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Health & Wellness[®] MAGAZINE

October 2015

Charlotte/South Sarasota Edition - Monthly

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A group of six healthcare providers (three men and three women) in white lab coats, each with an RTR logo, are standing behind a large white banner. The banner contains an anatomical diagram of the male urinary system on the left, a list of services in the center, and an image of a robotic surgical system on the right. Below the banner, the names and titles of the providers are listed.

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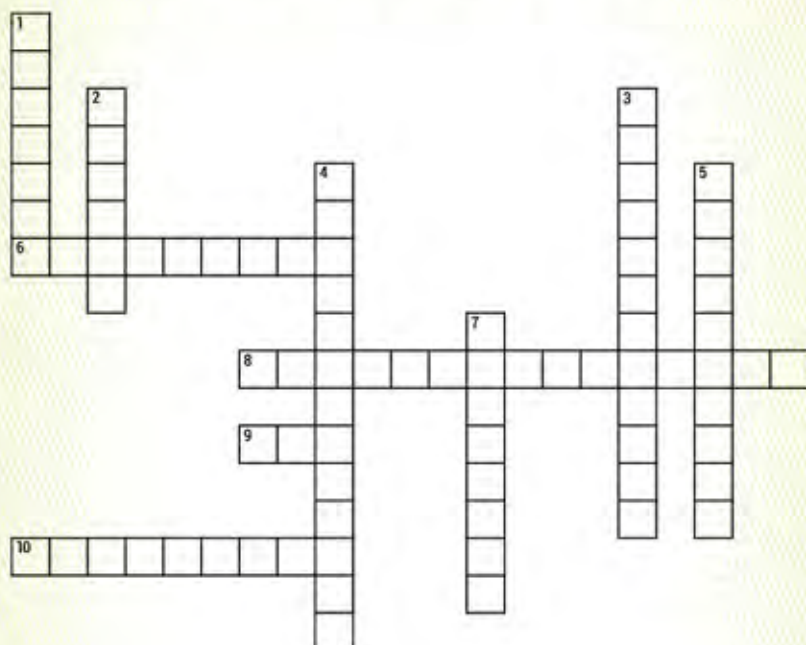
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Get Clued-in to the Facts about Chronic Lung Disease



Down

1. Pulmonary air sacs where the exchange of O₂ for CO₂ occurs.
2. Plants such as fern or aloe vera, or an air purifying machine help ___ indoor air.
3. ___ smoked on air for years as the Tonight Show host. He succumbed to emphysema at age of 79.
4. The American Lung Association gave Santa Fe, New Mexico, top marks in its annual ___ report.
5. Type of cell therapy in the US, defined as "derived from oneself."
7. Situated roughly 2,000 miles off the US West Coast, the Pacific island city of ___ has some of America's lowest levels of ozone and particulates.

Across

6. The Centers for Disease Control and Prevention (CDC) recommend that all adults receive an ___ shot every year.
8. A common inhaled medication to help manage lung disease symptoms.
9. Bone marrow, blood and ___ are types of tissue where stem cells can be harvested.
10. Dean Martin smoked heavily, developing ___ late in life, along with a perpetual wheezing.

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Answers: 6. Influenza 1. Alveoli 8. Bronchodilators 9. Fat 4. State of the Air 10. Emphysema 2. Purify 5. Autologous 7. Honolulu 3. Johnny Carson

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

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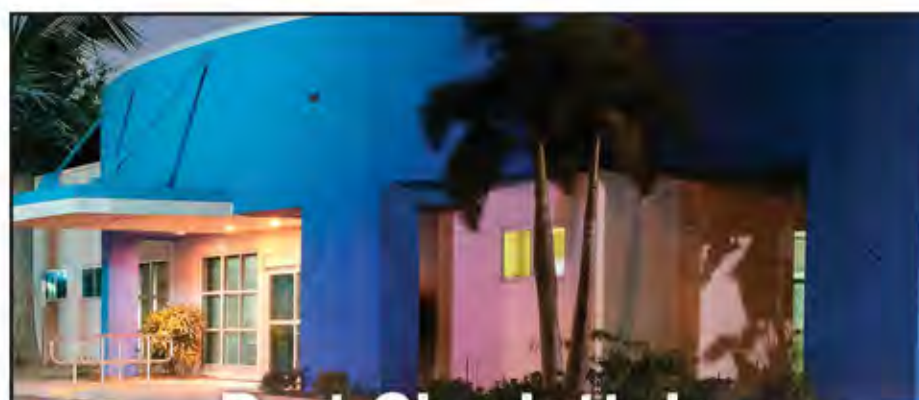
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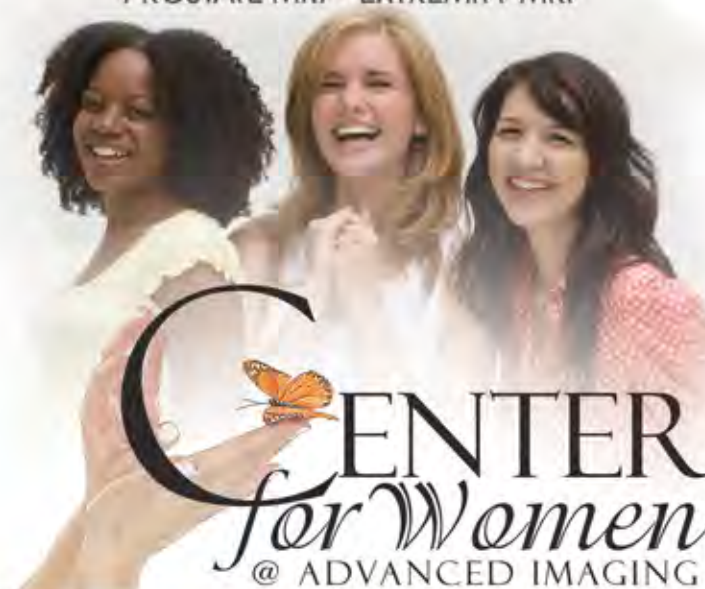
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Arthritis of the Foot and Ankle

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

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

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

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

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

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

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

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

Myles Rubin Samotin M.D.

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MORE THAN JUST VARICOSE VEINS!

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

By Joseph Magnant, MD, FACS, RPVI

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

It has been said that the sign of a wise person is one who recognizes their limitations and keeps an open mind, calling on others more learned in other areas to assist in areas foreign to themselves. Venous insufficiency encompasses much more than just spider or minor varicose veins. It is time physicians and patients wake up to the reality that ignoring venous hypertension, which is the result of leaking leg vein valves (venous



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

insufficiency) often leads to avoidable medical complications. Skin infections, cellulitis, bacteremia, blood clots, external hemorrhage, stasis dermatitis, the associated pain of thickened and inflamed skin at the ankle, and lastly, venous ulceration are often the direct result of

unrecognized or untreated venous insufficiency. Patients should take an active interest in their health and wellbeing and develop a natural curiosity of what they observe happening to their bodies. Since when is bleeding from a varicose vein normal?

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

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

The physical, emotional and functional impact of severe venous insufficiency is not quantifiable as the true prevalence of the disease is not known. Persistent misperceptions of the general public regarding the symptoms of the disease, the method of diagnosing the disease and most importantly

*Joseph Magnant,
MD, FACS, RPVI*



the available treatment options remain hurdles for today's Vein Specialists. The natural history of untreated severe superficial venous insufficiency has been well documented in the wound care centers around the nation as unchecked venous hypertension progresses from benign appearing varicose veins to chronically swollen limbs years later, to skin changes which ensue in subsequent years resulting in one or more serious complications such as bleeding, infection and ulceration.

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

Endovenous closure or ablation has allowed a more proactive approach to patients with this disease. Rather than reacting to the complications of the disease with compression wraps, wound care and submission, we now have a much more definitive, effective and noninvasive therapy to offer patients with appropriate indications for intervention. Minimally invasive endovenous ablation has opened the door to millions of adults who were once thought to be "too sick" for stripping, "too young" for stripping, "too obese" for stripping, "too old" for stripping, "too anti-coagulated" for stripping and now we should be encouraged to reconsider these and many other patients for a more definitive treatment. Our understanding of lower extremity venous pathophysiology has improved over the past 15 years due to the introduction of ultrasound guided, percutaneous endovenous techniques.

Endovenous closure is not a license to seal veins at will. Rather, it is a minimally invasive, highly effective method which, in experienced hands and judiciously applied, has changed, for the better, the lives of many patients with symptomatic superficial venous insufficiency. Endovenous closure has indeed changed



the treatment paradigm of venous insufficiency as much as any other modern minimally invasive technique in any other disease entity and we will not likely witness as significant a technologic advancement in the treatment of superficial venous insufficiency in the next 20 years.

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Seeing Things Differently

Living with Low Vision

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

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



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

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

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

Although the loss of vision may be gradual, it can lead to significant changes in daily routine and can become overwhelming and lead to depression, loneliness and a fear of losing independence. Early intervention when it comes to therapy and knowledge is essential in maintaining the highest level of independence as possible. If you or a loved one would like more information on home health, outpatient services, or community resources please call your local Nurse On Call branch at 941-235-1015.

Could Treating Lung Disease Lower Your Risk for Dementia?

By Cara Tompot | Staff Writer

It's 2015, and it feels like the healthcare dialogue has shifted greatly in the last decade. We live in a society that constantly uses buzzwords like Alzheimer's disease and dementia. Movies such as *Still Alice* and *Away From Her* have brought these debilitating conditions into the limelight. Just recently at a World Health Organization (WHO) conference, a global action called for increased investment in promising research efforts for treating dementia. In many ways, the first step in curing dementia is learning how it develops and how certain risk factors contribute to a dementia diagnosis.

Recent studies point to a link between chronic lung diseases like chronic obstructive pulmonary disease (COPD) and the development of dementia. COPD is a progressive disease that restricts the airflow in and out of the lungs. As a result, sufferers of a chronic lung disease often experience shortness of breath, wheezing, coughing and the inability to perform simple tasks. Oftentimes, sufferers have very low oxygen levels, which can increase the risk for heart attacks, strokes and permanent brain damage.

After a fifteen-year study, scientists have concluded that these low blood oxygen levels (hypoxemia) and structural brain damage, such as the loss of white matter integrity, are just two ways that sufferers of a chronic lung disease have an increased risk for dementia. Additionally, hypercapnia, which is an increased amount of carbon dioxide in the blood—a common side effect of smoking and COPD, can increase the chance of cognitive impairment affecting domains such as information processing, attention and concentration, and memory loss. This proves a direct correlation between chronic lung disease and dementia.



In the wake of these new findings, researchers are determining whether maintaining optimal pulmonary health could decrease your risk for developing dementia. For individuals suffering from a chronic lung disease, this adds extra incentive to improve lung function, and many are turning to stem cell therapy for relief.

For too long, sufferers of COPD and emphysema have found that they didn't have any options to improve their condition. Now, a clinic based in the United States has developed three unique treatments using stem cells derived from the patient's own fat, blood or bone marrow. Stem cells have an innate healing property that allows them to regenerate damaged lung tissue. As a minimally invasive, outpatient procedure, patients are quickly able to return to their life and breathe easier. After treating over 1,000 patients, the Lung Institute (www.lunginstitute.com) explains that this innovative procedure slows the progression of

the disease, in addition to restoring lung function and reducing inflammation. Patients report being able to breathe easier, which raises their blood oxygen levels and lowers their chances of developing Alzheimer's or dementia.

The benefits of improving your lung function seem relatively obvious: the ability to breathe easier, the chance to get back to the life you once had, an improved prognosis—the list goes on. Now, there is potential for improved lung function to also decrease the likelihood of developing a debilitating condition like dementia. As it stands, stem cell therapy may be the answer to slow down the progression of both lung disease and dementia.

If you or a loved one suffer from a chronic lung disease, the specialists at the Lung Institute may be able to help. You can contact the Lung Institute at 855-914-3212 or visit lunginstitute.com/health to find out if you qualify for these new treatments.



Annual Oral Exams Save Lives

By Dr. Alexander Gaukhman

It doesn't matter if you are the highest rated celebrity or the poorest man in the country. Oral cancer hits without warning, and if the disease is not caught early, death sentence is almost inevitable.

Estimations showed, that almost 8,000 are most likely to die from the disease, because they have been diagnosed in such a late stage of the disease when there is little that can be done from a clinical point of view.

"Comprehensive dental examinations that include a screening for oral cancer will save lives," says Dr. Alexander Gaukhman. "Screenings for oral cancer are a routine part of dental exams at our office."

The exam takes less than five minutes and involves a careful visual inspection of your lips, cheeks, gums, tongue and throat. The dentist will check for swelling or any changes in the color or texture of mouth tissues. The dentist will also feel the floor of the mouth, the tongue and areas beneath the jawbone to check for growths or other abnormalities.

Many kinds of mouth ulcers, minor injuries or sores can resemble an early state of cancer. But if what you think is a cold sore or an injury from biting your cheek doesn't heal in two weeks, have it examined by a dentist who can determine the next steps.

"Annual oral cancer screenings are one of the best methods we have to help control the rate of the disease," says Dr. Gaukhman. "It's a fast and painless exam that aims to discover any health issues while they're minor and easily treatable," he says.



Signs and Symptoms of Oral Cancer

Oral cancer can affect any area of the mouth, including the gums, tongue, cheeks, roof of the mouth, lips, and hard or soft palate. The tongue is the most common area to develop intra-oral cancer with the floor of the mouth close behind.



Individuals can look for the following signs & symptoms:

- White patches, mixed red & white patches and/or bright red smooth patches
- Sores on the face, neck, lips or mouth that haven't healed in two weeks
- Difficulty swallowing
- Swellings or lumps in your neck, lips or mouth
- Bleeding in your mouth
- Numbness, pain and/or loss of feeling in your face, neck or mouth
- Hoarseness that lasts for a long time

While self-examination is recommended, these signs & symptoms can be caused by many other conditions that are not cancer. But it is prudent to be cautious. There is no substitute for having annual examinations at your dental office. As stated above, early detection is the key to higher survival rates.

According to the Oral Cancer Foundation, oral cancers that are detected in their early stages offer a survival rate of 80 to 90 percent.

Risk factors for oral cancer include:

Tobacco—Almost 90% of individuals that develop oral cancer use tobacco in the form of cigarettes, cigars and pipes or as "snuff" [chewing tobacco]. The risk increases with the amount of tobacco taken and the longevity of the habit.

Excessive Alcohol Consumption—About 75-80% of all oral cancer patients drink a lot of alcoholic beverages. The combination of smoking and excessive alcohol is a combination that significantly increases a person's chance of developing oral cancer.

Exposure to Sunlight—Constant exposure to the ultraviolet light from the sun greatly increases the odds of developing cancer of the lip.

Age—The majority of people who are diagnosed with oral cancer are over 40 years old. The likelihood of developing oral cancer increases with age. Half of all patients with oral cancer are over 65.

Irritation—Chronic, long-term irritation of the soft tissue in the mouth causes sores and ulcers that may be precancerous. Poorly fitting dentures have been implicated as a risk factor for developing oral cancer. However, there have been research studies that have shown no difference between denture wearers and non-denture wearers in the incidence of oral cancer. There is some speculation that ill-fitting dentures tend to trap proven causative agents such as tobacco particles and alcohol residue against the gum tissue, thus increasing the chance of oral cancer developing.

Dentures can be stabilized so that rubbing against the gum tissue causing irritation can be minimized.

It is extremely important to understand that almost all types of oral cancers can be treated, but only if diagnosed early. In order to be able to catch the disease in its early stage, regular oral cancer screenings are of paramount importance. All it takes are five minutes of your time, for the dentist to have a look in your mouth for possible tissue changes. That's it.



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Knee Replacement Surgery Involves Incredible**AGONY****FDA Approved Supartz Treatment Has A Proven Success Rate For Avoiding Knee Replacement Surgery**

Osteoarthritis is one of the ten most disabling diseases in developed countries (WHO, 2012). It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis.

What Is Knee Replacement Surgery?

A total knee replacement surgery, is a medical procedure designed to replace weight-bearing surfaces of a knee joint. The surgeon cuts away bone, cartilage and ligaments of a diseased knee-joint, and replaces them with an artificial joint made of an alloy of cobalt, chrome or titanium, and a plastic compound called polyethylene. The entire surgery typically takes 2 to 3 hours without any complications. However, recovery from total knee replacement surgery is bound to take much longer.

What Are The Disadvantages Of Surgery?

- Lengthy recovery time with physical therapy, typically longer than 3 months
- Expensive Co-Pays and Deductible, an American with no health insurance can expect to pay \$45,000 – \$70,000 at a typical hospital.
- Long term effects, years after surgery. Many people have difficulties with stairs, kneeling and residual pain. In some cases, a second surgery is needed.

**What Are Supartz Injections?**

Supartz injections treat knee osteoarthritis. Hyaluronic Acid (Supartz) 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 Supartz is injected into the knee, it provides a replacement for diseased synovial fluid, which is primarily the cause of your pain. Supartz specifically targets the osteoarthritis in your knee. Unlike over the counter oral medications or non-steroidal anti-inflammatory drugs (NSAIDs) that affect all parts of your body.

When Will I Feel Results?

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

Will My Insurance Cover This Treatment?

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

It's about **MORE than **JUST** Knee Pain**

Knee replacement surgery is not a quick fix, and it is not without risks. Serious complications, such as blood clots and infections, can occur. In addition, the road to recovery can be difficult and time consuming, particularly with joint replacement surgery.

If you or a loved one are considering or scheduled for knee replacement surgery, all you have to do is call **(941) 467-1666** right now and ask for your **"RISK FREE Knee Pain Screening."** During this consultation you can get all of your questions answered in a warm and friendly environment. Once complete, you will know exactly what your treatment options are and if Supartz therapy and our specialized rehab program is right for you.

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Stop Overlooking Signs of Incontinence

Dr. Carl Klutke

Urinary incontinence is a common medical condition that affects over 40 million Americans, yet it often goes untreated or unrecognized. The reason for this trend is multifactorial, spanning from embarrassment to speak about this topic to dealing with more acute or morbid conditions that require focused attention.

Nevertheless, it is a treatable condition that frequently affects the quality of life of patients. Incontinence is classified as stress, urge, mixed and overflow.

In this article we will address some particular issues about urge incontinence.

Urinary urge incontinence (UUI) is defined as a sudden uncontrollable urge to urinate with or without frequent urination and associated leakage of urine. With urge incontinence, the bladder contracts and squeezes out urine involuntarily. Accidental urination can be triggered by:

- sudden change in position or activity
- hearing or touching running water
- drinking a small amount of liquid

Patients with overactive bladder symptoms, such as urinary urgency, frequency and nocturia, may have associated incontinence over 60% of the time. Though more common in women than men overall, after the age of 70 the prevalence in both sexes is about equal.

There are two bladder abnormalities that are associated to UUI: neurogenic overactivity and detrusor overactivity (DO).

Neurogenic bladder occurs when there is interruption in the normal nerve conduction from the brain or spinal cord above the sacrum to the bladder, and results in loss of bladder sensation and motor control. Conditions associated with neurogenic bladder include the following:

- Alzheimer's disease
- Multiple sclerosis
- Parkinson's disease
- Intervertebral disk disease
- Cerebrovascular events
- Diabetes
- Traumatic brain or upper spinal cord injury
- Brain or spinal cord tumors

DO can occur due to multiple conditions, and many times as a sequelae of others; frequently, it may be idiopathic. Dysfunctions of the detrusor muscle or nerve pathways are the culprits for the bladder over-activity. Conditions that can lead to DO include:

- Bladder polyps and tumors
- Urinary tract infections
- Bladder calculi
- Bladder outlet obstruction from BPH or stricture disease

Medications, such as diuretics, increase the urgency and frequency of urination in some people, especially the elderly and bedridden. Dosage modification may ameliorate the bothersome symptoms. Dietary habits may lead to significant voiding symptoms. Caffeine (e.g., in coffee, tea, chocolate), carbonated beverages, spicy foods and tomato-based foods can irritate the bladder and cause detrusor instability, resulting in urge incontinence. The treatment and management of urge incontinence includes nonsurgical and surgical modalities. An important factor, however, is identifying the potentially morbid or life-threatening conditions that may lead to incontinence, such as bladder cancer, recurrent UTI or neurogenic disorders.

Anticholinergics have been shown to be very effective in the treatment of both neurogenic and idiopathic cause of UUI. As a class, side effects include

confusion, dry mouth, constipation, dizziness, visual changes and urinary retention to name a few. Beyond medications there are simple yet effective treatments.

Advanced treatment modalities for refractory patients to conservative therapy and anticholinergics are available in the urologic armamentarium. Urological evaluation of these patients will most likely include a cystoscopy, urine cultures and urine cytology to rule out bladder pathology and bladder malignancies. As well, a detailed, computerized assessment study of bladder function called urodynamics may help the clinician in establishing the best treatment option.

Neuromodulation, either via sacral nerve pathways (Interstim) or peripheral nerve pathways (Urgent PC), have been shown to be very effective in the treatment of UUI in patients with refractory disease. These modalities are safe, FDA approved, minimally invasive and provide, through neural pathways, improvement in bladder function. Urgent PC is an outpatient, office-based, nonsurgical therapy that affects the sacral nerve plexus through retrograde pathways (posterior tibial nerve). Interstim utilizes the sacral nerve S3 to provide parasympathetic inhibition, thereby decreasing bladder over-activity. It is based on pacemaker technology, and effective in about 70% of refractory patients.

Injection of botulinum toxin (Botox) into the bladder muscle (intravesical injection) is an experimental treatment for refractory urge incontinence. This treatment has been shown to successfully reduce the instability that leads to urgency in both idiopathic and neurogenic patients.

Surgical urinary diversion is an invasive therapy used mostly for severe patients refractory to all other therapies.

Urinary incontinence is a common but overlooked problem. Urologic evaluation is warranted in refractory patients, or in patients in whom underlying bladder pathology or anatomic abnormalities, such as prolapsed, need to be addressed as well. Intervention beyond medications will significantly improve the quality of life of these patients.



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Hearing Care is Health Care Part 3

By Dr. Noël Crosby, Au.D.

Hearing loss is one of the most prevalent chronic conditions in the United States. It affects more than nine million Americans over the age of 65 and 10 million Americans age 45 to 64. It is unfortunate that about three out of five older Americans with hearing loss and six out of seven middle-aged Americans with hearing loss do not use hearing aids. **There can be severe consequences for untreated hearing loss!** Untreated hearing loss has serious emotional and social consequences for older persons. This is according to a major study by The National Council on the Aging (NCOA). The study was conducted by the Seniors Research Group. James Firman, EdD, president and CEO of The National Council on the Aging. The survey looked at 2,300 hearing impaired adults age 50 and older and found that those with untreated hearing loss were more likely to report anxiety, depression, social isolation and paranoia and were less likely to participate in organized social activities, compared to those who treat their hearing loss. Social isolation is a serious problem for many older adults, the study also examined social behavior and found that people who don't use hearing aids are considerably less likely to participate in social activities. Among those in this study with more severe hearing loss, 42 percent of the hearing aid users participate regularly in social activities compared to just 32 percent of non-users. The survey found that significantly more of the seniors with untreated hearing loss (those who do not wear hearing aids) reported feelings of sadness or depression that lasted two or more weeks during the previous years. Among those with more severe hearing loss, 30 percent of non-users of hearing aids

reported these sad feelings, compared to 22 percent of hearing aid users. Another measure of emotional distress is the perception that "other people get angry at me for no reason." Psychologists often identify this as an indication of paranoia. Older non hearing aid users were more likely to agree with the statement "people get angry with me usually for no reason" (14 percent of users vs. 23 percent of non-users). Among those with more severe hearing loss, the difference was even greater, 14 percent for users vs. 36 percent for non-users. Hearing aid users have reported significant improvements in many areas of their lives, including their relationships at home and a feeling of independence to their social life and their sex life. In almost every area measured, the families of hearing aid users also noticed that improvements were even more likely than those reported by the users of hearing aids.

Hearing loss may also be a risk factor for another huge public health problem: falls and their resulting injuries that generate billions in health care costs in the United States each year. To determine whether hearing loss and falling are connected, Frank Lin M.D., Ph.D. at Johns Hopkins, and his colleague Luigi Ferrucci, M.D., Ph.D., of the National Institute on Aging, used data from the 2001 to 2004 cycles of the National Health and Nutrition Examination Survey. This research program has periodically gathered health data from thousands of Americans since 1971. During those years, over 2000 participants ages 40 to 69 had their hearing tested and answered questions about whether they had fallen over the past year. Researchers also collected demographic information, including age, sex and race, and tested and measured participants' vestibular function, a measure of how well they kept their balance. Their findings are published in the *Archives of Internal Medicine*. The study found that people with a 25-decibel hearing loss (classified as mild) were nearly three times more likely to have a history of falling than those with no hearing loss. Every additional 10 decibels of hearing loss meant an increased 1.4-fold risk of falling. People with impaired hearing may not have good awareness of their overall environment, which makes them more likely to trip and fall, said

study author Dr. Frank Lin. It might also be that with hearing loss, the brain becomes overwhelmed by the demands on its limited resources, Lin suggested. Also, "gait and balance are things most people take for granted, but they are actually very cognitively demanding," Lin says. "If hearing loss imposes a cognitive load, there may be fewer cognitive resources to help with maintaining balance and gait."

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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.



3D Tomosynthesis Mammography: A New Era in Breast Imaging

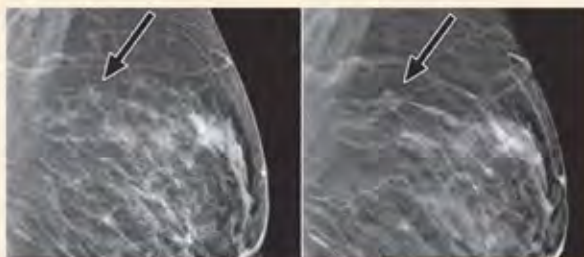


More than a decade has passed since the advent of the first digital mammograms, time enough for more than 70% of US mammographers to adopt this technology. Practitioners maintain that digital imaging makes it easier to see signs of cancer earlier. Even so, approximately 10% of women who are screened with full-field digital mammography are recalled for more tests, according to practitioner reports.

A new device, recently approved by the US Food and Drug Administration (FDA), may improve cancer detection while reducing the number of patient recalls. Hologic® tomosynthesis imaging is like no other breast-imaging platform on the market. It takes 15 successive images, each at a slightly different angle along an arc across the breast. The concept is simple: What is hidden behind fibroglandular tissue in one image might be visible in another if the angle is slightly different.

What is Breast Tomosynthesis?

Breast tomosynthesis is a breakthrough in mammography that provides a clearer, more accurate view compared to digital mammography alone.



Research on breast tomosynthesis in large populations consistently shows:

.....improved breast cancer detection rates, especially invasive cancers
.....a decrease in call backs, which may lessen anxiety for patients

A New Dimension in Breast Cancer Detection

Conventional digital mammography produces one image of overlapping tissue, making it difficult to detect cancers. Performed with digital mammography using the same scanner, breast tomosynthesis takes multiple images of the entire



breast. It allows our specialized breast radiologists to see through layers of tissue and examine areas of concern from all angles. Benefits can include:

- Earlier detection of small breast cancers that may be hidden during digital mammography
- Greater accuracy in pinpointing size, shape and location of abnormalities
- Fewer unnecessary biopsies or additional tests
- Greater likelihood of detecting multiple breast tumors, which occur in 15% of breast cancer patients
- Clearer images of dense breast tissue

Multiple studies have reported that the 3d mammography exam from the Hologic® system significantly increases breast cancer detection, with a more than 40% increase in the detection of invasive cancers.

At imaging centers across America, breast tomosynthesis plus digital mammography is becoming standard protocol for all screening mammograms. Advanced Imaging is proud to offer this safe and effective screening for women in our community.

Breast Cancer Screening by Specialists with an Emphasis on Safety

The Center for Women at Mass Advanced Imaging includes a team of specialized breast radiologists who are experts in detecting breast lesions through the use of computer-aided detection, mammography, and MRI.

Ensuring patient safety is our top priority. We pay special attention to minimizing radiation exposure while producing the highest quality image to answer the clinical question. As part of this commitment, we invest in the latest equipment to ensure that our fleet of scanners consistently delivers the lowest dose of radiation possible during an exam.

Breast cancer will affect an average of one in seven women sometime in their lifetime. It is the second most common cause of cancer related deaths in women, second only to lung cancer. Numerous studies prove that early detection is a vital component in the successful treatment of breast cancer.

For more information on the Hologic® 3D tomosynthesis mammography services available at Advanced Imaging, call 941-235-4646 today.

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What is Liquid BioCell™?

Liquid BioCell™ is a unique nutraceutical that provides a potent dose of collagen, hyaluronic acid, and chondroitin sulfate in a natural matrix that is clinically shown to replenish the vital components of joints and skin.

Liquid BioCell™ improves joint mobility and lubrication, reduces discomfort, promotes healthy cartilage and connective tissue, eliminates dryness without the use of topical moisturizers, increases skin's collagen content, hydration, and firmness and reduces the enzyme that can make your skin age.

We start to age on the day of our birth. As we age, the catabolic (breakdown) pathways go faster than the anabolic (buildup) pathways. The whole body is affected by years of living in an oxygen-rich environment with every day wear and tear on the cells of the body, from joints to bones, to muscle, to skin. We all age, but can it be done gracefully? When the joints start to ache, the skin begins to sag and wrinkle, and the fat moves around to places you never imagined, then a person seeks ways to slow down the aging process.

Liquid BioCell™ provides the building blocks that can speed the build-up processes and slow the degeneration and aging processes. For example, HA has been shown in research to block the degrading enzyme, hyaluronidase.



And it gets even better... Liquid BioCell™ reduces wrinkles from the inside-out without cosmetic injections.

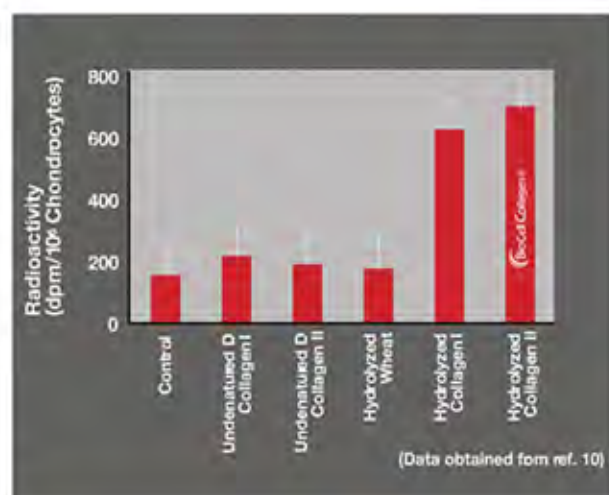
Clinical trials show that Liquid BioCell™ improves joint mobility, helps promote healthy cartilage and connective tissue, and promotes joint lubrication.



ACTIVE JOINTS AMAZING SKIN™

The nutraceutical breakthrough that's completely changing the way we age. Learn more.

www.healthyjointsandskin.com



Additional recent studies concluded that hydrolyzed collagen type II, which is a primary component of Liquid BioCell™, can directly stimulate collagen production, and promote healthy cartilage and connective tissue.

What happens as we age?

Every cell in our body undergoes changes with time. Subcutaneous fat and moisture decreases. Pigmentation declines and age spots start show up. Healing takes longer, elasticity of cells decreases, and circulation declines. The heart increases in size and the arteries stiffen. Strength, flexibility, and height decrease. The metabolism slows and it takes longer to recover from illnesses.



Changing the Way We Age

with
Lisa DeRosimo, M.D., M.S.
Diplomate of the American
Board of Family Medicine

Obviously, taking good care of the body can slow these processes. We are what we eat, so good quality food, appropriate exercise, and optimal supplements can benefit the body as we age.

Unfortunately, everyone will experience some of the changes associated with aging at some point. Liquid BioCell™ is an ideal recommendation for helping slow the aging process. It is a natural, clinically-tested, great tasting, highly absorbable source of collagen, hyaluronic acid, and chondroitin sulfate that has been shown to help restore skin and joint health.

In addition to its benefits for joint and skin health, Liquid BioCell Life™ contains 13 superfruits, and resveratrol in the equivalent of 8 bottles of red wine in a daily dose. The antioxidant and anti-inflammatory effects of this delicious delivery system add additional benefit to the product. Numerous studies have been done and continue to be conducted on the benefits of resveratrol. Resveratrol has been shown to have a preventive effect in obesity, cardiovascular health and brain health. Furthermore, it is a potent anti-inflammatory agent, which can counter the effects of unwanted chronic inflammation in the body. The superfruits give Liquid BioCell Life™ a delicious taste and provide additional anti-inflammatory benefit, as well as the ability to neutralize free radicals that are associated with aging and cell damage.

As a daily supplement, Liquid BioCell Life™ can provide a three way defense (collagen matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints.

Visible signs of aging and joint discomfort are a result of the progressive degeneration of connective tissue, where both collagen and hyaluronic acid (HA) are essential. Unlike anything else, Liquid BioCell™ offers a naturally occurring, patented matrix of Hydrolyzed Collagen Type II™, HA, and chondroitin sulfate and its patented Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb. It's been clinically shown to work! To view our clinical trial studies, visit our website at www.healthyjointsandskin.com.

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Collagen is the most abundant protein found in joint cartilage and the dermis of the skin. It provides the structural framework of your connective tissues to keep your skin firm and resilient and your joints active and fluid.

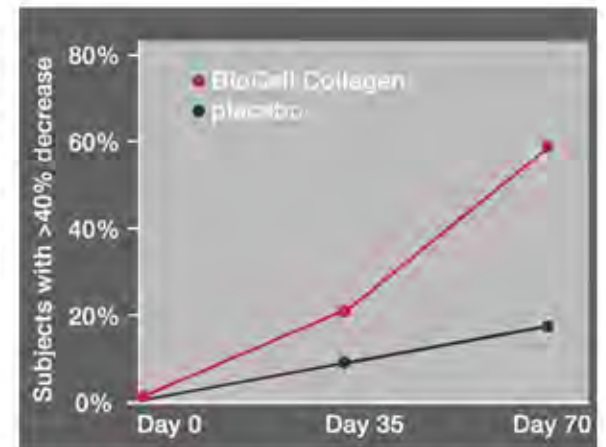
Chondroitin sulfate is a naturally occurring element of joint cartilage that gives it amazing shock absorbing properties.

Hyaluronic acid (HA) is a molecule that helps provide hydration for your skin, lubrication for your joints, and is the gel-like substance that holds your cells together.

Doubleblind Scientific Studies

In a 28 day human study for best absorption, it was shown that by drinking 4 OZ of Liquid BioCell™ daily, the results were a remarkable 6,000% increase of hyaluronic acid in the body. In an eight week human clinical trial, 90% of human subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant improvement in joint mobility.

A 10-week trial enrolling subjects at an advanced stage of joint discomfort showed that more than 70% experienced a significant reduction of stiffness and soreness, improving their daily activities.



Liquid BioCell™ is a new generation of "super ingredients" backed by numerous clinical trials and 7 US and international patents. It's the only nutraceutical on the market backed by clinical trials to support both joint and skin aging.

It's hard to argue with science, but it's even harder to argue with results



For more information about the age-defying Liquid BioCell™ products, call Neil & Barb Ellis at 239-822-1106 today.
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LIVING WITH CATARACTS

By Jonathan M. Frantz, MD, FACS

Many of us feel that our eyesight is the most precious of all of our senses. How beautiful is it to look into the eyes of a child, to see the sunrise or sunset in brilliant color. Watching plays, movies, TV or simply reading a book are all things we value greatly. When a cataract develops, it interferes with our ability to enjoy these things. Even more devastating, vision loss from cataracts or other causes can take away our independence, making it impossible to drive to work, the grocery store, or to visit a friend or family member.

Cataracts are a major cause of preventable blindness, and yet many people aren't sure what a cataract is or how it is treated. When surgery is needed, keep in mind that not all cataract surgeons possess the same skill, nor do they have the same success rate. Modern technology is critical to successful cataract surgery and lasers have superseded blades as the safest and preferred method for cataract surgery.

Technology, and surgeon skill are incredibly important factors in surgical outcomes. Think back to the technology that we had 20 years ago. I remember back then, my cell phone came with a suitcase to house all of the required electronics. Now, cell phones are compact and possess such great advances in capabilities. One would never think about going back to the technology of 20 years ago, when there was no Internet!

Yet, many surgeons continue to perform cataract surgery with the same old techniques and technology that is 20 years old. We now have the capability with skillful microsurgical techniques, lasers, advanced measuring devices and the latest technology in intraocular lenses to not just remove a cataract, but to do it in such a way as to minimize one's need for glasses. Our Cataract Refractive Suite incorporates the Bladeless Laser Cataract surgical technique into a system of highly advanced measuring and surgical planning devices such as VERION, ORA with VerifEye, along with the Centurion system that has the most advanced fluidics in the world to make cataract surgery even more safe.

Our commitment to you at Frantz EyeCare is to stay on the cutting edge of technology to provide you the best possible results with care and compassion. It is very gratifying to me that I can restore people's sight every day. It is a gift that has been given to me to be able to do these wonderful things and offer these revolutionary technologies to the people of Southwest Florida. We are honored by the trust and confidence that people have in us.

Eyesight is truly a precious commodity and there are more sunsets, and a life full of beautiful pictures and memories waiting. So, if you have been diagnosed or think you may have cataracts, call our office for a cataract evaluation to learn about the difference between traditional cataract surgery and Bladeless Laser Cataract Surgery, as well as the various intraocular lens options that are available to you. We also host informative seminars throughout the year. These are listed on our website at www.BetterVision.net where you can also schedule your appointment. You may also call our Punta Gorda office at 941.505.2020.

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



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Symptoms of stress can affect your health and you may not even realize why your health is declining. Oftentimes, many people make the mistake of blaming an underlying illness is the cause of decreased energy, a headache that just won't go away, or endless nights of sleeplessness. The truth is, most of the time, stress is actually the cause of these and many other health concerns.

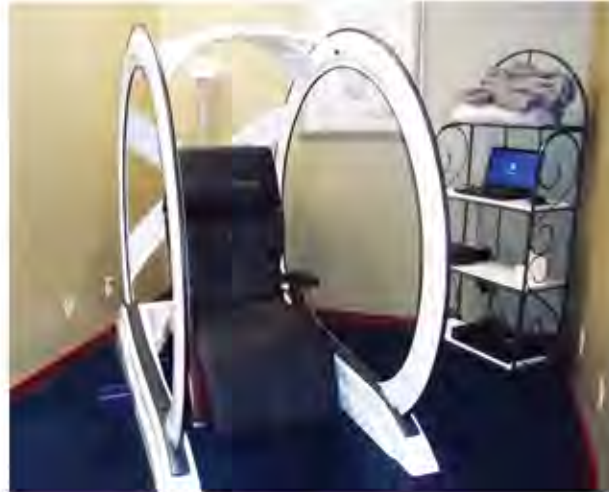
Stress silently creates symptoms that affect your body, your thoughts, your feelings, and even your behavior. Knowing the common stress symptoms and being able to recognize when you are displaying them allows you to better manage them. When stress is left untreated it can increase your chances of developing health problems such as obesity, diabetes, high blood pressure, and even heart disease.

Physical symptoms of stress often include headaches, muscle tension or pain, chest pain, fatigue, change in sex drive, upset stomach, and problems sleeping. In addition to these physical symptoms, stress can alter your mood by creating feelings of anxiety, restlessness, irritability, sadness or depression, lack of motivation, and inability to focus. Many people also develop changes in their behavior such as social withdrawal, tobacco use, drug or alcohol abuse, uncontrollable anger outbursts, or an increase or decrease in appetite.

Relaxation and Stress

If you, or some you love experiences symptoms of stress, it is important to manage your stress so that it doesn't lead to other, more serious health complications. Research has shown that strategies such as physical activity, relaxation techniques, meditation, yoga and tai chi, just to name a few, are great ways to manage stress.

Relaxation can reduce stress symptoms and help you enjoy a better quality of life. Relaxation isn't just about peace of mind or enjoying a hobby.



Relaxation is a process that decreases the effect of stress on your mind and body. Relaxation can help you cope with everyday stress and with stress related to various health problems, such as cancer and pain.

Whether your stress is spiraling out of control or you've already got it tamed, you can benefit from relaxing.

Magnetic Therapy Enhances Relaxation

Magneceutical™ Health has developed the Magnesphere™ system, a whole body immersion system that utilizes very precise, extremely low level electromagnetic fields (EMF) to "enhance feelings of relaxation." This technology involves no drugs, no surgery, and no pain.



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Magnesphere™ relaxation sessions do not require anesthesia or sedation, so patients can remain awake, but they may be so relaxed they end up napping during the session. Multiple sessions are suggested in the first two weeks and follow up schedules are developed based upon the your body's response.

How the Magnesphere Works

The technology is based on the principle that different tissue types respond to different magnetic fields, nerves different than bone different than muscle, tendon, ligament, and so on. Treatment sessions last 1hr and will immerse your body in a very precise, uniform magnetic field that will change approximately 5 to 15 times during the hour. Each magnetic field will be addressing a different tissue thought to play a role in your problem.

Promoted by internationally respected doctors and used by celebrities and athletes, the Magnesphere allows your body to naturally make relaxing easier. By sitting within the magnetic field, this device uses whole body immersion instead of directing the magnetic field to just one area of the body, enabling your to reap the full benefits relaxation has on your whole body health.

Relaxation is important in that it can positively impact the symptoms of the chronic stress and anxiety that is part of our modern lives. This may lead to improvement in many areas of health and wellness, such as tension, stiffness, pain, sleep, digestion, and energy levels. Please consult with your healthcare provider to determine whether our Relaxation Device may be appropriate for you.

If you have any questions or would simply like to learn more about the possible benefits of Magnesphere sessions, call 239-440-1325 today!



Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

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



Lymphedema and Chronic Venous Insufficiency

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

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

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



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

Treatment

A widely recognized and highly effective treatment is using a compression pump. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. The compression pump is a gentle massaging technique that compresses in a rhythmic cycle, similar to that of a normally functioning lymphatic system that has



not been damaged. This is a great treatment option for patients who have tried compression stocking, elevation, diuretics, or massage with little or no relief. This is a safe and effective way to assist your body's circulatory system in moving the excess fluid which has accumulated in the limb and can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility.

This is where choosing a physician experienced in recognizing and treating Lymphedema or CVI is critical. Some good questions to ask your physician include:

- Does my family have a history of swelling (Hereditary Lymphedema)?
- Stemmer's sign present?
- Pitting (push your finger into your skin and count how long it takes to return) or skin hardening?
- Hemosiderin staining (port wine skin stains or "red socks") appear from the ankles down
- Traumatic injury or surgery potentially damaging Lymph nodes (Hip replacements, etc)?
- Radiation to Lymph areas?

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

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

ACUTE WOUND CARE

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

239-949-4412

and speak with a specialist.

Dangers in the Home



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

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

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

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

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

While these are all hazards, being alone is the greatest danger of all. If any of these accidents were to happen, the senior would not have anyone there to help him or her. Recently, a former paramedic relayed an incident in which

his crew had found a senior in her home that had been lying on the floor for three days. She had no way to contact anyone for help. Living in a residence that was staffed by trained professionals would have made all the difference. Situations like this occur more often than most of us are aware. To avoid these risks, and any concerns about safety, it may be time to consider a change in living arrangements.

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

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

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

www.abanyanresidence.com

A Banyan Residence has the following features to do so:

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



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Mysterious Aches and Pains? Our Smart Phones May Be the Culprit

By Jodi Gootkin, PT, MEd, Director of Broward College Physical Therapist Assistant Program offered at Florida SouthWestern State College

It may not be surprising to learn that more than two thirds of Americans own a Smart Phone and for 10% of us it is our only access point to the internet.¹ Personal electronics have transitioned from simple mobile telephones to our lifeline for communication via text and email, entertainment, gaming, and connection to the vast internet world. What is interesting is that many individuals are finding that their devices may also be the source of some daily aches and pains they are experiencing. The physical shift from sitting upright in ergonomic chairs at desktop computers on full sized keyboards and screens to slouching on couches or wandering down hallways viewing tiny screens using our thumbs is taking a toll on our bodies.

Our bones and muscles are designed to function best when we are in an erect posture with our heads centered over our shoulders and a gentle c-shape curve in the back of our necks. The human head weighs ten to twelve pounds. When we bend our neck forward just slightly, even a minor fifteen degrees or an inch, that weight doubles. The weight continues to increase exponentially the further we bend forward reaching up to 60 pounds.²

Now, consider the typical texting positioning: slumped in a seat or standing with the phone at waist height and the head looking down. Both of these postures cause the head to shift forward, and we lose our natural alignment. This places increased stress on the muscles working to support the head against the pull of gravity.

The muscles in the back of the neck and upper trapezius of the shoulder are vulnerable to overwork in this position. Forced to contract for prolonged periods of time; they will enter into a pain-spasm cycle. Much like pinching a straw, the force of the muscle contraction on the blood vessels in that area restricts oxygen and nutrient supply to the contracting muscle. The body reacts by triggering pain receptors in that region to initiate a protective response. If the aggravating activity is not eliminated, this cycle continues resulting in pain, limited motion, and weakness.

Have you ever tried resting your arms on the edge of a chair or desk thinking this will bring the phone closer to your field of vision and take the pressure off your neck and shoulders? You may have traded one problem for another as your ring and pinky fingers begin to tingle. No worries, this brief episode would



not have caused long term damage and was likely relieved with changing your arm position. However, Cubital Tunnel Syndrome can develop from prolonged pressure over the ulnar nerve which sits on the inside of your elbow. Often referred to as the funny bone, if the nerve compression persists, then pain, numbness, or weakness can occur in the hand.

From toddlers to teens to grandparents, our love of scrolling, swiping, and texting may not be the only thing we have in common. The 18 - 24 year olds send and receive an average of 3,853 texts a

month, while their parents are averaging over a thousand, and grandparents are texting 500 times.³ This can create pain at the base of the thumb near the wrist. Inflammation of the tendons that control the thumb movements, called De Quervain's Tenosynovitis, develops in reaction to the repetitive light typing motion. The irritation results in tenderness

or pain with thumb and wrist motions as well as difficulty pinching or grasping with the thumb or hand. Over time, prolonged awkward postures and repetitive motions from Smart Phone use can contribute to the development of musculoskeletal conditions. To minimize your risk, incorporate these strategies:

- Maintain erect posture by tucking your chin back (like a turtle retracting back into its shell)
- Avoid bending your neck down and rounding your shoulders forward
- Bring the device up to eye level with your shoulders relaxed down
- Utilize two hands when holding your device
- Do not lean your elbows on hard surfaces
- Alternate hands to navigate the device
- Reduce your keystrokes by using predictive text, autocomplete, and voice to text features

Consulting a physical therapist can identify the origin of your discomfort, provide advice on posture, and suggest specific exercises to aid in improving your symptoms. After an evaluation by a local physical therapist, you may find you are receiving education, exercises, and stretches from alumni of the Broward College Physical Therapist Assistant Program offered at Florida SouthWestern State College!

1 Pew Research Center. US Smartphone Use in 2015. Retrieved September 7, 2015 from <http://www.pewinternet.org/2015/04/01/us-smartphone-use-in-2015/>
2 Hansraj, K. Assessment of Stresses in the Cervical Spine Caused by Posture and Position of the Head. Retrieved September 7, 2015 from <https://cbsminnesota.files.wordpress.com/2014/11/spine-study.pdf>
3 Experian. The 2013 Digital Marketer Report. Retrieved September 7, 2015 from <http://www.experian.com/marketing-services/2013-digital-marketer-report.html>

Important Dates at Florida SouthWestern State College

FSW Open House

(Fort Myers Campus Only)

October 22, 2015 | 3pm-6pm

Veteran's Day

November 11, 2015

College Closed

Thanksgiving Holiday

November 26-29, 2015

College Closed

Priority Application Deadline

for Spring 2016 Admissions

December 4, 2015

Winter Break

December 21, 2015 – January 3, 2016

College Closed

Final Application Deadline

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HEALING THERAPY

How Does Therapy Help?

Psychotherapy, commonly referred to simply as therapy, helps people understand the behaviors, emotions, and ideas that contribute to his or her illness and learning how to modify them. Talking with a therapist can also help identify the life problems or events - like a major illness, a death in the family, a loss of a job, or a divorce - that contribute to their illness and help them understand which aspects of those problems they may be able to solve or improve. By taking advantage of the services therapy provides, individuals are able to regain a sense of control and pleasure in life and learn coping techniques and problem-solving skills.

Approaches to Therapy

While therapy can be done in different formats -- like family, group, and individual -- there are also several different approaches that mental health professionals can take to provide therapy. After talking with the patient about their disorder, the therapist will decide which approach to use based on the suspected underlying factors contributing to the condition.

Psychodynamic Therapy

Psychodynamic therapy is based on the assumption that a person is having emotional problems because of unresolved, generally unconscious conflicts, often stemming from childhood. The goal of this type of therapy is for the patient to understand and cope better with these feelings by talking about the experiences. Psychodynamic therapy is administered over a period of at least several months, although it can last longer, even years.

Interpersonal Therapy

Interpersonal therapy focuses on the behaviors and interactions a patient has with family and friends. The primary goal of this therapy is to improve communication skills and increase self-esteem during a short period of time. It usually lasts three to four months and works well for depression caused by mourning, relationship conflicts, major life events, and social isolation.

Cognitive-Behavioral Therapy

Cognitive-behavioral therapy helps people with mental illness to identify and change inaccurate perceptions that they may have of themselves and the world

around them. The therapist helps the patient establish new ways of thinking by directing attention to both the "wrong" and "right" assumptions they make about themselves and others.

Tips for Getting the Most from Therapy

Therapy works best when you attend all scheduled appointments. The effectiveness of therapy depends on your active participation. It requires time, effort, and regularity.

As you begin therapy, establish some goals with your therapist. Then spend time periodically reviewing your progress with your therapist. If you don't like the therapist's approach or if you don't think the therapist is helping you, talk to him or her about it and seek a second opinion if both agree, but don't discontinue therapy abruptly.

Remember, therapy involves evaluating your thoughts and behaviors, identifying stresses that contribute to your condition, and working to modify both. People who actively participate in therapy recover more quickly and have fewer relapses.

Also, keep in mind, therapy is treatment that addresses specific causes of mental illness; it is not a "quick fix." It takes longer to begin to work than medication, but there is evidence to suggest that its effects last longer. Medication may be needed immediately in cases of severe mental illness, but the combination of therapy and medicine is very effective.

My goal as a therapist is to help individuals and families through honest counseling and therapy skills. With this knowledge individuals will be able to gain coping skills to resolve their problems and increase their potential and satisfaction in life.

Brenda Gonzalez, LCSW, MT

941-613-1356

Licensed Clinical Social Worker, Lic #8837



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Healing Therapy

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- Abuse / Trauma
- Depression and Anxiety
- Adjustment Disorders
- Post Traumatic Stress Disorder
- Panic Disorders
- Mood Disorders

I accept Medicare, and commercial insurances.
I am a bilingual therapist (Spanish and English)

Licensed Clinical Social Worker, Lic #8837

Defeat Gum Disease

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

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

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

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



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

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

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

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

Benefits of LANAP™

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

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

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

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

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

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

Dr. Joseph Farag - Port Charlotte Dentalcare

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AGING IN PLACE – SAFETY MODIFICATIONS TO YOUR HOME

A term or concept that is becoming more and more popular these days is "aging in place" - being able to stay in one's homes as one grows older. Most likely the aging of a large group of baby boomers has a lot to do with this.

More and more people are concerned about their ability to live comfortably in their homes as they age. In fact, even while they are physically able to maneuver well in their bathrooms and handle their stairs efficiently, they are beginning to plan ahead for days when they may not be able to do so.

Safety in the Bathroom

A Home Safety Council survey revealed that homeowners consider the bathroom the second most dangerous room in the house? Bathroom remodeling for aging in place can help increase safety in the bathroom, and make the bathroom space more usable and comfortable. As for safety, falls are the greatest risk for seniors, so making changes to help prevent them in the bathroom is important.

Walk-in bathtubs and barrier free showers alleviate many of the problems where safety and accessibility are a concern, thus giving people a better chance to age safely and comfortably in their homes.



Healing Benefits of a Walk-in Tub

- Calms high blood pressure
- Eases muscle tension and back pain
- Moisturizes skin conditions like rashes, psoriasis, and eczema
- Reduces inflammation of varicose veins, hemorrhoids, and tendonitis
- Soothes carpal tunnel syndrome & fibromyalgia
- Recommended for rehabilitation from accidents, traumas, and strokes
- Relieves sinus pressure, dry throats, and asthma
- Helps detoxify the body and stimulates the lymphatic system
- Aids digestive problems
- Improves sleep quality and remedies insomnia
- Helps lift depression and anxiety
- Reduces stress, aiding weight loss & immunity

Benefit From Peace of Mind

For those who experience difficulty using a normal bathtub, and who dread slippery shower floors and impossible glass doors, a bliss walk-in therapy tub can be the answer. In addition to the safety benefits, a warm bath brings relaxation, renewed energy and relief from discomfort.

Cardio Benefits

A recent Mayo Clinic study found that soaking in a warm bath increases heart rate while lowering blood pressure. This means you can get some of the health benefits of exercise, but with less strain on your heart. According to the study, warm water immersion can protect the heart from arrhythmias and improve the strength of the heart muscle.

Benefits for Arthritis

According to an Arthritis Foundation publication, warm water therapy offers a gentle setting for exercising your joints. A walk-in tub can help restore strength and delay further damage to sensitive joints.

Back, Hips, and Knees

Warm water therapy and hydro massage are renowned for treating muscles aches, tension and stress. Our massage spa therapy will soothe sore muscle and increase blood flow while the weightlessness of buoyancy allows the body to focus on repair.

Sleep Benefits

Soaking in a warm bath can help easy sleeping disorders, offering you a rich full night's sleep. Unlike over-the-counter remedies, a walk-in tub lets the body naturally prepare for deep sleep, leaving you refreshed and energized the next morning.

Benefits for the Skin

The strategically placed air jets are designed to gently caress and exfoliate the skin. You will enjoy the refreshing sensation of a full body scrub with Bliss air jet therapy that gives your skin a breath of fresh air by opening the pores, helping to give you a radiant complexion.

Aroma & Chroma Therapy

The benefits of aromatherapy are both simple and profound. Our sense of smell is one of the strongest forms of memory and stress relief, so only a tiny drop of fragrance can stimulate the mind and reinforce the body's natural defenses. Research has revealed that light, natural or artificial, can aid mood and circadian rhythm imbalance, lifting depression. Both options can easily be included in your Bliss Walk-in Bathtub.

Whether you're remodeling due to a disability or just planning for the future, keeping safety and accessibility in mind are always necessary. Your safety is our first concern when analyzing home modifications for aging in place. At Curtis Allen Designs, we are fully qualified to help you regain your independence at home.

AGING IN PLACE

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ARE YOUR IRA'S EXEMPT FROM CREDITORS – MAYBE AND MAYBE NOT

By James W. Mallonee

The Florida Legislature created Florida's statute Chapter 222 which lists a variety of exemptions from creditor claims. One of those exemptions is to protect individuals IRA's under a plan that qualified for 401(a), s. 403(a), s. 403(b), s. 408, s. 408A, s. 409, s. 414, s. 457(b), or s. 501(a) status under Federal code. Generally speaking, almost every IRA falls into one of these classifications.

Chapter 222, of the Florida Statutes contains language that exempts claims from creditors against a person's IRA. The statute states in pertinent part that any money or other assets payable to an owner or a beneficiary from a fund or account is exempt from all claims of creditors of the owner or beneficiary of such IRA. The funds or accounts that the legislature listed are those recognized under 401(a), s. 403(a), s. 403(b), s. 408, s. 408A, s. 409, s. 414, s. 457(b), or s. 501(a) of the Federal code. However, Florida case law held that "inherited IRA's" are subject to claims of creditors. The Court stated that the exemption from creditors pertained only to the original IRA owned by the person who funded it or those IRA's that are not inherited (e.g. rolled over to a surviving spouse).

The Court identified an "inherited IRA" as liquid assets that a beneficiary may access at any time without penalty and that the beneficiary must take as income without regard to retirement needs. In essence, the Court reasoned that IRA's are for the preservation and benefit of its owner and spouse's assets at retirement.

The case that has raised the loss of the creditor claim exemption involving an inherited IRA is known as the "Robertson" case. The Robertson ruling could have had far reaching implications to those persons who prepare their estate such that the funds being passed to their beneficiaries will be exempt from the children's creditor's claims. The Court did infer in the Robertson ruling that if the IRA was eligible to be rolled over, that its creditor exemption would continue. Generally speaking



IRA's can only be rolled over to surviving spouses or when a person moves his pension out of a company to a personal IRA account. However, the surviving children of an IRA owner generally do not have the luxury of rolling an IRA account over which exposes it to creditors under the Robertson ruling.

The circumstances that created the Court's ruling in the Robertson case arose following the death of the beneficiary's father. The bank, where the IRA was held, gave the beneficiary two options: 1)

transfer the IRA account into an inherited IRA which required the beneficiary to accept minimum distributions as well as discretionary distributions without penalty; or, 2) accept distributions pursuant to the five year death rule which would require the beneficiary to exhaust the IRA funds by taking discretionary payouts over 5 years. Mr. Robertson elected to take the inherited IRA option. The Court interpreted this election as the placement funds from the decedent's IRA into a separate account for the beneficiary.

The Court commented in explaining its position that when the owner of an IRA passes, his or her IRA becomes the property of the non-roll over beneficiary and no longer qualifies for the same exemption from taxation. The Court concluded that it no longer is an IRA in terms of taxation or penalty for early withdrawal. Unfortunately, the Court did not analyze whether selecting the 5 year death rule would have also made the decedent's IRA eligible for garnishment by a suing creditor. The analysis fell squarely on the selection made by Mr. Robertson.

A solution to this problem that many people employed was to have a testamentary or simple trust prepared that would take effect following the death of an IRA owner. The thought was that a testamentary or simple trust would avoid the need for protection under Chapter 222, Florida Statutes. Utilizing this technique, the funds from the IRA would pass to a separate trust (via a conduit or accumulator trust) that contains a spendthrift clause protecting the accumulated funds due a beneficiary from his or her creditors. However, this strategy is not fool proof and the owner of an IRA must be careful about how the beneficiary of their IRA is named. If it names a trust with nothing more, the entire IRA may be subject to immediate taxation.

Fortunately, the legislature changed the wording of the IRA section of Chapter 222, Florida Statutes. The revised language clearly states that any money or other assets payable to an owner, a participant, or a beneficiary from, or any interest



of any owner, participant, or beneficiary in, a fund or account is exempt from all claims of creditors of the owner, beneficiary, or participant if the fund or account is in substantial compliance with the applicable requirements for tax exemption under s. 401(a), s. 403(a), s. 403(b), s. 408, s. 408A, s. 409, s. 414, s. 457(b), or s. 501(a) of the Internal Revenue Code of 1986, as amended. Thanks to Florida's legislature and their updating the IRA section, you can breathe a lot easier

You would be well served to have your IRA verified as to who the named beneficiaries are to ensure it is not exposed to creditors and immediate taxation following your death. Pay a visit to an attorney and ask the question of whether your IRA is exposed to creditor and immediate taxation following your death. Your attorney can discuss with you a plan to ensure that your hard earned deferred tax savings will not be exposed to creditors or immediate taxation. Your children or spouse will thank you for it.

About the Author:

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

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

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PHYSICAL THERAPY: YOUR KEY TO WELLNESS!

By Joseph Kandel, M.D.

Having practiced in southwest Florida for more than 20 years as a Board Certified Neurologist, one thing is certain in health care: getting people moving and keeping them active is the key to health care. But there are so many illnesses and injuries that can prevent people from being active; from simple sprains and strains of ligaments and muscles, to arthritis and back pain, and to medical problems such as neurologic conditions, heart, or lung disease. Physical therapy can be the key that can unlock your health!

Physical Therapists are professionals that offer cost effective care that can reduce pain, increase function and mobility, and hopefully decrease or eliminate the need for medications, injections, and at times, even surgery.

Movement is essential for all of us. It helps to reduce obesity and improve metabolism. It is also essential for focus and attention; movement helps decrease depression and improve mood and energy.

Movement also plays a role in maintaining your balance system and independence. By simply walking every day you can reduce your chance of a stroke or heart attack. Physical therapy can also play an integral role in treating many common conditions such as low back pain, neck pain, knee and shoulder joint dysfunction. For example, in many cases surgery can be avoided and medication usage can be significantly reduced with the role of focused physical therapy. This can lower the cost of health care, as well as the side effects of narcotic and anti inflammatory medications (nausea, constipation, lethargy, confusion to name a few!).

Possibly one of the most important aspects of physical therapy is that it lets the patient play a key role in their health and recovery. Having a patient centered plan that is designed and created just for you can be empowering and can be essential in eliminating any roadblocks to recovery.

So what is a physical therapist, and what can they do?

Physical therapists are smart folks; they have completed a college education program and have a graduate degree, either a Master's or clinical doctorate. They must graduate from an accredited program, and then must pass a national licensure examination. With their extensive knowledge they are an integral component in the health care team, helping to diagnose and examine patients and outlining a treatment plan to limit or eliminate conditions that effect a patient's ability to move and function.

A physical therapist often works in tandem with a physical therapy assistant (PTA), another licensed and experienced specialist who works directly under the supervision of the physical therapist. This team approach is extremely effective. Working together, they will devise and outline a treatment plan. This may include modalities such as heat, ice, ultrasound, electric stimulation, and massage. Also, components of care may be therapeutic exercise, functional training, gait and balance intervention, and proper body mechanics. They may create a home exercise program and in many cases may provide a spinal reconditioning and rehabilitation program.

Common Myths about Physical Therapy

1. Physical Therapy is going to hurt. A study shows that 71% of people that have not had therapy believe this.

FACT: The reality is that if you are seeing a therapist you already hurt. Or have a joint that isn't working well. Or have spine pain. Or have some bodily limitation. The goal of the therapist is to limit pain and improve function.

2. You should only have physical therapy if you have had an accident or are injured.

FACT: Therapists are expertly trained to evaluate and correct problems before they become serious. They can diagnose and manage disorders including carpal tunnel syndrome, neck and low back pain, headaches, and shoulder problems, just to name a few. AND, they can also treat and strengthen muscles and tendons and ligaments after an injury or trauma.

3. Physical Therapy is not covered by insurance.

FACT: Therapy is almost always covered by insurance. Sometimes there are insurance limits and this has to be checked with each policy. However, therapy can often be extremely cost-effective; it can reduce the need for medications, it can reduce the need for imaging and surgery. It may also be effective in reducing falls, thereby reducing additional injuries.

4. Surgery is necessary, and it is my only option.

FACT: Physical Therapy can often be as effective as surgery when treating a number of specific conditions. This can include spinal conditions and degenerative disc disease, rotator cuff shoulder injuries, and even meniscal tears in the knee.

5. I can do physical therapy myself, I don't need a licensed therapist.

FACT: While it is true that the patient has to do the exercises, it is only possible to reach your maximum potential for recovery with an expert, individualized treatment plan.

As this is National Physical Therapy Month, I want to take this opportunity to thank my expert Physical Therapy, Physical Therapy Assistant, and Occupational Therapy team for their dedication and care for all of our patients. At Neurology Office, Joseph Kandel, M.D. and Associates, health care is a team approach. We value our patients and the chance to participate in your health care needs!

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Spiritual Wellness

If My Life Was But A Single Day

By Alex Anderson

Mayflies

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

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

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

My Perfect Day

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

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

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



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

Or, maybe my "perfect day?"

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

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

My Hallucination

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

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

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

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

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

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