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

December 2015

Charlotte/South Sarasota Edition - Monthly

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# THE FRACTURE THAT MAY CAUSE YOU STRESS!

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

**Y**ou may have heard the term stress fracture, but just what is it and how does one get it? A stress fracture is exactly what it states it is, a fracture of the bone caused by “stress” to the bone. It is a “microfracture” of the bone, similar to a crack in the concrete of your driveway. It occurs due to several causes, but most of the time due to the muscles that support the body become overly fatigued and the stress transfers to the bone, sometimes resulting in a fracture.

The people who get this fracture are people who either do repetitive exercises, (people who constantly are running, or doing consistent exercises that over-exert the muscles) or people who have problems with bone quality or density, due to medical problems, poor nutrition, or osteoporosis. The muscles are not strong enough and the bone fractures. As you can imagine, these stress fractures rarely involve upper extremities, since we don't put pressure on these bones on a consistent basis. These fractures almost always involve the tibia (shinbone) or one of the many bones of the foot, many times involving a metatarsal bone.

Women are much more likely to suffer these, since estrogen, which helps support bones, tends to decrease as women age. Long distance runners, tri-athletes are very susceptible to these fractures, **BUT**, many “snow-birds” will suffer from these when they first come down to Florida, since they will start a strong exercise program without properly building up the supportive muscles.

The symptoms of stress fractures are relatively simple: PAIN. This pain will increase as you continue putting pressure and stress on the affected bone, and will subside when the bone can rest.

The first thing in proper diagnosis is to see the proper specialist who can give a correct diagnosis. Since the bones associated with stress fractures involve mainly the foot and ankle, then a foot and ankle specialist, with

orthopedic experience is the proper medical person to see. He will order the proper tests, to diagnose the stress fracture. Most normal X-Rays will NOT show any fracture, and a person may be misdiagnosed because of this. Special tests such as bone scans and MRI's can make the proper diagnosis.

When you see your orthopedic foot and ankle specialist, he will order the proper tests and will make the diagnosis of a stress fracture. He will rest your leg by placing it into a walking boot to give it the chance to heal. The most important thing to remember during this time of rest is that you **MUST** give it enough time for the fracture to heal. Several weeks of rest may be necessary. If you start to use the bone too early, the fracture may not have totally healed and another stress fracture may result. Therefore, care must be given to properly let the stress fracture mend. All patients must remember that the **BONE IS FRACTURED**. Give it time to heal.

Anytime that a lower extremity has been consistently painful over a period of time, the diagnosis of stress fracture cannot be ruled out. You should seek your orthopedic foot and ankle specialist. I am the only fellowship trained orthopaedic foot and ankle specialist, with clinical experience of over 12 years in the Naples area. I believe my combination of extensive education and clinical experience along with willingness to use new techniques in a state-of-the-art office allows me to give the best possible care to **ALL** your foot and ankle needs. I know that I can give you the orthopaedic foot and ankle distinction.



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# 'Tis Always the Season of Giving

By Dr. Alexander Gaukhman

## Dentist encourages others to volunteer and donate throughout the entire year.

**L**ocal dentist harnesses the spirit of giving all year long by volunteering his time and services to help those in our own community and those in other countries. The holiday season is a great time to consider donating to, or volunteering with, local organizations. However, as Dr. Gaukhman explains, "There is no wrong time to help others. Oftentimes many people only consider making donations or volunteering during the holidays, but in actuality help is needed all year long."

**Volunteers are vital to the year-round success of local charity organizations and the people they serve.**

Local charity organizations need volunteers through the year, not just during the holiday season.

Our community benefits from volunteer contributions, the monies and services they provide helps individuals, families and the community to address local needs and problems. Greater enthusiasm and rapport develops when volunteers share their enthusiasm for the work they are doing and the organization they are affiliated with. When you volunteer, it often creates a ripple effect, as you encourage others to become involved as well

There are many ways to volunteer within our local community. Depending on your circumstances and your experiences, you can donate your time, monies, or talents to fulfill an organization's mission of helping those in need.

Along with other medical and dental professionals, Dr. Gaukhman volunteers his time and services to Genesis in Venice. By doing so, community members receive dental and medical care that they otherwise would not be able to obtain.



Volunteers, like Dr. Gaukhman generate enthusiasm and raise interest in colleagues and others throughout the community to get involved. Volunteers extend and augment the work of the staff at the organization, enabling them to help more people.

The individual volunteer benefits by having the opportunity to pursue an interest and consequently gain new information, develop new skills, or enhance existing knowledge. Volunteers form leadership and social skills as they interact with staff, clients and other volunteers. "Volunteering allows us to develop personal pride and satisfaction as we help others in ways that we are able, be that with time, money, or services."

#### **Mission trips are beneficial to recipients and those volunteering.**

Dr. Gaukhman is fortunate enough to have taken three different mission trips abroad. His volunteer work has given him the opportunity to serve people in India, Haiti, and Russia. When given the opportunity to participate in such meaningful trips, Dr. Gaukhman believes that the benefits are two-fold. It goes without saying that the people receiving the services are provided things they would otherwise not have access to, but sometimes even more meaningful is what the person volunteering receives in return.

There are various types of mission trips. When considering which one to participate in, determine how your personal and professional experience would best meet the goals of the mission. No matter which mission trip you choose, Dr. Gaukhman encourages others to cease the opportunity, if it arises, because it provides you with immeasurable experience, including:

#### **A better understanding of what it is like in other countries.**

You realize that other countries and cultures are different. That other people have different ways of



looking at life and doing things. Your thinking will expand to consider other ways of doing things, which you never have before.

#### **A better understanding of people and their universal needs.**

You find out that people, though they may look different, are the same all over the world. They have the same needs, feelings, hopes, and desires -- they are human just like you are.

#### **A greater appreciation for what you have at home.**

Most people will have a more thankful attitude, and less desire to complain about their life, after a mission trip.

Most of us have felt sorry for ourselves over insignificant things. We are more apt to realize this after seeing what people in other places face.

#### **More oriented to outreach when you return home, because of doing it there.**

People are usually more inhibited around those they know. When they travel to a distant place where no one knows them, they can more easily overcome those inhibitions. Once you realize you can serve and help other people, it is easier to continue doing it when you return home.

#### **A greater vision for missions.**

When you see the need first-hand, people there are not just statistics, but real people you know and care about. Therefore, you are much more likely to give your best to everyone you meet.

Dr. Gaukhman challenges others, not only in the dentistry field, to participate in a mission trip if the opportunity presents itself. "You will forever be changed and very thankful you did."

#### **Providing for those less fortunate during the holidays.**

During the holiday season, there are many ways to help those in need. Providing food items for a family

dinner, donating money to help local charities that offer services, or volunteering time to deliver meals and or gifts to families in need are just a few of the ways you can help others this time of year.

Dr. Gaukhman and his office choose to work with local school administrators to select a family that could benefit from assistance with the holidays. "By adopting a family in need and fulfilling their holiday wish list, we make their days brighter and lift the financial burdens of the season," says Dr. Gaukhman.

"What wonderful gifts we all possess. Our trivial complaints pale in comparison to the hardships endured by so many others. Eliminating pain or providing basic needs for even just a few transports us to another reality. How lucky we are to be able to give back during the holiday season and all throughout the year."

As Dr. Gaukhman illustrates, the opportunities to help others are always present, you just have to be willing to make the effort when the need arises. Sharing from his experiences, Dr. Gaukhman challenges readers to help others this holiday season and far into the New Year!



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# Where's the Nearest Restroom?

Dr. Carl Klutke

**M**any people don't realize how common urinary incontinence (UI) and overactive bladder (OAB) are. In fact, these two conditions are among the top 10 chronic conditions effecting American women. For millions of Americans, incontinence is not just a medical problem. It is a problem that also affects emotional, psychological and social well-being. Many people are afraid to participate in normal daily activities that might take them too far from a toilet. Unfortunately, many of those with UI or OAB suffer in silence unnecessarily, and choose not to participate in various activities which ultimately prevents them from living the life they want to lead. Incontinence issues oftentimes leave sufferers feeling embarrassed and many are under the false presumption that these conditions are a natural part of the aging process and that there is no effective treatment available. When in fact, incontinence is successfully managed and treated in nearly everyone who seeks help. The following information should help you discuss this condition and what treatments are available to you with your urologist

Incontinence occurs because of problems with muscles and nerves that help to hold or release urine. The body stores urine – water and wastes removed by the kidneys – in the bladder, a balloon-like organ. The bladder connects to the urethra, the tube through which urine leaves the body. Some people may lose a few drops of urine while running or coughing. Others may feel a strong, sudden urge to urinate just before losing a large amount of urine; many experience both symptoms.



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Women experience UI twice as often as men. Pregnancy and childbirth, menopause, and the structure of the female urinary tract account for this difference. But both women and men can become incontinent from neurologic injury, birth defects, stroke, multiple sclerosis, and physical problems associated with aging. But incontinence is not inevitable with age. UI is a medical problem with treatments and solutions. No single treatment works for everyone, but many women can find improvement without surgery.

There are various treatment lifestyle changes that can help manage incontinence. Being mindful of limiting your intake of things that tend to act as stimulants for the bladder (carbonated beverages, spicy foods, citrus, alcohol). Smoking and excess weight can cause incontinence; so quit smoking if you do and maintain a healthy weight. Eliminating caffeine intake two to three hours prior to bedtime can reduce incontinence during the night.

Other treatment options include Botox, kegel exercises, biofeedback, and tibial nerve stimulation. Botox can also be injected into the bladder

wall to increase bladder size and alleviate incontinence associated with uncontrolled frequency. When performed correctly, kegel exercises rehabilitate the pelvic floor muscles through isometric contractions. Biofeedback

uses instrumentation to provide information on how well the bladder is performing to control urgency incontinence, displayed in a form that the patient understands. Biofeedback bladder training plans, generally consists of 45 minute visits for six weeks. The tibial nerve may also be stimulated with a tiny needle connected to a low voltage to help manage incontinence.

In addition to the treatment methods discussed above, oftentimes medications are used, especially in those with urgency and frequency of urination. Stress incontinence (loss of urine with activity) is surgically corrected with outpatient 20-minute surgeries that use small incisions. These surgeries, known as "sling" procedures, utilize revolutionary artificial support tapes that compress and support the urethra to prevent leakage. Patients often resume normal activities in less than one week in most cases.

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# Could Stem Cells be the Next Penicillin?

By David Ebner - Staff Writer

Chances are that you have heard about stem cells—they have been in the news for years. But did you know that stem cells are being used right now in the United States to treat debilitating lung diseases? Sufferers of diseases like COPD and pulmonary fibrosis are receiving life changing stem cell treatments that just a few short years ago had not yet been thought of as possible.

With further advancements in the study of stem cells, the question is posed: are stem cells the next penicillin? Stem cells and penicillin both come from humble beginnings and accidental discovery, they are both used to treat life threatening conditions and diseases and, just like penicillin, stem cell biologists have won Nobel Prizes due to the practical uses of their discoveries.

Consider the history of penicillin. Originally discovered in 1928 by the Scottish biologist, Sir Alexander Fleming, the full potential of the medication was not seen until its wide use in WWII. It wasn't until 1945, 17 years after its discovery, that Sir Fleming received the Nobel Prize. By that time, the medication had saved millions of lives.

Stem cells have also been studied extensively over time and have crept into the national dialogue as a buzzword, particularly the stem cells found in fetuses. However, the actual stem cells that are now being used to treat diseases in the United States, and the same cells that warranted the 2012 Nobel Prize in Medicine, are adult stem cells. This type of stem cell is found in fully developed individuals and flourish in all people—regardless of age or health.

Most cells found in the body have developed into a specific type of cell, like a skin cell or a brain cell. At the turn of the 20th century, biologists discovered that some cells that reside in the body have not yet been assigned as a certain type of cell. Stem cells are

simply blank cells standing by to meet your body's needs. The use of these cells to treat diseases traces back to 1968 when the first bone marrow transplant was performed. The result of placing healthy stem cells into a sick individual's body is the creation of healthy blood cells that are not infected with the disease. In turn, these cells replace the diseased ones and start to heal the patient.

Today, a clinic called the Lung Institute is using adult stem cells harvested from the patient's own fat, blood or bone marrow to provide similar healing results for people with lung diseases. Their website, [lunginstitute.com](http://lunginstitute.com), states that they have treated over 1500 patients to date. The physician gives the patient a growth factor that multiplies the stem cells into millions of healthy cells and extracts the stem cells

from the patient, then they separate the cells and reintroduce them into the patient's body. The result is that the healthy cells replace the damaged ones found in the lungs. Not only can this slow the progression of the disease, but it also works to restore lung function.

Just as penicillin was recognized by the scientists that award the Nobel Prize in Medicine, so have stem cell developments. If the number of people



who have already been successfully treated with stem cells is any indication of the future, then it will undoubtedly be heralded as one of the groundbreaking medical technologies of its time.

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 (800) 921-4631 or visit [lunginstitute.com/health](http://lunginstitute.com/health) to find out if you qualify for these new treatments.

## IN THE NEWS

### Turning Back the Clock on Aging Just Got Easier with Liquid BioCell

According to the Centers for Disease Control and Prevention (CDC), around 30 percent of the adult population reports that they suffer from joint discomfort. While the reasons people have it may vary, there is now a new product on the market that will help them take on their joint problems, as well as turn back the clock on aging, so they not only feel younger, but look younger, too.

"Everyone wants to look and feel younger, be active, improve their mobility, and reduce wrinkles," explained Asma Ishaq, president of Jusuru International, a company that develops nutraceuticals and dietary supplements. "We have created something that's changing the way people age, and it's worked time after time in clinical studies."

The new super ingredient scientifically developed by the company is called Liquid BioCell™, which is a naturally occurring matrix of hydrolyzed collagen, hyaluronic acid (HA), and chondroitin sulfate, all key components of healthy joints and supple skin. The patented formula has been brought to the market in a liquid, highly absorbable dietary supplement called Liquid BioCell™ Life, which also includes the age-defying power of 13 antioxidant phytonutrient fruits and resveratrol, a compound that is well known for its role in longevity and cardiovascular health.

Backed by multiple human clinical trials, Liquid BioCell™ has been shown to improve joint mobility and lubrication of joints, reduce discomfort, and promote healthy cartilage and connective tissue. Additionally, it helps turn back the clock on aging by taking on wrinkles from the inside out. For example, in one 12-week human bioavailability study, researchers found that within 28 days, daily intake of Liquid BioCell™ led to a 6000 percent increase of hyaluronic acid (HA) in the body, decreasing wrinkles without cosmetic injections.

The advanced science of Liquid BioCell™ also focuses on the HA and collagen that is so important to knees, elbows, wrists, and the spine, helping to reduce discomfort, improve cartilage and connective tissues, and promote joint lubrication and mobility. In one study, 90 percent of subjects with chronic joint discomfort experienced a 40 percent improvement in physical activity.

"Whether you want to have an advantage to your golf or tennis game, move about more easily, or reduce wrinkles and fine lines to look younger longer, Liquid BioCell will get you there," added Ishaq. "We are happy to be the ones to bring this great product to the market, helping so many people reach their health and fitness goals."

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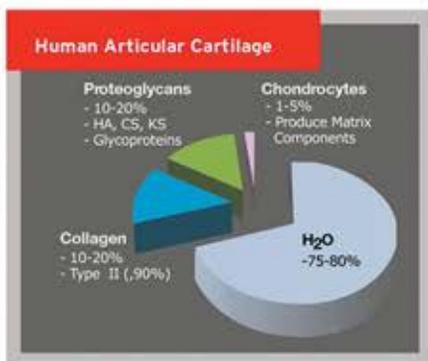
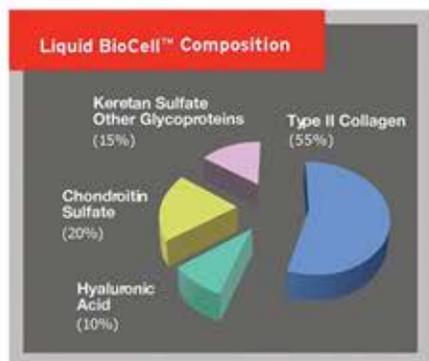
There are many different types of collagen found in the body, and type II is the most abundant (>90% of collagens) in the cartilage of the synovial joint, the most common and movable joint (4). Type II collagen forms a fibrillar network to provide tensile strength to the cartilage. Proteoglycans (PGs) such as aggrecans are another key component of articular cartilage, and comprise a core protein linked with various GAGs such as HA and CS (5).



◀ This diagram demonstrates how Liquid BioCell™ mirrors the joint composition, a key reason why the body readily accepts it.

PGs are immobilized into the collagen fibrillar network to provide resistance to compression. The contents of these structural components and the integrity of the cartilage matrix decrease due to aging or degenerative conditions. Liquid BioCell™'s composition in terms of type II collagen and proteoglycans mirrors that of human articular cartilage and can support healthy joints by supplementing these molecules (Figure 1).

Figure 1. Comparison of composition of Liquid BioCell™ and human articular cartilage.



Multiple clinical studies demonstrate the safety and beneficial effects of collagen and GAGs toward various joint conditions (6; 7; 8). A double-blind, placebo-controlled trial of Liquid BioCell™ also revealed statistically significant efficiency in supporting joint health, leading to a decrease in difficulty carrying out physical activities.

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# Smoking- The Breath Blocker

## Respiratory Diseases

The chemicals in cigarette smoke cause immediate damage to cells and tissue in the human body, including those on the path from the mouth to the lung's air sacs-the final target of the smoke. Delicate lung tissue damaged by chemicals in cigarette smoke doesn't have a chance to heal if it is exposed to these chemicals in large amounts day after day. The result is a wide range of deadly lung conditions.

## Chronic Obstructive Pulmonary Disease

Smoking causes chronic obstructive pulmonary disease (COPD). COPD includes several underlying lung diseases, such as emphysema and chronic bronchitis, in which the airways are damaged and can never completely heal, and the lungs lose their elastic properties. People with COPD suffer from shortness of breath, coughing, difficulty exercising, air trapped in their lungs, swollen airways, and scar tissue. As a result, they may even have trouble with routine activities such as walking and dressing. Their quality of life can drop significantly. Over time, COPD cause low oxygen levels in the body. People with COPD are at high risk for many other serious diseases, including lung cancer and heart disease. The disease has no cure. Women are now dying from COPD in about the same numbers as men, and women appear more susceptible to developing severe COPD at younger ages. Women smokers in certain age groups are more than 38 times as likely to develop COPD, compared with women who have never smoked.

## Tuberculosis

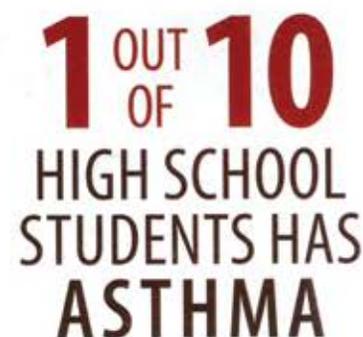
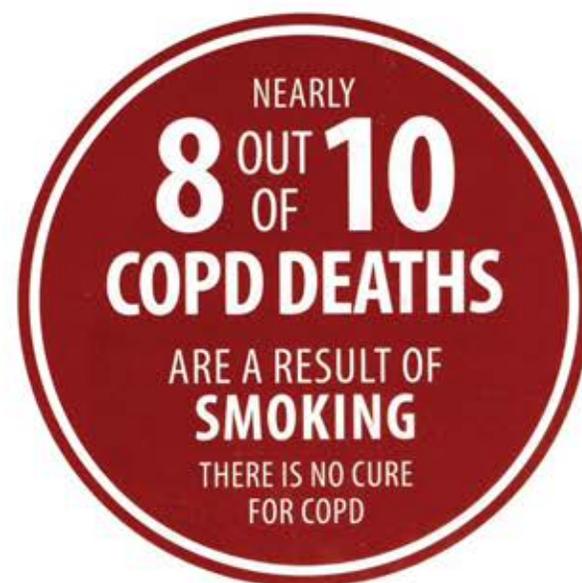
Tuberculosis (TB) is a common infection worldwide that usually attacks the lungs. TB is spread through the air when people with the disease cough or sneeze. It was once a leading cause of death in the United States, but advances in public health have made TB far less common here. However, it remains a serious health issue elsewhere in the world. According too the World Health Organization, TB caused 1.4 million deaths worldwide in 2011. There is now enough evidence to conclude that smoking increases a person's risk of getting TB disease and dying from it.



**Women smokers in certain age groups are more than 38 times as likely to develop COPD, compared with women who have never smoked.**

## Other Respiratory Damage Caused by Smoking

More than 11% of high school students in the United States have asthma, and studies suggest that youth who smoke are more likely to develop asthma. Breathing someone else's smoke also triggers asthma attacks in nonsmokers. Children exposed to secondhand smoke have more respiratory infections than children who are not exposed. Although the body has ways to prevent or lessen the severity of injury caused by agents inhaled into the lungs, these defenses are overwhelmed when the body is exposed to cigarette smoke over and over again. People who stop smoking begin to breath higher levels of oxygen in the body, and lower their risk of respiratory disease compared to those who continue to smoke.



Source: Surgeon General's Report [cdc.gov/tobacco](http://cdc.gov/tobacco)

1993

The White House goes smokefree.



1994

Mississippi files first state lawsuit against U.S. tobacco companies to recover Medicaid costs for smoking-related illnesses.

1994

Seven tobacco company executives testify to Congress that they believe nicotine is NOT addictive.



1995

California passes first statewide smokefree restaurant and bar law.



1996

FDA makes first attempt to regulate manufacture, sale and marketing of tobacco products.



1998

Forty-six states and four tobacco companies sign Tobacco Master Settlement Agreement which requires tobacco companies to reimburse a portion of state Medicaid costs resulting from smoking.

# Speech, More Than Just Talk

**M**ost people associate speech therapy with the ability or lack thereof to speak, and therapy associated with that. Speech rehabilitation is only a small part of what speech therapists do. In fact, speech-language therapists have many responsibilities in acute-care settings, medical inpatient rehabilitation, outpatient rehabilitation and rehabilitation in the home care setting.

Speech Therapists work closely with physician specialists (ENTs, neurologists, neurosurgeons, physiatrists, internists, family practitioners) to diagnose a range of problems, and initiate treatment. Speech Therapists also play a role in hearing conservation. They are qualified to screen patients' hearing to determine if a referral to an audiologist is necessary.

One of the more common clinical uses of speech therapy, especially in the homecare setting is in the diagnosis of neurological conditions. Speech Therapists are often asked to evaluate both cognitive (thinking, knowing, perceiving) and physiological (physical) problems. The way in which a person speaks and uses language reveals a great deal about thought-processing skills, memory deficits, and the ability to focus attention. Deficits in these areas can indicate brain injury, stroke, Alzheimer's disease, Parkinson's disease, and a host of other neurologic conditions. Because Speech Therapists are trained to identify unusual patterns in speech, their assessment can be extremely important to an accurate diagnosis and an effective treatment plan.

Speech Therapy is highly effective with those who have difficulty in swallowing. Difficulty in swallowing is common among patients who have suffered a stroke or who have other neurological diseases, like multiple sclerosis and amyotrophic lateral sclerosis (ALS or Lou Gehrig's disease). Speech Therapists use a variety of diagnostic tools to detect swallowing problems and treat patients to overcome swallowing difficulties associated with their disease.

One of the most under utilized uses for speech therapy in Home Care is for cognitive uses. Often patients have difficulty retrieving words, sequencing activities, and understanding what they hear and



what they read. Cognitive therapy is designed to provide clients with strategies to improve their thinking skills and their every-day functioning.

At Nurse On Call we utilize speech therapists for more than just talking, we utilize their expertise for all forms of communication. The ability to communicate is more than just talking. It involves listening, understanding, reading, and writing. For communication to make sense it also involves being able to think clearly and remember information. Speech Therapy is covered at 100% to those who meet the Medicare guidelines for home health, and we have a therapist for that!

For more information on speech therapy and other home health services, please call your local Nurse On Call branch.



**941.627.1650**

HHA: 299993683

# What will you *RESOLVE* to do in 2016?

By Joseph Magnant, MD, FACS, RPVI

**A**s each New Year dawns, many of us spend the weeks or months preceding the turning of the calendar contemplating potential New Year resolutions. Most resolutions can be categorized into discrete compartments. Spiritual/religious, professional development, strengthening and renewing family and other relationships, and improving our health are the top ones I generally consider. From a professional and educational perspective I have resolved to renew and further my commitment to the education of the general public and physician community regarding the wide variety of presentations of correctable superficial venous insufficiency. We have extended the opportunity for patients to be screened for venous disease by offering an online interactive vein screening questionnaire, e-vein screening, accessible to the public from the home page of our website, [weknowveins.com](http://weknowveins.com).

It is estimated that 35-40 million adult Americans suffer from significant superficial venous insufficiency, or venous reflux disease, the majority of whom do not present with ulceration or external bleeding as their initial complaint. In addition to these more urgent presentations, many patients present with other symptoms such as painful varicose veins, skin discoloration, and a host of other symptoms related to and caused by leaky veins including swollen legs, restless legs syndrome, nocturnal leg cramps and frequent nighttime urination. Until the year 2000, the only treatments for venous insufficiency (manifest as large varicose veins, skin ulcerations or bleeding varicose veins) were compression hose or vein stripping. Due to the invasive and painful nature of vein stripping, surgical treatment for venous insufficiency was limited to patients with recurrent ulcerations around the ankles or varicose vein related bleeding episodes.

**Endovenous closure**, which was introduced in 2000, has significantly changed the landscape for patients with venous insufficiency. Since introduced, endovenous closure (sealing of the leaky veins with a small catheter) has been used successfully to treat hundreds of thousands of patients, relieving their disabling symptoms prior to developing venous ulcers or bleeding. The availability of this minimally invasive and very effective procedure for patients with symptomatic venous insufficiency has resulted in a surge in the number of patients being referred to Vein Specialists for venous insufficiency evaluation. Sources of referrals include primary care physicians, specialists in orthopedics, cardiology, podiatry, dermatology, neurology, urology and others, as well as direct referrals from satisfied patients who have had the procedure. Since the superficial venous system (rather than the deep system) is responsible for the majority of patients' problems with advanced signs and symptoms of venous insufficiency, it seems only appropriate to offer patients thorough venous evaluation and definitive therapy earlier in the course of the disease process rather than making them suffer the pain and discomfort of untreated venous insufficiency. Complications such as bleeding, ulceration and cellulitis require frequent emergency room visits and hospitalizations. The goal should be the avoidance of these serious complications. I would like to highlight a number of interesting patients that made a resolution to make their leg vein problems a priority and who were treated in the past year.

K.S. is a 66 year old female who was referred for evaluation of a non-healing and painful left lateral ankle ulcer which had been present for 12 (yes... twelve) **YEARS**. Previous evaluation

had included compression hose, elevation, extensive wound care center treatments and previous vein evaluation. She and her husband made a **RESOLUTION** to obtain a second opinion to see if anything else could be done for her as she had failed to make significant progress. Ultrasound revealed severe superficial insufficiency of the great saphenous vein, a few connecting (perforating) veins as well as a cluster of varicose veins in the margin of the ulceration. She underwent staged treatment with endovenous ablation (sealing) of the main superficial veins and the connecting veins followed by ultrasound directed foam injection sclerotherapy of the marginal veins. Her ulcer is now well healed and her pain resolved and she has a beaming smile on her face as she can go about her days without pain and without the burden of caring for an open wound

and without the additional infection risk an open skin wound poses.

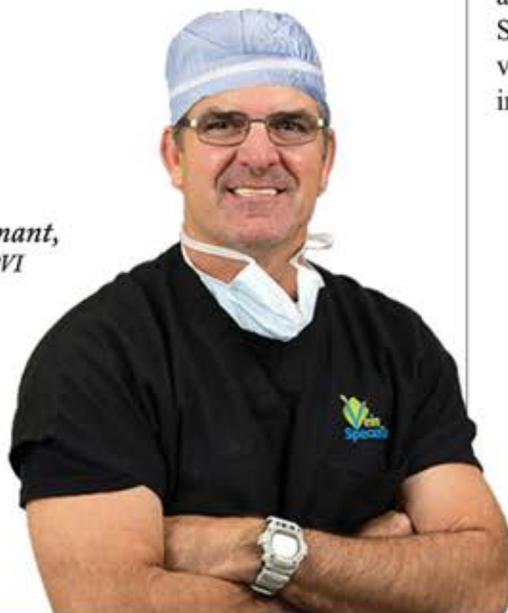
C. D. is a 58 year old female who presented through a podiatrist (the 8th physician she had seen for her legs) for evaluation of venous insufficiency. She had been told by a number of physicians that she had "fat and swollen legs" but that since she did not have any visible varicose veins bulging out of the skin, **Venous Insufficiency** was not a consideration. Clinically, her legs were swollen, red, tender and extremely tight to the point that she could not



perform activities of daily living over the previous nine months. She **RESOLVED** to search further for a curable cause and her podiatrist, Dr. Doerr, referred her for venous evaluation. Her ultrasound subsequently confirmed severe superficial venous insufficiency. Other symptoms included severe leg cramps and nighttime urination. Endovenous closure was performed on both legs, 2 weeks apart and she returned for her post-op follow-up, smiling from ear to ear, with ankle bones she could actually see (as the swelling had resolved) and remarked that she was wearing shoes (as opposed to flip flops) for the first time in nine months.

M.T. is a 52 year male whose wife researched the internet to see what might be causing the severe swelling, skin discoloration and ulcerations of his lower legs. He had noted varicose veins and leg swelling for many years prior and had seen a number of primary care physicians who were not familiar with presentations of venous insufficiency *other than varicose veins*. His wife had **RESOLVED** to educate herself through the internet and find the right specialist for her husband. Ultrasound evaluation confirmed severe bilateral great saphenous vein insufficiency and he underwent endovenous ablation with rapid improvement and subsequent closure of the ulcer within one month of his procedure. Years of open ulcers, daily wound care, severe swelling of the legs, nighttime urination 3-4 times per night and daytime narcolepsy are now all things of the past.

S. G. is a 41 year old mother of two who underwent endovenous ablation of her left anterior accessory and great saphenous veins as well as varicose vein



Joseph Magnant,  
MD, FACS, RPVI



### Leaders in Vein Treatment

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

removal through two tiny incisions. Her procedure was performed under local anesthesia in less than one hour and she returned to work in 24 hours. Her **RESOLUTION** to find the cause of her swollen achy legs and varicose veins took her to Vein Specialists for her initial evaluation three months prior. She underwent ultrasound evaluation which confirmed severe leakiness in the above veins and she completed a three month trial of compression hose and elevation with improvement of her symptoms. She desired a long term, definitive therapy for her venous insufficiency rather than the less practical, ineffective compression hose option.

*So...in 2016, will you RESOLVE to address your leg complaints? RESOLVE yourself to live without swollen achy legs, tight and red legs, nocturnal leg cramps and urination, or restless legs syndrome.*

**RESOLVE** to have your large bulging veins evaluated earlier for the underlying cause and possible treatment options rather than waiting for the veins to clot off on an airplane or car ride.

**RESOLVE** to minimize your risk of deep vein thrombosis by seeking evaluation of your swollen legs for deep vein clots or leaking veins.

**RESOLVE** to empower and educate yourself through all available resources, health screenings, educational articles and materials or internet resources and be persistent in your search for the cause of and cure for your leg problems.

Our collective **RESOLVE** in medicine should be to improve the well being and functional quality of life of our patients by offering evidence based treatments directed at prevention of the end complications of disease processes. Endovenous ablation is the treatment ticket to the improvement of millions of Americans being held back by the lifestyle limiting symptoms of venous insufficiency.

Obtain your **FREE** virtual  
vein consult now!  
Scan the QR code or log on to  
[eVeinscreening.com](http://eVeinscreening.com)



239.694.VEIN (8346)

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

Brought to you by:  Vein Specialists

1 1510 Royal Palm Square Blvd., Suite 101, Fort Myers, Florida | 2 3359 Woods Edge Circle, Suite 102, Bonita Springs, Florida

# Specialized Imaging Available in Local Office

By Advanced Imaging of Port Charlotte

**A**dvanced Imaging of Port Charlotte opened in 2005 with the objective of providing residents of Port Charlotte and the surrounding area with the highest quality of medical imaging possible. Since that time, Advanced Imaging has continued to grow and evolve with the newest medical technology available.

Advanced Imaging began with the concepts of Dr. Thomas Fabian. Dr. Fabian has lived in and supported the Port Charlotte community for over twenty years. Dr. Fabian's vision has allowed Advanced Imaging to provide both state of the art equipment and testing while at the same time, providing the hands on small town feel of truly knowing your radiologist. Dr. Fabian is well known in the community for his compassion and philanthropy; couple this with his extensive radiology training and exceptional radiological skills and you have a first class radiologist right here in our community. Dr. Fabian realizes the importance of treating patients with compassion and respect; this was an integral part of starting Advanced Imaging and continues to be a core value to this day.

Advanced Imaging also began with the concept of providing the most advanced technology and best equipment possible. Advanced Imaging was the first center in the area to offer digital mammography and in fact, has taken women's health one step further. In 2006 Advanced Imaging opened the area's first Women's Center. In 2010, the Women's Center was redone adding a second digital mammogram and creating a soothing, pleasant atmosphere for patients.

Advanced Imaging has been designated a Center of Excellence by the American College of Radiology. This designation means that Advanced Imaging is fully accredited in all women's imaging. Excellence means Advanced Imaging does more than just mammography. The services begin with mammography and extend to stereotactic breast biopsy, breast ultrasound, breast MRI and ultrasound-guided breast biopsy. Although it is not required for designation, Advanced Imaging of Port Charlotte performs MRI guided breast biopsies. Advanced Imaging provides the most comprehensive women's health services available anywhere in the tri-county area.



In August of 2010 Advanced Imaging started using the new Siemens Verio 3 Tesla MRI. This addition to our technologically advanced center provides patients with the most spacious and comfortable MRI experience possible. The field strength of the magnet provides referring physicians with the clearest images available anywhere.

It is our commitment to our patients and community that helps to guide us in the decisions to bring new services to Charlotte County and surrounding areas. Some of the services offered on the 3T at Advanced Imaging include Prostate and also Functional MRI. These services are not found elsewhere in Southwest Florida. In addition, we perform DaTscan's and Amyvid testing. DaTscan's are a nuclear test that helps in the diagnosis of Parkinson's disease. Amyvid is our most recent addition. Amyvid helps in determining if a patient has Alzheimer's. Both of these tests are only available at Advanced Imaging. For more information on these or any other testing please contact your physician or Advanced Imaging.

Advanced Imaging will continue to provide the Port Charlotte area with the highest quality imaging available. It is our goal to make your visit with us as comfortable and pleasant as possible. New technology on the horizon includes the ability to schedule appointments online as well as complete your medical forms electronically. It is our desire to provide you with testing and care that is unparalleled at any other facility.

For your convenience Advanced Imaging is open Monday-Saturday from 7 a.m. until 7 p.m.

Call **941-235-4646** today for further information or visit us online at [www.advimaging.com](http://www.advimaging.com).





# The Future of Healthcare Education at FSW

By Dr. Marie Collins, Dean, FSW School of Health Professions

**N**ew technology changes how teachers reach students and nowhere is that paradigm more evident than at Florida SouthWestern State College (FSW). In the School of Health Professions, a diverse group of students are prepared for multiple careers ranging from emergency medical technicians to respiratory therapists.

Like many notable hospitals and facilities across the nation, the FSW School of Health Professions is utilizing the latest in educational technology to enhance training. Students are able to learn in ways no one could have imagined a decade ago, and in the process the faculty and program leaders have completely transformed how our future healthcare providers are being prepared.

Following a series of generous gifts from individual donors and organizations like SWFL Children's Charities and benefactors of the Southwest Florida Wine & Food Fest, the school was able to invest in state-of-the-art simulation equipment. Prior to the development of medical simulation technologies, the only model for quality clinical education was through experiences in local hospitals, but due to differences in rounds, a student may not be exposed to the same medical events as his/her peer. In the past this has led to uneven instruction, but this new simulation equipment helps fill in these gaps in instruction.



Human-sized rubber manikins, programmed with the flick of a few keystrokes on a nearby computer, simulate heart attacks, seizures, asthma attacks and more ensuring training is standard for all students. These manikins are sophisticated pieces of equipment that breathe, sweat, seize, and even change color to simulate lack of oxygen. Many of them are fashioned to resemble children patients and some are even capable of giving birth dozens of times in one day. As the technology develops, so does the opportunity for students to be exposed to more procedures and therefore be more prepared for the workforce. Patient outcomes are also improved because students are able to perfect a procedure multiple times on a manikin. Taking what they learn in the classroom, they run a simulation and then sit down for a debriefing session with the professor. This new learning model has been effective, and many programs in the FSW School of Health Professions have a 90 percent pass rate on licensing exams.

Following a 2014 study by the National Council of State Boards of Nursing recognizing the effectiveness of simulation training, schools are now allowing students to satisfy 50 percent of their clinical hours in a simulation lab.

The FSW School of Health Professions has a cutting edge center specifically devoted to simulation recently named the SWFL Children's Charities Simulation Center. Here students learn general practices and the special touch it takes to treat children. The need for pediatric services is



growing in our region. Children formerly in need of specialized advanced care had to travel to children's hospitals in Tampa Bay or Miami because procedures weren't available in our region. That is all changing. The Lee Memorial Health System is constructing a new tower for the Golisano Children's Hospital of Southwest Florida. The facility will expand local pediatric services and require new, highly trained staff for each of its brand new departments.

The modern technology in health education is a wonderful supplement but the human touch gained through experiences in the patient care environment remains paramount in our programs. Our instructors take great pride instilling the combination of compassionate quality patient care with emerging technologies.



www.FSW.edu - (800)749-2322  
Naples | Fort Myers | Punta Gorda | LaBelle

Florida SouthWestern State College  
 @FLSouthWestern Instagram: FloridaSouthWestern



# Hearing Resources

By Dr. Noël Crosby, Au.D.

**A**nother great tool for the hearing impaired is mental exercise that can improve the part of the brain that processes sound. This is even more important in today's world because recent studies from John Hopkins and the National Institute of Aging have linked hearing loss to dementia. These studies revealed that those people who experience severe hearing loss are 5 times more likely to develop dementia than those with normal hearing. Even mild hearing loss may double the risk of dementia. Treatment options may or may not help, but it only makes sense that the earlier you receive treatment for hearing loss can only lessen the chance that you may suffer from dementia later in your life. There is now more emphasis on diagnosing hearing loss earlier. Also, did you know that we hear in our brains and not in our ears? Sound is carried in waves to our eardrum, which then sends the message to the brain.

The brain processes the stimuli our ears hear. This is a simplistic description of a complex process, but that is basically how the sound is transmitted. This means that for us to process speech well, especially in crowded places with several simultaneous conversations being carried on around us, our brains must be strong and alert. Brains weakened by either age or disease and they cannot keep up with the constant stream of conversations. This has a profound effect on someone's ability to listen, hear, and understand. Many studies in recent years have demonstrated this correlation between a strong brain and good hearing. One of these studies, conducted by neuroscientists at the International Center for Hearing and Speech Research in Rochester, N.Y., has found that even patients with normal hearing may have trouble understanding a conversation because their brains are not agile enough. In other words, they have auditory processing issues, not necessarily hearing issues. When you go to a social gathering with many other people, there are always many conversations going on at the same time. People with hearing loss have to put in extra effort to refocus on each new speaker. This can be a frustrating and exhausting experience. It is fortunate for those whose auditory processing abilities have begun to

diminish that there is a way to maximize our brainpower, even as we age. It is called mental exercise. Just as our bodies need a good workout to stay healthy and strong, so do our brains. A joint US-Swiss study, found that computer-based tests that challenge the individual according to his or her ability may be just what is needed. Oticon, a major hearing aid company has now embraced the importance of brain fitness as a path to better hearing and understanding and has partnered with luminosity to promote brain fitness. The more that I learn about the link between a strong brain improving hearing, and better hearing decreasing the chance of dementia, has convinced me to exercise my brain. I can't say with certainty that I will never suffer from dementia and be driven out to the woods by my husband, but I can say that I will better my odds of this never happening.

A resource that is often overlooked are the many organizations that are available on-line and in communities that allow the hearing impaired to get together and share experiences and strategies with each other. These organizations keep their content up to date with the latest news of advancements in technology for the hard of hearing.

A national organization with local chapters is the Hearing Loss Association of America (HLAA). Their website is [www.hearingloss.org](http://www.hearingloss.org). There is a Sarasota chapter that conducts regular monthly meetings that features expert speakers who share their knowledge on a variety of topics that concern the hearing impaired. The contact information for the Sarasota Chapter is [www.HLAS.org](http://www.HLAS.org) or 941-706-4312.

The Alexander Graham Bell Association for the Deaf and Hard of Hearing is a national organization that provides information for the hearing impaired with an emphasis on hearing loss in children. Their website is [www.listeningandspokenlanguage.org](http://www.listeningandspokenlanguage.org). This is a great resource for parents of a hearing impaired child.

The Better Hearing Institute provides a wealth of information about all aspects of living with and treating hearing loss. Their website is [www.betterhearing.org](http://www.betterhearing.org).

The Association of Late-Deafened Adults is about communication and the acceptance of every deafened or hearing impaired individual. ALDAs official communication philosophy is "Whatever works!" Their website is found at [www.ALDA.org](http://www.ALDA.org).

As an Audiologist, my advice to everyone with hearing loss or deafness is to embrace and use any resource available that can assist you in living your life successfully with your hearing loss.



## PROFESSIONAL BIO

Dr. Noël Crosby, Au.D., owner and audiologist at Advanced Hearing Solutions in Englewood, FL is a licensed professional whose 26 year career has been devoted to helping people of all ages hear and

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

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

**Advanced Hearing Solutions**  
*Where Better Hearing Happens*

# KNEE PAIN DOES NOT MEAN YOU NEED KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

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

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

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

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

## What are Hyalgan Injections?

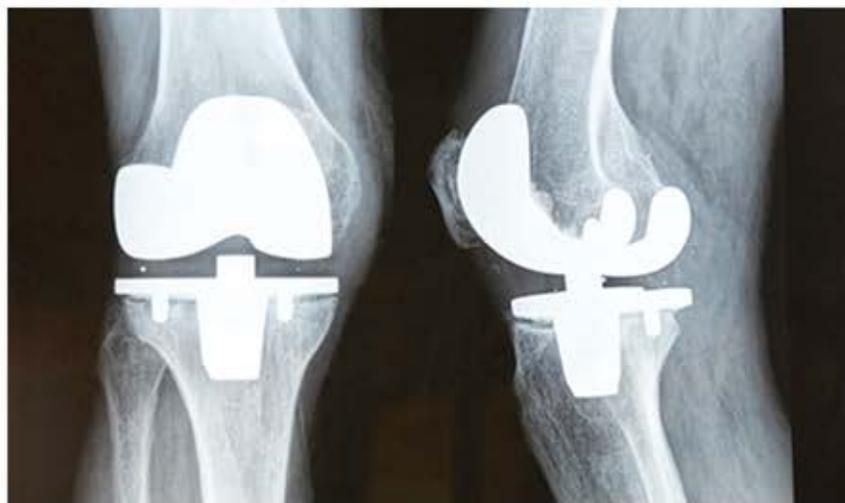
Hyalgan injections treat knee osteoarthritis. Hyaluronic Acid (Hyalgan) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint called synovial fluid. When Hyalgan is injected into the knee, it provides replacement for diseased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

## What's the process?

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

## When will I feel results?

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



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

## Will my insurance cover this treatment?

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

## What are other people saying about it?

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

## So what are you waiting for?

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



941-467-1666 | [www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.com)

# Safety First

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

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

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

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

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

By Jonathan M. Frantz, MD, FACS

**A** cataract is not a growth, but a gradual clouding of the normally crystal-clear lens of the eye. Cataracts distort vision because they block the lens from being able to focus light on the retina. It's a common vision condition that affects many people as they grow older. By age 80, more than half of all people will either have a cataract or will have undergone cataract surgery.

Because cataracts typically develop very slowly, most people don't realize the lens in the eye is affected until their vision becomes dull or blurry. Cataracts can make it difficult to read or drive, especially at night.

When a cataract begins to affect your ability to perform day-to-day activities, treatment is required. Cataracts cannot be treated with medication, diet or eye drops. Surgery is the only option.

At Frantz EyeCare, our outstanding team of eye surgeons, combined with the latest innovations in treatment, gives patients the optimal results they deserve and the freedom to pursue hobbies, sports and everyday activities without the frustration of poor vision. Our goal is to provide the appropriate cataract treatment for each patient's individual lifestyle. New advances in cataract surgery are giving patients the opportunity to achieve even better vision than they thought possible. With our Active Lifestyle

Lenses, you can enjoy the freedom that comes from having excellent eyesight without the need for glasses or readers, especially for activities like reading or using the computer.

When having cataract surgery, you can choose to have either traditional surgery or Bladeless Laser Cataract Surgery. Traditional cataract surgery is covered by Medicare and most insurances. If you choose to have Bladeless Laser Cataract Surgery, it is considered a premium refractive procedure, and we are happy to discuss out-of-pocket expenses and flexible payment plans with you.

In both traditional cataract surgery and Bladeless Laser Cataract Surgery, your cloudy lens is removed and a focusing intraocular lens (IOL) is placed inside the eye to replace the natural lens that was removed. This focusing lens can correct nearsightedness or farsightedness and may reduce your need for distance and reading glasses.

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We host informative cataract seminars throughout the year. These are listed on our website at [www.BetterVision.net](http://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 one of our country's top 5 Bladeless Laser Cataract Surgeons and 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, dry eye treatment, treatment of eye diseases, bladeless WaveLight LASIK laser vision correction, and facial and body rejuvenation with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.

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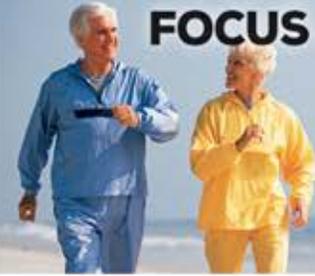


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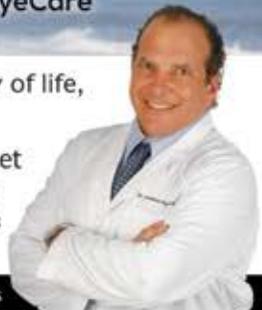
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# PROTECTING YOUR HEART FROM HOLIDAY STRESS

*'Tis the season to be jolly.* The holiday season is traditionally a joyous occasion, a time of warm emotions when our thoughts turn toward gatherings of family and friends for the exchange of gifts, food, and companionship. However, there can be a flip-side to this holiday period. Many complain that the comfort and joy of the season can easily turn into a time of high stress filled with traffic jams, overspending, overindulging in alcohol and food, unmet emotional expectations, and weary irritability.

Is associating the holiday season with stress and unhealthy overindulgence just another example of Scrooge-like negativism? Or is there an empirically-based foundation for being cautious about exposure to unhealthy seasonal risks, especially for those individuals with heart disease. Let's take a look.

A 2004 study reported in the respected journal *Circulation* throws some light on the issue. Researchers examined records for 53 million deaths from natural causes over a 26 year period and found that deaths from heart disease peak during December and January, with cardiac mortality spiking around Christmas Day and New Year's Day. They concluded that there was evidence of multiple factors, including delay in seeking treatment, leading to what one authority, in a comment on this research, labeled the "Merry Christmas Coronary" and the "Happy New Year Heart Attack."

Another example of suggestive research is a small but provocative case study reported in a recent issue of *The Newsletter of the American Institute of Stress*. The investigators found that purchasing six gifts in a store was associated with an anxiety-driven doubling in heart rate from a resting 69 to a shopping 138 beats per minute, compared to purchasing the same items at home on the Internet which was associated with a steady heart rate of 65



to 67 beats per minute. Given our penchant for cleverly naming interesting medical malfunctions, before this holiday season is over a mischievous journalist writing about cardiac psychophysiology will likely discover the "Shop until you drop syndrome."

Although epidemiological studies like the ones noted above as well as case studies are best used to suggest connections rather than to prove cause-and-effect, the studies reported above and similar studies certainly support the commonly reported personal experience of being "stressed-out" over the holidays, with its unhealthy emotional and behavioral consequences. Research strongly suggests that the dramatic behavior changes that characterize the holidays do affect morbidity and mortality.

Given that many of us including heart patients experience increased stress and unhealthy emotions and may indulge in unhealthy behaviors over the holidays, what can we do and advise others to do to better manage harried lives this season? Fortunately, we have available a panoply of effective strategies for coping with holiday stress and reducing unhealthy behaviors.

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Dr. Louis J. Scala has been voted TOP DOCTOR four consecutive years by Castle Connolly. He received his medical degree at the State University of New York Health Science Center. He completed his Residency at Brown University, and Cardiology Fellowship at Cedars-Sinai Medical Center at UCLA. He is Board Certified in Internal Medicine and specializes in Cardiovascular Disease.

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**These strategies are as follows:****For Physical Health**

- Keep doctor's appointments. Because of time pressures over the holidays, many people reschedule medical appointments or delay seeking medical treatment even when symptomatic.
- Take medications as prescribed both at home and when traveling. Many individuals miss doses over the holidays.
- Limit alcohol consumption. Overindulgence can lead to a number of problems. In addition to the obvious behavioral consequences, a heart rhythm problem, sometimes called "Holiday Heart" can be triggered by drinking too much alcohol. And alcohol contains a lot of calories.
- Moderate food consumption. Adding pounds, developing heartburn, and unbalancing diets are all risks of immoderate eating.
- Maintain the usual exercise schedule. Exercise is a great stress management activity. Because of a perceived time-shortage over the holidays, shopping may unwisely be given priority over regular exercise. (Of course, for those not already exercising regularly, check with a physician first as beginning after the holidays may be a better fit.)
- Get sufficient sleep. Sleep deprivation is harmful at any time of the year.

**For Psychological Health**

- Take time to relax. If an individual has a regular relaxation technique such as meditation, continue to practice it. If not, practice a simple meditation technique by simply sitting or lying down, closing the eyes, and repeating a pleasant word or phrase over and over with each exhalation, for 10 to 20 minutes every day. And don't overlook prayer, which has physiological as well as spiritual benefits.
- Stick to a budget to avoid increased anxiety over credit card debt and financial stressors.
- Ask for professional help if needed. Seasonal factors can contribute to biological depressions such as SAD and other psychological disorders exacerbating the usual stress.
- Let go of personal perfectionism. Finding the perfect gift or behaving perfectly is not essential to a happy holiday.

- Let go of relationship perfectionism. Accept the fact that relationships that were not perfect during the year, are not likely to improve under the pressures of Christmas.
- Have a hearty laugh. A good sense of humor is a wonderful stress management tool.

Remember that the holidays are much more than the giving and receiving of gifts. We often lose sight of the true meaning of these holidays. Over-emphasis on the secular and commercial aspects of the holidays is the major culprit. Although it might seem trite, focusing on the true meaning of the holidays, namely bonding with friends and family and finding the spiritual meaning in the celebration, are likely to bring the greatest psychological and physical benefits, with reduced mortality and morbidity, along with happiness and spiritual well-being.

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# Proper Planning Takes the Stress Out of Buying a Home

By Lori Ann Mertens, REALTOR®

**W**hether downsizing or up sizing in homes over the holidays can be a trying situation for everyone involved.

But if you have a proper plan; the transition into your new home can be as smooth as possible.

Sometimes you just need a tax break for the year when you are moving in or out of a location. NOW is the time to plan.... Winter, Spring, Sumer or Fall. We have the plan for them all. Planning is the most important part of moving.

Many families make decisions to move over the holidays; my family included has made many snowy trips across town and across country.

It was hard being in school, leaving friends, family, and everything familiar. To make it easier, we always planned our moves to occur during school breaks. Limiting the amount of schedule disruptions during the school year is best for children.

Christmas breaks, Spring breaks and even Summer breaks. Are ideal times for relocating when you have school-aged children. As long as plans are in place, you can successfully do it!

During regular schedule breaks, you can visit the possible new location and experience the lifestyle of the area, view the housing options, and research schools. When considering a move, my family visited the amazing culture that is South West Florida and we fell in love. We lived up north and enjoyed our visit to the south so much, after returning home we developed a plan that would allow us to move to Paradise in South West Florida.

Our plan was straightforward. First, sell the home up north. Decide what to do when it sells. Determine who, personal and professional, we could count on to get us through the entire process.

We had to consider packing, changing schools, careers, and changing lifestyles.



Plan time for packing. Families take different approaches to packing, some pack their own belongings, others hire professionals to pack for them, while others may choose to hire a company to pack and transport everything.

When determining where to move to, many families make school options for their children a priority. Changing schools requires planning as well. Completing the necessary paperwork to remove students from their old school and enroll them in their new school. Transferring school, medical, and dental records. If planned properly, changing schools can be easy.

Changing careers is another aspect of relocating that needs to be addressed. Are you simply transferring with your current employer? Will you have to search for a new career? What is the job market like for your field of work in the new location? Are there organizations to join, or networking opportunities that can make securing a new job easier? Again, planning for this helps minimize the stress during a move.

If you've read this far, you realize that planning is the key to make your move as smooth and enjoyable as possible. Lori Ann Mertens, REALTOR® is here to help you through the life journey of moving from start to finish. Moving is an exciting time for couples and families, but if not planned properly it can easily and quickly become a stressful chain of events. Lori Ann can ensure that you and your family experiences the joy of moving.

If you have questions or would like tips on moving, call 941-457-7072 today. It is never too late or early to make plans.

Planning ahead is not only important for relocating, it is also important to prepare for the holidays. Planning ahead will minimize the stress that sometimes comes with the busy holiday season.

Whether you are planning to move or not this holiday season, here's to hoping your dreams come true as you enjoy Paradise. Be safe while traveling to both local and across country destinations. Give back to those in need. Always remember to put a smile on your face and it will give positive vibes out to those around you, even if you never speak to them. Your actions will get a reaction.



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# Computer Guided Dental Implant Surgery

By Dr. Joseph Farag

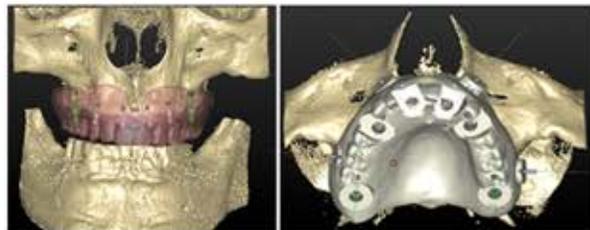
**M**ost radiographic images used in implant surgery prior to the advent of CBCT were only two-dimensional. These images, if properly taken, only provided a rough estimation of bone height. Often times, the bone width and actual 3 dimensional shape was only visible during surgery, sometimes necessitating some creative solutions for anatomical problems, and other times an incorrect placement of the implants.

## A Precise and Predictable Solution

As dental implant surgery has become more widespread, a more precise and predictable solution for surgery was needed. This need gave rise to the development of 3-D imaging technologies that could easily be used in a general dentist practice.

## Radiation Exposure is Mild

Cone beam computed tomography (CBCT), also referred to as 3-D x-ray, has many distinct advantages over traditional two-dimensional imaging. The amount of radiation exposure compared to traditional CT scan is mild. In some cases, it can be as little as 1/100 of the exposure used in CT.



## Implants Placed with High Degree of Precision and Accuracy

Another advantage of three-dimensional imaging is the detailed assessment of the bone scan using specific software. This software, used in conjunction with the 3-D images obtained by CBCT scans, provides a clinician with an indispensable tool for planning implant surgeries. With the use of these specifically designed surgical guides, implants can be placed with a very high degree of precision and accuracy. There is little discrepancy between the planned surgery on the computer and the final implant placement.

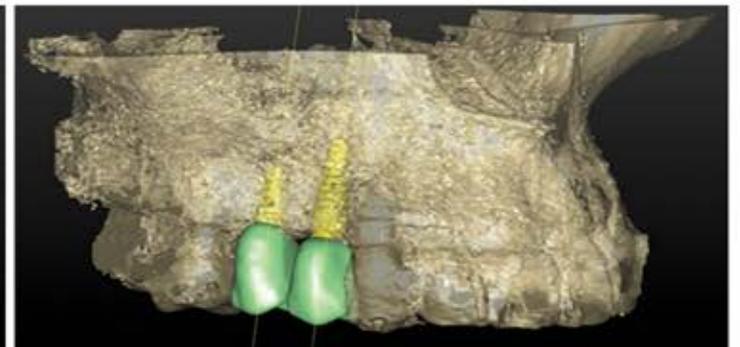
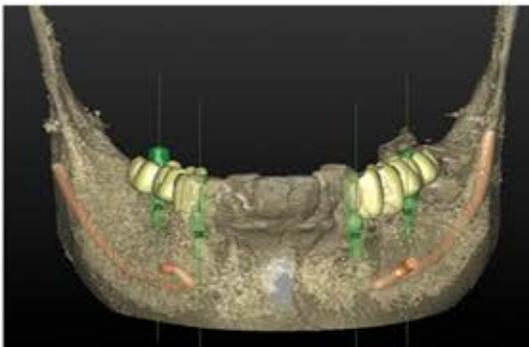
## Less Discomfort and Shorter Treatment Time

These procedures can also be accomplished in a more conservative manner which provides the patient with less discomfort and a shorter treatment time.

Cross-section view of a patient who does not have adequate bone for an implant. By using the 3-dimensional images and planning software we can determine that this patient will require a sinus graft prior to implant placement.



To learn more about dental implant surgery or to schedule an appointment, call Dr. Joseph Farag at Port Charlotte Dentalcare, 941-764-9555.



3D imaging is necessary for the exact identification of vital anatomical structures that should be avoided during implant surgery such as nerves, blood vessels and sinus cavities. More and more clinicians are using 3D imaging and guided surgical techniques in order to provide patients with safer and more predictable results.



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# SPENDTHRIFT VERSUS DISCRETIONARY TRUST PROVISIONS

By James W. Mallonee

**M**ost trusts and Wills contain a clause or paragraph regarding a spendthrift provision. Some trust provisions also provide a sentence or statement about a trustee's ability to act in their sole discretion with regard to distribution of assets to a beneficiary. What is the difference between a spendthrift and a discretionary provision and which is better?

First let's describe in general terms what a Spendthrift clause creates. In general terms a Spendthrift clause prevents a beneficiary's creditors from garnishing a present or future distribution from an estate prior to the beneficiary receiving it. In addition, a Spendthrift clause prevents the Beneficiary from transferring their interest to another (e.g. assigning their trust income to a creditor). In layman's terms that means that a credit card company cannot attach a judgment debt owed them to a beneficiary's bequest from Mom or Dad until the beneficiary has taken actual possession of it.

A discretionary trust provision is one where the trustee is given sole or absolute discretion to provide either income or a bequest to a beneficiary. In many cases a discretionary trust provision provides a standard of how distributions of assets will occur. In a majority of cases the standards include the health, education, support and maintenance of a beneficiary. They can also include situations where the beneficiary is incapacitated, under a certain age (e.g. 25), substance abuse user or insolvent.

Under Florida's trust or probate code a Spendthrift clause does not provide protection against exception creditors. Exception creditors are typically spouses, former spouses or children of a beneficiary who have obtained a support judgment (e.g. alimony or child support) against a delinquent spouse or parent. Other exception creditors are the State of Florida, U.S. Government and any person who has provided services (e.g. Attorney) for the protection of a beneficiary's interest in a trust.



So what does that mean? If you are a parent and you want to provide income to your child via a trust instrument, but do not want it to become open to garnishment by the child's former spouse, then a Spendthrift trust or clause buried in the language of your trust may not help you. All that a former spouse needs to demonstrate is that he or she has exercised all other remedies to obtain their support income and if such exercise was fruitless, he or she may be able to garnish the amount of alimony or child support from the other spouse's trust that was prepared to provide him or her with an consistent income stream. That means that if Mom or Dad set up a trust to supply income to their child, and the former spouse of the child is unable to obtain support income from said child, the former spouse would be able to defeat Mom or Dad's spendthrift clause and garnish the child's income prior to the him or her receiving it.

Remember that the only creditors that can override a Spendthrift trust or clause are exception creditors, and not general creditors or judgment holders (e.g. credit card companies).

Florida's trust code provides that when a trust is discretionary, exception creditors cannot reach the beneficiary's bequest until the beneficiary takes actual possession of the devise. However, a case from Florida's Supreme Court states that if a trustee makes a distribution to a beneficiary, it may be subject to garnishment, even if a trustee has the discretion to make the distribution. Although, the case states that discretionary trusts are subject to garnishment, Florida's trust code, Chapter 736, Fla. Stat., states otherwise.

If Mom and Dad what to make a distribution to a beneficiary, such distribution might turn on who the beneficiary's devise is paid too. Thus, a trustee might consider paying a beneficiary's bills (e.g. electric, water, gas) directly to the source and not to the beneficiary who would then pay those bills themselves. In essence, the beneficiary does not take possession of the funds nor is there an intended payout to the Beneficiary which may avoid the subject of garnishment. Instead the Trustee pays the creditor directly out of the trust (think of it as automatic payment).

In the aforementioned comments, it would seem as if the primary issue to overcome is keeping the beneficiary from having any form of expectation of receiving his or her bequest. If this can be prevented, by and through the discretion of a trustee, then it is highly unlikely that a creditor would successfully be able to garnish a beneficiary's income stream especially if never paid directly to the beneficiary.

Getting back to the original question; which is better, a Spendthrift Trust/Clause or Discretionary Trust? If the intent is to prevent any and all creditors (except the IRS) from attaching to a beneficiary's interest, then clearly a discretionary trust provision is worthy of examination.

If you are considering leaving a legacy following your death, talk to the attorney of your choice who can explain what can happen to your assets should one of your beneficiaries come upon hard times and how best to protect your beneficiary's bequest from being garnished by creditors. It may be the best investment you make in the distribution of your assets following your death.

*This article is intended for informational use only and is not for purposes of providing legal advice or association of a lawyer - client relationship.*

#### About the Author:

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

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

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

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# The Gift Of Joyful Thought

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**M**y Uncle Mutt always smiled. His real first name was Eugene, but everyone called him Mutt. Late at night, sitting around a pot of Maxwell House coffee, my Dad and Uncle Mutt would tell jokes and “side splitting” hunting and fishing stories until around 2:00 am. Glued to every word and facial expression these two giant storytellers would dish out, I would fight as long as a ten year old could, at the kitchen table to stay awake.

These men loved coffee and each other. For gifts, they would buy for each other the most ridiculous coffee cups they could find. Then when together, they would fill these goofy cups with boiling black coffee.

I remember one Friday night around 10:00 pm as my dad was pouring himself yet another cup he said, “Well Mutt, it looks like we have ran out of coffee.” I jumped to my feet to make a pot so they could keep the stories rolling. When the coffee was finished I poured some for Uncle Mutt and as he looked into the cup with a hairy wrinkled unibrow, he paused, then looked back at me and said, “Is this suppose to be coffee?” I said, “Yes sir” proudly and he said, “It can’t be.” I was deflated and asked, “Why not Uncle Mutt?” He said, “Cause I can see the bottom of the cup.” And he smiled his famous Cheshire Cat grin.

Back at the stove, and very determined, I dumped about ¼ lb. of Maxwell House Coffee grounds in the same pot while they turned back and continued laughing and chuckling. When the pot boiled I flooded my uncle’s cup again, held my breath and waited. He peered into the cup then poured a little of the scalding aromatic brew into a saucer. He gave it a fan with his hand then he raised the saucer to his lips and slowly sucked the coffee from the edge. Only after downing a couple of saucers did he then turn to me, cocked his head slightly, winked and said, “Now that my boy, is a cup of coffee.” I grinned from ear to ear. I loved my Uncle Mutt.

That memory is over 43 years old. I remember it like it was yesterday. I have many wonderful memories and many depressing ones. But I have



chosen to become the curator of this amazing library of my yester-years. I have learned to find the good and the cheerful. I have turned villains into heroes and monsters into saints.

Why would I do such a thing? Wouldn’t it make a lot of sense to be “real?” Well actually, I am being real. I have chosen to galvanize my mind to the thoughts that create true and admirable movies in my heart. Using my memories, I am the producer, the director and the screenwriter. Granted it’s been as tough as nails at times and I’ve wanted to send the heroes and saints back to the evil place I found them in my past. It also took a lot of hunting and pecking around my memories, but I found enough to create my version of *It’s A Wonderful Life*.

After I realized that I had the power, not the villains and monsters, to create my own blockbuster movies in my heart, I could choose to make a Jimmy Stewart, Oscar-Winner or a trashy “C” movie that’s a waste of time, with no life-giving value.

*Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.*  
~Philippians 4:8 NLT

It’s also to my advantage to nose around my memories and find something, even if it is small, to “fix my thoughts on.” I’ve known some pretty mean rascals, and yet every one of them had something admirable that I could pull off the shelf of my heart and put into my basket to create my Oscar winner. See ‘I become’ like the movies I watch over and over in my heart. Over time they shape my actions and I become either bitter or better.

*Guard your heart above all else, for it determines the course of your life.* ~Proverbs 4:23 NLT

The movies I play in my mind affect how I feel. If I want to be depressed and unmotivated then I play the C movies of pain and shame. If I want to feel motivated and full of joy, I play my version of Jimmy Stewart’s, *It’s A Wonderful life*.

*A cheerful heart is good medicine, but a broken spirit saps a person’s strength* ~Proverbs 17:22  
New Living Translation

This holiday season give yourself “*The Gift of Joyful Thought*.” If you do, you’ll feel awesome and will have a Merry Christmas.

*To your spiritual health,*  
**Pastor Alex Anderson**  
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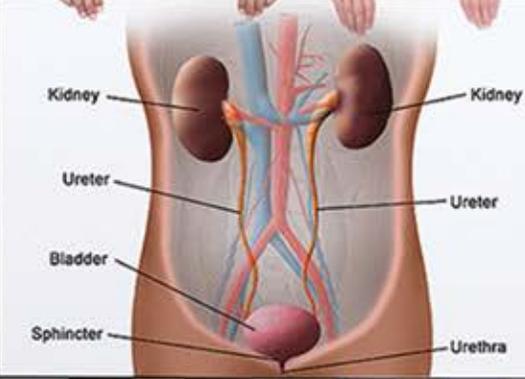
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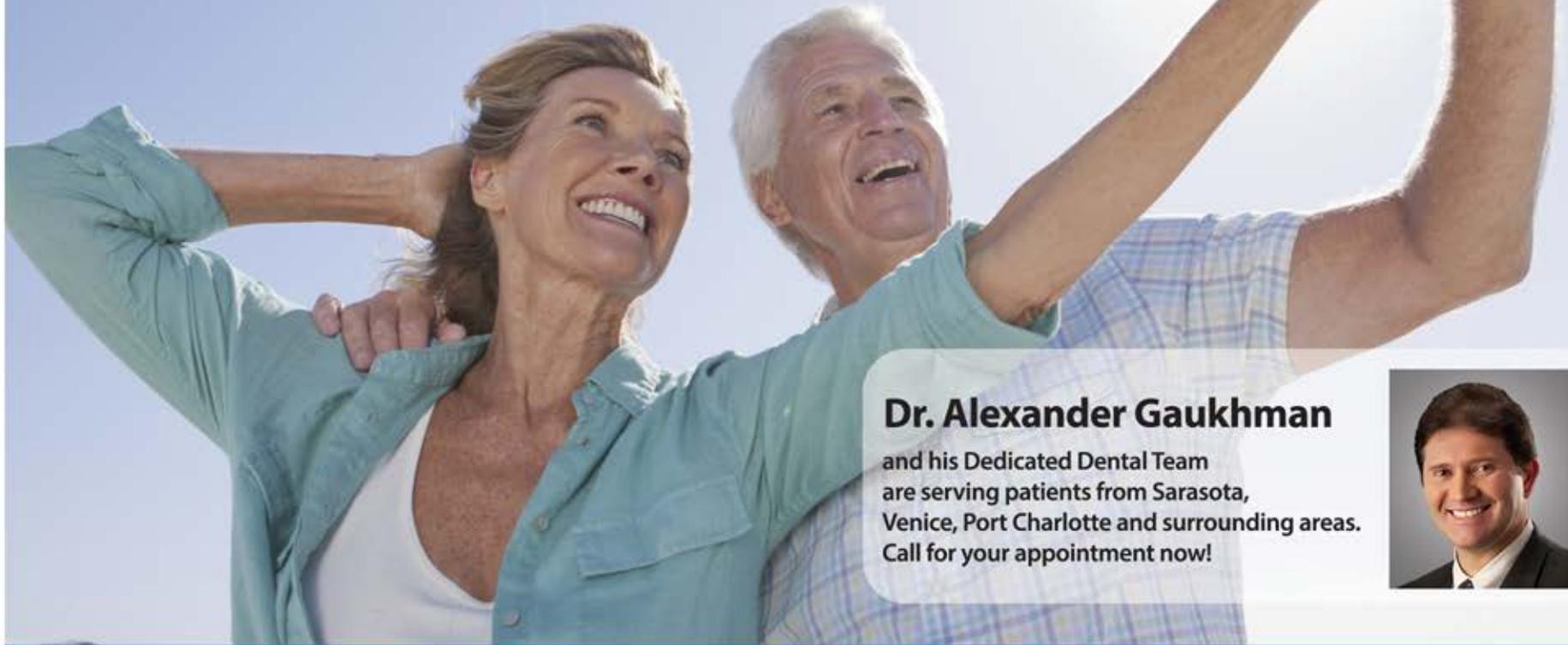
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