolescent drug prevention/intervention, behavioral therapy with autism, domestic violence counseling, and supervised visitation, in addition to her private practice.

Tara's counseling approach is client centered in that each session is unique to meet the client's needs and utilizes tools that are most effective for the client such as play, music, pets, and art. More often with the younger children, non-directive and directive modalities of play therapy are utilized. Cognitive-behavioral approaches and family system approaches are also utilized.

Learn more on our website at
www.deltafamilycounseling.com

Tara Moser, LCSW, RPT-S
239-540-1155



FACTS FOR LIFE Breast Cancer Facts

What you need to know

Can I prevent breast cancer?

The causes of breast cancer are not fully understood. Although it is clear that age, gender and lifetime exposure to estrogen and other factors play an important role. Because no one knows exactly what causes breast cancer to develop in a certain person at a certain time, there are no sure ways to prevent it. However, there are steps that you can take that may reduce your risk. These include maintaining a healthy weight, adding exercise into your routine, limiting alcohol intake and postmenopausal hormones, and breastfeeding if you can. For women at higher risk, taking tamoxifen or raloxifene may reduce the risk of estrogen-receptor positive breast cancer.

Who gets breast cancer?

Anyone can get breast cancer. For example, did you know...

- the older a woman, the more likely she is to get breast cancer?
- young women can get breast cancer, even in their 20s?
- white women are more likely to get breast cancer than women of any other racial or ethnic group?
- African American women are more likely to die from breast cancer than white women?
- men can get breast cancer? Out of every one hundred cases of breast cancer, one will occur in a man.

Am I at risk for breast cancer?

All women are at risk for breast cancer. Known risk factors like having a family history of breast cancer, starting menopause after age 55 or never having children account for only a small number of new breast cancer cases every year.

That means that most women who get breast cancer have no known risk factors except being a woman and getting older.

I have a family history of breast cancer. Does that mean I'll develop breast cancer, too?

Just because other family members have had breast cancer doesn't mean that their disease was inherited. In the U.S., only about 5 to 10 percent of all breast cancers occur because of inherited mutations.¹



If I am diagnosed with breast cancer, what are my chances of surviving?

In general, pretty good. In the U.S., the 5-year survival rate for all women diagnosed with breast cancer is 90 percent.¹ This means that 90 out of every 100 women with breast cancer will survive for at least five years. Most will live a full life and never have a recurrence. Your chances of survival are better if the cancer is detected early, before it spreads to other parts of your body. In fact, when breast cancer is found early and confined to the breast, the 5-year relative survival rate today is 99 percent.¹ Early detection and effective treatment are the reasons for improvements in survival.

¹ American Cancer Society, Cancer Facts & Figures 2012.

For more information, call Susan G. Komen for the Cure® at 1-877 GO KOMEN (1-877-465-6636) or visit www.komen.org.

Your best defense

The best way to find breast cancer early is to get screened. Talk to your health care provider about what screening tests are right for you.

A **mammogram** is an X-ray of the breast. It is the best screening tool used today to find breast cancer early. A mammogram can find cancer in its earliest stages, even before a lump can be felt. All women age 40 and older should have a mammogram every year. If you are younger than age 40 with either a family history of breast cancer or other concerns, talk with your health care provider about when to start getting mammograms or other screening tests, like MRI, and how often to have them.

A **clinical breast exam** is done by a health care provider who checks your breasts and underarm areas for any lumps or changes. Many women have a clinical breast exam when they get their Pap test. Women should have a clinical breast exam at least every 3 years between the ages of 20 and 39 and every year starting at age 40.

Know what is normal for you

The signs of breast cancer are not the same for all women. It is important to know how your breasts normally look and feel. If you notice any change, see your health care provider.

Advanced Imaging of Port Charlotte opened in 2005 with the objective of providing residents of Port Charlotte and the surrounding area with the highest quality of medical imaging possible. Since that time, Advanced Imaging has continued to grow and evolve with the newest technology available. Advanced Imaging has a dedicated Women's Imaging Center.

For your convenience Advanced Imaging is open Monday thru Saturday from 7-7. **941-235-4646**

Are you at risk?

Most women have more than one known risk factor for breast cancer, yet will never get the disease. Some risk factors are things that you do not have any control over, while others can be changed. What are the most common risk factors for? Simply being female and growing older. But remember, there is no *one* cause of breast cancer. If you are concerned about your risk, talk with your health care provider.

Here is a list of some known risk factors:

- being a woman
- getting older
- having an inherited mutation in the BRCA1 or BRCA2 breast cancer gene
- lobular carcinoma in situ (LCIS)
- a personal history of breast or ovarian cancer
- a family history of breast, ovarian or prostate cancer
- having high breast density on a mammogram
- having a previous biopsy showing atypical hyperplasia
- starting menopause after age 55
- never having children
- having your first child after age 35
- radiation exposure, frequent X-rays in youth
- high bone density
- being overweight after menopause or gaining weight as an adult
- postmenopausal hormone use (current or recent use) of estrogen or estrogen plus progestin

For more information about these and other risk factors, visit www.komen.org/risk

Related fact sheets in this series:

- Breast Cancer in Men
- Breast Cancer Risk Factors
- Breast Density
- Healthy Living
- Racial & Ethnic Differences

Susan G. Komen for the Cure is not a health care provider and does not give medical advice. The information provided in this material is not meant to be used for self-diagnosis or to replace the services of a medical professional.

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Cutting Edge Technology and Science Meet to Make You Look Years Younger!

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.



SWAN TREATMENT OPTIONS

SKIN TIGHTENING

Swan-Freeze™

Swan-Freeze™ is a state-of-the art, Skin Tightening, Wrinkle Reduction, Cellulite Smoothing device that is exclusive to only Swan Age Reversal Centers. Swan-Freeze™ creates radio frequency waves to penetrate and tighten your skin, reduce wrinkles, and has numerous anti-aging benefits. This non-invasive, pain free technology offers

impressive results in as little as 6-10 treatments, however, many clients notice a difference after the first treatment.

Swan-Freeze™ treatments use radio frequency to consistently and uniformly heat the skin from the inside out. The collagen fibers heat up resulting in skin tightening to attain exceptional results.

Swan-Freeze™ treatments are non-invasive and painless, with many clients comparing the treatment to a hot-stone massage! Swan-Freeze™ treatments are effective in circumference reduction, improving the appearance of cellulite, skin tightening and reducing the appearance of wrinkles. They deliver a safe, pleasant, pain-free experience in treatments for the body including arms, belly, hands, thighs, buttocks, neck and face.



FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, love handles, buttocks or arms. Swan Age Reversal Centers has the answer! They are excited to offer 2 Exclusive fat reduction options only found at Swan Centers. Swan-Lipo™ utilizes state of the art laser technology and Swan-Cavi™ is fat reduction with the use of ultrasound. They can use one or both of these exclusive devices to treat you, based on what your specific fat reduction needs are.

Swan-Lipo™ and Swan-Cavi™

Swan-Lipo™ and Swan-Cavi™ are used to reduce fat to specific targeted body parts and transforms bodies with remarkable results, with clients seeing incredible results



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

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

SKIN RENEWAL

Swan Ultrasonic™

Swan Ultrasonic™ is an exclusive and unique state-of-the-art treatment system that produces amazing results on all skin types. Swan Ultrasonic™ utilizes low frequency sound waves in a two-stage process to repair skin at a cellular level regardless of skin concerns such as acne, rosacea, wrinkles, hyper pigmentation, dry skin or blemishes. Swan Ultrasonic™ can be done as a stand-alone treatment option or to achieve more dramatic results, Swan Ultrasonic™ can be combined with other treatments.

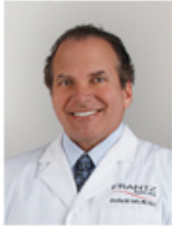
Swan Ultrasonic™ offers an easy 20 minute two step application.

1. Deep Exfoliation – Removes dead skin cells and impurities by cavitating pores with a gentle sound wave. The skin is cleaned deeply and exfoliated allowing it to receive nourishment at a cellular level.

2. Antioxidant & Serum Infusion – With the proper frequency and consistent potency density, antioxidants and proprietary topical collagen products deeply penetrate, instead of simply lying on top of the skin where they provide little to no benefit. This treatment will penetrate the skin to boost collagen, giving your clients a fuller and more youthful appearance.

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

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



SEVEN SIGHT-SAVING HABITS for Older Adults to Help Maintain Independence

By Jonathan M. Frantz, MD, FACS

One in six Americans over age 65 has a visual impairment that cannot be corrected with glasses or contact lenses. This is often caused by common eye conditions and diseases. Among older Americans, visual impairment is one of the most significant contributors to loss of independence. It is also associated with a higher prevalence of chronic health conditions, falls, injuries, depression and social isolation.

If you are a senior, here's a list of seven tips to follow to help protect your vision:

1. Get an Eye Exam. If you are age 65 and over, you should get a medical eye exam every one to two years. Regular eye exams are crucial in detecting changes in your vision, which may be a symptom of a treatable eye disease or condition. In fact, the American Academy of Ophthalmology and the American Optometric Association recommend that all adults, even those without signs or risk factors for eye disease, get a baseline eye disease screening at age 40. The earlier eye disease is diagnosed, the better the chance your vision will stay healthy as you age.

2. Know the Symptoms of Vision Loss. Signs of vision loss may become apparent as reading, writing, shopping, watching television, driving a car and/or recognizing faces become more difficult. Vision loss that may be noticed by your friends and family include missing, bumping into or knocking over objects, stepping hesitantly, and squinting or tilting your head when trying to focus.

3. Make Eye-Healthy Food Choices. A diet low in fat and rich in fruits, vegetables and whole grains benefits your entire body, including your eyes. Studies show that foods rich in vitamins C and E, zinc, lutein and zeaxanthin are good for eye health. These nutrients are linked to lower risk for age-related macular degeneration (AMD) and dry eye later in life. Eye-healthy food choices include citrus fruits, vegetable oils, nuts, whole grains, dark green leafy vegetables and cold-water fish.

4. Quit Smoking. Avoiding smoking and second hand smoke – or quitting, for current smokers – are some of the best investments everyone can make for long-term eye health. Smoking increases the risk for eye diseases like cataract and age-related macular degeneration (AMD) and raises the risks for cardiovascular diseases that indirectly influence eyes' health. Tobacco smoke, including second-hand smoke, also worsens dry eye.

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



5. Maintain normal blood pressure, cholesterol and glucose levels. High blood pressure, cholesterol and blood glucose (sugar) levels all increase the risk of vision loss from an eye disease. Keeping these under control will not only help your eyes but also your overall health.

6. Get Regular Physical Activity. Not only does 30 minutes of exercise a day benefit your heart, waistline and energy level, it can also do your eyes a world of good! Many eye diseases are linked to other health problems, including high blood pressure, diabetes and high cholesterol levels.

7. Wear Sunglasses. Exposure to ultra violet (UV) light raises the risks of eye diseases, including cataracts, growths on the eye and cancer. Always wear sunglasses with 100 percent UV protection, and a hat while enjoying time outdoors.

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



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Defeat Gum Disease

There is a silent oral disease affecting more than 80% of adults. Chances are you either have had or are currently battling periodontal (gum) disease. Unfortunately, in many cases, the disease goes undetected until painful symptoms begin occurring. At which time the disease and any adverse conditions have already set in. Because there are no early signs of periodontal disease, it often goes untreated until the physical symptoms surface and by then the concern is treatment not prevention. It is extremely important for everyone to have regular dental check ups at the recommended six month interval. Without these check ups and proper oral care, periodontal disease can silently cause not only oral health problems but can also contribute to other major health concerns.

Periodontal disease, also known as gum disease, is the chronic infection of the soft tissue around the teeth caused by plaque producing bacteria. The gums hold the teeth in place. As the gums become infected, they loosen their hold on the teeth and pockets are formed. These pockets collect debris and cause more infection and bone loss to the tooth. Gum disease is infectious and contagious. It can spread from tooth to tooth in the mouth and from one person's mouth to another through saliva.

As with other diseases, prevention is key to good oral health. It is important for everyone to practice diligent, thorough, and proper oral care by scheduling check ups every six months. At which time, your dentist will be able to detect and treat any signs of periodontal disease before symptoms begin to show and the damage is done. As mentioned earlier, most people do not know they have periodontal disease until they begin suffering from any combination of the following signs:

- Chronic bad breath
- Red or swollen gums
- Bleeding gums especially after tooth brushing
- Tender or sore gums
- Loose or shifting teeth
- Receding gums
- Sensitive teeth



If you have been diagnosed with periodontal disease, there are various treatment plans your dentist may recommend depending on the severity of your case. The most important action is meticulous at home daily oral care. Teeth must be brushed twice or more times each day for at least two minutes and flossed at least once per day. Other treatments include oral rinses, periodontal cleanings, and sometimes surgery.

Traditional periodontal surgery involves cutting and suturing of the gums and recovery time can be long and painful. With the advancement of modern laser technology, there is an alternative. Joseph H. Farag, DMD offers a better alternative for patients battling periodontal disease. Dr. Farag offers patients laser-assisted new attachment procedure (LANAP™) which is a no-cut, no-sew procedure to treat mild to advanced periodontal disease. The advancements in laser surgery techniques, have made treating periodontal faster and less painful. LANAP™ is much less invasive than traditional surgery, allowing patients to return to work the next day if desired.

Even with the benefits of LANAP™ it is obviously best to practice good oral care. The most important preventative measure to avoid the insidious gum disease is to take excellent care of your teeth. Proper cleaning at least twice a day is imperative. The goal is to keep the bacteria that cause the plaque at very low levels.

If your gums are painful, red, or swollen don't ignore the signs; make an appointment today that may save your teeth and gums. Treating periodontal disease sooner is always better than later.

Benefits of LANAP™

EASY – LANAP™ is about as EASY as erasing a black-board – unlike older techniques, there is no cutting and no suturing of the gums.

MINIMAL DISCOMFORT – Both during and post procedure, the patient experiences very minimal discomfort with LANAP™ than with prior standard surgery techniques.

SHORTER PROCEDURE TIME – It takes less time to complete LANAP™ than traditional surgery. Typically it takes is two 2-hour visits to the office and two follow up visits. Traditional surgery requires four sessions of about one hour each, with subsequent visits for suture removal and additional check-ups.

LESS GUM LOSS – LANAP™ minimizes the loss of gum tissue, traditional surgery often involves removing a significant amount of gum tissue. This tissue loss can lead to sensitive teeth since your roots are exposed. Also, if the treatment needs to be performed again in the future, you have not removed the bone and gums during the first LANAP™ treatment. Typically with LANAP™, any gum tissue shrinkage is actually due to reduced swelling of the area that was previously diseased and inflamed.

SHORT RECOVERY – Many patients fully recover from LANAP™ within 24 hours. In most cases, patients feel just fine post surgery and daily activities are not interrupted. On the other hand, recovery after traditional surgery can take up to 4 weeks during which patients can experience considerable pain and swelling.

SAFE – LANAP™ with the PerioLase is SAFE for patients with health concerns such as diabetes, heart disease, high blood pressure or those taking medications such as Coumadin or Cyclosporine.

Dr. Joseph Farag - Port Charlotte Dentalcare

941.764.9555

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www.Drfarag.com

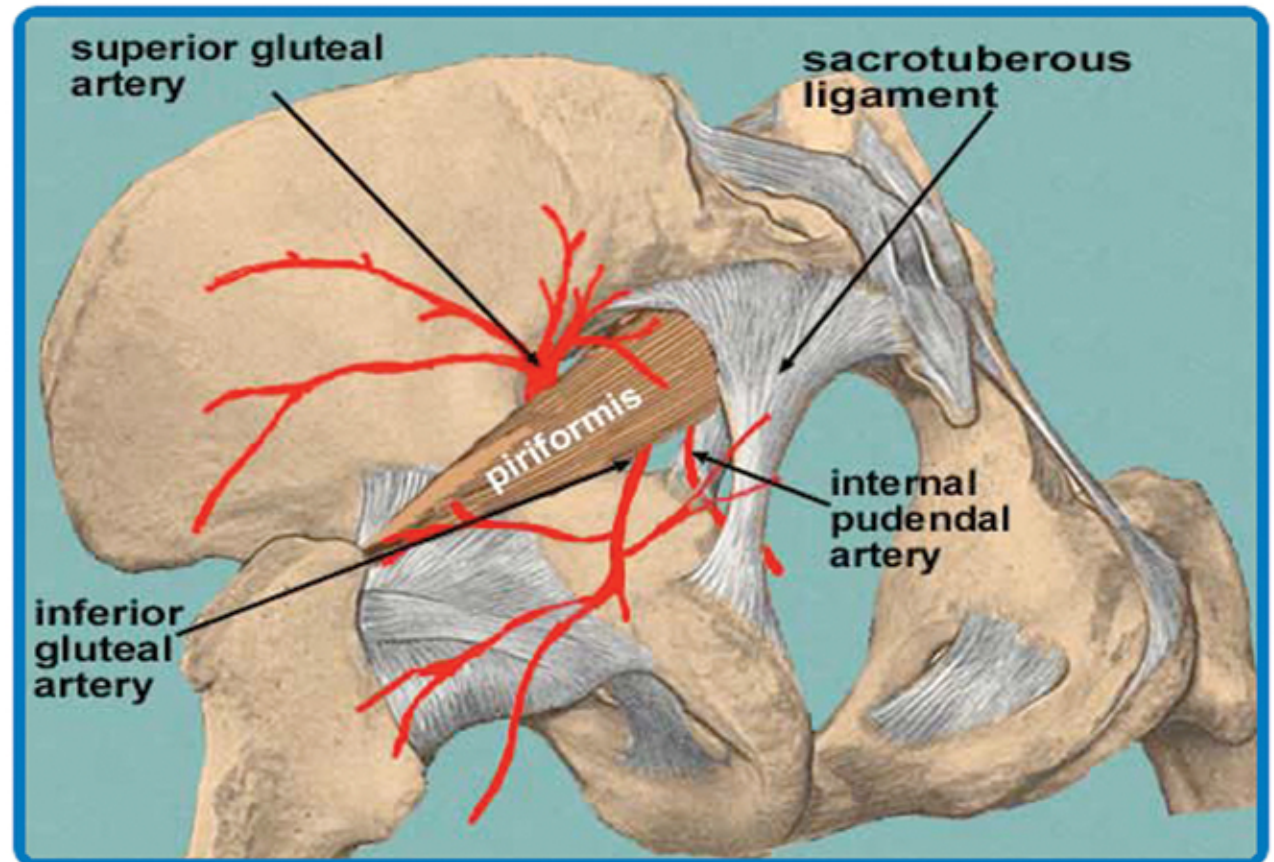
Piriformis Syndrome

By Adam Shuster, DO
Pain Management Consultants of SWFL

Piriformis syndrome is a painful condition affecting 5-6% of patients referred for low back and leg pain. There are many causes of piriformis syndrome. Piriformis syndrome can occur in patients after surgery, trauma to the buttock or pelvis, or in patients with a leg length discrepancy. Trauma to the buttock can lead to inflammation and spasm of the piriformis muscle. Occasionally, an enlarged piriformis muscle can compress or irritate the sciatic nerve.

Patients with piriformis syndrome may have pain in the region of the sacroiliac joint. The pain may radiate from the buttocks to the leg and may cause difficulty in walking. Bending or lifting can also exacerbate the pain. Patients may also have a tender sausage-shaped mass over the piriformis syndrome.

The diagnosis of piriformis syndrome may be aided by obtaining a CT scan, MRI, or electromyography (EMG). Other painful conditions, which may mimic piriformis syndrome, include radiculopathy and other causes of low back pain. However, patients typically do not suffer from weakness or numbness in piriformis syndrome, unless the sciatic nerve is affected or irritated.



Treatment of piriformis syndrome includes physical therapy, muscle relaxants, anti-inflammatory agents, and other analgesics. Physical therapy may focus on correcting any biomechanical abnormalities, such as fixing posture, pelvic tilt, and leg length discrepancies. Patients who fail conservative treatment may benefit from injection with

steroid and local anesthetic. The injection may help decrease irritation of the sciatic nerve and break the pain/spasm cycle of the piriformis muscle.

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Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

Many individuals attempt to manage their limb swelling through various treatments such as compression stockings, exercise, diuretics, and elevation with little or no results. Limb swelling, also known as edema, may be a symptom of an underlying medical condition. Some of the most common conditions where limb swelling is the first symptom include venous insufficiency, post operative trauma, infection, and lymphedema. Clinicians may overlook the cause of your swelling; Lymphedema or venous insufficiency is not always evident in their earliest stages. It's important to seek treatment early on to prevent further complications. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.



Lymphedema and Chronic Venous Insufficiency

After having a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) it may take months or years

for Lymphedema to manifest because of its slow progression. It is imperative that Lymphedema is treated quick and effectively, regardless of the severity. Complications dramatically decrease when treatment is started in the earliest stage of Lymphedema. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers include vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood



to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb. From poor circulation shallow wounds may develop due to the stagnant blood that would normally return to the heart. Symptoms vary but may include swelling, aching, itching or burning, varicose veins, infection, chronic venous ulcer, and decreased mobility.

Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb 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. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.

This is where choosing a physician experienced in recognizing and treating Lymphedema or CVI 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?

Remember ANY swelling is an indication of an overloaded Lymphatic system.

The compression pump is recognized by Medicare and covered by many commercial insurers; Actual coverage varies with individual plans. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in this condition.

ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit www.AcuteWoundCare.com or call

239-949-4412

and speak with a specialist.

Long Term Care? Why Have It?

By George T. Leamon, CLTC - Lutgert Insurance

The baby boomer generation is becoming more aware that insurance plays a very important role in their lives. This could be one of the reasons why we are seeing an increase in the number of insurance agencies that are playing for our attention. Assisted living, rehabilitation, and life-altering illnesses are costly and can last for long periods of time. That is why it is just as important to plan for future health needs as it is for present ones.

We have all experienced the relief of using an automotive policy to repair a car. It seems that we only think of insurance as an asset when we need it. We live in a society that embraces the here and now! However, a future "here and now" can better be prepared for in advance. The main issue we have with spending money for something that hasn't happened yet is that it isn't tangible. We feel fine now, so why "waste" the money. It isn't happening now, so I would rather spend my money for an immediate gain. It is this thinking that gets so many of us into trouble. If we thought it through, paying for something in advance is the smartest thing we could do. The cost of an item in the future will undoubtedly cost much more than now. Think of inflation, alone.

Insurance makes even more sense. Take long term care, for example. Do you know what the true costs of an assisted living facility are for an extended period of time? Probably not. It is actually one of the top expenses that citizens face in their senior

years. Being unprepared for that can be crippling. Assisted living centers are commonplace today, but that wasn't always the case. In the early days of our republic, asylums began to make an appearance. These institutions held people who were mentally incompetent or deemed "too old" to take care of themselves. In those days, the life expectancy of our nation's population was much lower than it is today. People in their forties or fifties were considered "senior citizens". Society has definitely evolved.

Accident insurance was first offered in the United States by the Franklin Health Assurance Company of Massachusetts in 1850. This was to protect workers on the railroad, but it slowly grew to include a variety of coverages. One of the coverages offered today is Long Term Care. This refers to the ongoing medical and social services that support the needs of people living with chronic health problems. Chronic health problems are a great financial burden on families, but Long Term Care insurance can relieve the stress that accompanies these situations. It is good to know that we have options that assist us through our senior years. Long term care insurance is one of those cushions for us to utilize.

Preparing for the future will only ensure that it is better.

For more information on long term care, please contact Lutgert Insurance at 239-280-3246. Or you can visit their website at www.lutgertinsurance.com.

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



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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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MEMBER



Mammary Cancer in our pets

By Dr John Rand, D.V.M.

Pets, like people, develop tumors in their mammary tissue quite commonly. Very significant differences, however, exist between species, and a general understanding of certain key facts can be invaluable to current and future pet owners.

Mammary tumors in our dogs and cats are much more common than people realize. Mammary tumors are the number one cancer of female dogs, accounting for up to 52% of all cancers. In cats mammary cancer is the third most common tumor. These tumors come in many different sizes, shapes, and cellular origins; some are entirely benign while others are highly malignant. Whereas in dogs about 50% of mammary cancer is malignant, around 90% of feline mammary tumors are.

The consequences of not spaying your dogs and cats are very clear. Spaying your pup before her first heat cycle decreases her risk of developing mammary tumors to about 0.05%! Waiting until after her first heat cycle increases that incidence to 8%. That number catapults to 26% chance of mammary cancer if you wait until after her second heat for her to be spayed. Intact female cats of any age are seven times more likely to develop mammary cancer than if they were spayed. Spaying your cat before six months of age will reduce her risk of developing mammary cancer by 91%. Yes, spayed dogs and cats (and even males for that matter) can still develop mammary cancer, but that likelihood can be all but nullified if you have them spayed as early as feasible.

The most common clinical signs of mammary cancer is a lump of any size, shape, or consistency on your pet's underside.

Often no other signs exist, but some animals can be painful, lose weight, or have low red blood cell counts. A lump on your pet's underside does not automatically mean that it is a mammary mass. Your vet may want to confirm that the mass is indeed mammary tissue in origin. This can be quickly, affordably, and relatively non-invasively ascertained with a small needle to collect cells for cytology. While cytology can confirm that the mass is or is not mammary tissue, cytology alone is usually very poor at determining if that mammary tissue is benign or malignant. Most of the time to obtain a definitive diagnosis, the mass needs to be removed and sent to a lab for histopathology.

For those of you with small mammal pets, be on the lookout, too. Although mammary tumors in rabbits are rare, if they do occur, they often spread very rapidly. The good news is that they are nearly entirely preventable if the doe is spayed before she is two years old. Pet rats, male and female, have very high incidence of mammary tumors. These cancers can grow amazingly large and quite quickly. Over 90% of the time these tumors are benign and are readily cured with surgery. Just the opposite can be said of these masses in mice.

If you feel that your pets may have a lump on their underside, have them seen by your veterinarian as soon as you can. Early diagnosis can afford your pets the treatment that can be curative or be the difference in years, instead of months, of quality life.

Did I mention you should spay your pets?

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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"Just a Carpenter's Son"

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Remember the line, "Bueller...(long pause), Bueller...(long pause), Bueller," from the movie "Ferris Bueller's Day Off"? The actor, Ben Stein, made that line infamous as the boring, monotone high school teacher, while he was taking the class role.

However Benjamin Jeremy Stein's real life has been anything but boring. In addition to being an actor, he is a writer, lawyer, economist and commentator on political and economic issues. He also (oddly enough) was a successful speechwriter for former presidents Richard Nixon and Gerald Ford. So Ben Stein's personal life is anything but boring.

However his successful portrayal of a boring high school teacher, along with his non-expressive long face and monotone voice, covers all of his personal and interesting successes.

Don't let this happen to you. As you go through life, let that very special and unique person God made you to be shine through in all you do. Since happiness is an inside job, what we think of ourselves will make us happy or unhappy. We are happy if we have high self-respect and self-esteem.

Apparently Mr. Stein has a lot of self-esteem and respect or he would not have tried to succeed as he has in so many different areas. How about you? What have you always had your jaw set on doing but never took the chance? Yeah, sure there are downers and critics, but don't let them stop you. If it's really in your heart then go for it. Even Jesus had to deal with a few naysayers.



In the Bible, Matthew 13:54-57 NLT,
He returned to Nazareth, his hometown. When he taught there in the synagogue, everyone was amazed and said, "Where does he get this wisdom and the power to do miracles?"

Then they scoffed, "He's just the carpenter's son, and we know Mary, his mother, and his brothers—James, Joseph, Simon, and Judas.

All his sisters live right here among us. Where did he learn all these things?"

And they were deeply offended and refused to believe in him. Then Jesus told them, "A prophet is honored everywhere except in his own hometown and among his own family."

After teaching and performing miracles, there were people even Jesus could not impress. Sometimes you just have to get new friends.

Yes your self-esteem can momentarily be boosted by power, position, money, alcohol, drugs, flattery, or by deceiving yourself. However the right and lasting way to your highest and best self is to find out who God created you to be. It's important to know that a positive, accurate self-image is based on God-given individuality: a sense of who we are and why we live our lives on the principles that mean the most to us.

So what if those you grew up with approve of you or not; why not ask your creator what he thinks? After all He created you. Happiness requires active participation in what we believe. If we know that God created each of us for a unique and special purpose, then we can live our lives out of a place of confidence and self-esteem. We can value ourselves. I love the fact that Jesus Christ came to help us live as our "best self." Take a look at this passage.

"My purpose is to give them a rich and satisfying life." John 10:10 NLT

Since Jesus is the one, according to the first chapter of John, who created all things, I believe he is uniquely qualified to help each of us to be our best self if we ask.

Shakespeare wrote in *Measure for Measure*,

Our doubts are traitors
And make us lose the good we oft might win,
By fearing to attempt.

So here are my closing rants. Love God and love others...as you love yourself. If you don't learn to find that something that God created you to do and celebrate it...you are going to have a tough time loving others. We all love others the way we love ourselves. It's painful to hear but it's the truth. The good news is that you can love yourself and have a huge, celebrated, healthy, self-esteem if you ask Christ to help. That's his specialty.

Here's a crazy idea. If you know of an authentic person who has a good, healthy self-esteem, I bet they have somehow connected with God in a positive and life-giving way. And you just might find one at your local church. Why don't you reach out to them and see what happens!

To your spiritual health,

Pastor Alex Anderson
Author, *Dangerous Prayers*
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