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Health & Wellness[®] MAGAZINE

September 2015

Manatee/Sarasota Edition - Monthly

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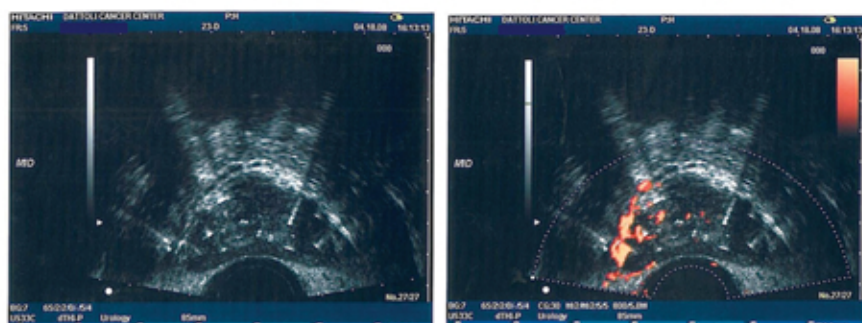
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Swan Age Reversal Centers is Southwest Florida's leading Aesthetic services provider. They have four offices located in Naples, Bonita Springs, Fort Myers and Sarasota, with two more locations opening by late fall in Venice and Lakewood Ranch.

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Swan Age Reversal Centers offers a wide array of head to treatment options and they specialize in innovative technologies like laser-light, electro-pulse, radio frequency, ultrasound cavitation, vacuum therapy, red light collagen therapy, ultrasonic anti-aging and other technologies. One of the most popular treatments offered is body contouring treatments that stimulates fat reduction that can be targeted to certain areas of the body. They also offer skin rejuvenation and anti-aging treatments that help restore the skins natural glow and helps slow the aging process. Swan Centers offer a wide range of customized services to help men and women between the ages 40 to 90, look younger, thinner and more vibrant. Many of the services that they offer can only be found only at Swan Age Reversal Centers because they use custom designed devices, proprietary serums and skin care products.

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PROSTATE BASICS

By Mark Weintraub, M.D.

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

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

Risk Factors

Factors that may increase your risk of prostate cancer include:

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

What is the Prostate?

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



Three Primary Conditions That Afflict the Prostate

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

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

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

What is BPH and Who Gets It?

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

Possible Symptoms

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

Most Common Treatments for BPH

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

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

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

Surgical Treatments

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

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



Mark Weintraub, M.D.

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

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

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

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

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

The Safest and Easiest Procedure

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

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

No Reason To Remain Uncomfortable Any Longer

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

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

Heart Palpitations & Preventative Care

—Nadine's Story

You're going about your normal day, when suddenly you feel your heart skip a beat. You may even feel a little dizzy. What is going on? Is it life threatening? How do you know if it is or not? What is causing this? For Nadine Thomas, it was just another day at work when these same thoughts crossed her mind. "I work for a physician in town and when I had palpitations in the office one day, I mentioned it to the doctor. I explained that this same feeling of 'my heart beating out of my chest' had occurred a couple of times in the past and that I was unsure what was causing these unsettling feelings."

Luckily for Nadine, her most recent palpitations occurred at the doctor's office where she works, enabling her to speak to a doctor immediately following the incident. "The doctor listened to my heart and suggested that I see Dr. Gino Sedillo, especially since my brothers have pacemaker implants, and that is exactly what I did. I scheduled an appointment with Dr. Sedillo to determine what was causing the palpitations.

For those of you unsure about what palpitations are, they are often described as heartbeat sensations that feel like pounding or racing. You may feel skipped or stopped beats. Palpitations can be felt in your chest, throat, or neck. The most important thing to do if you experience any of these sensations is to see a cardiologist who can help determine if they are harmless, or if they are more significant.

Nadine's appointment with Dr. Sedillo was very reassuring. Dr. Sedillo ordered several tests to rule out any severe cardiac issues. "Talking with Dr. Sedillo was very easy, his compassion and concern for my health was clear. As you can imagine, I was very worried that something might be wrong with my heart. Dr. Sedillo took his time and explained everything to me in a way that made me feel calm and confident. He stated, no matter what the lab or 30 day event heart monitor showed, together we would develop a plan to resolve the root cause."





Nadine learned that if you experience palpitation sensations, it is important to keep a record of how often you have palpitations, when they happen, how long they last, your heart rate at the time of the palpitations, and what you are feeling at the time. Having this information available when you visit the doctor will assist in determining how serious your heart palpitations are and what may be causing them.

"I strongly encourage anyone with unusual heart sensations to see a cardiologist. Our body does strange things and gives us warnings when something isn't right, we just have to pay attention. Sometimes it takes a while to figure out the warning signs."

"Dr. Sedillo is a wonderful listener; he explains everything to you in a way you can understand. He looks directly at you while communicating his plan for you, which instills complete and utter trust in his care."

"Working in the medical office field, I appreciate the atmosphere and the care I received at Cardiovascular Solutions Institute with Dr. Gino Sedillo. The physician that I work with, often refers patients to Dr. Sedillo, and now I personally understand why he is so highly recommended. We have confidence that the staff at Cardiovascular Solutions Institute will see the patients in a timely manner, while providing excellent care with compassion. I was most impressed by the staff and their attentiveness. Everyone is kind and caring while maintaining their professionalism."

Listen to your body and take action on warning signs. Preventative health is what it is all about!



Dr. Gino Sedillo, M.D. F.A.C.C.

Dr. Gino Sedillo, M.D. F.A.C.C. Born in Albuquerque, New Mexico, Dr. Sedillo is Board Certified in Internal Medicine, Cardiovascular Diseases and Interventional Cardiology, and has been a member of the American College



of Cardiology since 1996. He completed his residency training for Internal Medicine at the University of Texas, where he was voted Intern of the Year and was selected Chief Medical Resident. He completed his Cardiology training at the Texas Heart Institute/ St. Lukes Hospital in Houston, Texas. He was elected Chief Interventional Fellow. Dr. Sedillo received additional specialization in Coronary and Peripheral Vascular Intervention as well as Pacemaker Implantation.

After 15 years of training, Dr. Sedillo started working for the Bradenton Cardiology Center in 1995. While there he performed more than 1,000 procedures per year and he began teaching procedures and techniques to other practicing cardiologists, vascular surgeons, and interventional radiologists. He served as Director of the cardiac catheterization lab at Manatee Memorial Hospital.

Most recently, in May 2011, Dr. Sedillo founded his independent practice, CardioVascular Solutions Institute, with offices in Sarasota and Bradenton. Since then Dr. Sedillo has been named director of the Percutaneous Coronary Intervention program at Doctors Hospital in Sarasota.

When he's not seeing patients, teaching other physicians or doing clinical research, Sedillo cherishes time with his three children.

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Blue Light: A Health Threat Hiding in Plain Sight

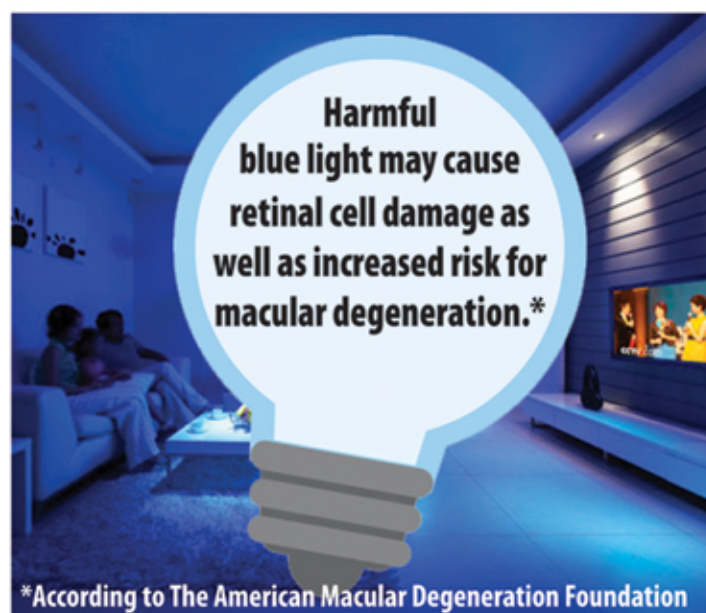
Is your vision at risk?

How many hours of screen time are in your day?

Most of us spend the bulk of our waking hours staring at a digital screen. Studies suggest that 60% of people spend in excess of 6 hours daily in front of some electronic device. Just a generation ago, parents worried primarily about the number of hours their kids watched television. Today, 93% of teens have a computer or have access to one, and digital displays are everywhere, including school classrooms. In addition to computers and TV screens, hand-held video games, Kindles, tablets, and smart phones lure us with numerous tempting opportunities to keep our eyes glued to them. The evolution in digital screen technology has advanced dramatically over the years, too, and many of today's electronic devices use LED back-light technology to help enhance screen brightness and clarity. These LEDs emit very strong blue light waves. LED and fluorescent lighting are also a source of blue light. Unfortunately, there's growing evidence that overexposure to this blue light is harmful to your eyes and detrimental to your health.

What is Blue Light and why is it harmful?

Blue light waves are among the shortest, highest energy wavelengths in the light spectrum visible to the human eye. Because of this, they flicker more easily and create glare that may be a cause of eye-strain, and headaches. Our eyes' natural filter do not provide sufficient protection against blue light rays from the sun, let alone the blue light emitted by electronic gadgets and fluorescent lights. Prolonged exposure to it may cause retinal damage, and, according to the American Macular Degeneration Foundation, increases your risk of macular degeneration, and ultimately vision loss. Also, when one is exposed to blue light at night for long periods, the body's production of melatonin, the hormone which regulates sleep, lowers over time. The resulting sleep disturbances can disrupt your natural circadian rhythm, and lead to physical and mental fatigue. A Harvard medical study has linked working the night shift, with its inevitable exposure to blue light, to the development of heart disease, obesity, several types of cancer, and an increased risk of depression.



Who needs protection from blue light?

Everyone who regularly uses a tablet or computer, watches a widescreen TV, checks their cell phone frequently or uses LED or CFL lighting needs to take some precautions. It's important to note that youngsters are especially vulnerable. Before age 10, the crystalline lens and cornea are not yet fully matured. According to statistics from a study, children and teenagers spend more than 7 hours per day consuming electronic media, so parents should make a concerted effort to limit the amount of screen time their children are allowed in order to prevent damage from occurring.

How can we get protection from blue light exposure?

There are simple common sense ways to minimize blue light, such as reducing glare by adjusting the screen brightness setting on your device or changing the background color of the home screen to a cool gray. Consider getting a glare reduction filter, and clean your screen often. A dust and smudge-free screen helps cut down glare. Dim surrounding lights competing with your screen indoors, and when outside, try to avoid using your device in direct sunlight. Try increasing the text size setting to make screen content easier to read. Most importantly, blink more often! Take a 20-20-20 break: every 20 minutes, take a 20 second break and look at something else 20 feet away.

But by far the most effective way to protect your vision is wearing eyewear that shields your eyes from blue light's detrimental effects. Dura Vision



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BlueProtect is a new eyeglass lens product developed by Zeiss, which is specially designed to filter out undesirable high energy blue light. As well as cutting the penetration of harmful rays, BlueProtect lenses improve contrast by visually reducing screen brightness, flickering and providing an overall visual experience that is comfortable and strain-free. The Eye Associates is proud to be a ZEISS certified provider, and BlueProtect lenses are available at every one of The Optical Gallery locations.



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*Exclusive Ingredients

Liquid BioCell™ Life is a delicious liquid nutraceutical that promotes healthy aging, active joints, and younger-looking skin. It provides a unique and proprietary combination of science-substantiated ingredients and antioxidant-rich phytonutrients that synergistically support a healthier life.

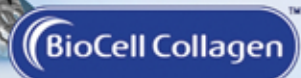
Only Liquid BioCell™ Life contains multi-patented Liquid BioCell™, containing constituents such as collagen, hyaluronic acid (HA), and chondroitin sulfate (CS), which are essential for healthy joints and skin. As we age, we lose about 1.5% of collagen and hyaluronic acid each year. Liquid BioCell™ can safely and effectively restore collagen and HA levels in the body.

Active Ingredients and Supplements

It is blended with 13 exotic, antioxidant-rich fruits from around the globe, including blueberry, mangosteen, açai berry, noni, and pomegranate. The phytonutrients contained in the fruits possess multiple health-promoting, biological activities. Maintaining active joints and younger-looking skin is essential for healthy aging.

The key ingredient is Liquid BioCell™, a patented dietary supplement proven to improve joint and skin health. Its constituents, type II collagen (hydrolyzed), hyaluronic acid, and chondroitin sulfate (depolymerized) are proteins and glycosaminoglycans (GAGs) critical for the health of these tissues. Other key ingredients are carefully selected from around the world to provide a variety of phytonutrients, including vitamins, flavonoids, polyphenols, and dietary fibers. The flavor is so unique, you will remember exactly where you were the first time Liquid BioCell™ Life touched your palate.

No pills. No injections.
No need for joint replacement.



Clinical Studies Prove Effectiveness of Liquid BioCell™

Studies support that the functional nutrients in Liquid BioCell™ Life can help improve joint health by providing structurally and functionally essential molecules and also by protecting the joints from oxidative damage.

Liquid BioCell™ Life contains a number of health-promoting, functional ingredients. Scientific studies on individual ingredients suggest that it can synergistically promote the overall health of aging people.

Studies support that the functional nutrients in Liquid BioCell™ Life can help improve joint health by providing structurally and functionally essential molecules and also by protecting the joints from oxidative damage.

Clinical trials show that Liquid BioCell™ improves joint mobility, helps promote healthy cartilage and connective tissue, and promotes joint lubrication.

Unlike other products, Liquid BioCell™ offers a patented matrix of hydrolyzed collagen type II, hyaluronic acid (AH) and chondroitin sulfate, and its patented manufacturing process produces an ideal molecular weight that the body can effectively absorb.

Liquid BioCell™ mirrors the joint's natural composition, which is another reason why the body readily accepts it.

A human bioavailability study demonstrated that within 28 days, daily intake of Liquid BioCell™ led to a 60-fold increase of hyaluronic acid in the body.

Hyaluronic acid not only helps keep the cartilage that cushions joints strong and flexible, but also helps increase supplies of joint lubricating fluid.



For more information about the age-defying Liquid BioCell™ products, call Neil & Barb Ellis at 239-834-2172 today.
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Improved Joint Mobility

In an eight week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant mobility.

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Additional recent studies concluded that hydrolyzed collagen type II, a primary component of

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Liquid BioCell™ is beneficial for everyone

Everyone can benefit from taking Liquid BioCell. Diet, age, stress, digestive system and physical activity (sports that impact joints), all affect our ability to provide the body with the nutritional raw materials it requires to properly support joint and connective tissue health. Liquid BioCell is for for adults wanting to remain healthy and active throughout their life.

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 Frost and Sullivan Award Winner

Exemplary US Brand
 Beauty From Within Conference

2015 Anti-Aging Award Winner
 TasteForLife Supplement Essentials

2015 Editor's Pick
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Causes For Limb Swelling

By Alyssa Parker

Finding the source of your edema is vital to getting the proper medical care. Chronic edema left untreated without a clinical diagnosis may lead to a variety of problems. Patients with chronic edema may start the day out with painless swelling in their limbs that progress's throughout the day leading to a sensation of heaviness in the limb by the evening. Common condition's where edema may be a symptom is venous insufficiency, post-operative trauma, infection, and lymphedema. These conditions can be easily misdiagnosed as acute and minor swelling followed with minimal treatment. Pneumatic compression devices are one of the most highly recommended treatments for these conditions and are recognized by Medicare.

Lymphedema and Chronic Venous Insufficiency

Lymphedema is the body's inability to transport lymph fluid through the lymphatic system resulting in chronic swelling. Lymphedema may manifest after a surgical procedure cancer or non-cancer related (example hysterectomy or gallbladder removal) ; due to its slow progression it may take years or months to recognize. When left untreated common complications include cellulitis or lymphangitis, skin changes such as skin thickening, restricted movement of a limb, or chronic wounds. Aside from surgical procedures and radiotherapy for cancer other known triggers for lymphedema include vein stripping, peripheral vascular surgery, trauma, inflammation, infection, and insect bites.

Chronic venous insufficiency is another condition that causes swelling in the legs along with open wounds. CVI occurs when the valves in the veins that normally channel the blood to the heart become damaged which then leads to pooling of the blood in the lower extremities. Discoloration of the skin, referred to as hemosiderin staining, is identified by a reddish staining of the lower limb is outcome of venous insufficiency as well as other cardiovascular diseases. Venous insufficiency may cause secondary lymphedema when the lower region of the leg becomes permanently swollen



from the trapped protein rich fluid which may then begin to harden. Patient's with Venous Insufficiency who experience severe and persistent edema overtime can lead to trapped protein rich fluid. The lower region of the leg may then become permanently swollen and may start to harden.

It is imperative that any type of limb edema is treated quick and effectively, regardless of the severity. Individuals have shown the best results when treatment is started when the first sign of a edema is present . Many patients use diuretics or compression stockings receiving temporary reduction in swelling. If your compression stockings get worn out over time many patients aren't receiving the needed compression. Diuretics may be harmful over time if your edema is a symptom of chronic venous insufficiency or lymphedema.



Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rythmatic cycle, similar to that of a normally functioning lymphatic system that has not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief.

Specialists in Acute Wound Care

Remember, ANY swelling is an indication of an overloaded Lymphatic system. 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. For more information and articles on this topic, Google "Acute Wound Care," visit www.AcuteWoundCare.com, or call 239-949-4412 and speak with a specialist. Remember, nothing heals faster than an educated patient.

ACUTE WOUND CARE

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

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and speak with a specialist.

Depression in Older Americans

The Untold Truth

One of the most loved comedians, actors and philanthropist, a staple in most people's living rooms is no longer with us. One who could make even the funniest comedians speechless with his animated comic relief, suffered with a dark demon that impacts nearly 1 in 10 adults in the United States, depression. As we approach the year anniversary of Robin Williams death, it has brought some much needed light on an epidemic that has become a silent killer to many.

According to the National Alliance on Mental Health, at least 5.6 million to 8 million Americans age 60 and older have a mental health condition, "Wellness is essential to living a full and productive life," said Jamie Seneca, Community Outreach Coordinator, Nurse On Call. "We may have different ideas about what wellness means, but it involves a set of skills and strategies to prevent the onset or shorten the duration of illness and promote recovery and well-being. It's about keeping healthy as well as getting healthy," Seneca said. "Wellness is more than absence of disease; it involves general, mental and social well-being. The fact is our overall well-being is tied to the balance that exists between our emotional, physical, spiritual and mental health."

Everyone is at risk of stress, given the demands it brings and the challenges at work and at home, but often a population that is overlooked for Mental Health is the Senior Population. Often people think that certain depressive behavior is a normal part of aging and a natural reaction to chronic illness, loss and social transition, when in fact appropriate intervention and treatment can greatly increase their overall health and quality of life.

Nurse On Call Home health Care, a Medicare Home Health Agency is committed to their Psych services, understanding that this is an integral part of an aging person's scope of care. Services that are provided to a patient to maintain well-being and help achieve



physical and mental wellness are; educating the patient on the importance of a balanced diet, a comprehensive medication management service combined with cognitive behavioral therapy, and the development of coping skills that promote resiliency and emotional awareness, through psych nursing and social workers and occupational therapist. Home Health can play an essential role in the care of older patients who have significant life crises, lack social support or lack coping skills to deal with their life situations. As a result of larger numbers of elderly people living alone, having inadequate support systems or being homebound for any reason including social anxiety, special efforts are needed to locate and identify these people to provide them with needed care.

"Just as we check our blood pressure and get cancer screenings, it's a good idea to take periodic stock of our emotional well-being. Fully

embracing the concept of wellness not only improves health in the mind, body and spirit, but also maximizes one's potential to lead a full and productive life," Seneca said.

Robin William's a man who brought so much joy to others, is now tragically gone, maybe for reasons that most won't understand, nonetheless, no matter what demands he fought, he will continue to live in American's hearts as our "what if", what if he received appropriate help? What if he didn't have to suffer silently? What if.....?



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PROSTATE CANCER AWARENESS MONTH – Why?

By Virginia 'Ginya' Carnahan, APR, CPRC
Dattoli Cancer Center & Brachytherapy Research Institute

Does anyone really need Prostate Cancer Awareness Month? October is just around the corner and the entire nation will be blasted with pink ribbons and every conceivable event and gimmick to hammer home the message about breast cancer. *But what about prostate cancer?*

It is an interesting question when you look at the statistics. **More men are diagnosed with prostate cancer every year than women are diagnosed with breast cancer.** Yet somehow the women have coalesced to create what is perhaps the most successful awareness campaign since the March of Dimes to fight polio, established by Franklin Roosevelt in 1943. In so many ways the guys just don't have it together!

While potentially fatal, prostate cancer generally is not as deadly as breast cancer, but it is nothing to sneeze at either. Untreated prostate cancer can eventually migrate through the man's body causing many problems along the way, including impotence and incontinence. Both diseases benefit greatly from early diagnosis – which is the main message of the awareness campaigns. So let's start with the basics, then I'll add some interesting but questionable information about prostate cancer.

WHAT IS PROSTATE CANCER SCREENING?

Screening for prostate cancer consists of one test and one exam. The PSA blood test requires one small tube of blood, which will be processed in a laboratory to determine if the level of prostatic specific antigen (PSA) is abnormal. A digital rectal exam (DRE) is performed by the doctor to determine if there are any obvious physical abnormalities of the prostate gland. If either or both of the PSA test or DRE exam is abnormal, further evaluation will be advised. The screening will not tell if prostate cancer is present; it will only reveal whether further evaluation is necessary.

WHO SHOULD BE SCREENED?

Any man who is approaching age 50 should have a baseline screening in order to know what is "normal" for him. In addition, any man who has a family history of prostate cancer (father, brother, grandfather, uncle) should have an annual screening,

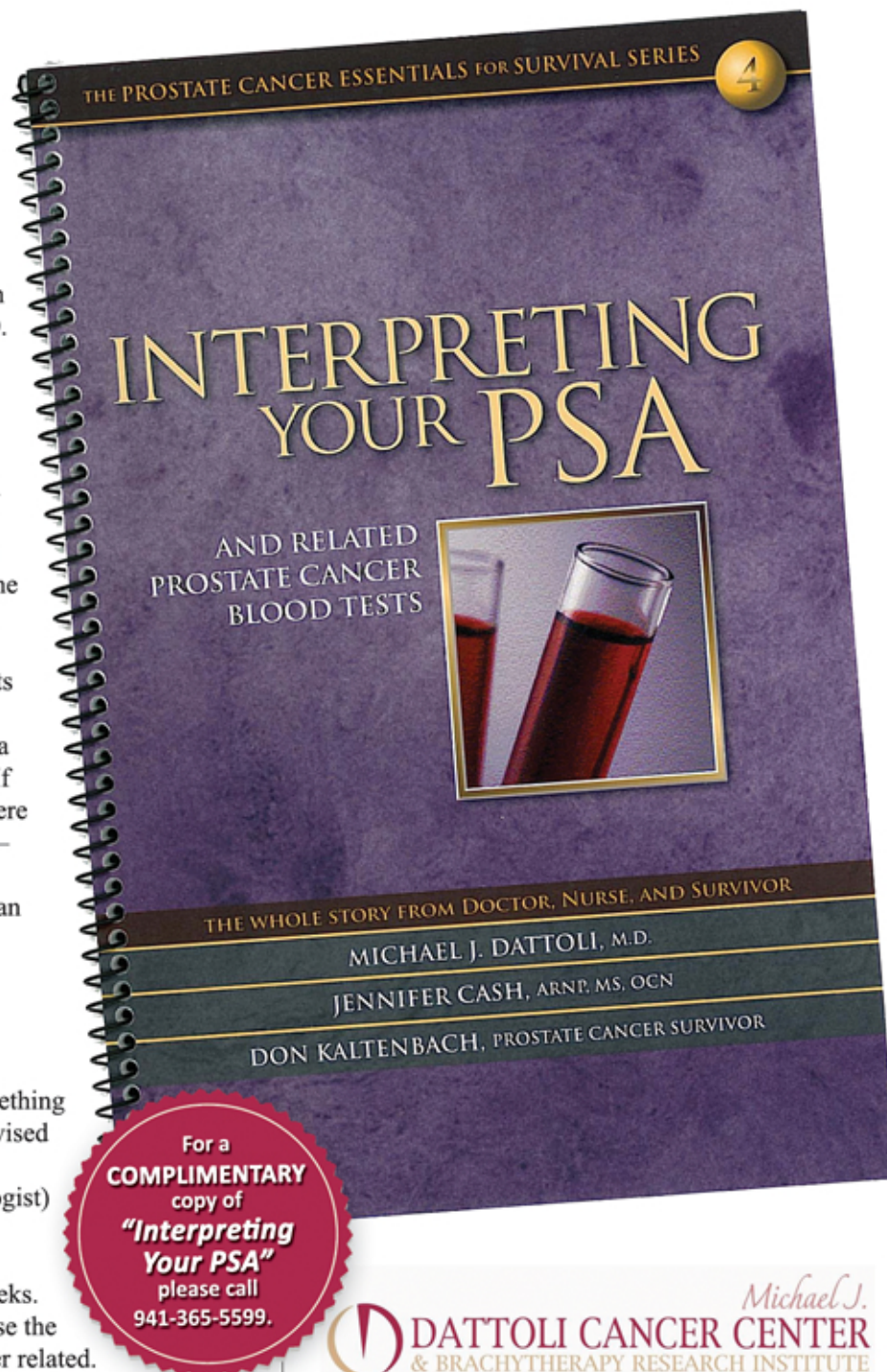
as these men have a higher risk of developing prostate cancer. African Americans also have an increased risk of prostate cancer and are advised to have an initial screening even younger --- perhaps at age 40.

WHAT HAPPENS AFTER THE SCREENING?

The PSA blood test will be processed in a laboratory and the results will be sent to the man. The results of the DRE will be communicated with the man either at the time of the exam or in a follow-up communication. These results should be made part of the man's medical record. Send a copy to your family doctor. If everything is normal, then there is no concern at the moment – but the screening should be repeated annually as things can change rapidly.

WHAT HAPPENS IF THE SCREENING REVEALS A PROBLEM?

If the screening turns up something abnormal the man will be advised to see a doctor (family practitioner, internist or urologist) for further evaluation. If the PSA is elevated, it might be repeated after a couple of weeks. There are things that can cause the PSA to rise that are not cancer related. Some men have chronic prostatitis, which is an infection or inflammation of the prostate gland. The doctor often prescribes a course of antibiotics to knock out the infection, then orders a follow-up PSA test. The PSA can also rise based on activities prior to the blood test. Men who have ridden a bicycle, motorcycle or a horse within 24-48 hours of having the blood test can find that their PSA was elevated because of the pressure being put on



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the perineum (the space between the testicles and the rectum). Also, having intercourse 24-48 hours before the PSA test can drive the level up. Unfortunately many men are not aware that these things can affect the outcome of screenings.

If the digital rectal exam is abnormal, having a second physician repeat the exam will be helpful. DRE's are subjective based on the experience and sensitivity of the physician performing the exam. One doctor may find the gland to be normal while another, more experienced doctor may find an abnormality.

After both the PSA and DRE are reviewed and perhaps redone, if there are still abnormalities the physician may recommend a biopsy of the gland. **The biopsy is the only way to determine if cancer is present.** (This is true for all types of cancers.) The pros and cons of having a biopsy will be discussed with the patient. The decision to have a biopsy should be made with full understanding of the risks and benefits of taking this step. Remember – like all other cancers, prostate cancer is best treated when found early and that is why we recommend annual screening.

So now if you are wavering on the fence about whether to take advantage of Prostate Cancer Awareness Month free events, here is some recently published questionable information about your risks for prostate cancer:

FINGER LENGTH

According to a British study having an index finger shorter than your ring finger could increase your risk of prostate cancer, particularly in men under 60 years. They say finger length correlates with exposure to testosterone before birth and that could affect risk of cancer in later life.

BALDING

A study published in *Cancer Epidemiology, Biomarkers & Prevention* found that men with any type of baldness had a 69% greater risk of prostate cancer, and young men with frontal hair loss were six times as likely as those without such baldness to be diagnosed with advanced prostate cancer by age 60.

BEING TALL

A couple of studies done in the United Kingdom and the U.S. looked at men with and without prostate cancer and found that the tallest of these men had a 19% higher risk of developing prostate cancer than the shortest men. Men over six feet tall had the highest risk and findings showed that men over 6'3" and under the age of sixty-five had an even higher risk of aggressive prostate cancer.

LIVING IN THE NORTH

The Prostate Cancer Foundation found that men who live north of 40 degrees latitude (north of such cities as Philadelphia, Indianapolis and Denver, for example) have the highest risk of dying from prostate cancer compared to other men in the U.S. It could be that men in colder places have lower vitamin D (the sunshine vitamin) levels. We do know that vitamin D is important to prostate health.

All this goes to underscore how much research continues into trying to understand what causes prostate cancer, how to prevent it, who is most at risk, how to diagnose it and most importantly what to do if you find that you have it.

So if you are an early balding, tall man who has lived in the north and your index finger is short, YOU are the man who should be in line first for



the FREE Prostate Cancer Screening offered at Dattoli Cancer Center on Saturday, September 12. This is the 15th year that the non-for-profit Dattoli Cancer Foundation has offered this community service. The event will run from 10:00 am until 2:00 pm. It is first-come, first-served ... no appointments. It is not necessary to fast before the test. The Dattoli Cancer Center is located at 2803 Fruitville Road, in the Pen West Office Complex at the corner of Tuttle Avenue.

For information or questions BEFORE the day of the event, please call 941-365-5599.



September is Prostate Cancer Awareness Month

FREE SCREENING

Saturday, September 12

10:00—2:00

Dattoli Cancer Center
2803 Fruitville Road
Sarasota

no appointment—no fasting!

Screening includes PSA blood test
and physical exam.

A public service of



A 501(c)(3) not-for-profit organization registered with the State of Florida.

For info prior to screening day: 941/365-5599 (9 am—4 pm)

KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

A person with knee pain knows how often it gets in the way of doing the things they want and need to do in daily life. Because the knee is a weight bearing joint, knee pain affects almost everything we do that requires mobility, including those things most of us have usually taken for granted.

For many, knee pain makes it hurt to walk, stand, stoop, get out of a chair, or to go up or down stairs. Additionally, routine activities of living, work, social and recreational activities are often inhibited, restricted or avoided because of knee pain.

If you have been suffering from constant or intermittent knee pain that just won't go away no matter how much ibuprofen you take, don't worry – there is another option.

If you have tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call (239) 687-2165 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand that we are not just addressing knee pain. Our goal is to give you the best chance we possibly can of Preventing Knee Replacement Surgery in the future, which is what knee arthritis frequently evolves into if left undetected and unaddressed.

For this reason, we encourage you to schedule an appointment to determine if you are a candidate for the Hyalgan treatment for knee arthritis. You can always have more radical procedures performed later, if necessary. However, with knee replacement surgery, once done, there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that Hyalgan is unable to help, but as we have seen with many of our patients... A Total Knee Replacement is a Very Extreme Measure To Take without considering all your options for a condition as common as knee arthritis.

What are Hyalgan Injections?

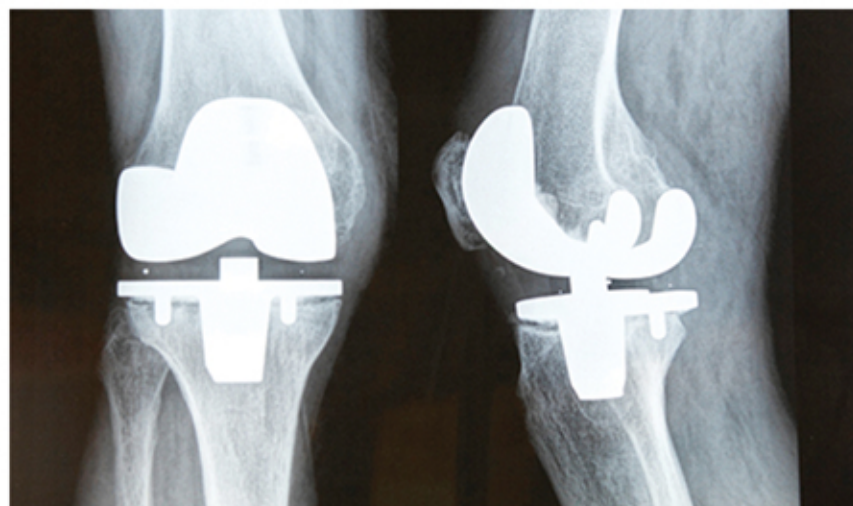
Hyalgan injections treat knee osteoarthritis. Hyaluronic Acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. When Hyalgan is injected into the knee, it provides replacement for diseased synovial fluid, which is the cause of your pain. Hyalgan specifically targets the osteoarthritis in your knee, unlike over the counter oral medications or non-steroidal inflammatory drugs (NSAIDs) that affect all parts of your body.

What's the process?

It's a very easy and quick process. Our Doctors will inject Hyalgan directing into your knee joint using a high tech medical device called a Fluoroscope to pinpoint the exact location intended with extreme accuracy, which provides the best possible outcome from each injection. Then, an injection of dye confirms needle placement to ensure that the pain relieving drug Hyalgan reaches the knee capsule where it bonds with the naturally occurring joint fluid to create a lubricating and cushioning layer. That's why if you have tried any type of pain reduction injection elsewhere without success, we may still be able to assist you as your original injection may have never would up in just the right place. Most patients compare the treatment to getting a flu shot and report little pain or discomfort.

When will I feel results?

Most feel an immediate reduction in pain and return to normal activities in weeks.



Avoid Unnecessary Surgery! This FDA-approved treatment is proven to relieve knee pain, while eliminating the need for surgery. Treatment is safe, easy and covered by most insurance companies, including Medicare.

Will my insurance cover this treatment?

Yes, most major insurances and Medicare will pay for this treatment.

What are other people saying about it?

"My knee feels great. I had already had a total knee replacement and wanted to try something rather than go through another painful surgery. After completing the program, I can now dance again which I have not done in years, and my lifestyle is on its way back to normal!" - Elizabeth B.

So what are you waiting for?

Pick up the phone and call us today to schedule your NO-COST, NO-OBLIGATION consultation. The demand for this procedure has been overwhelming. We've added extra lines to accommodate your calls, so if our line is busy, or you are re-directed to voice mail, please leave a message or call back. Living pain free and getting your life back is well worth the phone call. So keep calling – help is only a phone call away...



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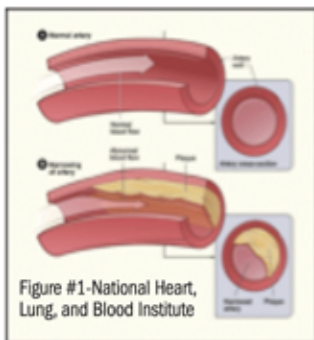


Cardiovascular Health and Cholesterol Education

By Jeff Davis, RRT-NPS, RCIS, Program Director, Cardiovascular Technology & Respiratory Care, FSW

Cardiovascular disease has been, and continues to be, the number one cause of death in the United States and worldwide. It is also a leading cause of disability. The human cardiovascular system consists of the heart and blood vessels (arteries and veins). The purpose of the cardiovascular system is to deliver blood with oxygen, and nutrients to every cell in the human body and to remove some waste products from every cell of the body. Various disease processes can have a negative effect on the cardiovascular system.

One form of cardiovascular disease is atherosclerosis. According to the National Heart, Lung, and Blood Institute, atherosclerosis is a progressive disease process where plaque accumulates inside the major arteries of patients (Please see figure #1). Atherosclerotic plaque is comprised of fat, cholesterol, calcium, and other substances found in the blood. As time goes on, the plaque can become hard and reduce the inner diameter of the arteries. This process can lead to blockages inside of the major arteries and decrease the amount of blood and oxygen delivered to the heart and other parts of the body like the brain, kidneys, and legs. The end result of atherosclerosis can include heart attack, stroke, kidney failure, or lower extremity amputation.



Some of the risk factors that may increase the likelihood of developing atherosclerosis and cardiovascular disease include a family history of cardiovascular disease, advancing age, male gender (although females tend to develop cardiovascular disease at an increasing rate after menopause), high blood pressure, high total and LDL cholesterol, cigarette smoking, diabetes, sedentary lifestyle, overweight/obesity, and high stress. However, patients can play an active role in reducing the impact of atherosclerosis and the



development of cardiovascular disease by reducing their risk factors and adopting a lifestyle that focuses on cardiovascular health. A healthy cardiovascular lifestyle begins with a visit to the doctor for an overall physical exam and cardiovascular evaluation. Your doctor can then discuss risk factor reduction strategies with you. These may include maintaining a normal body weight, smoking cessation if applicable, a healthy low fat diet that is rich in fruits and vegetables, managing any diabetes or pre-diabetes conditions, engaging in moderate activity/exercise for about thirty minutes a day at least five days a week, and managing stress. Another important factor for cardiovascular health is to maintain a healthy blood pressure. If patients are unable to maintain a normal blood pressure with a healthy diet and exercise, medications may be needed. Maintaining normal cholesterol levels is another important way to help ensure cardiovascular health.

Cholesterol is a waxy substance that is an important part of the cells that make up our bodies. We all need cholesterol; however, too much can increase the likelihood of developing atherosclerosis and cardiovascular disease. It is produced by our bodies, primarily in the liver, and found in the foods we eat and drink. Our bodies make all of the cholesterol we really need. Cholesterol is transported through the blood in our bodies in the form of lipoproteins. Lipoproteins are comprised of lipids (fats) and proteins. Two types of cholesterol carrying lipoproteins are low-density lipoproteins (LDL), referred to as "bad" cholesterol and high-density lipoproteins (HDL). LDL tends to carry cholesterol inside the wall of the

major arteries and leads to the development of atherosclerotic plaques which can lead to cardiovascular disease. On the other hand, HDL tends to carry LDL away from the arteries and back to the liver where it is broken down and removed from the body. This HDL transport can reduce the development of atherosclerotic plaques and may reduce the likelihood of cardiovascular disease. For these reasons, HDL is referred to as "good" cholesterol.

Maintaining optimal amounts of total cholesterol, LDL, and HDL will help preserve cardiovascular health. According to the National Institutes of Health a total cholesterol value of less than 200 mg/dl, a LDL level less than 100 mg/dl, and a HDL level greater than 40 mg/dl (the higher the better) are considered optimal. However, these recommendations may be changing and the doctor will determine the optimal values for any specific individual. A healthy lifestyle including a low fat diet, maintaining an ideal body weight, physical activity and reducing exposure to tobacco smoke all contribute to keeping cholesterol levels in the optimal range. If these strategies are not enough, medications may help.

Everyone strives to enjoy a good quality of life. One way to help accomplish this goal is to develop a lifestyle that promotes optimal cardiovascular health. Maintaining a healthy lifestyle, reducing risk factors for atherosclerosis and cardiovascular disease, visiting the doctor on a regular basis, and following the doctors instructions will help us to be successful in improving our cardiovascular health.



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SEPTEMBER IS OVARIAN CANCER AWARENESS MONTH

Test Your Ovarian Cancer Knowledge



Ovarian Cancer Quiz—True or False?

1. Ovarian cancer can be detected by a Pap test.
2. Ovarian cancer is usually detected at already advanced stages.
3. Most people who develop ovarian cancer have a family history of ovarian cancer.
4. Birth control pills reduce the risk for developing ovarian cancer.
5. The gene for hereditary ovarian cancer may be passed from father to daughter.
6. For the general population, CA-125 is an effective screening test for ovarian cancer.
7. Most women with ovarian cancer have symptoms months before diagnosis.
8. Some women who develop breast cancer may be at increased risk for developing ovarian cancer and vice versa.
9. Exercise, healthy diet, and weight control are preventive measures for many cancers.
10. Having one's ovaries removed eliminates the chance of developing ovarian cancer.

How did you do? Check your answers below.

1. Ovarian cancer can be detected by a Pap test. False

No consistently reliable, accurate screening test to detect ovarian cancer exists. The Pap test does not detect ovarian cancer. The following tests are available and should be used:

- Annual vaginal exam for women age 18 and above and annual rectovaginal exam for women age 35 and above. (Physician inserts fingers in the rectum and vagina simultaneously to feel for abnormal swelling and to detect tenderness.)
- Transvaginal sonography for women, especially those at high risk. (An ultrasound performed with a small instrument placed in the vagina.)
- Blood test to determine if the level of a tumor marker called CA-125 has increased in the blood for women at high risk. Its role in postmenopausal women is superior to that in premenopausal women. (This test is not definitive because some non-cancerous diseases of the ovaries also increase the CA-125 levels, and some ovarian cancers may not produce enough CA-125 levels to cause a positive test.

2. Ovarian cancer is usually detected at already advanced stages. True.

Unfortunately, almost 70 percent of women with the common epithelial ovarian cancer are not diagnosed until the disease is advanced in stage - i.e., has spread to the upper abdomen (stage III) or beyond (stage IV). The 5-year survival rate for these women is as low as 29 percent, whereas the 5-year survival rate for stage I disease patients is over 90 percent and for stage II disease patients approaches 70 percent.

3. Most people who develop ovarian cancer have a family history of ovarian cancer. False.

Although many women have a family history of ovarian and/or breast cancer, only about 5-10% of ovarian cancers are thought to be the result of inherited cancer susceptibility genes. A family history of ovarian and/or breast cancer may or may not indicate that one has inherited an increased likelihood of developing cancer. Most cases of ovarian cancer are sporadic, meaning they occur in women who do not have a family history of ovarian cancer. Taking a detailed, three-generation family history, or pedigree, is an essential element in the assessment of a woman's chances of developing ovarian and other cancers.

4. Birth control pills reduce the risk for developing ovarian cancer. True.

Birth control pills reduce the risk of ovarian cancer especially among women who use them for several years. Compared with women who never used oral contraceptive, those who used oral contraceptives for 3 years or more have about a 30%-50% lower risk of developing ovarian cancer.

What are the early warning signs of ovarian cancer?



- Vaginal bleeding or discharge from your vagina that is not normal for you.
- Pain in the pelvic or abdominal area (the area below your stomach and between your hip bones).
- Back pain.
- Bloating.
- Feeling full quickly while eating.
- A change in your bathroom habits, such as having to pass urine very badly or very often, constipation, or diarrhea.

What are some foods that help fight cancer?

- Apples*
- Blueberries
- Broccoli *
- Cherries
- Coffee



- Cranberries
- Endives**
- Flaxseed
- Fish**
- Grapefruit
- Legumes



- Soy
- Squash
- Walnuts
- Whole grains
- Dark green, leafy vegetables*



- Garlic
- Grapes*
- Green Tea*
- Onions**
- Tomatoes**

*fight women's cancers
**fight ovarian cancer

5. The gene for hereditary ovarian cancer may be passed from father to daughter. True.

To date, two main susceptibility genes for breast and ovarian cancer have been identified: BRCA1 and BRCA2. Everyone carries two copies of each of these genes. If a woman inherits an alteration, or mutation, in one of her BRCA1 or BRCA2 genes from either of her parents, her chances of developing ovarian and breast cancer are significantly higher than that of the general population. Siblings and children of an individual known to carry a BRCA mutation have a 50% chance of carrying the same mutation. In a family with a known BRCA mutation, any person who is shown NOT to carry the mutation has the risk of developing cancer equal to that of the average person his/her age. It is also important to remember that both men AND women carry BRCA mutations, although medically there are different implications.

6. For the general population, CA-125 is an effective screening test for ovarian cancer. True.

The CA-125 blood test is used to measure the level of the protein CA-125. Elevated levels of CA-125 are often in higher-than-normal amounts in the blood of women with ovarian cancer. Overall, more than 80 percent of women with advanced ovarian cancer will have an elevated CA-125 level (greater than 35 u/ml), yet the test is not useful in detecting early stage disease (approximately 50% accurate). Unfortunately CA-125 is even less reliable for detecting cancer in pre-menopausal women since it is frequently elevated by non-cancerous conditions such as pregnancy, endometriosis, uterine fibroids, liver disease, and benign ovarian cysts. Most gynecologic oncologists employ CA-125 for surveillance of ovarian cancer after the diagnosis has been surgically confirmed since it is a sensitive indicator of persistent or recurrent disease.

7. Most women with ovarian cancer have symptoms months before diagnosis. True.

While the symptoms of ovarian cancer (particularly in the early stages) are often not acute or intense, they are not silent. These are some of the potential signs and symptoms of ovarian cancer: Pelvic or abdominal pain or discomfort; vague but persistent gastrointestinal upsets such as gas, nausea, and indigestion; frequency and/or urgency of urination in the absence of an infection; unexplained weight gain or weight loss; pelvic and/or abdominal swelling, bloating and/or feeling of fullness; ongoing unusual fatigue; unexplained changes in bowel habits.

8. Some women who develop breast cancer may be at increased risk for developing ovarian cancer and vice versa. True.

Ovarian cancer, like all cancers, occurs due to a combination of genetic (inherited) and environmental (non-inherited) factors. A woman's

risk of developing ovarian cancer is often related to her personal and family history of cancer. Certain genes may also increase risk, including BRCA1 and BRCA2, which also increase breast cancer risk and the chances that a woman will be affected by either cancer at a younger age. Patients with a personal history of breast cancer, or a family history of breast or ovarian cancer, may have an elevated risk. A strong family history of uterine, colon, or other gastrointestinal cancers may indicate the presence of a syndrome known as hereditary non-polyposis colon cancer (HNPCC), which confers a higher risk for developing ovarian cancer.

9. Exercise, healthy diet, and weight control are preventive measures for many cancers. True.

According to the American Cancer Society, eating right, being active, and maintaining a healthy weight are important ways to reduce your risk of cancer as well as other diseases. For the American Cancer Society's healthy living recommendations, please visit the cancer.org website.

10. Having one's ovaries removed eliminates the chance of developing ovarian cancer. False.

The removal of one's ovaries eliminates the risk for ovarian cancer, but not the risk for a less common cancer called Primary Peritoneal Carcinoma. Primary Peritoneal Carcinoma is closely related to epithelial ovarian cancer (most common type). It develops in cells from the peritoneum (abdominal lining) and looks the same under a microscope. It is similar in symptoms, spread and treatment.

Source: ovarian.org

TOP 7 Reasons to Get Your Leg Vein Evaluation and Treatment this FALL.

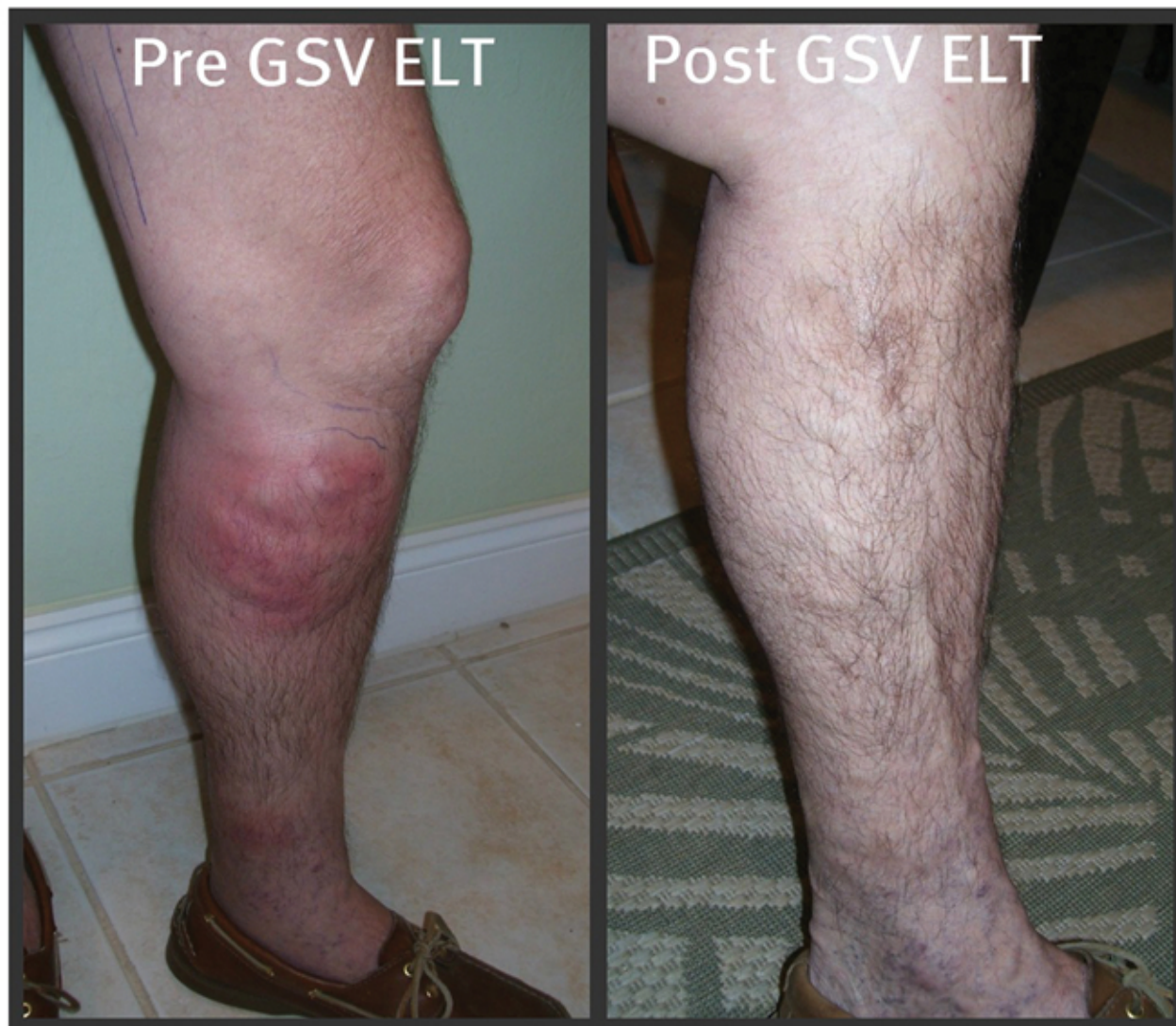
By Joseph Magnant, MD, FACS, RPVI

There are many different presentations of leg vein problems although the most recognizable is that of varicose veins.

Other signs and symptoms of venous reflux disease (also known as venous insufficiency, CVI, venous incompetence or leaky veins) include swollen, achy legs, restless legs, night time leg cramps and urination, diffuse spider veins, skin discoloration in the lower legs, and bleeding or ulcerations in the legs. Venous insufficiency is defined as failure of the valves in the veins to close tightly resulting in the backward flow of blood back down toward the feet. The end result is increased pressure in the veins in the lower legs and feet which causes veins just under the skin to bulge (varicose veins) and water and protein to leak out into the surrounding tissues of the legs.

Over the past decade, our anatomic and physiologic understanding of venous insufficiency has been greatly improved as endovenous ablation (sealing of the veins) has been applied to patients with more obscure signs and advanced stages of venous insufficiency with excellent results. Superficial veins other than the great saphenous vein, such as the small saphenous vein, intersaphenous vein, anterior accessory saphenous vein and perforating veins are now treatable with endovenous ablation. Modern ultrasound evaluation of the lower extremity venous system by experienced vascular technologists can accurately identify which veins are insufficient or leaking as well as the severity of reflux.

Ultrasound directed sealing of the abnormal veins under local anesthesia has yielded far superior results than vein ligation or stripping, which are no longer required nor should ever be considered. With the introduction of minimally invasive treatments for venous insufficiency (leaky veins) in 2000, and the increased acceptance and application of this technology of sealing rather than stripping of the saphenous veins in the treatment of the entire spectrum of symptoms related to venous insufficiency, there is no need for patients to suffer from their venous disease any longer, whether bulging varicose veins, swollen achy legs or advanced skin changes.



Cluster of varicose veins which clotted and resulted in deep vein thrombosis (DVT)

The age old recommendation of waiting for varicose veins to “bother you” or “become painful” should be abandoned, and proactive evaluation and earlier treatment of the underlying venous disorder considered to prevent potential complications of bleeding and thrombosis (clotting) of the varicose veins which may extend to the deep system of veins and in rare cases lead to blood clots traveling to the lungs (pulmonary embolism). Patients are not advised to wait for complications of high blood pressure, high cholesterol or diabetes before initiating therapy, nor should they wait for complications of venous disease before considering minimally invasive evaluation and treatments.

Complications of Untreated Varicose Veins

Clotting, as seen in the photo above of a 55 year old male who was told to leave his varicose veins alone. They clotted off on a long car ride and by the time he was seen by a physician he had a deep vein thrombosis requiring more than 6 months of blood thinners. He eventually underwent endovenous closure of the culprit vein with an excellent result as seen in the photo on the right, but could have been saved the trouble and pain if he had been evaluated and treated earlier, before the complication occurred.

Patients likely to have venous insufficiency are those who have a family history of varicose veins, swollen legs or other obvious signs of vein disease. Other risk factors for developing venous insufficiency are history of pregnancy, obesity, sedentary occupations, advanced age, female gender and history of deep vein thrombosis. Patients may have varicose veins or other signs such as skin changes of color and character, brown, brawny and thickened skin, diffuse spider veins in the distal leg and ankle regions, open or threatened ulcerations, history of bleeding from veins in the lower legs, diffuse swelling in the legs worse at the end of the day and improved with elevation.

The following are the TOP 7 reasons patients should get moving this fall and get their leg vein problems treated.

- 1.** The weather has finally cooled off and compression hose are at least tolerable after their vein treatments.
- 2.** The snow birds have not taken over the roads and doctors' waiting rooms...yet.
- 3.** You vowed that last summer was the LAST summer you were going to wear long pants to the beach to cover your unsightly legs.
- 4.** You want to get your legs ready for that Christmas or New Years cruise (gotta plan ahead!)
- 5.** You have met your deductible for 2013 and have been meaning to make your legs more of a treatment priority.
- 6.** You are uncertain regarding the future of health-care and what conditions may or may not be covered for which diagnoses or symptoms.
- 7.** You understand that varicose veins can clot or bleed and want to prevent these complications from occurring.

*Joseph Magnant,
MD, FACS, RPVI*



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Endovenous ablation or sealing of the leaking veins with catheters (laser or radiofrequency) placed temporarily inside the veins offers a very safe, effective and minimally invasive option for patients once thought to be untreatable for Venous Insufficiency due to age, illness, lack of "illness", absence of ulceration or bleeding. Ultrasound evaluation for venous insufficiency is safe, effective, risk free and offers a tremendous amount of physiologic and anatomic information which is critical in the decision making process. Vein specialists are seeing record numbers of patients with the diagnosis of venous insufficiency, many of whom have obvious signs of venous disease such as leg swelling, skin changes, varicose veins or ulcerations as well as others who may not have very impressive external findings of venous pathology but who have severe venous reflux disease as the root cause of their symptoms. Since venous disease affects one out of five adults in the USA, it makes perfect sense to consider venous disease early in the course of your search of the cause of your leg symptoms and if you have obvious varicose veins, you can be sure you have a problem with the valves in the veins and we encourage you to be proactive in obtaining venous evaluation.

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. 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.

Take your FREE vein screening NOW from the comfort and privacy of your home.



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

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Hearing Care is Health Care

By Dr. Noël Crosby, Au.D.

Listen to your ears. They might be telling you something. If you are experiencing hearing loss, pay attention to your entire health. The more we learn about hearing loss, the more we discover that it very often co-exists with other health conditions. You should pay attention to your entire wellbeing. Hearing loss is not a self-contained impairment limited just to your ears. Many different studies conducted here in the USA and overseas have demonstrated that quite a few serious ailments can impact how well we hear. These studies have shown that all the bodily organs and functions are tightly interconnected: When one system or organ fails, it sends rippling effects through the others. Your hearing is not immune to this process.

A large and growing body of research shows that a person's hearing and cardiovascular health frequently correspond. It's a good idea for those people with cardiovascular disease to get their hearing checked, and for those people with hearing loss to pay close attention to their cardiovascular health. Following are a few of the reasons that may explain why heart health and hearing are linked.

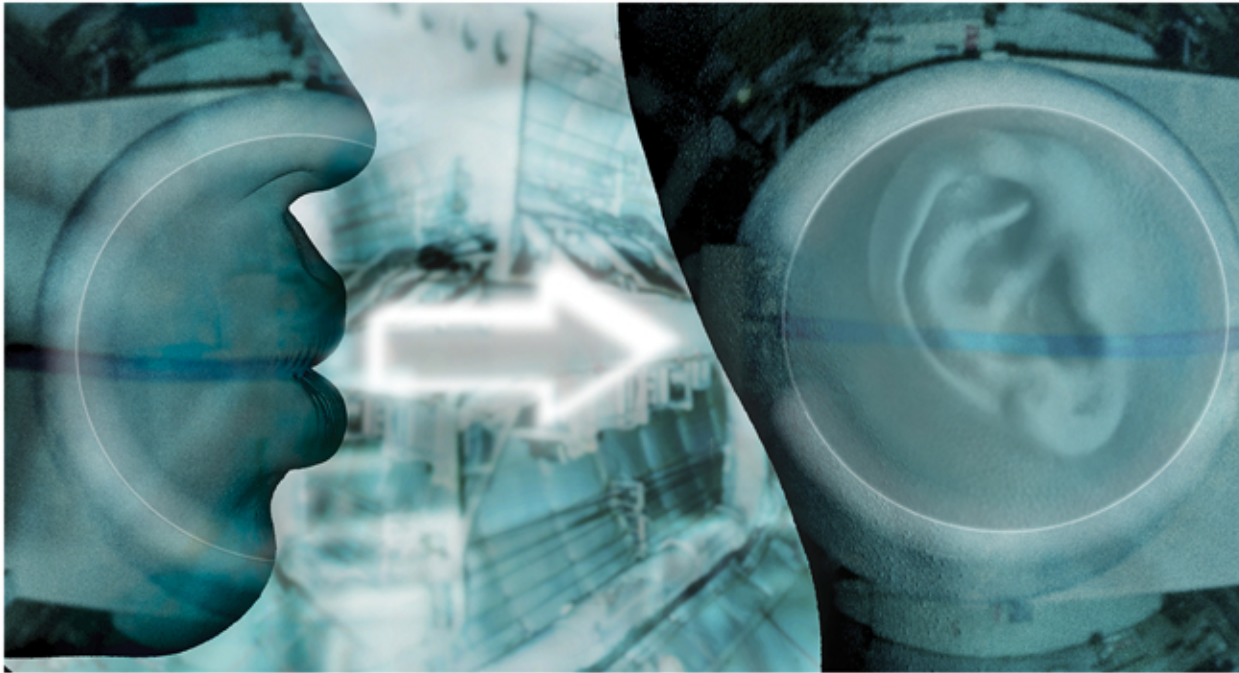
The inner ear is extremely sensitive to blood flow. Studies have shown that a healthy cardiovascular system—a person's heart, arteries, and veins—has a positive effect on hearing. Conversely, inadequate blood flow and trauma to the blood vessels of the inner ear can contribute to hearing loss.

Some researchers hypothesize that because the inner ear is so sensitive to blood flow, any abnormalities in the condition of blood vessels in the inner ear could be noticed earlier than in other, less sensitive parts of the body. In one study—presented by David R. Friedland, MD, PhD, Associate Professor of Otolaryngology and Communication Sciences at the Medical College of Wisconsin in Madison at the 2009 Combined Otolaryngology Spring Meeting—it was hypothesized that low-frequency hearing loss may be a potential marker for predicting the presence of, or potential development of cardiovascular disease. According to a study in older adults, the prevalence of suffering from various degrees of hearing loss is 54 percent greater among those who have a history of heart disease than in the general population. The study



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also indicated that those individuals who exercise at least once a week saw a 32 percent reduction in the risk of suffering from hearing loss, when compared to sedentary people. (Source: *"The Association Between Cardiovascular Disease and Cochlear Function in Older Adults."* Population Health Program Faculty, Wisconsin University, First Annual Population Health Poster Session selected abstracts 2001-2002.)

Another health condition that has been linked to hearing loss is kidney disease. Older adults with moderate chronic kidney disease (CKD) have a higher incidence of hearing loss than those of the same age without CKD, according to a report published in the American Journal of Kidney Diseases. An Australian research team assessed over 2,900 individuals aged 50 and older, including 513 with moderate chronic kidney disease of those with CKD, over 54% reported some level of hearing loss compared to only 28% of the rest of the group. Nearly 30% of the CKD participants showed severe hearing loss compared with only 10% of the non-CKD participants. This study suggests a strong tie to CKD in general," said study author Professor David Harris, Associate Dean of Sydney Medical School-Westmead at the University of Sydney. "The link can be explained by structural and functional similarities between tissues in the inner ear and in the kidney. Additionally, toxins that accumulate in kidney failure can damage nerves, including those in the inner ear. Another reason for this connection is that kidney disease and hearing loss share common risk factors, including diabetes, high blood pressure and advanced age. "These findings could lead to a modification of the

usual care of people with CKD," said Dr. Kerry Willis, Senior Vice President of Scientific Activities at the National Kidney Foundation. "Earlier clinical hearing assessments and fitting of hearing aids in CKD patients can improve quality of life and lead to better management of underlying conditions which could, in turn, potentially preserve hearing function." Also, some treatments for kidney ailments can affect hearing.

This doesn't mean that if you have kidney disease you will have a hearing loss, however; experts suggest having your hearing tested if you have been diagnosed with a kidney disorder, and even more so if you are treated with medications that can potentially damage hearing.

People with diabetes may have a higher risk of hearing problems than those without the disease. Combining the results of 13 past studies, Japanese researchers found that hearing loss is twice as likely among people with diabetes compared to those without. The effects of aging does not seem to explain the results. The link between diabetes and hearing loss was actually stronger among people who were 60 or younger than among older adults. In the younger group, people with diabetes had a 2.6 times higher likelihood of impaired hearing. "That's an interesting finding", said Dr. Joel Zonszein, director of the Clinical Diabetes Center at Montefiore Medical Center in New York City. "It's consistent with the idea that poor blood sugar control, which damages blood vessels and nerves throughout the body and not simply old age might explain why people with diabetes have more hearing problems",

said Zonszein, who was not involved in the study. Findings from "observational" studies, where researchers compare diabetics with non-diabetics, cannot prove a cause-and-effect relationship. They can only show a correlation between diabetes and hearing problems. At this time, no one knows whether better control over your blood sugar will reduce the risk of hearing loss.

The findings, published in the *Journal of Clinical Endocrinology & Metabolism*, are based on studies involving more than 20,000 people from the United States, Asia, Australia and Brazil. All but one study found an association between diabetes and a higher incidence of hearing loss. For example, in one national sample of Americans, nearly half of the adults with diabetes had some degree of hearing loss compared with about 20 percent of the diabetes-free population having some hearing loss. In all the studies, neither age nor exposure to a noisy workplace explained the connection between diabetes and hearing loss. There could still be explanations other than diabetes itself, some of the medications many diabetics take, particularly blood-pressure-lowering diuretics, can affect hearing. These findings suggest it may be a good idea for people with any form of diabetes to have their hearing tested.



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.

"My Doctor Said There Was No Help For Neuropathy...Until Now!"

Brought to you by The Foundation for Wellness Professionals

Neuropathy Treatment Breakthrough Proves Highly Effective at Reversing Neuropathy Pain and Symptoms

Finally, after all these years of research there is a Medical Breakthrough Treatment for Neuropathy. 10-20 Million Americans suffer from Neuropathy. Many suffering do not even realize that the symptoms listed below could be due to Peripheral Neuropathy.

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1. Numbness
2. Burning Pain
3. Restless Legs
4. Sharp, electric pain
5. Difficulty sleeping
6. Prickling/tingling feeling
7. Balance & walking difficulty



If you suffer from one or more of these problems, you may have **Peripheral Neuropathy** and if you do, you're not alone. Often, these good people have been frustrated by taking prescribed medication such as Lyrica®, Neurotin®, Gabapentin®, or Cymbalta® for these terrible problems. Many are still seeking help. Platinum Healthcare has studied 10 years of research on "peripheral neuropathies." In fact, helping people with these problems has become their primary focus.

Do you suffer with pain, burning, numbness and tingling in your feet?

Discover the Answer to Defeating Neuropathy Pain



This unique individualized program has already helped hundreds of neuropathy pain sufferers nationwide.

It's not unusual for them to hear stories from patients who've suffered for years with terrible symptoms. For many, they are missing out on the things they love to do. They aren't enjoying life as they once did.

Platinum Healthcare utilizes a unique approach to the treatment of pain that only a select group of medical physicians have been trained to treat your neuropathy symptoms. Their "**Peripheral Neuropathy Optimal Therapy System**" consists of a complete treatment plan that provides a non-surgical and non-narcotic therapy that provides relief by increasing oxygen and blood directly to the nerve-the cause of your pain/burning/numbness/tingling at the source. This type of therapy reduces swelling around the nerve and helps repair nerve function. This type of Neuropathy Treatment system and other progressive treatments attacks the source of the pain in multiple ways. These therapies work together to provide far superior results than anyone could on its own resulting in their high success rates.

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There is a treatment for anyone suffering from the symptoms of peripheral neuropathy pain. And, the beautiful thing is that when these health situations are resolved, people have great improvements in the quality of their lives.

Do not let peripheral neuropathy keep you from simply walking or even wearing shoes. Don't let tingling legs keep you up at night.

If all else has failed you may still benefit from this remarkable treatment.

Platinum Healthcare is now accepting 23 patient cases who suffer from these conditions, who will receive a

NO COST Screening to determine if you are a candidate for this life altering program. They recommend immediate action as these slots fill up quickly. Call (941)927-1123 today to determine if you are a good candidate for acceptance into their program.

When you call, tell the receptionist you'd like to come in for the Neuropathy Screening so she can get you on the schedule and make sure you receive proper credit for this special offer.

The Platinum Healthcare Center is located at:
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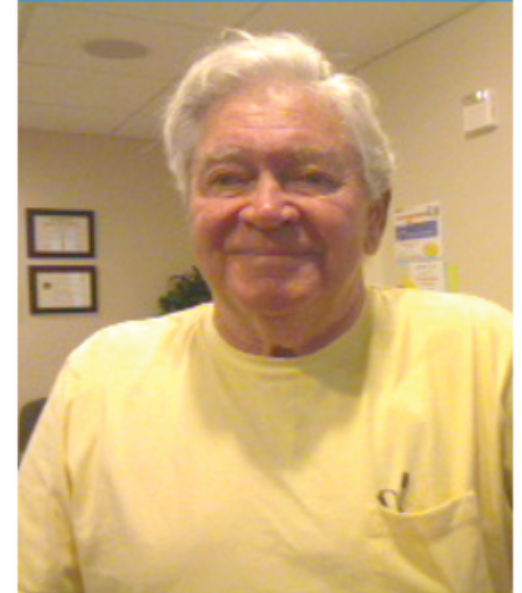
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Listen to what Others are Doing to Solve their Neuropathy & Pain Problems...



*Rick M. Age 66
Sarasota, FL*

"...I've taken thousands of pain pills, tried physical therapy, podiatrist and a neurologist who told me I needed surgery, all with no improvement...Platinum Healthcare correctly diagnosed the root cause of my problems and developed a special treatment protocol designed for me, and it was so successful it helped my low back pain, neuropathy burning, and even my erectile dysfunction! My wife and I are finally making travel plans, many Thanks!"

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Help Your Kids Maintain a Healthy Energy Balance

As adults, parents and grandparents, we want our children to get good educations. To have friends and successful careers. To be happy, safe and secure. To build a firm spiritual foundation. For them to contribute to society. Above all else, we want them to enjoy the good health that makes everything else achievable.

Sadly, there is an epidemic affecting American kids today the likes of which have never been seen in history: obesity. According to the U.S. Centers for Disease Control and Prevention, nearly 18 percent of children age 6 to 11 are obese; 21 percent of those age 12 to 19 fall are considered obese.

In 2012, more than one third of American children and adolescents were overweight or obese, meaning that they had excess body weight or excess body fat. Numerous factors play a role in overweight/obesity, including time spent in front of a screen, activity levels and diet. Regardless, as parents and adults, it is our responsibility to help our children maintain a healthy energy balance.

Even though the U.S. is an agriculturally rich country — one of the Top 4 food exporters in the world — most U.S. youth do not:

- Consume the recommended 2.5 to 6.5 cups of fruits and veggies daily
- Don't consume the recommended amount of whole grain (2 to 3 ounces) daily
- Take in far too much sodium in the form of fast and processed foods
- Consume way too many calories from nutritionally deficient foods (such as soda, fruit drinks, deserts, pizza and whole milk)
- Get enough water because they drink far too many full-color soft drinks

Time for change

It is time for a change. Because kids watch — and copy — everything their parents do, the first step to healthier kids is healthier parents. Here are some simple steps to a healthier family:

- More activity. Kids ages 6 to 17 need 60 minutes of physical activity a day, five days a week. This activity does not have to happen all at once, but it should become a habit. Find fun things to do with your kids:



- Go for a run. Bike around the neighborhood. Walk the kids to school. Hike our beautiful state.
- Park farther away from the grocery store, the toy store and so on.
- If your children are a little older, take them to the gym with you.
- Play a game of H-O-R-S-E.
- Toss a baseball.
- Garden together.
- Invest in a jump rope.
- Have exercise contests. How many sit-ups, pushups, pull ups, jumping jacks can they do? How many can you do? Build on each achievement.
- Invest in a pedometer for you and your kids. Girls should get 11,000 steps a day; boys should aim for 13,000!
- Limit time spent watching TV, playing video games, on the computer, tablet or smart phone. Experts recommend no more than two hours a day. Less, of course, is better.
- Turn off the TV during mealtimes so you can focus on the meal and one another. Talk, share, laugh and enjoy.
- Talk to your child's doctor. He or she will have great recommendations to help you and your child. If appropriate, your provider may refer you to a dietitian, who can be a tremendous resource.
- Eat better. There are a thousand online resources and hints for healthier eating. The U.S. government's MyPlate.gov is a great resource for parents, grandparents and educators.

Healthy snack ideas

To get you on your way, here are some healthy after-school snack ideas to try:

- **Fruit Smoothie:** Puree 1 cup of reduced fat or fat-free vanilla yogurt with 1 cup of frozen strawberries, a frozen banana and ¼ cup of orange juice in a blender until smooth. Divide and serve.
- **Nutty Pretzel Wands:** Spread peanut butter on the top few inches of pretzel rods. Roll in chopped peanuts, chopped almonds or dried fruit.
- **Banana Chips:** Slice a banana into 1/8-inch thick rounds and place on a greased baking sheet. Bake at 200 degrees until golden, 2 to 3 hours. Remove from oven and let harden at room temperature. Store in airtight container.
- **Peanut Butter Cereal Drops:** Combine 1/3 cup honey, ¼ cup peanut butter and 2 TBS butter in small saucepan. Heat, stirring until smooth. Add 1 cup rice cereal, 1 cup old-fashioned rolled oats and ¼ cup dried fruit. Drop into mini cupcake liners. Refrigerate until set, about 15 minutes.
- **Frozen Fruit:** Peel and slice two bananas into ½-inch thick slices. Place on rimmed baking sheet. Wash two cups of red seedless grapes, 2 cups of green seedless grapes. Place on baking sheet and freeze, about one hour. Divide into four servings.
- **Homemade Applesauce:** Peel, core and slice 4 pounds of apples such as McIntosh, Gala or Braeburn. Place in large pot and add ¼ cup lemon juice and 1½ cup water. Bring to boil over high. Reduce heat and simmer until apples are very soft, 25 to 30 minutes. Mash apples with a potato masher or process in blender. Add brown sugar to taste.
- **Cracker Snackers:** Spread reduced-fat cream cheese and your favorite flavor of jam on a reduced-fat Ritz cracker. Top with a second cracker. Or, layer Nutella and bananas on graham crackers.
- **Nut Snacks:** Nuts are packed full of fiber and beneficial nutrients. These cinnamon pecans will be a healthy hit with your kids. Beat an egg white till frothy. Coat pecans and roll into a mixture of sugar substitute and 3 tsp. of ground cinnamon. Place on a rimmed baking sheet coated with cooking spray. Bake uncovered at 325 degrees F for 20 minutes, stirring once. Cool completely and store in airtight container.
- **PB Banana Rollup:** Spread peanut butter on a wholegrain tortilla, add a sliced banana, and roll!

WHY'S EVERYONE GONE NUTS FOR COCONUTS?

It seems like you can't turn on the TV or open a women's magazine without seeing or hearing something about the healthful benefits of coconut milk, coconut water, coconut sugar or even coconut oil. Proponents of coconut claim it is the latest super food, curing everything from Alzheimer's disease to dry skin and heart disease.

Starbucks has even offered it up as a healthy – vegan – alternative to skim milk. But is it really healthy? Are there unrecognized health benefits?

It depends.

On the Pro Coconut Side

Coconut advocates, while acknowledging that the oil is high in saturated fats, argue that it contains unusually healthy fats known as medium-chain fatty acids (lauric acid). They say the body uses lauric acid differently than most other fats, being quickly processed by the liver and converted into energy by the body's cells. Two studies suggest that medium chain fatty acids may be beneficial for weight loss.

Proponents argue that coconut oil has antioxidant and antimicrobial benefits, containing compounds shown to prevent or fight certain viral, bacterial, and fungal infections, such as the flu,

bronchitis, yeast infections, acne, and more. Additionally, coconut oil, particularly unrefined or virgin coconut oil, contains phenolic compounds that may offer health-protective, antioxidant properties.

Other claims include that coconut oil can reduce the body's need for vitamin E; boost the immune system; support liver health; and has been linked to increases in both good (HDL) and bad (LDL) cholesterol levels. As such, coconut oil may have slightly beneficial effect on cholesterol when used in place of other saturated and trans fats.

The Con Side

Those who are looking at coconuts with a little more skepticism like to point out that every few years (or less), there tends to be a "new" superfood that is all the rage. Quinoa ... pomegranate ... even yogurt at had a starring role as the latest superfood. It's human nature to look for a quick and easy fix to what ails us.

But it's usually too good to be true. Especially, they say, for people with high cholesterol or a history of heart disease. People with these conditions should avoid coconut because it raises cholesterol levels (both good and bad), putting them at increased risk for worsening heart disease.



If you're trying to manage your diet and have turned to coconut as a superfood, you should be aware that it is very high in saturated fat. Olive oil, which plays a prominent role in the heart-healthy Mediterranean diet, has only about 2 grams of saturated fat per tablespoon. Coconut oil has 12.

Although Starbucks is offering coconut milk as a vegan alternative to dairy, the fact that it is plant-based does not make it healthier. A cup of coconut milk has 552 calories and 51 grams of saturated fat! By comparison, a cup of whole milk has 146 calories and 4.5 grams of saturated fat.

Whichever way you go

If you want to get in on the coconut craze, it's OK for all but those at risk. Foods containing coconut can be healthful. But, as in all things, knowledge, moderation and reasonable expectations are the key. Know what you are consuming and watch out for the added calories and fat. You will want to make adjustments in your diet elsewhere, otherwise, there's a good chance your waistline will go nuts.

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10 Reasons to practice Yoga

1. STRESS RELIEF: Yoga reduces the physical effects of stress on the body. By encouraging relaxation, yoga helps to lower the levels of the stress hormone cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system as well as easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia.

2. PAIN RELIEF: Yoga can ease pain. Studies have demonstrated that practicing yoga asanas (postures), meditation or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases and hypertension as well as arthritis, back and neck pain, and other chronic conditions. Some practitioners report that even emotional pain can be eased through the practice of yoga.

3. BETTER BREATHING: Yoga teaches people to take slower, deeper breaths. This helps to improve lung function, trigger the body's relaxation response and increase the amount of oxygen available to the body.

4. FLEXIBILITY: Yoga helps to improve flexibility and mobility, increasing range of movement and reducing aches and pains. Many people can't touch their toes during their first yoga class. Gradually they begin to use the correct muscles. Over time, the ligaments, tendons and muscles lengthen, increasing elasticity, making more poses possible. Yoga also helps to improve body alignment resulting in better posture and helping to relieve back, neck, joint and muscle problems.

5. INCREASED STRENGTH: Yoga asanas (postures) use every muscle in the body, helping to increase strength literally from head to toe. And, while these postures strengthen the body, they also provide an additional benefit of helping to relieve muscular tension.

6. WEIGHT MANAGEMENT: Yoga (even less vigorous styles) can aid weight control efforts by reducing the cortisol levels as well as by burning excess calories and reducing stress. Yoga also encourages healthy eating habits and provides a heightened sense of well-being and self-esteem.

7. IMPROVED CIRCULATION: Yoga helps to improve circulation and, as a result of various poses, more efficiently moves oxygenated blood to the body's cells.

8. CARDIOVASCULAR CONDITIONING: Even gentle yoga practice can provide cardiovascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.

9. FOCUS ON THE PRESENT: Yoga helps us to focus on the present, to become more aware and to help create mind body health. It opens the way to improved concentration, coordination, reaction time and memory.

10. INNER PEACE: The meditative aspects of yoga help many to reach a deeper, more spiritual and more satisfying place in their lives. Many who begin to practice for other reasons have reported this to be a key reason that yoga has become an essential part of their daily lives.

Text courtesy of Yoga Alliance.

September is National Yoga Month.

For Free Yoga Classes and Events visit: www.yogamonth.org



Yoga isn't just a physical exercise program. It is a scientific system designed to generate greater clarity and harmony in life. With a regular practice, individuals often notice a stronger, slimmer and more flexible body, in addition to a mentally sharper, more patient and relaxed sense of self.

Many health and fitness programs are difficult to maintain because they are rooted in an overall negative attitude – that you are inadequate and need to “fix” yourself. Negativity is a lousy motivator. Yoga, on the other hand, meets you exactly where you are and does not judge. By practicing yoga you have the opportunity to improve your health with a positive, non-forceful approach.

A regular yoga practice is a journey to a healthier body and happier life. Give it a try today!

How To Have And Enjoy Self-Respect

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Just the other day my son was packing up to move in to his apartment near the college he is attending. This is his senior year. As we were talking about his final year and classes, he became visibly frustrated.

He said, "You know dad I have spent a lot of energy to get my degree in a field that will still require many additional years of resume building after college to be successful. Quite honestly, I don't know if the degree is even worth the piece of paper it is printed on." An honest question to be sure.

After a little more discussion I realized that my son thought we wanted him to get his degree only for the sake of having a handsome document to hang on his office wall one day, even though Evan is already very passionate and accomplished in his chosen field of study.

I said, "Evan, your degree is primarily for you. And your education is not just what you learn in class nor the parchment that will hang on your wall. It does include those things, but it also includes the experience of college itself. You have met amazing people both professors and classmates from many places that have challenged and expanded your thinking. They have helped you to grow as a person. More importantly you have learned how to 'learn,' which will serve you well for the rest of your life."

"But the most important benefit of getting your degree," I said, "is self-respect." As he took a moment to let that sink in, I said, "Self-respect is not the same as self-esteem." Evan is a very capable young man and is very confident so I went on to share with him the difference between self-esteem and self-respect.

I said, "As Christ-followers we get our self-esteem through knowing deep in our hearts that God loves and esteems us, even in spite of ourselves at times. And He proved that through the gift of His Son Jesus. So our self-esteem comes from the hand of God. However, with God's help, our self-respect comes from our hand."



I went on to share with him that God even expressed this idea in the book of Genesis. After He finished creation He looked around and realized it was missing something: us. So He created Adam and gave him the Garden of Eden to take care of. I believe the garden was Adam's gift from God. God gave Adam something to derive great personal pleasure and satisfaction from, the work of his hand.

Think about it, in situations that are for the most part under our control, when we put our best effort into our work we feel great and when we do a poor effort we feel, well, poor or at least unfulfilled. And we cannot respect ourselves if it's not our best effort.

I believe once we learn how to "get" self-respect and not depend on others to give it to us, we become free. Free to enjoy our family, friends and even coworkers without putting unreasonable and unfair demands on them. Free to enjoy our relationship with God, knowing He wired us this way and loves to see us succeed and experience the feeling and fulfillment of self-respect.

I'm not saying we should not depend on or need others in our lives. That's a whole other lesson in itself, but I am saying that God loved us so much that He gave every human on the planet an amazing

gift---the ability to enjoy the work of our hands--and feel good about it.

Here's my personal example of this principle. I have had the honor of writing this monthly article for about three years now without pay and on rare occasions do I get to talk to you (the reader) about the articles to see "How I'm doing." Those I have chatted with have been delightful. But to be very honest, I just love writing the articles. Seeing the work of my hand and knowing I put my heart and soul into these---very satisfying work---to me.

If you have been reading my articles for a while you know I usually have some type of 'call to action' as I close and so I don't disappoint my regular reading friends, here it is.

What are you doing that is creating self-respect? Are you helping your homebound neighbor, feeding the poor, writing your first novel, learning a new skill or leading an amazing team? Whatever it is---take time to enjoy the work of your hands. If you are doing something and don't feel good about it---ask yourself---what could I do differently that would make me feel good about it?

To your spiritual health,

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