

S O U T H W E S T F L O R I D A ' S

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

March 2015

Charlotte/South Sarasota Edition - Monthly

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



**FREE**



## COMMUNITY PARTNERSHIPS

The Key to Success

## STEM CELLS

Take Center Stage

Think About Your  
**HEART** Even After  
Heart Month

## COMMUNICATION

Strategies for the  
Hearing Aid Wearer

I Found It... The Secret to  
**ANTI-AGING!**





## A FULL-SERVICE VETERINARY PRACTICE SERVING THE COMMUNITY FOR OVER 38 YEARS

**Dr. Greg Fluharty**  
Owner and founder of The Animal Clinic, an active and contributing community leader who believes in the "TEAM" concept.

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

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

### COMMITTED TO A STRONG HUMAN-ANIMAL BOND

The entire staff of The Animal Clinic strives to provide the best quality veterinary service and client-centered experience. The whole clinic is committed to the health and well-being of your pet.

The Animal Clinic practice includes:  
dogs, cats, birds, small mammals, and reptiles.



Canine, Feline, Avian, and Exotic Animal Medicine.  
Digital Radiology, Ultrasonography, Endoscopy,  
Surgical and Cold Laser, Dentistry, Nutrition,  
Preventative Medicine, Wellness Programs, Boarding



## THE ANIMAL CLINIC

3300 Tamiami Trail, Suite 103  
Suite 103 • Port Charlotte, FL 33952  
(941) 625-0742 • www.theanimalclinic.net



**EMERGENCIES for when we are not available:**  
17829 Murdock Circle, Port Charlotte 941-255-5222



**Ross A. Hauser, MD**  
Board Certified in Physical Medicine & Rehabilitation

**Timothy L. Speciale, DO**  
American Board of Sclerotherapy & Prolotherapy

Comprehensive Prolotherapy | Stem Cell Therapy | Platelet Rich Plasma



Experts in Non-Surgical Treatment  
of pain, arthritis, and sports injuries

Make an appointment today!  
**239.303.4069**  
CaringMedical.com

Caring Medical and  
Rehabilitation Services  
9738 Commerce Center Ct.,  
Fort Myers, FL 33908

*Caring Medical is an out-of-network provider. Not covered by Medicare.*

# Southwest Florida's Health & Wellness Magazine



On the Web

SwfHealthAndWellness.com



On Facebook

facebook.com/  
healthandwellnessmagazine



On Twitter

twitter.com/SWFHealthMag



In Your Inbox

Receive our monthly  
newsletter. Sign up online

Providing information  
that will promote living a healthy, well-balanced lifestyle.

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

**Health & Wellness** MAGAZINE

Charlotte Edition | Collier Edition | Lee Edition | Advertise with Us | H&W Archives | Contact Us

**Skincancer**  
By Janet Lopez, MD, Board Certified Dermatologist... Skin cancer is the most commonly diagnosed cancer in the United States. It has been one of the most rapidly increasing types of cancer. This week's feature for developing skin cancer is...  
Read More

**Read Our Flip Book Version**

Charlotte County Edition | Collier County Edition | Lee County Edition

**Featured Article**  
**"The Other Side of Parkinson's Disease"**  
By Robert A. Gil, M.D., Medical Director  
Parkinson's Disease Treatment Center of St. Francis...  
Parkinson's Disease (PD) is traditionally recognized as the motor signs that typically bring the patients to the physicians for medical evaluation. However, recently, awareness of non-motor and changes in their gut pattern, associated later on with balance problems. These problems are due to...

**Sign Up For Our Newsletter**

Name: \_\_\_\_\_  
Email: \_\_\_\_\_  
Subscribe

**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**

RTR is always here to answer any of your questions...  
so please call 485-3351 for more information!



**RTR**  
**UROLOGY**

A Division of 21st Century Oncology

**ADVANCED, ACCESSIBLE CARE**

- 24/7 Hour Availability
- Flexible Appointments
- Emergencies Seen Promptly
- Caring, Professional Staff
- Providers for Most Insurances Including Medicare
- Major Credit Cards Accepted

Female Urology • Voiding Dysfunction • Urodynamics  
Prostate Enlargement • BPH • Incontinence • Kidney Stones  
Prostate Cancer • Bladder Cancer • Kidney Cancer  
Endoscopic Surgery • Laparoscopic Surgery  
Brachytherapy/Seed Implantation • ESWL (shockwave therapy)  
Percutaneous Surgery • Laser Surgery • Robotic Surgery

**State of the art care for Prostate, Bladder, and Kidney Diseases**

941-485-3351 (24Hr) [www.RTRurology.com](http://www.RTRurology.com) ~ 842 Sunset Lake Blvd., Ste. 403 ~ Venice, Florida  
2 NEW LOCATIONS: 425 Commercial Court Unit 112, Venice & 14575 S Tamiami Trail, North Port

**New North Port Office Location Starting November 2014!**

Advanced Hearing Solutions  
Where Better Hearing Happens

Don't Miss  
Out on the  
Wonderful Sounds  
of LIFE...



Providing Quality Hearing  
Healthcare for Over 25 Years

- Complete Diagnostic Hearing Services • Hearings Aids • In-Office Hearing Aid Repairs
- TV Listening Systems • Bluetooth devices • LACE - Rehabilitation Program
- Tinnitus; Evaluation & Treatment • Brain Fitness Programs



Noël has been in the audiology field for over 25 years. Having received her doctorate in Audiology from UF, Noël has applied that knowledge to her work in many areas of hearing; including clinical, manufacturing and education.

Dr. Noël Crosby  
Audiologist

941.474.8393

655 S. Indiana Ave., Englewood, FL

VOTED "BEST OF  
ENGLEWOOD"  
15 Years in a Row!

Advanced Hearing Solutions

Appointments Available  
at Boca Grande Health Clinic Annex

Call For A Complimentary Consultation

[www.advancedhearingsolutions.net](http://www.advancedhearingsolutions.net)



Joseph  
Kaminski D.O.  
PERSONAL CARE MEDICINE

Medicine The Way It Was  
Meant To Be Practiced.

**Pulmonary • Critical Care  
Sleep Medicine • Internal Medicine**



Office 941.244.0178

Cell 941.350.6633

Fax 941.445.5132

[jkaminskido@yahoo.com](mailto:jkaminskido@yahoo.com)

Office Hours

Monday - Friday

9am - 5pm

517 Riviera St. • Riviera Medical Park  
Suite C • Venice, FL 34285

Evening and weekend hours available if needed.  
Available for house calls and emergencies.



Don't gamble with COPD.

Improve your odds  
with stem cell  
therapy.

Treatments at the Lung  
Institute use stem cells  
from the patient's own body  
to regenerate new, healthy  
tissue that improves lung  
function and quality of life.

Call (855) 914-3212 or visit  
[lunginstitute.com/health](http://lunginstitute.com/health)



Lung Institute

Breathe Easier.

# contents

## March 2015

6 Why Do Orthopaedic Surgeons Choose to Specialize in Foot and Ankle Problems?

8 Vein Specialists

10 Community Partnerships the Key to Success

13 Q & A: Dr. Carl Klutke Incontinence in Women

14 Importance of Vaccinations

15 Stem Cells Take Center Stage

16 Concierge Medical Services: Private Personalized Care Without Limits

17 Think About Your Heart Health Even After Heart Month

18 Communication Strategies for the Hearing Aid Wearer

20 The Benefits of Regular Blood Work

21 I Found It..The Secret to Anti-Aging!

22 The Difference Between Bladeless Laser Cataract and Traditional Cataract Surgery?

23 Stevia: A Sweet Weapon Against Tooth Decay

24 Limb Swelling: Medicare Approved Treatment Options

25 What is Laser Periodontal Therapy?

26 Senior Home Care Provides Invaluable Services

27 Hydrotherapy Key Benefits

28 Florida Homestead Descendent Distribution

31 Spiritual Wellness Throwaway Kids Become World Changers

### CONTACT US

OWNER / ACCOUNT EXECUTIVE

**Cristan Gensing**

[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

DISTRICT MANAGER

**Kara Schlick**

[kara@tampabay.rr.com](mailto:kara@tampabay.rr.com)

OWNER / CREATIVE DIRECTOR

**Sonny Gensing**

[sonny@gwhizmarketing.com](mailto:sonny@gwhizmarketing.com)



Publishing • Advertising • Web Design • Graphic Design

EDITOR - Lisa Minic EDITOR - Lorrie Ritchie

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.389.9449  
[Cristan@gwhizmarketing.com](mailto:Cristan@gwhizmarketing.com)

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2015. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



## Port Charlotte's Best Kept Secret

### FULL RADIOLOGICAL SERVICES

3T MRI • NUCLEAR MEDICINE • CT/CAT SCAN  
ULTRASOUND • CT/PET SCANS • CARDIAC PET EXAMS  
X-RAY • OPEN MRI • PROSTATE MRI • EXTREMITY MRI



### WOMEN'S CENTER

BREAST MRI • DIGITAL MAMMOGRAPHY • BONE DENSITY  
INTERVENTIONAL RADIOLOGY (BIOPSIES)

ALL FELLOWSHIP TRAINED RADIOLOGISTS



Prompt Appointments

+ Superior Radiologists

= Peace of Mind

*The Clear Choice*™

941.235.4646 • [advimaging.com](http://advimaging.com)

# Why do Orthopaedic Surgeons Choose to Specialize in Foot and Ankle Problems?

**W**ell, I can only speak for myself. My reasons started with my grandmother who developed gangrene of the toes. It was initially treated by podiatrists who performed ten or twelve small operations which they explained would solve the problem. By the time my family realized that this wasn't the case, the gangrene was advanced, and an orthopaedic and vascular surgeon told us that the only thing that could be done at this point was for the legs to be amputated; this stuck in my mind. I was nine years old when my grandmother died, but as I grew older I was fascinated with orthopaedics and I had a particular fascination with foot and ankle problems.

Most orthopaedic doctors do not like foot and ankle problems because they represent some of the most difficult problems to treat. Most orthopaedic doctors who are considered experts in other areas like sports medicine and joint replacements do not know how to treat foot and ankle problems. They do not do foot and ankle surgeries and in fact will send these problems elsewhere. Why?

Foot and ankle problems are a distinct area of practice. If you don't deal with them on a daily basis you really typically don't always understand the intricacies of how to safely take a patient through conservative and operative treatments and heal them up. When a person who has developed problems in their feet after thirty, forty, fifty years of usage often the problem can be helped significantly but can't be totally 100% fixed. Knowing how to guide a patient to get the best result but to also explain to them that sometimes perfection can't be expected is an important part of understanding this field.

For seventeen years and many thousands of surgical and non-surgical procedures later, my skills have been honed, verified, and recertified. If you want to be in the best of hands, come to me.



Credentials	Orthopaedic Surgeon	Podiatrist
<b>Medical Doctor MD</b> Attend accredited American medical school (4 years)	Yes	No
<b>Internship/Residency</b> MD accredited general orthopaedic surgical training (8 years)	Yes	No
<b>Foot &amp; Ankle Fellowship</b> MD accredited specialized surgical training in foot & ankle (1-2 years)	Yes	No
<b>Unrestricted License in the State of Florida</b>	Yes	No
<b>Restricted/Limited License in the state of Florida</b>	No	Yes

**Myles Rubin Samotin M.D.**  
Board Certified Orthopaedic Surgeon  
Fellowship Trained in Foot & Ankle

Please contact our office if you have the need at **941-661-6757**.  
We will treat you like family and will do our best to give you the best care possible.

# Complete Care for All Your Orthopaedic Needs



Punta Gorda's **ONLY**  
**Orthopaedic Surgeon**  
Specializing in Foot and Ankle.

**Myles Rubin Samotin, M.D. P.A.**  
Board Certified

Columbia University Graduate  
Maimonides Medical Center  
Trained at Hospital for Joint Diseases, NYC



**PUNTA GORDA**

713 E. Marion Avenue Suite 135  
**941-661-6757**

**NAPLES**

870 111th Avenue North Suite 4  
**239-514-4200**

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



# Vein Specialists

Joseph G. Magnant, MD, FACS, RPVI

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

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

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

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

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

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

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

Before

6-8 Weeks After





### Varicose veins

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

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

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

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

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

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

Before



After



### Leaders in Vein Treatment

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

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

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

Take your **free virtual vein consult NOW** from the comfort and privacy of your own home.



239.694.VEIN (8346)

**eVein**  
Screening.com

Joseph Magnant, MD, FACS, RPVI  
Board Certified Vascular Surgeon

Brought to you by: **Vein Specialists**



### About Dr. Magnant

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

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



By Dr. Robert R. Jones

# Community Partnerships the Key to Success

economy. Along with our sister institution, Florida Gulf Coast University (FGCU), we enjoy transferability of courses. The state of Florida enabled this by establishing the common course numbering system, allowing similar courses to easily transfer to other state colleges and universities.

Additionally, FSW's School of Business and Technology partnered with FGCU and Hodges University to establish a Workforce Now, a regional research initiative that was created to provide better information about regional workforce

gaps, skills, and characteristics to both educators, employers, and the public. The project identifies needed skills colleges can include in their program training and provides regional economic and business information to help expand and recruit businesses to the area.

In some cases, we have even reached beyond our local community and have established partnerships with organizations such as the University of Florida (UF). This partnership, along with the Naples Children and Education Foundation

**F**or any community-based organization, your success is only as strong as the relationships you build. At Florida SouthWestern State College (FSW), we strive to provide high-quality, low-cost educational opportunities, programs and services for our students. Often, this is only possible through the partnerships we share with other community-based organizations.

The numerous partnerships FSW has established throughout our community and the five counties we serve have helped develop and grow many of our programs, some of which would not be possible without these partnerships.

FSW's School of Health Professions is one of the top 25 largest producers of Registered Nurses (RNs) in the country. This is thanks to the many local hospitals and medical facilities, such as Naples Community Hospital, that provide onsite clinical training to our nursing program students. Our students train on the same equipment they will use and with the same healthcare professionals they will work with when they begin their own healthcare careers.

While we may appear to be competitors, we have also built many partnerships with other local higher educational institutions, bringing additional benefits to both our students and the





(NCEF), has helped build the NCEF/ UF Pediatric Dental Center, providing both low cost dental services to over 8,000 children a year and establishing a pediatric dental residency program for UF dental students.

One of FSW's biggest and most recent partnerships is with Suncoast Credit Union. While the most talked about benefit of our partnership has been the naming rights of FSW's new athletics arena, it goes far beyond just that. Together we will provide financial literacy education for our students and the public, provide staff training for Suncoast employees, and create scholarships for our talented students.

When organizations have common goals, taking advantage of each other's talents and working together to compound those resources can often create win-win arrangements for everyone. This ultimately means improving services and making a greater impact in the community.



The mission of Florida SouthWestern State College is to inspire learning, and it is with the help of our many local partnerships and supporters that we are able to do just that.

*Dr. Robert R. Jones is the Collier Campus President/ Regional Vice President Economic & Community Development at Florida SouthWestern State College.*



**FLORIDA  
SOUTHWESTERN  
STATE COLLEGE**

www.FSW.edu - (800)749-2322  
Naples | Fort Myers | Punta Gorda | LaBelle  
f FSW Bucs t @FSWBucs i FSWBUCS

## RESORT STYLE ASSISTED LIVING

WWW.ABANYANRESIDENCE.COM



★ Fully Furnished 5 Star Quality Suites Starting at \$2,400<sup>00</sup> ★



CALL TODAY  
941-822-3420

2014 Timeless Life Care Family of Companies, ALF License #11794. Design by Chris Snider

100 BASE AVE EAST | VENICE, FLORIDA 34285 | PH: 941-822-3420 | FAX: 941-412-4749

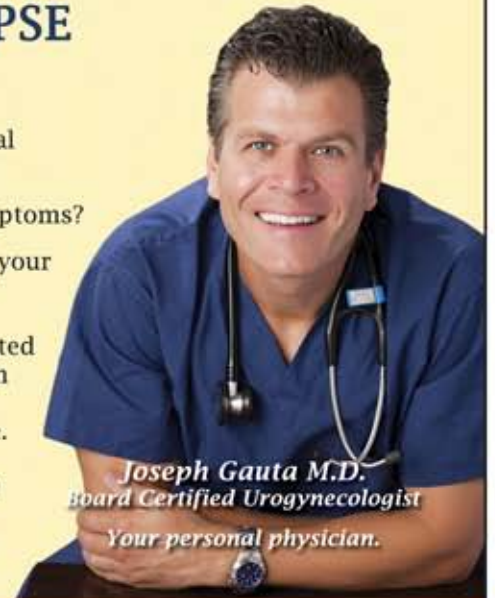
  
FLORIDA BLADDER  
INSTITUTE  
EXCELLENCE IN WOMEN'S PELVIC HEALTH

## VAGINAL PROLAPSE PROBLEMS?

- Do you have a bothersome vaginal bulge that can be seen or felt?
- Do you have pelvic pressure symptoms?
- Do you have difficulty emptying your bowels or bladder?

The *Florida Bladder Institute* located in Naples Florida is participating in a national research study for the treatment of pelvic organ prolapse.

If you are in generally good health and would like to learn more, please contact **239-449-7979** and ask to speak to a study nurse.



*Joseph Gauta M.D.*  
Board Certified Urogynecologist  
Your personal physician.



**(239) 449-7979**

WWW.FLORIDABLADDERINSTITUTE.COM • 1890 SW HEALTH PKWY., SUITE 205

# Nurse On Call

is a Medicare certified agency,  
serving home healthcare since 1989.

With 27 offices, serving 47 counties within Florida, we have a strong reputation for providing hospitals, case managers and physicians the professionalism they demand for their patients.

Many of the Nurse On Call staff and management gave greater than fifteen years in home health care. *That means experience.*

Our staff is composed of professionals who have demonstrated the sincere heartfelt desire to treat people as they would want their own family member treated, *whatever they need.*

*The best possible home healthcare...  
for the best possible recovery.*



*Skilled Nursing • Rehabilitation  
Home Health Aides • Medical Social Workers*

3036 Tamiami Trail • Unit E  
Port Charlotte, FL 33952

**941.235.1015**

HHA: 299993683



By Dr. Carl Klutke

# Q & A

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

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

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

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

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

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

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

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

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

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

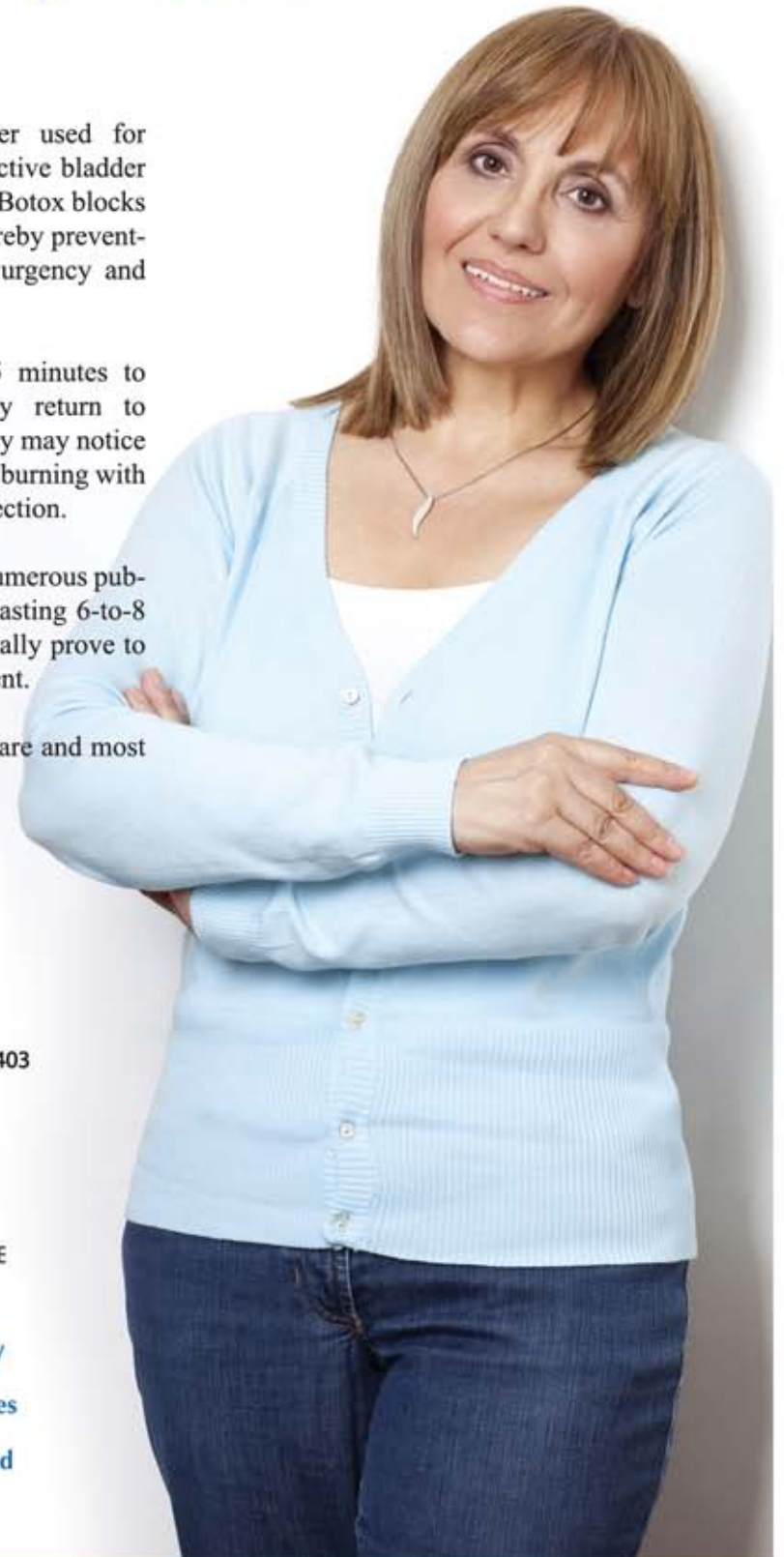


842 Sunset Lake Boulevard, Suite 403  
Venice, FL 34292

941-485-3351  
[www.RTRurology.com](http://www.RTRurology.com)

#### ADVANCED ACCESSIBLE CARE

24/7 Hour Availability  
Flexible Appointments  
Emergencies Seen Promptly  
Caring, Professionals Staff  
Providers for Most Insurances  
Including Medicare  
Major Credit Cards Accepted



# The Importance of Vaccinations

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

## Why do some question Vaccinations?

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

## How have Vaccinations shown their worth?

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

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

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



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

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

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

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

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



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

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

# STEM CELLS TAKE CENTER STAGE

By David Ebner, Staff Writer

**T**he world will never forget the fate-filled day when four young men from Liverpool, England walked onto the stage of The Ed Sullivan Show in 1964. The bright stage lights and the squeals from the crowd rained down on the smiling group, and that grainy black and white image was pinned as a moment of transformation in music history.

The introduction of stem cell research onto the world stage was not filled with as much fanfare. There were no screaming fans or standing ovations when the first stem cell therapy was conducted in the form of a bone marrow transplant in 1956. The long hours that scientists spent diligently researching and studying cells in laboratories across the world were not recorded in the pages of Life magazine. Even in 2012, when the two scientists who discovered the application of stem cells as the building blocks for human life won a Nobel Prize, the response was limited mostly to the medical community.

While the history of stem cell research may seem dwarfed in comparison to that of the Beatles or Elvis Presley, its impact on the healthcare and medical industry is anything but small. Although embryonic stem cells have a long history of being in the public spotlight, adult stem cells, those that are already inside the body of an adult, are not as well known. These stem cells live in the blood, fat, bone marrow and other areas of the body and can be extracted, and reintroduced into a different part of the body. This results in the stem cells specializing as whatever type of cell they are near. For example, if the stem cells from a patient's abdominal fat were removed, cleaned and separated, and then reintroduced to the lungs

of the patient with a progressive lung disease like chronic obstructive pulmonary disease (COPD), the stem cells would become lung cells. The difference is that the new cells would be disease free and would regenerate into even more healthy lung cells, inevitably increasing lung function. For someone suffering from a debilitating disease, a stem cell treatment like the one described above could mean the difference between struggling for air and breathing easier.

The physicians at a medical clinic called the Lung Institute have been performing such procedures for some time now and boast that they have treated over 500 patients and have a 70 percent success rate in increasing the quality of life of their patients. The Lung Institute's Medical Director, Dr. Burton Feinerman, who has been treating patients with stem cells for over 15 years, said, "Stem cells are very important because they offer a different approach. Instead of just treating symptoms and making the patient a little more comfortable, stem cells target the disease and can repair the damaged tissue. It is a whole new ball game and gives people realistic hope that we can challenge the incurable."

It's difficult to imagine a medical breakthrough taking center stage over a story about the newest trending celebrity. However, that isn't to say that advancements in medical therapies, like stem cell treatments, aren't occurring every day and won't completely change the longevity and quality of our lives. The people that have sought these innovative treatments are already seeing these advancements in action, and although they may not be screaming like the crazed Beatles fans of the sixties, the stem cell fan base is growing every day with people that can now breathe easier.

Call (855) 914-3212 or visit [lunginstitute.com/health](http://lunginstitute.com/health)



# CONCIERGE MEDICAL SERVICES: Private Personalized Care Without Limits

By Joseph Kaminski, D.O.

**P**ersonalized health care is the keystone to any concierge medicine practice. Concierge medicine was created as an alternative to the traditional model, which leaves many doctors overwhelmed and many patients unsatisfied. Concierge doctors provide you with the time you deserve, the time to create your personal plan for a long, healthy life.

Concierge medicine may also be referred to as private medicine, membership medicine, concierge healthcare, cash only practice, direct care, direct primary care, direct practice medicine, and boutique medicine. These all share the same basic theme, advanced personalized health care. The basic elements of modern concierge medicine are personalized care, direct care, quality care, and affordable care.

Concierge medicine focuses on the whole you, with personalized preventive care programs that ensure your future health without the limitations of a third party. Traditional healthcare and concierge medicine differ dramatically in their potential effects on your overall health and the type of care you receive. Traditional healthcare provides treatment when you are sick and is often controlled by what is, or is not, covered by your healthcare insurance plan.

### The Traditional Treadmill

Traditional medicine practices treat you when you are sick, addressing the symptoms as they are presenting to your doctor at the moment. Traditional medical practices often rely heavily on reimbursement from healthcare insurance companies to survive. The result is often overcrowded waiting rooms, difficulty obtaining treatment, and short office visits focused only on the illness that is presenting itself at the moment. Traditional physicians are often forced to keep turning patients over quickly to maximize the amount of patients treated each day to keep their practice afloat. Many physicians today are finding themselves suffering from burnout due to the high paced environment and low reimbursement rates, while patients are questioning the availability and quality of their care.



### The Concierge Medicine Alternative

An alternative exists to the traditional model of healthcare. Concierge medicine was created to deliver the highest level of personalized care and ensure healthcare access to patients, while allowing a concierge physician to maintain a viable practice. Concierge doctors provide patients with the time they need, when they need it, allowing the concierge doctor to have a greater opportunity to catch illnesses early on and decrease the chance of future hospitalization. A concierge medicine practice is optimized to ensure the highest level of patient-centered care.

### More Time For You

Concierge doctors have fewer patients than traditional practices, and therefore have more time to spend with you. An average doctor at a traditional practice may see 3,000 to 4,000 patients per year, whereas a concierge doctor manages dramatically reduced patient community. The reduction in the amount of patients allows the concierge doctor to expand the services to the concierge medicine patients, and therefore spend much more valuable time with each patient.

### Freedom To Heal

Time is the key benefit to concierge medicine. The concierge doctor dedicates more time to his patients, and from time, flows benefits. This time allows the concierge physician to: allow direct access to patients, consider all the relevant factors to a patient's health, implement plans of treatment free from third party dictations, and create truly personalized care.

Concierge medicine provides concierge doctors a greater opportunity to catch illnesses, control existing conditions, and reduce the incidence of hospitalization. Let us not forget that a smaller practice also means the end of crowded waiting rooms, and the welcomed option of same day visits or phone consultations.

### The Future of Healthcare

Modern concierge medicine provides affordable, personalized healthcare programs with expanded access, at affordable rates. These programs are designed to ensure the highest level of care, while making them available to more patients. Concierge doctors are now offering these affordable solutions through direct-pay or membership programs across the country.

Concierge medicine will continue to grow and gain popularity among patients that value the direct access, personal care, and patient-centered focus that a concierge doctor provides. Traditional healthcare will face many challenges as The Affordable Care Act reaches full implementation nationwide. Forecasts predict that current existing shortage of physicians will continue to grow as new patients enter the marketplace under The Affordable Care Act. Patients who find themselves dissatisfied with the access to, or quality of, their healthcare will have an alternative solution. Concierge medicine will offer them a high-quality choice for their healthcare.

Joseph  
Kaminski D.O.  
PERSONAL CARE MEDICINE

Medicine The Way It Was  
Meant To Be Practiced.

Pulmonary • Critical Care  
Sleep Medicine • Internal Medicine

Office 941.244.0178 • Cell 941.350.6633



# Think About Your *Heart* Health Even After Heart Month

**F**ebruary is designated as American Heart Month., but every month should be focused on strengthening community through healthy living, and the promotion for everyone to take steps in the prevention of chronic diseases, such as heart disease, so they can lead longer, healthier lives.

According to the Centers for Disease Control and Prevention (CDC), heart disease is responsible for one in four deaths each year in the United States. The root causes of many chronic diseases are unhealthy behaviors such as physical inactivity, unhealthy eating and tobacco use. There are a lot of questions about heart disease, the causes and prevention. Nurse On Call had the opportunity to chat with Dr. Socrates Perez-Rodriguez, who specializes in internal medicine and has his own medical practice and is a hospitalist at Physicians Regional. Dr. Socrates Perez-Rodriguez, did his internship and residency at Jersey City Medical Center, Jersey City, NJ and has practiced medicine at many renowned hospitals including Columbia. We asked him a series of questions relevant to heart health and these were his responses:

## What causes cardiovascular disease?

Dr. Socrates Perez-Rodriguez, MD-There are many risk factors that contribute to the development of cardiovascular disease. Some people are predisposed to heart disease and stroke, but most people who develop cardiovascular disease do so because of a combination of factors such as poor diet, lack of physical activity and smoking.

## What is the connection between high blood pressure (hypertension) and heart disease?

Dr. Socrates Perez-Rodriguez- Blood moving through your arteries pushes against the arterial walls; this force is measured as blood pressure. The harder your heart has to work to pump blood through the smaller space, the pressure inside the vessels grows, elevating your blood pressure.



## How is coronary heart disease diagnosed?

Dr. Socrates Perez-Rodriguez- There are a number of ways to diagnose coronary heart disease. A coronary angiogram uses a dye inserted into your arteries and an x-ray to see how the blood flows through your heart. Another test is an electrocardiogram. This test records the electrical activity of your heart. An electrocardiogram measures the rate and regularity of heartbeats, the size and position of the heart chambers, the presence of any damage to the heart, and the effects of drugs or devices used to regulate the heart. It is a non-invasive procedure.

## Does diet play a part in the development of heart disease?

Dr. Socrates Perez-Rodriguez-Diet plays a significant role in protecting or predisposing people to heart disease. Diets high in animal fat, low in fresh vegetables and fruit, and high in alcohol have been shown to increase the risk of heart disease. A diet low in fat and salt has a proven to be effective long term.

## Is heart disease hereditary?

Dr. Socrates Perez-Rodriguez-Heart disease can run in the family, however, even if you inherit the risks factors that predispose you to heart disease, such as high blood cholesterol, high blood pressure, diabetes, or being overweight, there are measures you can take that will help you avoid developing cardiovascular disease.

## What are the newest advances in heart treatments and diagnoses?

Dr. Socrates Perez-Rodriguez- There are some new advances but it's a constantly evolving field. We can offer many more treatments that are less invasive which doesn't always mean one could go into a procedure. It could be as simple as sitting down with your doctor and determining the symptoms. There are different ways of evaluation such as stress tests and if there are abnormal results, we can complete Ct scan or cardiac MRI.

At the end of the day "Coronary artery disease is preventable," said Dr. Socrates Perez-Rodriguez, "You need to be aware of your own body, genetics and habits. Typical warning signs are chest pain, shortness of breath, palpitations and even fatigue, but in diabetic patients symptoms are usually absent."

Nurse On Call Home Healthcare has specialty cardiac team committed to the prevention, education and treatment of heart disease. If you have further questions about Heart Disease, local cardiologist, support groups and non-profit organizations committed to Heart Health contact your local Nurse On Call Home Healthcare branch.



941.627.1650

HHA: 299993683

# Communication Strategies for the Hearing Aid Wearer:

## Using Listening and Speechreading Skills to Enhance Communication While Removing Barriers to Understanding

By Dr. Noël Crosby, Au.D.

**F**or those who experience any level of hearing loss (including hearing loss treated by the use of hearing aids) communication can be greatly augmented through the use of active listening and effective speechreading skills.

Sometimes called empathetic listening, active listening can be described as a way of listening and responding to another person that improves mutual understanding. Speechreading is the act or process of determining the intended meaning of a speaker by utilizing all visual cues that accompany speech, including lip movements, facial expressions and body language.

As a partner in the communication process, the speaker also has a role to play when it comes to maximizing communication effectiveness. By removing all physical barriers to speech, the speaker can control the environment to ensure understanding takes place. These communication strategies are reviewed below.



### Communication Strategies for the LISTENER with Hearing Loss:

**Step #5:** Develop active listening and speechreading skills.

1. Make direct eye-contact with the speaker.
2. Wear your glasses, if appropriate, to aid in speechreading.
3. Sit no more than 3-5 feet away from the speaker.
4. If one ear is better than the other, sit with the better one closer to the speaker.
5. Concentrate on the ideas that the speaker is expressing rather than trying to understand every word that is said.
6. Don't pretend you understand when you don't.
7. Be willing to acknowledge your hearing loss and ask for help.
8. Maximize the use of lighting. Have the light behind you, not behind the speaker where it may cast a shadow.
9. Eliminate interfering background noise. Make plans in advance when going to a restaurant, church service so you can sit in the best seat available. Request an assistive listening device.
10. When talking on the phone, verify what you heard by repeating it back to the speaker.

### Communication Strategies for the Listener with Hearing Loss

**Step #1:**

Recognize and understand the signs and symptoms of hearing loss.

**Step #2:**

Understand treatment options.

**Step #3:**

Have realistic expectations while implementing strategies for successful adaptation

**Step #4:**

Make an unwavering commitment to wearing hearing aids or using assistive listening devices.

**Step #5:**

Develop listening and speech reading skills.

**Step #6:**

Be assertive. Take responsibility for speech comprehension by taking steps for controlling the listening environment and giving honest and direct feedback to the speaker.

### Communication Strategies the Speaker

**Step #1:**

Stop enabling the hearing impaired listener.

**Step #2:**

Support and encourage all efforts to get treatment.

**Step #3:**

Develop strategies for clear speech. (voice intensity, projection, rate and clarity)

**Step #4:**

Learn to understand and use body language.

**Step #5:**

Remove physical barriers to speech.

**Step #6:**

Learn to make the message interesting.



And above all, maintain realistic expectations about what you will be able to hear in various situations. Even listeners with normal hearing often struggle to hear in difficult listening environments.

While most people with hearing loss pick up some aspects of speechreading on their own, skills can be improved through training. Speech Pathologists and Audiologists can recommend specific training programs and suggest classes, books and CDs on the topic.

#### Communication Strategies for the SPEAKER:

##### Step #5: Remove physical barriers to speech

As always, the speaker must share in the responsibility for ensuring effective two-way communication. Some “common sense” strategies that optimize the opportunity for effective communication include the following:

1. Reduce background noise and other distractions.
2. Encourage the hearing-impaired person to use assistive listening devices or to bring a non-hearing impaired support person
3. Make sure you have the person’s attention before you begin speaking.
4. Ensure your face is not blocked. Adjust lighting if necessary. Do not sit behind a laptop so your face cannot be seen. Remind the listener to wear eyeglasses if necessary.
5. Speak distinctly and clearly without shouting
6. Don’t put your hand, a pencil or other object in front of your mouth.
7. Don’t chew gum or suck on candy while talking
8. Use body language and facial expressions to emphasize message.
9. Use visual aids.
10. Check for understanding.



#### PROFESSIONAL BIO

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

For more information contact Noël’s office at 941-474-8393 or you can visit her website at [www.advancedhearingsolutions.net](http://www.advancedhearingsolutions.net).

**Advanced Hearing Solutions**  
Where Better Hearing Happens



# The Benefits of Regular Blood Work

By Dr John Rand, D.V.M.

**M**ost people understand the need to check their pets' lab work when they are ill, but understanding the benefits of regular lab work for their dog, cat, bird might not always be so intuitive. You bring your pets to the veterinarian for their yearly check up. After a thorough physical exam, your doctor may give them a clean bill of health, yet he or she still recommends to check some lab work. Why?

Lab work checks for aspects of your pets' health that we cannot see, hear, feel, smell or otherwise detect during a physical exam. We would all like to believe that our new (or old) dog or cat is as healthy as he or she may act, but many animals have congenital or hereditary disorders that they may not show outward signs of for some time. In fact, most animals will mask significant diseases for a very long time until a point where they can no longer compensate. By that time, though, the disease in question is often so far progressed that it may be impossible to treat. Early detection of disease - any disease - gives the best prognosis and chance for a cure.

General health screens usually include a blood sample to check the complete blood count, serum chemistry (for liver, kidney, pancreatic disease), heart worm status, tick-borne disease, and retroviral disease; and a stool sample to check for GI health and for parasites they may be carrying. More specific tests for certain ages, breeds, or predispositions can include checks for bleeding disorders, thyroid diseases, and urinary tract health.

So, you take your veterinarian's recommendation and have a test run. He or she will call you within the following day or so with hopefully good news that everything came back normal. Was the money spent for naught? ABSOLUTELY NOT.

No one can predict when an emergency will happen. Falling off a couch, dog or cat fights, running into traffic, getting into the medicine cabinet, opportunistic bacterial or fungal infections, etc. Situations like these can require anything from sedation, to general anesthesia and surgery, or long term antimicrobial therapy. Having prior knowledge of your pets' internal health status allows us to make more informed and safer decisions on procedures, medications, fluids, and monitoring.

You did the lab work last year. Why check it again? Four years, seven years, ten years to every human one - whichever number you like to throw around, we all agree pets age much more quickly than we do. Of course, normal lab work is great news. Any number of lab values may be within their reference range today. However, having the ability to look back to notice that a value has steadily changed over the year to where it is now gives us the perspective and context of its significance. This ability to have a baseline and spot trends early on in the course of a disease is what will help to prevent or stave off illness and improve their quality of life. Checking lab work when your pets are healthy helps us to keep them that way.

*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.*



**THE ANIMAL CLINIC**

3300 Tamiami Trail, Suite 103  
Suite 103 • Port Charlotte, FL 33952  
(941) 625-0742 • [www.theanimalclinic.net](http://www.theanimalclinic.net)

# I found it — The Secret to Anti-Aging!

## My cholesterol dropped by 73 points in 1 month, my husband's morning blood sugar level dropped from 200 to 113 in 3 months, and we are feeling and looking so much YOUNGER!



**Kare & Charles Possick**

A few months ago, my husband's blood sugars were out of control after years of controlling it with diet. And his skin had taken on a yellowish-grey pallor... which showed me that his liver and kidneys were also in serious trouble. I was scared!

A friend stopped by, took one look at Charles, and said, "We have to get him on the Micronized Heart of Royal Purple Rice immediately!" Although I had never heard of it, I quickly said, "Get me some now." I am so grateful that I did!

Within 3 weeks his skin was pink and glowing and he was feeling so much better. I also began eating it and began noticing more energy, sounder sleep, and improved skin.

### But What Really Got My Attention...

We had our blood tested and after eating this rice product for only a month, my cholesterol had dropped by 73 points! I had been taking several other natural supplements for two years to lower cholesterol to no avail, but after only one month my cholesterol dropped to normal, as did my triglycerides, and three other blood markers that had been way too high. My doctor was shocked. He said no drug would give me those quick and dramatic results!

And Charles, with several medical conditions, had 10 blood markers drop significantly! My doctor said he knew of nothing that could work like that across so many body systems! "Not drugs...but real foods," I said.

### What's In This Product and How Does It Work?

The basis of the product is an ancient, heirloom strain of royal purple rice that is now grown in Thailand in a pristine valley that has never seen chemicals, pesticides, or GMO's.

Then, the purple husk, which is extremely high in antho-cyanin antioxidants, along with the very heart of the rice (the endosperm) is removed—this is the part that carries the super polysaccharide sugars and polypeptide amino acid building blocks. Everything else is discarded.

With only the dense nutrient rice heart left — this is then milled down to the size of a micron! That's it—that is all that's in this amazing raw natural product.

**It takes  
60 pounds of  
Royal Purple  
Rice to make  
ONE Pound  
of my product.**



It is so tiny and powerful that when you eat it ... it does not even have to go through your digestive system — it can immediately go into the cells and energize them! Like tiny arrows, these highly charged alpha glucan chains of super nutrients can pierce cell walls and furnish the mitochondria (the cell's battery) with fuel to create massive amounts of ATP Light Energy, so that the cells can recharge, regenerate, and function at the highest level.

### Recharge, Repair, and Regenerate Your Cells

The reason so many people who are eating well and taking good supplements are still sick is ... nutrition can't get into the cell!

A recent medical study showed — more than 80% of the population is insulin resistant at some level. That means that the sugars and nutrients we need for energy cannot get into the cells. (If a cell phone battery cannot be recharged — it powers down and eventually dies). If you are tired, and have dis-eases that have names... your cells are also powering down and dying.

When the sugars (polysaccharides) can't get into your cells to be used for energy, they cause another problem, too. They float around your blood stream, sticking to proteins and fats—or "glycating". Wherever they stick they cause problems... if they stick in the bloodstream they cause hardening of the arteries and high blood pressure, in the brain they cause learning and memory issues or dementia, in the eyes—cataracts, in the skin—wrinkles. With my raw natural product you can recharge your cells and reverse the glycation and aging now!

### Read What This Has Done For My Friends...

When I shared this with my friend, Bonnie, her body used the new cellular energy to reduce her blood pressure and smooth the wrinkles from her face. Nicole's intense pain from an accident is gone and she is off her debilitating medications. Jeff is no longer experiencing acid reflux or gout. Dee Dee's night blindness is gone and so are her allergies. Charles morning blood sugars have dropped from 200 to 113. I am looking so much younger that someone asked me if I had a 'procedure' done! Even my grand-daughter's dog has gotten rid of his digestive issues because of this product. So ... would you like to see what this amazing food will do for you?

**Call me (Kare) at: 727-798-8764**  
**I'll send you my FREE book, answer all  
 your questions, and get this product on its  
 way to you so you can begin anti-aging, too!**

**[www.KaresPurpleRiceProducts.com](http://www.KaresPurpleRiceProducts.com)**



# WHAT IS THE DIFFERENCE BETWEEN **BLADELESS** LASER CATARACT SURGERY AND **TRADITIONAL** CATARACT SURGERY?

By Jonathan M. Frantz, MD, FACS

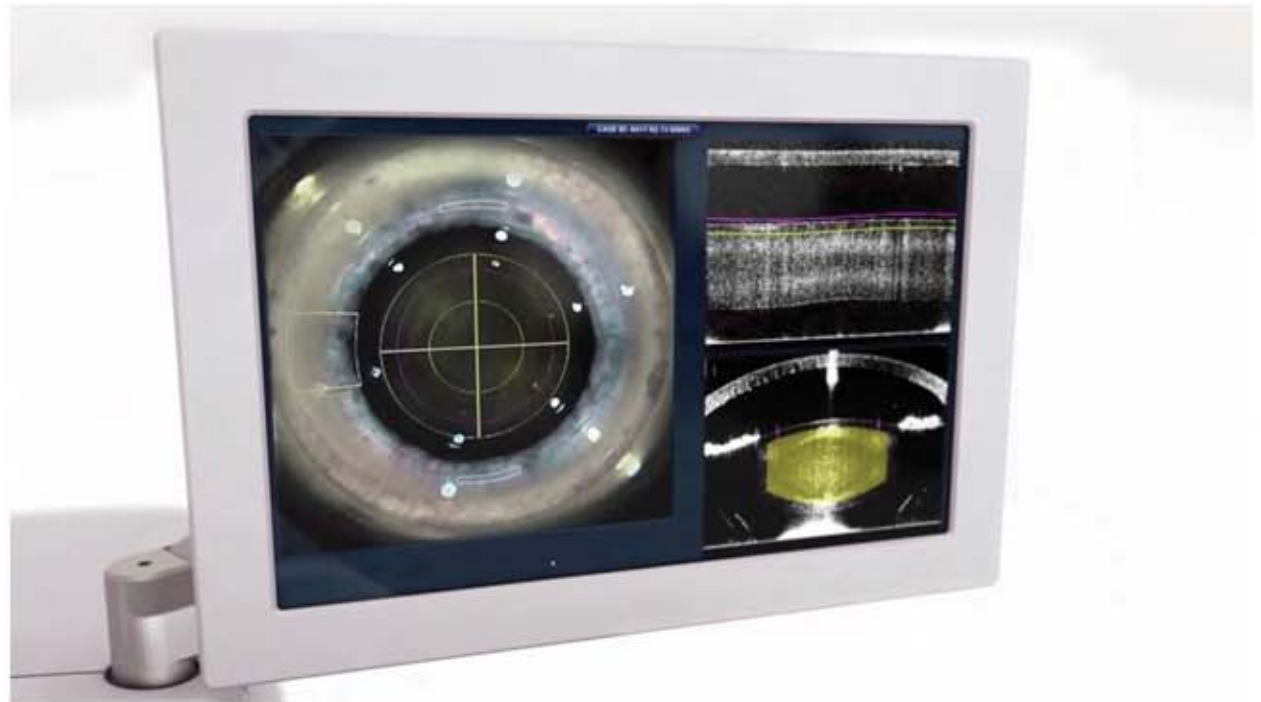
**A**t Frantz EyeCare we offer both bladeless laser cataract surgery and traditional cataract surgery. With the bladeless procedure, the first three steps of your surgery are done with a computer controlled LenSx laser to ensure the highest-precision surgical incisions. The LenSx is unquestionably the most technologically advanced option for cataract patients.

LenSx utilizes a femtosecond laser, which offers superior precision and results. The three key patient benefits of bladeless laser cataract surgery versus traditional cataract surgery are:

- 1) The laser provides a more precise circular incision around the cataract, improves the accuracy during placement of the intraocular lens implant, and leads to a greater likelihood of clearer vision. A real time computerized laser imaging system guides the laser beam to the correct target during the surgery.
- 2) The laser pre-softens the cataract, allowing the surgeon to minimize the use of ultrasound energy to remove the cataract lens. Decreased usage of ultrasound energy reduces the chances of thermal injury to tissues inside the eye, which lessens recovery time.
- 3) Astigmatism correction can be done at the time of cataract surgery using this laser as opposed to a manual incision using a surgical blade with traditional surgery. Astigmatism requires patients to wear glasses after cataract surgery. Correcting this at the time of cataract surgery lessens the need for glasses subsequently.

After the first three steps of your procedure are completed by the LenSx laser, you will be taken to the operating room for the cataract removal.

All procedures done on the LenSx laser are considered premium refractive surgery and require out-of-pocket charges. We will be happy to discuss this with you during your visit, as well as flexible payment plans.



In **traditional** cataract surgery, the surgeon makes tiny incisions in your eye with a surgical blade rather than using the laser.

In both traditional cataract surgery and bladeless laser cataract surgery, microsurgical instruments are used in the operating room to remove the cloudy lens from the eye. A focusing intraocular lens is placed inside the eye to replace the natural lens that was removed. This focusing lens can correct nearsightedness or farsightedness, and may reduce your need for distance and reading glasses. The incision is self-sealing and heals without stitches.

We are pleased to announce that Cataract & Cornea Specialist **George Corrent, MD, PhD**, has joined our medical team and will see patients in our Naples and Fort Myers offices. We have added Dr. Corrent to our medical team to help with the increased demand for bladeless laser cataract surgery, as well as to provide general ophthalmology care for our patients.

Dr. Corrent comes to Frantz EyeCare from the prestigious Bascom Palmer Eye Institute where he practiced since 2009. He was also a staff physician at Physician's Regional Medical Center and before that had a private practice in Naples for three years.

**FRANTZ**  
EyeCare  
941.505.2020  
[www.BetterVision.net](http://www.BetterVision.net)

To learn more about bladeless laser cataract surgery, call our Punta Gorda office at 941.505.2020 or visit our website [BetterVision.net](http://BetterVision.net)

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

# STEVIA: A SWEET WEAPON AGAINST TOOTH DECAY



## Pyure Brands Encourages Individuals to Discover Stevia's Plaque-Fighting Benefits

Recent studies have revealed that stevia fights tooth decay.

According to tests conducted by Purdue University's Dental Science Research Group, stevia prevents the growth of *Streptococcus mutans*, the bacteria that is responsible for forming dental plaque in the mouth.

While sugar collects this bacteria and promotes wearing of enamel and cavities, stevia extracts are considered to have moderate antibacterial activity, and thereby greatly lowering the risks of tooth decay and combating *Streptococcus* growth – according to research.

"Most switch sugar for stevia for three reasons: Pyure Stevia is organic, zero calories and unlike sugar, it won't spike your glycemic levels," said Ben Fleischer with Pyure Brands, makers of the award winning, cleanest-tasting stevia. "Bonus! Now we know we have evidence that stevia mitigates another sugary sin: tooth decay. All good health starts with oral health. We're excited to know our products – great tasting, certified organic and non-GMO Stevia and Erythritol – are both not only ideal for individuals looking for reduced calories and better control of their blood sugar, but also anyone seeking work on their dental hygiene without letting go of the sweets."

### Did you know?

Studies show stevia inhibits the growth of the bacteria that forms dental plaque.

More stevia = Less plaque build-up.

Choose Pyure Stevia: organic, non-GMO and great tasting.

Pyure + WooBamboo = Better dental care and a healthier world.

### Pyure Offering FREE Sustainable Dental Care Kits

To help promote these findings, Pyure is partnering with WooBamboo – makers of organically grown, sustainable, biodegradable, antimicrobial bamboo toothbrushes – to provide consumers a limited supply of sustainable dental care kits. An estimated one billion toothbrushes end up in our oceans and landfills every year – the weight of 13,000 full grown elephants! Pyure wants to help spread the word and share a simple solution. Simply visit [www.pyuresweet.com/samples](http://www.pyuresweet.com/samples) to request a sample of Pyure Stevia sweeteners and for a limited time receive a WooBamboo toothbrush. Supplies are limited.

For sweet recipes to enjoy this month and beyond, visit [www.pyuresweet.com/blog](http://www.pyuresweet.com/blog).

### About Pyure Brands

Founded in 2008, Pyure Brands is a leading innovator of healthy sweeteners and one of the largest and fastest-growing independent stevia companies in America, with products available in more than 19,000 retailers. Under the direction of Founder, Benjamin Fleischer, Pyure has successfully established itself as a pioneer of sweetening solutions by introducing the first USDA Organic and Non-GMO Project Verified stevia and erythritol to the market. The company's commercial stevia extracts and blends provide the reduced-calorie sweetening solution for more than 400 food, beverage, and personal care products. In an effort to help further health awareness, Pyure donates a portion of its proceeds to organizations and foundations that have a focus on diabetes education as well as other social and environmental causes.

For more information, please visit [www.pyuresweet.com](http://www.pyuresweet.com).



### Joey Brennan | Pyure Brands SWEETNESS FROM NATURE™

Marketing Director  
P: 305 509 5096 x 307 | C: 239 250 0663  
E: [joey@pyurebrands.com](mailto:joey@pyurebrands.com)  
2277 Trade Center Way, Suite 101  
Naples, FL 34109

**FOCUS** on the things that matter most to **YOU**

with Bladeless Laser Cataract Surgery from Frantz EyeCare

For improved vision and an overall improved quality of life, call us to schedule your cataract evaluation today!

**FRANTZ** EyeCare **505-2020** | [BetterVision.net](http://BetterVision.net)  
**Jonathan M. Frantz, MD, FACS**  
One of our Country's Top 5 Bladeless Laser Cataract Surgeons

Fort Myers | Cape Coral | Lehigh Acres | Punta Gorda | Naples

**Want to know how I lowered my cholesterol by 73 points in 1 month?**

Call **727-798-8764** or visit [www.KaresPurpleRiceProducts.com](http://www.KaresPurpleRiceProducts.com) and learn how **YOU** can do the same thing!

*Did I mention my husbands' blood sugar went from 200 to 113 in 3 months?*

Do you need to lower your cholesterol, blood sugar, or blood pressure?

Do you require more energy, more focus, and sounder sleep?

Do you want to reverse your body clock so you can look and feel younger?

Get a FREE copy of Kare's book, **You're How Old? How to Recharge, Repair, and Regenerate Every Cell in Your Body?**

**Kare & Charles Possick**

# Limb Swelling: Medicare Approved Treatment Options

By Alyssa Parker

**P**neumatic compression devices are one of the most highly recommended treatments for limb swelling and are a Medicare approved treatment option. Dating back to the 1960's pneumatic compression pumps have been used for the treatment of limb swelling due to acute and chronic conditions. In most cases compression pumps are used for swelling associated with lymphedema as well as venous insufficiency. Limb swelling left untreated without a clinical diagnosis and lack of proper treatment may lead to a variety of problems.

Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein-rich fluid also referred to as secondary lymphedema. The lower region of the leg becomes permanently swollen and may start to harden. Due to poor circulation and protein-rich fluid buildup wounds may become chronic and appear more frequently. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness, or chronic ulcers in the affected limb.

## How does compression therapy work?

A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue.

The pneumatic sequential compression relieves the pain and pressure in the swollen area and reduces the size of the limb. The sequential inflation of the chambers, of the sleeve around the affected limb, begins distal (lower region of the limb furthest from attachment) to proximal (area of attachment to the body) naturally mimicking your bodies lymph return while stimulating the blood flow in the legs.



## What causes limb swelling?

There can be many different causes for limb swelling, however, two of the most common diseases for chronic limb swelling are Lymphedema and 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.

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. Poor circulation may cause shallow wounds to 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.

Is a Compression Device the right treatment for me? Using a compression device is a great treatment option for patients who have tried compression stocking, elevation, diuretics, and massage with little or no relief. It's also a treatment option for individuals who have chronic venous ulcers. When compression stockings get worn out or stretched over time; many patients aren't receiving the needed compression. When using a compression pump the pressure is locked in, ensuring that you're getting the appropriate amount of pressure each treatment.

Diuretics may be useless and harmful over time if your edema (swelling) is a symptom of chronic venous insufficiency or lymphedema. Diuretics draw fluid from your venous system that your body must have in order to balance the continual fluid deposit from your arterial capillaries; if the needed interstitial fluid is not present because you are taking a diuretic, this will only aggravate your lymphatic system which may lead to additional fluid retention and additional swelling. Also, using a pneumatic compression device may help the prevention of blood clotting along with deep vein thrombosis or those individuals who are at risk for it.

If you or someone you love suffers from limb swelling it is important to keep a few things in mind. If any of the following apply, seeking medical advice is recommended.

- Family history of edema, venous insufficiency, or lymphedema
- Pitting or skin hardening: push your finger into your skin and count how long it takes to return
- Hemosiderin staining: "red socks" appear from the ankles down
- Traumatic injury or surgery potentially damaging your circulatory system (knee replacement etc)
- Radiation exposure

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. 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

Contact Acute Wound Care today and speak with a specialist by calling

**239-949-4412**

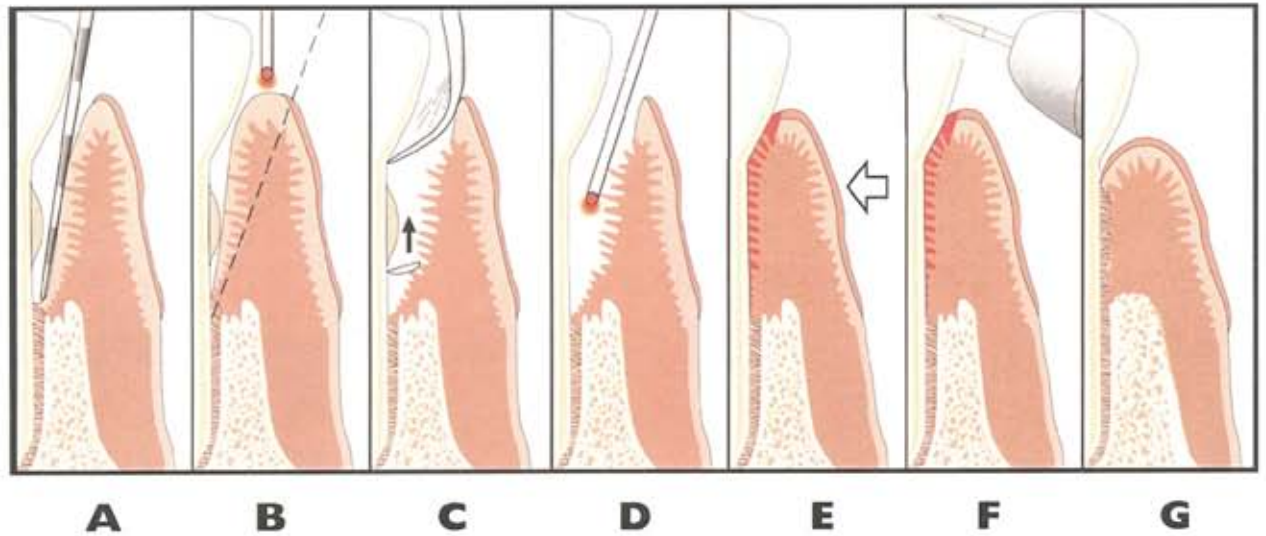
[www.AcuteWoundCare.com](http://www.AcuteWoundCare.com)



# What is Laser Periodontal Therapy?

By Dr. Joseph Farag

**F**inally, there's good news for those of you who suffer from gum disease (gingivitis and periodontitis). We now offer an exciting laser based technique for treatment of periodontal disease called Laser Periodontal Therapy™. Through the use of Millenium Dental Technologies, Inc., PerioLase® Laser, designed especially for Laser Periodontal Therapy™, we can treat your moderate to severe gum disease and you can quickly return to your normal routine! There's no incision (scalpel) and no stitches (sutures). You heal naturally with full retention of your gums. If you suffer from tender, red, swollen, or bleeding gums, call us today for an appointment to evaluate your condition.



## Laser Gum Surgery Steps:

- Periodontal Pockets are measured
- Laser fiber optic is inserted into gum pocket and removes inflamed diseased tissue with light energy.
- Ultrasonic instruments are used to "scrub" root surfaces below the gum line and remove tartar and plaque.
- Laser is reinserted into clean pocket and used to disinfect and sanitize the pocket, a fibrin "bandage" is formed in the pocket.
- Healthy connective tissue is readapted to the root and the healing process begins.
- Teeth are adjusted to eliminate premature contact and heavy contact points, bite is equilibrated.
- After teeth have been stabilized and approximately 3-4 months after treatment, new attachment of the gum tissue to the tooth and regeneration of the bone is evident.



**PORT CHARLOTTE  
DENTAL CARE**

*Beautiful smiles begin here*

**CALL TODAY: 941-764-9555**

3441 Conway Blvd • Port Charlotte  
hours: Mon-Thurs 8am-5pm, Fri by appointment

*Discover a life more fulfilling* 

## ACUTE WOUND CARE

Are you suffering from lymphedema and chronic swelling of upper or lower extremities?

**We Can Help!**  
Whether you need short-term recovery assistance or a long-term treatment plan, we deliver the supplies you need to shorten recovery time in your own home!

*Specializing in Pneumatic Compression Systems, specialty dressing supplies for treatment of chronic and hard to heal wounds.*



**Call Us Today!**  
**239-949-4412**  
[www.acutewoundcare.com](http://www.acutewoundcare.com)

\*Deductibles and co-pays may apply. Coverage may vary and is based upon individual insurance benefits. Covered by most insurance and Medicare for qualifying patients, deductibles and copays may apply.

## Beautiful Smiles Begin Here



**Dr. Joseph Farag**  
UF Graduate

**We Offer:**

- Implant & Reconstructive Dentistry
- Cosmetic Dentistry
- Personal Care
- Aesthetic Dentures & Partials
- Metal Free Fillings
- Single Appointment Crowns
- Dental Cleanings
- Laser Gum Surgery

**New Patients Welcome**



**Port Charlotte Dentalcare**

**CALL TODAY: 941-764-9555**

3441 Conway Blvd • Port Charlotte  
hours: Mon-Thurs 8am-5pm, Fri by appointment



**FREE Consultation**  
For Laser Gum Therapy  
For treatment of sore & bleeding gums, loose teeth and bad breath. Limited time offer. New patients only. Port Charlotte Dentalcare - 764-9555. With this coupon. Not valid with other offers or prior services. Limited time offer.

**FREE Consultation**  
For Dental Implants  
Limited time offer. New patients only. Port Charlotte Dentalcare - 764-9555. With this coupon. Not valid with other offers or prior services. Limited time offer.

# Senior Home Care Provides Invaluable Services

Provided by Private Care At Home

**M**ost people want to continue living independently in their own homes long into their retirement years. Remaining self-sufficient in familiar surroundings is important to many seniors. Unfortunately, certain situations -- a sudden illness, a chronic condition, and the very fact of aging -- affect a person's ability to care for themselves and/or effectively manage their daily living. These situations oftentimes create health and safety concerns for family members and loved ones. Since most people prefer to be cared for in their own home rather than be placed in a nursing home or other facility, family members often become the primary caregivers, taking on all the responsibilities that go with keeping up the quality of their loved one's lives. However, when caring for themselves becomes progressively too difficult, or when the responsibilities of family members become overwhelming, it is time to consider professional In home care.

Being able to receive senior home care services has numerous advantages for everyone involved. You or your loved one can remain in a familiar, comfortable environment, enabling energy and resources to be focused on proper care, thus receiving the full attention of caregivers who are solely concerned with particular needs ensures proper care is given.

Every day, more and more families turn to services that are provided in the comfort and safety of home. Not only is it the most satisfying form of senior care available, but it can also be significantly more affordable than other forms of care like: nursing homes or assisted living communities. There are many reasons for the growing demand of Private In Home Care services including:

- **Delivered at home** ~ There are such positive feelings that all of us associate with being at home. When we are not feeling well, most of us ask to go home. When we are feeling well, we enjoy the sanctity our home and the joy of being with loved ones.
- **Personalized care** ~ Home care is tailored to the needs of each individual. It is delivered on a one-to-one basis.
- **Prevents or postpones institutionalization Independence and Freedom** ~ None of us want to be totally dependent and helpless. With some assistance,



seniors can continue to function as viable members of society. Hospitals and nursing homes offer more regimented, regulated environments. Home care offers a reassuring, individualized setting that allows the recipient to stay on their schedule.

- **Promotes healing** ~ There is an abundance of evidence that proves patients heal more quickly at home. Few patients choose to be placed in a nursing home, unless it's the only place where they can obtain the 24-hour care that they need. In home care is available 24/7.
- **Reduces stress** ~ Unlike most forms of health care which can increase anxiety and stress, home care frequently has the opposite effect.
- **Provided by special, caring people** ~ By and large, in home caregivers look at their work, not as a job or profession, but as a calling. Home caregivers are trained and dedicated to the care recipients.
- **Affordable** ~ The evidence is convincing that, for many services, in home care is less expensive than other forms of care, including nursing homes and assisted living communities. In general, in home care costs only one-tenth as much as hospitalization and only one-fourth as much as nursing home placement to deal with comparable health problems.
- **Extends life** ~ A study by the U.S. General Accounting Office has established that people receiving home care tend to live longer and have a better quality of life than those receiving care in institutions. Not only do in home care services add years to life, but life to years.

Home care services have become the preferred form of care for seniors. Society is becoming increasingly more accepting of home care, which has in turn increased the demand for such services over the past few years.

If you or a loved one is considering having a **Senior Care Provider** come to your home so that your daily existence is made easier, you may be wondering what to expect. Basically, caregivers come to the home and perform household chores such as laundry, meal preparation and basic housework. They may also run errands and provide transportation to medical appointments as well as social obligations. If you have questions about what to expect from a senior home care company, you should contact **Private Care At Home** serving Charlotte, Lee and Collier Counties. Licensed, Bonded and Insured.

## Private Care At Home

Senior In Home Care   
Companions & Homemakers  
Lic. 232278, Bonded and Insured

**239-440-3119**

Our Senior Caregivers, Companions and Homemakers are not nurses and do not perform medical services. However, the majority of clients who are receiving medical care can use our adult care services for all non-medical in home care needs and **save themselves substantial amounts of money.**

You can be assured that you and your loved ones will get the "Best care, from the Best caregivers' at the Best price!"



# Hydrotherapy Key Benefits

Hydrotherapy has been used for thousands of years to help people *feel better*. Putting together three of nature's most powerful relieving agents: heat, water, and air, it invigorates and gently massages the body while easing away aches and pains.


*Three basic factors comprise hydrotherapy: Heat, Buoyancy, and Massage:*

- **Heat** from the warm water increases blood flow producing a healing effect on sore or damaged tissue and relaxes tired muscles and joints. Immersion in hot water causes the blood vessels to dilate, resulting in increased circulation, including circulation of the immune system's white blood cells. This helps to open airways and help white blood cells circulate to the affected areas promoting healing.

- **Buoyancy** of the water reduces body weight by approximately 90% while you enjoy your deep soak, relieving pressure on joints and muscles, while creating the relaxing sensation of floating in space. It abolishes gravity, allowing the body to float amplifying the power in the muscles.

- **Massage** is the secret to effective hydrotherapy. This energized warm-water stream relaxes tight muscles and stimulates the release of endorphins, the body's natural pain killers. Jet driven massage gently eases tension directly out of your muscle groups to relieve soreness from your back, hips, legs, and the symptoms of arthritis.



 The New England Journal of Medicine

*Walk-In-Tubs with hydrotherapy are designed to relieve aches and pains and help alleviate the symptoms associated with:*

- Arthritis • Lower Back Pain
- Cancer Patients • High Blood Pressure
- Sleep Trouble • Heart Attacks
- Migraines • Peripheral Artery Disease • Hips • Muscle Cramps
- Stress • Carpal Tunnel Syndrome
- Rheumatism • Varicose Veins
- Fibromyalgia • Sprains • Knees
- Tendonitis • Tension • Sciatica & Stiffness
- COPD • Diabetes • Shoulders
- Neuropathy Patients • Lumbago Multiple Sclerosis • Feet • Poor Blood Circulation • Stroke Patients

*Florida's Premier Walk-In Tub Solution.....Serving All Of South & Central Florida*  
[www.BathSolutionsEtc.com](http://www.BathSolutionsEtc.com)  
 Toll Free 877-878-8141



**Private Care At Home**  
 Senior In Home Care Companions and Homemakers

Serving Lee, Collier and Charlotte Counties

**"We All Want to be at Home... Let Us Keep You There!"**



- NO CONTRACTS
- LIVE-INS
- HOSPITAL/FACILITY SITTERS
- VACATION TRAVEL COMPANION
- ON CALL 24/7

**No extra charges for weekends or evenings**

1218 SE 47th St. Cape Coral, FL 33904 email: [PrivateCareAtHome@live.com](mailto:PrivateCareAtHome@live.com) web: [www.PrivateCareAtHome.com](http://www.PrivateCareAtHome.com)

**Client Rates Starting at \$15 Per Hour**  
*call for Details*

**239-440-3119**

For Families Concerned About Needed Care At Home

- Peace of Mind
- Medication Reminders
- Appointments
- Companionship
- Meal Preparation
- Shopping Errands
- Flexible Hours
- Light Housekeeping

Lic. 232278, Bonded and Insured



**Life is a Journey**

**Let it Begin Here**

 FSW Bucs

 @FSWBucs

 FSWBUCS

On campus. Online. Evenings and Weekends.  
 Fort Myers - Naples - Punta Gorda - LaBelle

Introducing the new Florida SouthWestern State College. Formerly Edison State College, we offer Associate's and Bachelor's degrees, and professional certifications to students spanning the country.

50 years behind us and still going strong. This is our year with a brand new residence hall and an athletics program slated for 2015. Your journey begins here. **Your moment is now.**

**FLORIDA SOUTHWESTERN STATE COLLEGE**  
 800-749-2322 - FSW.edu

Florida SouthWestern State College is committed to providing an educational and working environment free from discrimination and harassment. All programs, activities, employment and facilities of Florida SouthWestern State College are available to all on a non-discriminatory basis, without regard to race, sex, age, color, religion, national origin, ethnicity, disability, sexual orientation, marital status, genetic information or veteran's status. The College is an equal access/opportunity institution. Questions pertaining to educational equity, equal access or equal opportunity should be addressed to Title IX/Equity Officer, Florida SouthWestern State College, 6099 College Parkway, Fort Myers, FL 33919 (239) 499-9079.



# FLORIDA HOMESTEAD DESCENDENT DISTRIBUTION

By James W. Mallonee

**T**he term homestead means different things depending on your situation. If you are a winter visitor owning real estate in Florida, it means being treated differently when it comes to property taxes. If you are a Florida resident, it means that your property tax increases are limited from year to year and your home cannot be forcibly sold to pay a judgment against you except for a mortgage foreclosure, taxes and improvements made to your property. If you are a descendant of a Florida person who has died, it means that the value of the proceeds from the sale of their residence cannot be used to pay creditor bills. It also means under normal conditions that your property will pass to your descendants outside the administration of an estate proceeding.

Because of the complexity of Florida's homestead law, this article will be limited to how homestead is treated regarding descent and distribution at the death of a Florida resident (excluding cooperatives or 99 year lease property).

The first thing that you need to know is how homestead is defined in Florida. Florida's Constitution and statutes state in part that Florida real property consisting of 160 contiguous acres outside of a municipality and a ½ contiguous acre inside a municipality owned by a natural person who resides thereon is considered homestead. Section 4 also states that the homestead property shall not be subject to devise if the owner is survived by a spouse or minor child, except the homestead may be devised to the owner's spouse if there be no minor child.

When a person dies, their homestead property immediately passes to the lineal descendants or heirs of that person. Lineal descendants and heirs may consist of a surviving spouse, the decedent's children related by blood, legal adoption and heirs of the decedent. If the decedent has a Will or Trust, the property will pass according to the directives contained in the testamentary document, provided there is no surviving minor child or spouse.



## Intestate Estates:

An intestate estate is one where a decedent did not prepare a Last Will and Testament or Trust document prior to their death. These situations can potentially present some terrible outcomes to a surviving spouse.

Suppose one of the spouses (we'll call him or her "Spouse 1") purchased Florida residential property, followed by marriage which is followed by the birth of a child. Let us also assume that Spouse 1 forgot to place the other spouse's name on the deed to their residence nor did Spouse 1 prepare a Last Will and Testament or Trust. In this situation, the property will pass via Florida's intestate statutes to the surviving spouse as a life estate with a vested remainder to the lineal descendants of Spouse 1. This means that upon the death of the surviving spouse, the ownership of the property will be transferred to the children of Spouse 1.

Suppose Spouse 1 was previously married with children or had children out of wed-lock prior to marrying the present spouse. Given those facts, the residential property will pass by law as a life estate to the surviving spouse with a vested remainder to all of the children who are connected lineally by blood to Spouse 1 (including legally adopted children).

What happens if the surviving spouse has a child from a previous marriage? The law ignores the surviving spouse's children from a previous marriage and vests the property in the lineal descendants of Spouse 1. It will not matter how long Spouse 1 and the surviving spouse were married; nor will it matter if Spouse 1 cared for the children of the surviving spouse from a previous marriage. The fact remains that the property will vest in Spouse 1's lineal descendants with the surviving spouse taking a life estate.

If Spouse 1 has a Will, and directs his entire property to pass to his surviving spouse, then in that event, the property will pass according to the directions of the testamentary document; provided, there is no living lineal minor child at the time of Spouse 1's death. If there is a living minor child, the law prevents the property from passing directly to the surviving spouse. This situation can occur when Spouse 1 purchases a home and titles it in his sole name, followed by marriage with a child born shortly out of the union of his spouse.

Although this situation does not occur that often, when it does, the situation becomes complex because the property will not pass to the surviving spouse regardless of the directives of the testamentary document because of the surviving minor child. In such cases, the property vests to the lineal descendant child subject to a life estate in the surviving spouse. To avoid this problem, Spouse 1 should have re-titled the property in the married couples name as husband and wife during Spouse 1's lifetime. This would have created a tenants by the entirety interest and would have avoided problems associated with a life estate inuring to the surviving spouse.

#### **Change in Homestead Descent:**

You should also be aware that at the death of Spouse 1 and there is no existing testamentary document, Spouse 2 has an option that is open for 6 months following Spouse 1's death. That option gives Spouse 2 the right to record an intention to take the Homestead property as a 50% tenant in common owner with the descendants of Spouse 1 or with Spouse 1's heirs if no lineal descendant survived him or her. If that option is not elected



(6 months runs and nothing is recorded), the property transfers automatically as a life estate to the Spouse 2 with a vested remainder to Spouse 1's descendants. Electing to take the tenant in common path is not without its consequences. If the surviving spouse is a tenant in common with the deceased spouse's children, the children will have the ability to file a partition action with the court which could ultimately divest the surviving spouse of the homestead.

#### **Conclusion:**

The above examples are not exhaustive of what can happen to a couple's homestead following the death of one of them. However, as you can see, failing to have your property titled correctly can have significant consequences at the death of the property owner. This is especially true now that same sex marriages are becoming a reality in Florida and in other States. If you are uncertain as to the status of your residence, you should consult with an attorney and find out if there will be problems upon the death of the sole homestead owner (regardless of whether you have a Will or Trust).

*The above information is not to be construed as advice creating an attorney client relationship. This article is for general information purposes only.*

#### **About the Author:**

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

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

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

#### **James W. Mallonee, P.A.**

946 Tamiami Trail, #206  
Port Charlotte, FL 33953  
(941) 206-2223  
Facsimile (941) 206-2224

871 Venetia Bay Blvd., #225  
Venice, FL 34285  
(941) 207-2223

#### LAW OFFICES OF **JAMES W. MALLONEE, P.A.**

**WILLS, TRUSTS, PROBATE,  
GUARDIANSHIP AND REAL ESTATE**

**SERVING SARASOTA, CHARLOTTE, DESOTO AND LEE COUNTIES**

#### **LOCATIONS**

946 Tamiami Trail, #206, Port Charlotte, FL 33953  
871 Venetia Bay Blvd., #225, Venice, FL 34285  
Phone Number: 941-207-2223 Sarasota County  
941-206-2223 Charlotte County

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



## **Goodbye Aches & Pains Hello Safe, Soothing Bathing**

**Life Changing Therapeutic Relief  
Safer Bathing • Greater Independence**



**Feel Better • Sleep Better • Live Better**

**BATH SOLUTIONS Etc.**  
**WALK-IN TUBS**

**CALL NOW 877-878-8141  
and SAVE \$1,000**

No Obligation Consultation  
Great Financing Available

**Serving SW. Florida • 239-494-5900 • [www.BathSolutionsEtc.com](http://www.BathSolutionsEtc.com)**

MARCH 2-8 IS SLEEP AWARENESS WEEK

# What is Your Sleep IQ?

## True or False?

*During sleep, your brain rests.*

**False.** While your body rests, your brain doesn't. An active brain during sleep prepares us for alertness and peak functioning the next day.

*Sleeping just one hour less a night can prevent you from learning or functioning normally.*

**True.** Most adults need around eight hours of sleep to function at their best. To determine your sleep need, sleep until you wake on your own...without an alarm clock. Feel alert? That's your sleep need. You can teach yourself to sleep less, but not to need less sleep.

*Boredom makes you feel sleepy, even if you have had enough sleep.*

**False.** Sleep loss causes sleepiness. Boredom, like a warm or dark room, merely unmasks it.

*Resting in bed with your eyes closed cannot satisfy your body's need for sleep.*

**True.** Rest is not a substitute for sleep. Sleep is as necessary to health as food and water. When you don't get the sleep you need, your body builds up a sleep debt. Sooner or later, this debt must be paid... with sleep.

*Snoring is not harmful as long as it doesn't disturb others.*

**False.** Snoring may indicate the presence of a life-threatening sleep disorder called sleep apnea. People with sleep apnea snore loudly and wake up repeatedly during the night, gasping for breath. These repeated awakenings lead to severe daytime sleepiness. Many people with sleep apnea are unaware they have this condition.

*Everyone dreams every night.*

**True.** Though many people fail to remember their dreams, dreaming does occur for every person, every night. Dreams are most vivid during REM or rapid eye movement sleep.

*The older you get, the fewer hours of sleep you need.*

**False.** Sleep need remains unchanged throughout adulthood. Older people who sleep less at night tend to sleep more during the day. If poor sleep habits, pain or health conditions make sleeping difficult, a physician can help.

*No matter how sleepy you are, you can force yourself to stay awake.*

**False.** If you're sleepy enough, you can fall asleep anywhere. It's also possible to fall asleep for a few seconds and not even realize it. These "microsleeps" can be dangerous if they happen when you're driving.

*If you're sleepy, raising the volume of your radio is a great way to stay awake while driving.*

**False.** Playing a radio, chewing gum, and opening windows are not great ways to keep sleepy drivers alert because their effects are short-lived. If you're having trouble staying awake while driving, try to pull over at a safe place and take a short nap or have a caffeinated drink. The best solution is to drive after a good night's sleep.

*Most sleep disorders go away even without treatment.*

**False.** Sleep disorders don't disappear without treatment. Treatment may be behavioral (for example, going to sleep and waking at the same time every day), pharmacological, surgical or a combination. Untreated sleep disorders may have serious consequences that worsen your health, quality of life, school and work performance, and relationships. Worse, untreated sleep disorders can lead to accidents and death.

**How'd you do?** It's probably safe to say that most Americans are not getting the amount of sleep that they need. Sleep is crucial at all ages. Sleep provides an opportunity for the body to repair and rejuvenate itself. In one experiment, animals deprived entirely of sleep lost all immune function and died in just a matter of weeks. Many of the major restorative functions in the body like muscle growth, tissue repair, protein synthesis, and growth hormone release occur mostly, or in some cases only, during sleep.

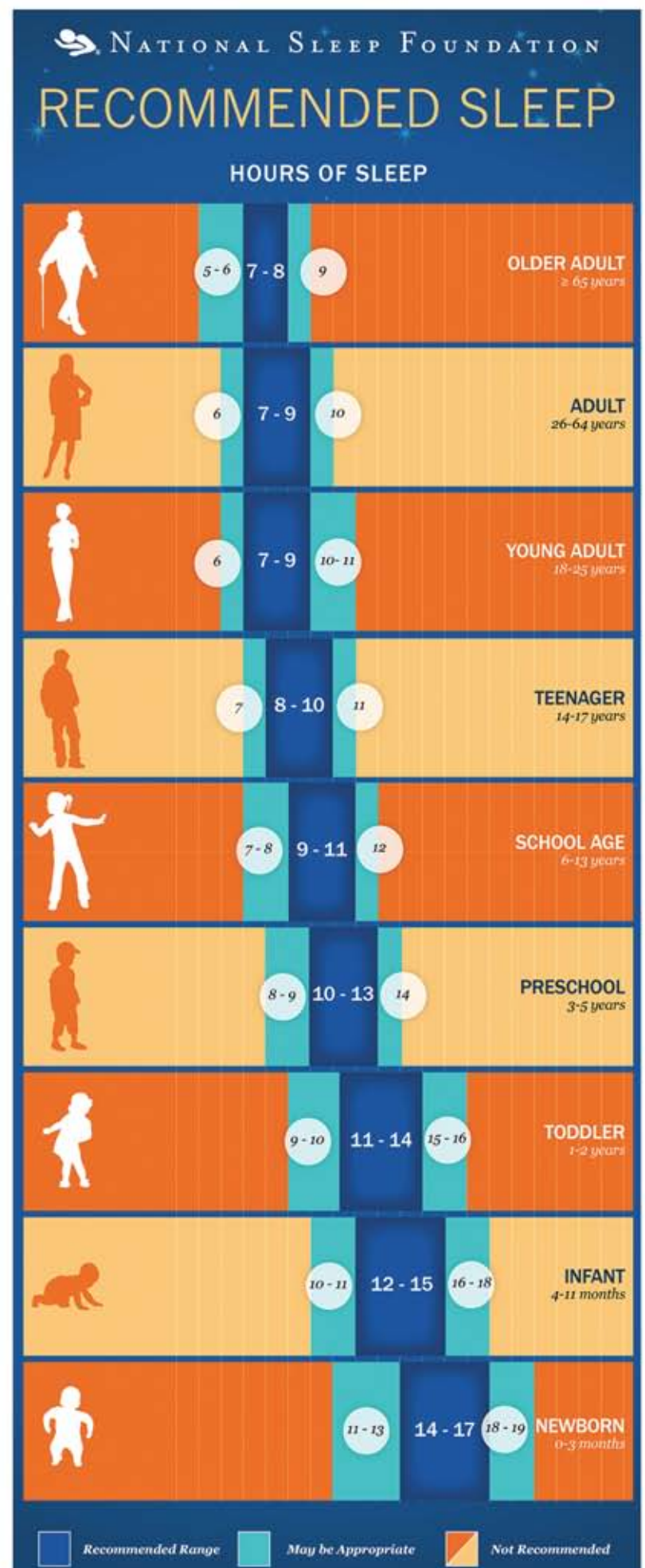
### Benefits of Adequate Shut-eye:

- Improve memory
- Live Longer
- Curb Inflammation
- Spur Creativity
- Improved Athletic Performance
- Improved Learning
- Better Attention
- Improved metabolism
- Lower Stres
- Improved mood

### Here Are Some Tips for a Good Night's Sleep:

- Avoid caffeine after 2:00 PM
- Avoid a heavy meal right before sleeping.
- Keep lights lowered in the evening.
- Try gentle stretching and deep breathing right before bed.
- "Unplug" from all electronics one hour before bed and keep all electronics in another room after bedtime
- Make your bedroom a calming, comfortable haven. Clear it of all distractions and stress.

Sources: Sleepfoundation.org  
<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/health.com>



# Throwaway Kids Become World Changers

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

2:38 p.m.  
February 12, 2015  
Upper Room, Day Spring Episcopal  
Conference Center  
Parrish, Florida

Dear Reader,

My friend Ben Rodgers and I took an afternoon break from the day's leadership development work we were engaged in and, while on our break, Ben, who is the executive director of Children's Cup ministries, told me the story of one of the "throwaway kids" his ministry rescued in Africa. Let me warn you, it's not for the faint of heart.

A mother in Zimbabwe had been promised a lot by a man, but after being abandoned by him later found out that the only real thing he had given her was...a disease that would eventually end her life. So over time she gave up hope and decided to end her life instead of waiting for the inevitable. But before doing so, in her desperation, she did something that most of us couldn't even fathom, much less follow through with: she dropped her baby boy in an open-pit toilet in the ground to end his life.

No one knew how long he had been in this pit toilet, but the little guy was a fighter. He screamed, yelled and thrashed around; making so much noise that eventually some boys in the neighborhood heard him, came and fished him out of the putrid pit. I don't know if you can even begin to imagine the nastiness of that. Anyway, after they fished him out, they took him to a Care Point that had been established and was run by Children's Cup in their community.

For quite a while they didn't know if the little guy was going to live or die, especially since he had ingested a lot of sewage from the pit toilet. Day after day he was improving physically, but not emotionally. Ben said he had visited with him and even at the age of five, the little guy was an emotional zombie. But eventually, with the help of the care



point team, he slowly began to get better. The day-in-and-day-out food, clean water, medical care, education and a whole lot of love from the Children's Cup missionaries began to have an effect, and he started to make positive changes. His face even started to warm and become more animated.

### Fast Forward Seven Years

A couple of years ago, my friend Ben was visiting this Care Point. While there, (it's hard to see the screen and type with tears in your eyes) this handsome twelve-year-old young man began running toward Ben as fast as he could yelling, "Pastor Ben, Pastor Ben!" He stopped short and wrapped his arms around my friend. Ben greeted him with a hug and asked how he was. How was his schoolwork going? The boy said things were going really, really well. Then Ben asked him this question, "So Tinotenda, what do you want to do with your life when you grow up?"

To which the young man said, "When I grow up, I want to be a pastor and bring hope to other kids. The 'throwaways' like me." (More tears for me)

That little throwaway kid is now a focused young man with a vision for his future—a future to change the world in which he lives.

As Ben and I got back to our leadership work, he said, "You know, it was at that moment that I knew this really works." He was referring to the Children's Cup Care Point strategy to take the throwaway kids and help them become world changers—read about it at their website below.

### Your Turn

I've been to Zimbabwe more than once, have seen them with my own eyes and held them in my own arms, these throwaway kids who suffer the ravages of AIDS and a country devastated by ninety percent unemployment. I was in Africa the entire month of April last year, and the hopelessness and sheer desperation the people live in every single day seeps into your soul if you have any heart at all. But Children's Cup has developed practical and economical processes to effectively make real and permanent change in these kids' lives.

I make no apologies about what I'm about to say to you now. Please go to this website today: [www.childrenscup.org](http://www.childrenscup.org), and give at least \$100.00 to this amazing ministry. They feed, provide clean water, medical care, educate and teach these children some type of trade on a budget of less than \$1.25 per day. That's less than the cost of a cup of coffee at Starbucks. The missionaries raise their own support funds. It's one of the few ministries that I personally know that every penny is used to the fullest possible way to bring hope to these 'throwaway kids.'

*Thanks for reading this one. I know it's a tough read, but I wanted you to know, and I want you to help.*

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

*P.S. And just so we are clear, I am not being paid by anyone to write this.*

*P.S.S. Ben told me that Tinotenda's name in his native tongue means "we thank you."  
Kind of say it all, doesn't it?*

# We're Sooo...Vein!

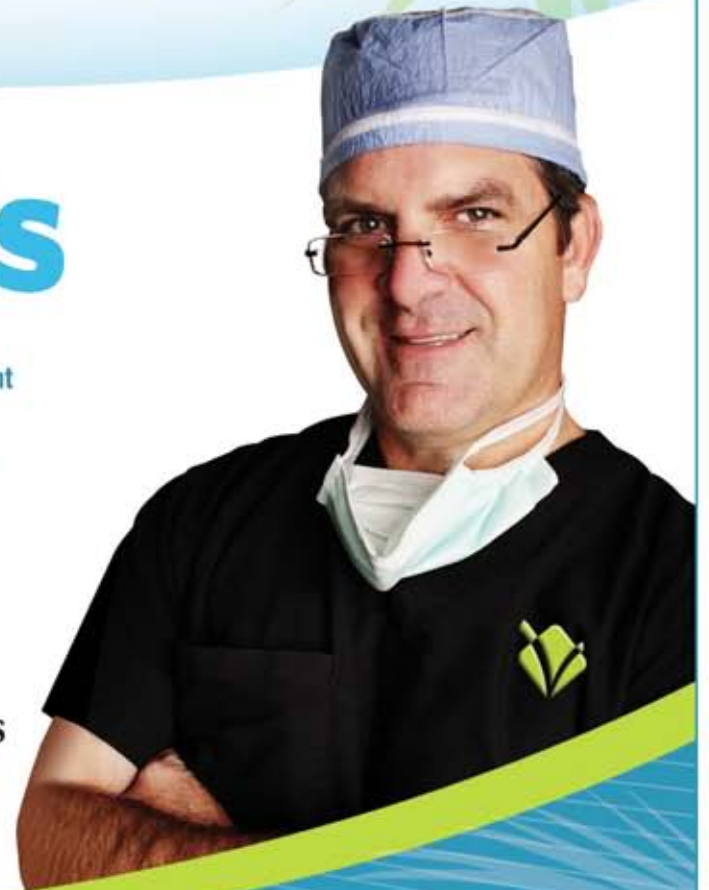
I bet you didn't know insurance  
may cover your treatment!

**100% DEDICATED TO VEIN CARE**



ALL VEINS... ALL the time  
A Vascular Surgeon who treats vein  
problems, kind of makes sense doesn't it?

Joseph G. Magnant  
MD, FACS, RPVI  
Vascular Surgeon  
& Vein Expert



Call to schedule an appointment:

**239-694-VEIN** (8346)

[weknowveins.com](http://weknowveins.com)  [facebook.com/weknowveins](https://facebook.com/weknowveins)

**FORT MYERS & BONITA SPRINGS**

Take your **FREE**, virtual vein consult  
now at **eVeinScreening.com**

Find out if you have Venous Insufficiency From The Privacy Of Your Home!



SCAN THIS CODE

**CONVENIENT • 24/7 • 365 DAYS/YEAR**