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January 2016

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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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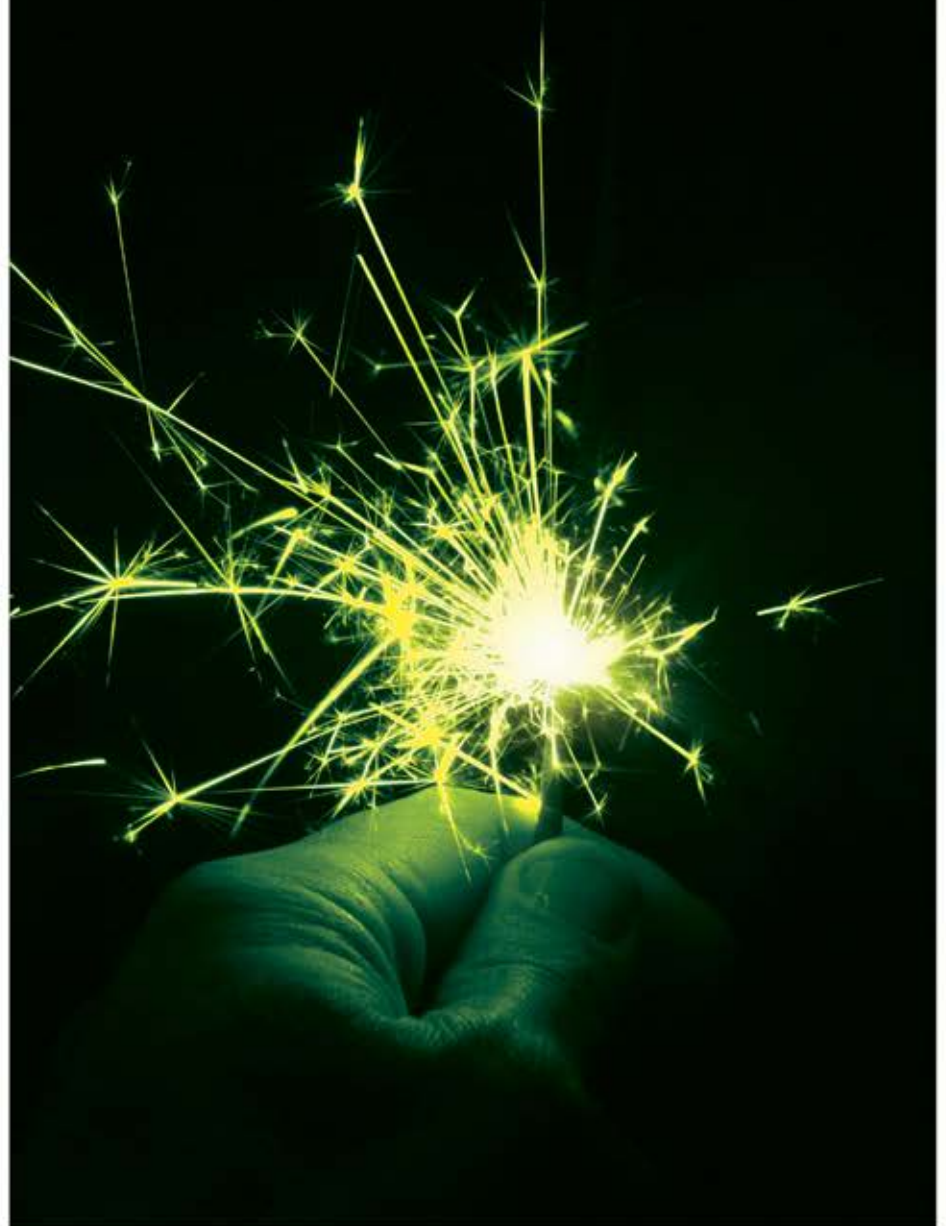
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# An Orthopaedic Surgeon Can Make a Tremendous Difference in the Quality of Your Foot and Ankle Care!

**A**n orthopedic surgeon specializing in foot and ankle problems can make a huge difference. I am Dr. Myles Rubin Samotin, M.D., an orthopedic surgeon fully trained in taking care of all extremities from the shoulders to the fingers, from the hips down to the toes.

In addition to a very lengthy training and specialization in orthopedics, I am subspecialty and fellowship trained in foot and ankle problems, and for the past 17 years in Southwest Florida, I have taken care of everything from the simplest to the most complex foot and ankle problems. I am originally from New York City, trained at some of the best orthopedic institutions in the world including Columbia, SUNY Downstate in Brooklyn, Maimonides Medical Center, and the Hospital for Joint Diseases, a world-renown orthopedic institution located in New York City. I am currently Board Certified, and I recently passed my recertification examination with flying colors.

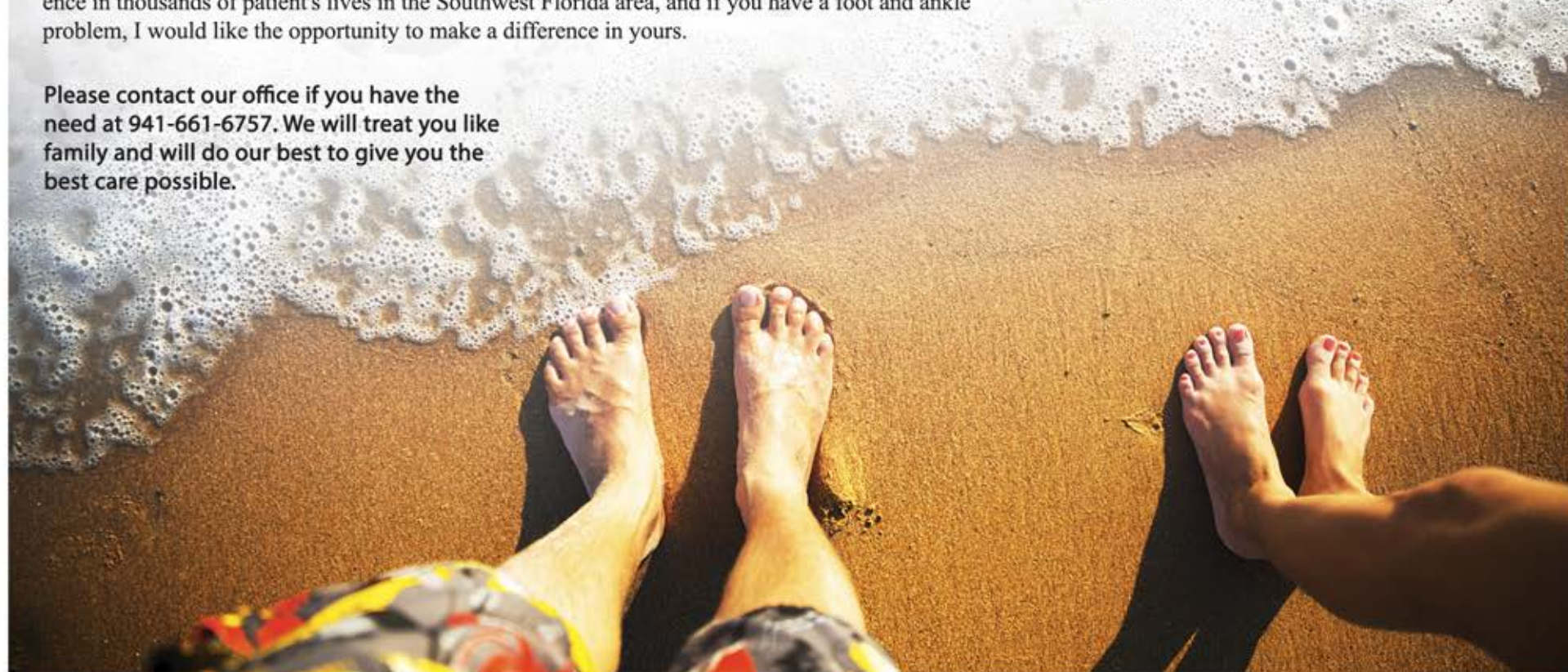
I am a member of the American Academy of Orthopedic Surgeons and I am in excellent standing. In my younger years, I attended the Julliard School of Music and have been a serious pianist for many years. Today I mostly play the piano for my private fun and relaxation, but every year I participate in the physician's talent show in Collier County and not only donate my time but also a lot of money to helping the underinsured get the health care that they need. I grew up seeing my grandmother lose both of her legs as a result of rotten care given to her by a podiatrist. This was the kernel that inspired me to specialize in foot and ankle problems, and through my orthopedic training, I have shown that there is an alternative that can do very well for patients.

More than 50% of the foot and ankle surgeries that I do are fixing the botched up surgeries that are done in this area. No surgeon's results can be perfect, but my results are excellent. My infection and complication rate have always been and continue to be extremely low. I handle everything from bunion and hammer toe correction to neuroma excision to advanced arthritis in the foot and ankle, tendon disorders, flat foot deformity, Achilles tendon problems, fracture work. I have made a difference in thousands of patient's lives in the Southwest Florida area, and if you have a foot and ankle problem, I would like the opportunity to make a difference in yours.

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# Resolve to Take Better Care of Your Teeth and Gums

By Dr. Alexander Gaukhman

**W**ith the onset of New Year, everyone makes certain resolutions. While some decide to overcome and control their bad habits, some make plans about achieving something, but have you ever considered making any resolution for the well being of your teeth and gums? Our health and body deserve the most attention and care than anything else and this includes our oral health too. Therefore, if you have been careless about your teeth, this year try to pay some heed to them by acting upon following oral care resolutions:

## Regular Visits to Dentists

Many believe that there is no need to visit a dentist unless a dental problem occurs or there is pain in any tooth, but do you know that regular visits for no reason can help you from having oral issues?

When you make visiting dentist your habit, you are routinely updated about the health of your gums and teeth and if there is any kind of problem, you get the immediate treatment and, thus, you can avoid the severe pains, medicines, etc.

## Brushing Teeth Twice a Day

Many people consider it insignificant to brush their teeth twice a day and normally skip brushing before going to sleep at nights, but do you know when you go to sleep the bacteria inside your mouth wake up?

The food you eat at night remains in your mouth as residuals which give rise to bacteria, form cavities and leave a bad smell in your mouth. When you skip brushing daily, the residuals make home in your mouth and further affect your oral health. Thus, to avoid the bacteria, bad smell and activities, you just need to develop the habit of brushing teeth in the morning and before going to bed.

## Quit Smoking

When you smoke, you invite plaque, tartar, bad breath, discolored teeth, tooth loss, periodontal disease/s, lung, mouth and throat cancers, etc. The solution to avoid these heinous and dreadful oral issues is to quit smoking. Kickoff your new year by quitting the habit of smoking if you love your teeth and want a bright smile.

## Say No to Junk Food and Fizzy Drinks

Health experts suggest that Junk food is the main cause of obesity among youngsters. Dentists also consider fast food enemy of our oral health as this food gives rise to cavities and makes teeth sensitive. Similarly, the fizzy drinks that are great taste wise are extremely harmful for teeth. The composition of fizzy drinks contain certain elements that form cavities and impair teeth.

As Junk food and fizzy drinks both are detrimental, be determined to quit both this year.

## Don't Linger on with Aching Tooth

Whether you have teeth sensitivity or any kind of sensation in mouth, whether you have pain in tooth or a bleeding gum, you should immediately visit the dentist. Once teeth start decaying, lingering on with them only make the situation worse. For instance, a cavity gets bigger and serious when one delays the treatment. Thus, immediate treatment saves one from bigger dental problems and prolonged pain. So, if you have any oral issue and you have been delaying it, get that fixed today as your New Year resolution.

## Transferring Good Habits

Being parent or an elder in the family, you can develop good oral habits and transfer them in the young generation. When you quit smoking, your children and family will understand the consequences of smoking and its negatives effects on their teeth. Similarly, when adults make brushing teeth twice a day their habit, they can easily inculcate this practice in their children. Thus, the adults in a family can play a significant role in transferring teeth-care habits by following and sticking to these resolutions.

Health of your teeth depends on your determination and will and the efforts you make to prevent them from decaying. Therefore, this year, follow these oral care resolutions to overcome oral issues.



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# Cancer Drink – Fuels the Fight Against Cancer

**W**hat is the most important thing you can do once you or a loved one finds out they have cancer? The answer is simple and complex at the same time – prepare for the fight of your life and plan on winning!

Finding the best care possible and following the treatment protocols of your oncologist to the tee is a must. Keeping yourself as healthy as possible to be able to stand the rigors of chemotherapy, radiation, surgery and the emotional stress is absolutely essential as well.

CellMark Biopharma™ developed a revolutionary new medical nutrition drink, CellAssure, designed for the needs of all cancer patients battling the detrimental effects of cancer and even the side effects from cancer treatments.

**Fact: 20-40% of cancer deaths are from malnutrition (cachexia) not cancer and the medical community agrees that nutritional intervention is imperative.**

CellAssure is a simple once a day drink created from direct requests by physicians, dietitians and patients battling cancer. CellAssure includes ingredients clinically proven to:

- Provide needed nutrition for cancer patients without adding sugar
- Improve immune system response
- Maintain or increase appetite
- Increase LBM (lean body mass)
- Reduce stress / anxiety and lower cortisol levels
- Provide relief with nausea/vomiting and diarrhea
- Mitigate anemia and improve my liver function
- Help reduce inflammation and possibly even pain

Cancer is a multi-faceted disease that attacks the body in many ways causing multiple serious side effects, each which needs to be addressed strongly in order for the patient to maintain their health. CellAssure's mission is simple – keeping cancer patients as healthy as possible so their oncologist can kill their cancer with the least amount of side effects/health issues/problems.

Cancer weight loss is associated with poor outcomes for cancer patients—reduced response to therapy, reduced ability to deliver full doses of chemotherapy, stoppages of cancer therapies, increased toxicity, more complications and infections, lower quality of life, and reduced survival.

CellAssure gives patients the essential daily medical nutrition needed to maintain their bodyweight and allow their body to better withstand the rigors of cancer treatments. Remember – staying as healthy as possible allows you to fight cancer without having to stop critical oncology therapies and protocols.

## What is Cancer Cachexia and how can I best avoid it?

With figures showing as much as 40% of cancer deaths are from cancer induced malnutrition (cachexia) avoiding becoming cachexic should be a top priority for all cancer patients. Cachexia is a series of metabolic changes in the cancer patient's body. Cachexia is initiated when proinflammatory cytokines and other catabolic factors, such as proteolysis-inducing factor and lipid-mobilizing factor are released in tissues and in circulation. Increases in stress, anxiety, cortisol levels, inflammation and decreases in appetite, nutrient absorption, and liver function add to this hypermetabolic scenario.

Cancer cachexia is far more complex and different than other types of weight loss (simple malnutrition or starvation) and it cannot be reversed by the simple addition of extra calories. CellAssure™ is targeted medical nutrition for these specific inflammatory triggers and all of their resultant metabolic abnormalities!

**Proper identification of nutrition problems and treatment of nutrition-related symptoms have been shown to stabilize or reverse weight loss in 50% to 88% of oncology patients.**

## When do I start taking CellAssure?

While most people think that their 'Day of Diagnosis' is when their battle with cancer begins – we know better. The fact is on the 'Day of Diagnosis' their body has already been compromised by the



cancer and their nutritional challenges have already started. Cancer has already started waging war and the need for additional nutritional medication is now. It is recommended that you start taking CellAssure from your day of diagnosis forward. Proper nutrition is something helpful regardless of where you are in the cancer process. Of course following a healthy diet along with CellAssure makes the most sense and your healthy eating should continue even after you've won your battle against cancer!

CellAssure delivers on a level that brings smiles to patients, their families, as well as the physicians taking care of them – and as cancer patients we need a reason to smile. We need a reason to believe that we can overcome, conquer and beat cancer head on. There has never been a product like CellAssure before because there never has been a company like CellMark Biopharma™. CellMark Biopharma™ is the leader in advanced medical nutrition for all cancer patients offering unique products for cachexia, CellAssure, and chemo brain, Cognify (chemotherapy induced cognitive decline).

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# COPD Treatment Takes Center Stage

By David Ebner - Staff Writer

The world will never forget the momentous day when four young men from Liverpool, England, walked onto the stage of the Ed Sullivan show in 1964. The Fab Four strolled onstage, squinting in the glare of the lights and smiling at the squealing fans, and that grainy black and white image became the music history icon of the "British Invasion."

Stem cell research appeared on the world stage with much less fanfare. There were no screaming fans or standing ovations when doctors conducted the first stem cell treatment in the form of a bone marrow transplant in 1956. The painstaking hours scientists spent researching and studying cells in laboratories across the world passed unremarked upon in the pages of Life Magazine. Even in 2012, when John B. Gurdon and Shinya Yamanaka won a Nobel Prize for their discovery that "mature cells can be reprogrammed to become pluripotent," enthusiasm was limited mostly to the medical community.

The advent of stem cell research may seem inconsequential in comparison to the rise of the Beatles or Elvis Presley, but its impact on the medical industry is nothing less than revolutionary. Although the ethical implications of using embryonic stem cells have a high-profile and controversial history, knowledge of *adult* stem cells—cells present inside the body of every adult, remains relatively obscure. Adult stem cells live in the blood, fat and bone marrow, and can be extracted and reintroduced into different parts of the body, as needed. Stem cells re-specialize to mimic whatever type of cell they are near. For example, when adipose (fat) stem cells are extracted, isolated and reintroduced to the lungs of the patient with a progressive lung disease, the stem cells have the potential to morph into lung cells. The hope is that the new cells will be disease-free and will promote healing and increasing lung function. For someone suffering from a debilitating disease, such stem cell therapy could mean the difference between struggling for air and singing "Twist and Shout" in the shower.

Physicians at the Lung Institute ([lunginstitute.com](http://lunginstitute.com)) have been performing such procedures since 2013, increasing quality of life for over 1,500 patients with a 70 percent success rate as reported by the patients themselves. During a stem cell therapy procedure, cells are extracted from the patient's fat, blood or bone marrow tissue. The cells are then isolated and returned intravenously or through a nebulizer. This outpatient procedure is completed over three days and is considered minimally invasive. According to the Lung Institute's Medical Director, Kevin Huffman D.O., "stem cells are important because they offer a different approach. Instead of treating symptoms simply to make the patient more comfortable, stem cell therapy targets the disease and can actually repair damaged tissue, challenging conventional medicine's fatalistic mindset that there's nothing more we can do."

It's difficult to imagine a medical breakthrough stealing the show from the latest trending celebrity. However, real people have sought these innovative treatments, and are already seeing these advancements make a difference in their lives. They may not be screaming like the crazed Beatles fans of the sixties, but the alternative treatment fan base grows

every day among people who are breathing easier thanks to stem cell therapy.

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.



The Beatles changed the world of music; stem cells are changing the world of medicine.



Dr. Carl Klutke

# kidney stones

## Leave No Stone Unpassed

**K**idney stones are one of the most common disorders of the urinary tract, accounting for more than 1 million visits to healthcare providers in the U.S. each year.

The reasons for stone formation can be complex but there are a few factors that indicate a higher risk for developing them:

- Family history
- Urinary tract infections
- Some metabolic disorders
- Use of certain medications such as diuretics and calcium-based antacids
- History of gastrointestinal surgery
- Chronic inflammation of the bowel
- Being overweight

### Treating Kidney Stones

Depending on the stone, where it's located and your overall condition, there are several ways to treat a kidney stone.

Allow the stone to pass on its own. Many kidney stones can be allowed to pass normally in the urine. This may be done with or without the aid of medication. The decision to allow the stone to pass naturally depends on its size, type, location, your overall health and pain level.

Remove or break up the stone. If the stone is large, won't pass or is associated with an infection, it may be necessary to remove the stone. Options include:

- **Shockwave lithotripsy.** This is the most common procedure used to treat kidney stones. Shockwaves are directed at the stone from the outside to break it up into fragments that will pass naturally.

- **Ureteroscopy.** The doctor inserts small instruments through the urethra and bladder up to the ureter and uses a laser to break up the stone.

- **Percutaneous stone removal.** Used for larger stones, a small incision is made in the back and a tiny camera is inserted into the kidney. Lasers or other devices are used to break up the stone.

### Avoiding Kidney Stones

You can reduce your risk of developing kidney stones by:

- Drinking plenty of fluids, especially water. This helps flush minerals out of your kidneys before they can build up and form stones. Eight 12-ounce glasses of water a day are recommended. Fluids high in citrate are best (lemonade, limeade...) as citrate is a natural inhibitor of stone formation.

- Following a healthy diet. If you've had a kidney stone, talk to your doctor about the type. This will help you avoid those foods that increase your risk. You may be told to:

- Limit your intake of sodium (salt) and animal proteins
- Avoid foods that are high in oxalates, such as chocolate, nuts, leafy green vegetables, black teas and colas
- Get the recommended daily allowance of calcium in your diet. Too much or too little calcium can contribute to kidney stones.
- Avoid excessive amounts of vitamin C
- Lose excess weight



*Dr. Carl Klutke is a Board Certified Urologist who is Fellowship trained in Female Urology, Voiding Dysfunction and Urodynamics for males and females. RTR Urology is proud to add his decades of experience to their leading edge treatments with a caring touch.*

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# Detecting Problems With Your Thyroid

By Advanced Imaging of Port Charlotte

**W**ould you know it if your thyroid gland slowed production of thyroid hormone? Or if it sped up? The symptoms are hard to spot. An out-of-kilter thyroid gland causes a variety of puzzling symptoms and many people and doctors mistake them for signs of another disease or normal aging. More than 12 million Americans have thyroid disease, many of whom don't realize it. Fortunately, a thyroid biopsy can determine if your thyroid is functioning properly, if not the procedure can assist doctors in revealing the problem and ultimately assist in determining the best treatment plan.

## What is a Thyroid Biopsy?

A Thyroid biopsy, also called a fine needle aspiration, is a procedure in which a small sample of tissue is removed from the thyroid gland and looked at under a microscope for cancer, infection, or other thyroid problems. The thyroid gland is found in front of the windpipe (trachea), just below the voice box (larynx).

A radiologist performs the procedure using ultrasound guidance.

## What is the Preparation for a Thyroid Biopsy?

- No advanced fasting is required.
- The nurse from Advanced Imaging will give you specific instructions on what medications you may take the day of your biopsy/ Fine Needle Aspiration.
- Patients taking aspirin and ibuprofen containing medications, multivitamins, garlic, or Fish Oil (Omega three) are asked to stop these medications 5 days prior to the procedure.
- Patients taking Coumadin, Persantine, Plavix, or Platel may be asked to hold these medications after their treating physician has given consent to hold the medication. This will be coordinated by the nurse at Advanced Imaging and your treating physician. You will be notified what day to hold your medication.
- Attire should be a shirt and shorts, slacks or shirt. Avoid wearing any necklaces, as this will interfere with the procedure.

Prior to the procedure, a nurse from Advanced Imaging will call to obtain a medical history prior to your biopsy, as well as a current list of medications you are taking (this will include herbal medications, multivitamins, etc.).



A thyroid biopsy procedure takes less than an hour to complete.

## What to expect:

Under ultrasound guidance the technologist will locate the area to be biopsied. The Radiologist will prep the area with betadine and administer a local anesthetic. A small needle is inserted into the nodule and a specimen obtained. This may be repeated two or three times in order to get a quality sample.

## Following the procedure:

Most patients may return to work 30 minutes after the completion of the biopsy. Vigorous physical activity should be avoided for 2 to 3 days following the biopsy.

Post procedure you may experience a hoarse voice, sore throat or a slight bruise. Should you have any mild discomfort you may take Tylenol, as this does not have any blood thinning effects.

## Biopsy Results

The collected specimens are sent to an independent Pathologist for evaluation. Your physician will receive separate written reports from the radiologist

and pathologist within two to seven days. It is important to keep your follow up appointment to obtain these results.

Many people diagnosed with a thyroid condition are surprised that such a tiny gland can have such a profound impact on overall health and well-being. But the thyroid gland plays an enormous role in human health. Throughout life, this busy gland is constantly producing hormones that influence metabolism and other functions in the body. It is important to know if your thyroid is working properly. A thyroid problem diagnosis and treatment could significantly increase your quality of life.

If you have any questions please call Advanced Imaging at: 941-235-4646 and ask to speak to the nurse or visit us online at [www.advimaging.com](http://www.advimaging.com).



## What do Varicose Veins, high blood pressure, high cholesterol and diabetes mellitus have in common?

By Joseph Magnant, MD, FACS, RPVI

**If** you have been told by your physician that your varicose veins are cosmetic or pose no immediate threat or that your swollen achy legs are just something you are going to have to live with, you might want to reconsider your options. A number of patients have presented in the past months with complications of their varicose veins including clotting off of the veins (thrombosis) with progression to DVT and or with external bleeding from their varicose veins: one patient bled on the pool deck, another bled on the floor in Walmart, and a third bled in her bathtub. What all these patients and scores of other share in common is the fact that until the specific complication occurred, they had no severe **pain** or real disability from their varicose veins. Most did complain of achy or swollen legs, itching, heaviness, throbbing and heat over the veins, although none had what they would call "**pain**". Most had physicians who knew about their vein problems and either had not made any specific recommendations or had suggested conservative therapy until real "**pain**" or other pressing complications (thrombosis, bleeding?) occurred. With the modern, minimally invasive technique of endovenous ablation available for the treatment of these patients' problems, I believe it is time to change the way we approach venous insufficiency.

**Many** patients have traditionally been told by their primary care physicians that as long as their swollen, discolored legs don't hurt or their varicose veins are not painful, clotted or bleeding that they should leave them alone. So, is one to conclude that active treatments should be offered only for medical conditions which are painful or have progressed to the point of complications? **Hypertension** has earned the nick name of "**the silent killer**" due to the fact that many patients with high blood pressure are unaware of their condition until a screening blood pressure reveals a high reading. Untreated or undiagnosed high blood pressure

leads to premature heart attack, kidney failure, stroke and death. Similarly, active treatment of **high cholesterol** through weight loss, dietary modification, exercise and medication when appropriate has been shown to reduce the risk of stroke, heart attack and deaths related to hardening of the arteries. Screening blood tests for high cholesterol are routinely performed a part of an annual medical evaluation after the age of 40. Physicians are **not likely** to advise their patients with high cholesterol that they should wait until their first heart attack or stroke before considering active therapy. The same can be said for the treatment of diabetes mellitus. Tighter blood sugar control with dietary modification, increased physical activity and medications when needed has been shown to slow the progression of a variety of complications of diabetes including retinopathy (eye problems), nephropathy (kidney failure), neuropathy (numbness and tingling in the feet) as well as atherosclerosis (hardening of the arteries). Logic dictates a proactive approach to patients with diabetes to reduce the chances of these complications.

## Venous insufficiency

is a medical problem, much like the abovementioned conditions and I believe it is time we start treating it as such rather than wishing it away with unfilled compression hose prescriptions or compression hose still in their boxes. Earlier diagnosis and intervention where appropriate will reduce the long term consequences and complications of venous insufficiency such as thrombosis, bleeding, skin changes and ulceration. The modern, minimally invasive technique of endovenous ablation has made this possible.

**Of** the estimated 35-40 million adults in the U.S. who suffer from symptomatic superficial venous

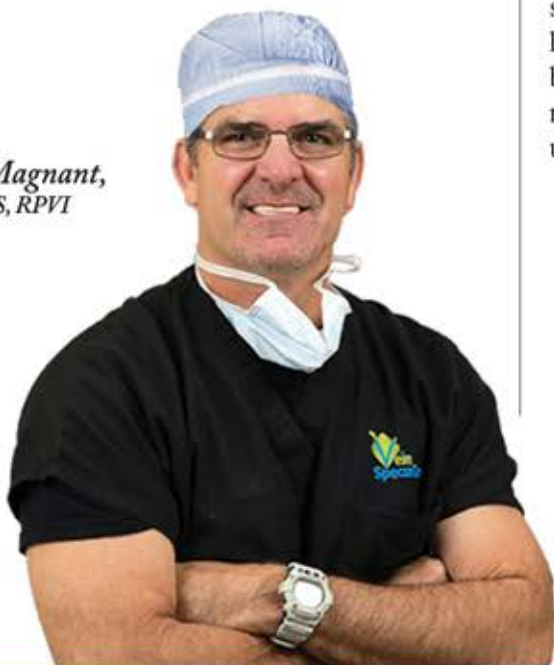


insufficiency, or venous reflux disease, the majority have symptoms and signs which cause significant discomfort. Until 2000, the only treatments available for patients with significant saphenous vein insufficiency were compression hose, high ligation or high ligation and stripping. The latter two treatments were often considered too invasive for patients with symptoms other than bleeding veins or non-healing leg or ankle venous ulcers.

**Thus** most patients with venous insufficiency were advised to wait until the end complications occurred before considering anything more than compression hose. The landscape of venous insufficiency treatment was transformed dramatically by the introduction of endovenous ablation (sealing veins with heat rather than vein stripping) in 1999. The radiofrequency catheter system was the first system approved by the FDA in 1999 and the LASER system for endovenous ablation received FDA approval in 2001.

**Over** the past decade, our understanding of venous insufficiency has been greatly improved as endovenous ablation has been applied with excellent results to patients with some of the more advanced stages of venous insufficiency. Superficial veins other than the great saphenous vein, such as the small saphenous vein, intersaphenous vein, anterior accessory saphenous vein and perforating veins are now treatable with endovenous ablation. Modern ultrasound evaluation of the

*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**, 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.

lower extremity venous system by experienced vascular technologists accurately identifies which veins are insufficient (leaking) and stratifies the severity of reflux. Ultrasound directed sealing of the abnormal veins under local anesthesia has yielded far superior results than vein ligation or stripping. The net result has been relief for millions of patients worldwide and for hundreds of thousands of patients in the USA. Ulcers are being healed in record time, stasis dermatitis changes are being reversed and leg swelling and pain is receding in thousands of patients once thought to be untreatable.

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## So the question

is when to consider getting your vein problems evaluated and whether it is wise to leave varicose veins alone until complications like superficial venous thrombosis (clotting of the varicose veins) with possible progression to deep vein thrombosis (DVT), hemorrhage (bleeding) or ulceration occur. The next time someone tells you to wait for one of the above occur before to seeking evaluation or treatment of your venous problem, reflect back on the goals of treatment in patients with other medical diseases such as high blood pressure, high cholesterol and diabetes. The common goal is quite simply prevention of long term complications, not necessarily relief of "pain". It has been 11 years since the introduction of endovenous ablation as the preferred treatment of patients with symptomatic venous insufficiency and it is time to shed the light of this safe, effective and minimally invasive treatment on the mass of patients still suffering from venous insufficiency.

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



# Your New Year Quit Smoking Plan

If your New Year's resolution is to quit smoking, you're in good company. It's a popular goal and many, many people succeed. According to the U.S. Department of Health and Human Services, there are more former smokers in the United States—nearly 50 million—than current smokers. Planning ahead can help make your healthy resolution a reality. An excellent resource is Tobacco Free Florida's 3 Ways to Quit.

While some smokers successfully quit by going cold turkey, most people do better with a plan to keep themselves on track. A good plan addresses both the short-term challenge of quitting smoking and the long-term challenge of preventing relapse. It should also be tailored to your specific needs and smoking habits.

Whether you're a teen smoker or a lifetime pack-a-day smoker, quitting can be tough. But the more you learn about your options and prepare for quitting, the easier the process will be. With the right game plan tailored to your needs, you can break the addiction, manage your cravings, and join the millions of people who have kicked the habit for good.

#### **Find your reason(s) to quit.**

To get motivated, you need a powerful, personal reason to quit. It may be to protect your family from second-hand smoke. Or lower your chance of getting lung cancer, heart disease, or other conditions. Or to look and feel younger. Choose a reason that is strong enough to outweigh the urge to light up.

#### **For inspiration, look to successful quitters.**

Many people find that the greatest support comes from those who have been in their shoes. Talking with someone who has successfully quit smoking can offer you personal support and tips to help with cravings to get you through the tough days.





**Let others help you.**

Get support from other people. There are many ways to do this. For example, tell your family, friends, and coworkers that you are going to quit and that you want their support. Studies have shown that you have a better chance of being successful if you have help.

**How does smoking hurt your health?**

Knowing the facts about smoking can make you more determined to stop smoking this year.

- Tobacco smoke contains a deadly mix of more than 7,000 chemicals and chemical compounds. Hundreds are toxic, and about 70 cause cancer.
- Smoking causes immediate damage to the body.
- Tobacco use causes an estimated 443,000 deaths each year. It kills more people every year than human immunodeficiency virus (HIV), illegal drugs, alcohol abuse, car crashes, suicides, and murders combined.
- For every person who dies from a tobacco-related disease, another 20 people live with a serious smoking-related illness.

People who stop smoking can greatly reduce their risk for disease and early death. The younger you are when you quit, the better your chances of avoiding health problems.

**Save your breath.**

Most cases of the serious lung disease called COPD (chronic obstructive pulmonary disease) are caused by smoking. COPD makes it harder and harder to breathe. The disease can make people too sick to work and lead to an early death. When you quit smoking, you can:

- Reduce your coughing, wheezing, and shortness of breath
- Reduce your risk of developing COPD
- Slow the weakening of your lungs, if you already have some damage

**Protect your loved ones.**

When you quit smoking, you also help protect your children, family, and friends from exposure to secondhand smoke. It can cause immediate harm to those who breathe it.

**No one said quitting would be easy.**

Quitting smoking can be challenging. Most people make multiple attempts. That's because nicotine is a very addictive drug. But don't give up trying just because you haven't succeeded in the past.



Think about your past attempts to quit—what worked and what didn't. If one method didn't work, don't hesitate to try another method. You can learn something new every time you try. This time might be time you quit for good!

**Tobacco Free Florida offers 3 Ways to Quit:**  
Insert attached graphic here!

**Tobacco Free Florida's AHEC Cessation Program – Tools to Quit and Quit Smoking Now**

Both programs offer education on the health effects related to tobacco use, but more importantly, they teach the benefits of quitting and what to expect when quitting. A Tobacco Cessation Specialist or trained facilitator guides participants as they identify triggers and withdrawal symptoms, and brainstorm ways to cope with them.

**Topics include:** Addiction, withdrawal and medications that help, Planning for the quit date, Dealing with triggers, Overcoming cravings, and Relapse prevention.

**The Tools to Quit Program** is a 2-hour seminar where participants learn how to develop a successful quit plan.

**The Quit Smoking Now Program** meets once a week for six weeks. Participants offer each other support as they go through the quit process.

Both programs offer free nicotine replacement therapy (when medically necessary and while supplies last), educational materials, goodies for their quit day, and follow-up support. We like to have patients referred who are ready to quit within the next 30 days.

Regardless of how you decide to quit—whether you use medicines, counseling, or simply stop smoking on your own—it's most important to commit to quit, make a plan, and stick with it.

**3 FREE & EASY WAYS TO QUIT**

Talk to a Quit Coach® who can help you quit tobacco.

**1-877-U-CAN-NOW**  
1-877-822-6669

TTY/TDD 1-877-777-6534



Online help quitting tobacco is only a few clicks away.

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Looking for local face-to-face help? Find classes near you.

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1-877-848-6696

# Baby Boomers Know When It's Time to Consider Joint Replacement!

**W**ith 76 million Baby Boomers still thriving and active, many are rejecting the sedentary lifestyle of their parents' generation (remove comma) and are using advances in technology and surgical techniques that enable them to keep on running, cycling, skiing and engaging in other sports, while maintaining very active lifestyles.

The 45-64 age group accounted for more than 40% of the more than 906,000 total knee or total hip replacement surgeries in 2012, the last year for which figures were available from the American Academy of Orthopedic Surgeons. Baby Boomers will account for a majority of these joint replacements in 2014, according to a study done by Drexel University.

The study projects the 45-64 age group will account for a 17-fold increase in knee replacements alone, to 994,000 by 2030. Active Boomers often accelerate the arthritis which wears down their joints, and obesity is yet another factor.

"The majority of total hip and knee replacements are completed in patients aged 65 years and older, but the volume is increasing dramatically among 45-64 year-old patients," said Daniel Harmon, DO, of Orthopedic Center of Florida in the Lee and Collier County area. Dr. Daniel Harmon completed his five year orthopedic surgery internship and residency at The Cleveland Clinic Foundation/South Pointe Hospital in Cleveland, Ohio and then completed a fellowship in Adult Hip and Knee Reconstruction at Allegheny General Hospital in Pittsburgh, PA.

The majority of joint replacements are done for osteoarthritis, which is an arthritis that is developed over time from wear and tear. Nonetheless, Daniel Harmon claimed, "Regardless of age, the decision to pursue a total joint replacement is a decision made between the patient and physician with quality of life a determining factor. Obviously all conservative attempts at treatment must fail prior to surgical intervention. If surgery is an option, minimally invasive surgical techniques for

reconstruction of the hip and knee have improved post-operative pain and allowed for a more rapid recovery." One reason that there has been a surgical boom of joint replacements among Baby Boomers is that active Boomers have been proactive in opting to have replacement surgery sooner in order to experience less pain and a faster rehabilitation afterward.

Today's patients have greater expectations about activity and recovery," says Daniel Harmon, who specializes in minimal invasive joint replacements, and is an experienced instructor of the Anterior Total Hip Replacement procedure. "With implant companies turning their focus to longevity of the materials used, this has allowed us to consider joint replacement in younger patients in need of surgery. Current literature suggests that implants we use will last for 20 years or more." This means doctors will consider doing joint replacement on younger patients who are in otherwise good health, but suffer from pain and a decrease in function, when conservative nonsurgical methods have failed and x-rays support the surgical option.

Baby Boomers don't have to live with "Achy Breaky" parts and they are choosing not to. "It was an easy decision for me, when I learned the procedure was very likely to achieve benefits and very unlikely to have adverse effects, the decision was more about assessing the relative importance of quality of life factors," said Louis Libby, who had a hip replacement done this past July.



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# HEARING CARE IS HEALTH CARE

# FREE EXPO

## SAVE THE DATE-FEBRUARY 11, 2016



Presented by:  
Advanced Hearing Solutions  
– Dr. Noël Crosby, Au.D.

**H**ere at Advanced Hearing Solutions we strive to create the best outcomes for each patient's individual's needs. We have learned over the years that no two people have the same hearing loss or requirements. We also know that hearing aids are only the first step to improved hearing. We are committed to our patients and our community to provide the best services for each individual needs. There are many resources available to the hearing impaired that may improve their ability to hear and communicate, this is one of our main reasons why we are having a Hearing Care is Health Care EXPO. We want to reach out to those with hearing health care needs that do not know where to go to get answers to their questions.

Some of the vendors who can provide valuable information who will be attending the EXPO can be found below.

One of the most helpful resources available to the hearing impaired are specialized telephones. These telephones can be captioned or relay phones and both of these phones and the Telephone Relay Service (TRS) they work with, are available at no cost for those who qualify.

There will be representatives from Caption Call, a national provider of specialized phones. Caption Call already provides these specialized phones and captioning to many of the hearing impaired in our community. The Florida Telephone Relay Service will be providing information about the valuable service that they provide to many of Florida's hearing impaired residents. Oticon, Widex, Phonak and Lyric who are among the largest and most popular international hearing aid manufacturers will also be in attendance. There will be a representative from Cochlea America's to provide information and will be available to answer your questions about cochlear implants.

Another great resource for hearing aid users are hearing loop systems. The technical name for these systems is Audio Frequency Induction Loop System. In its most simple form, this system utilizes a loop of copper wire around the perimeter of an area that is connected to an induction hearing loop amplifier. A looping system allows the sounds coming from a public address system to be received directly to hearing aids that have a T-coil. This technology expands the functionality of the hearing aids and picks up all the sounds coming from the stage.

There are many notable organizations and support groups available to the hearing impaired. The leading advocacy organization is the Hearing Loss Association of America. HLAA publishes Hearing Loss Magazine, holds annual conventions, provides online learning and advocates for the rights of people with hearing loss. The national support network includes state organizations and local chapters. A representative of the local HLAA group will be at the EXPO. Our local chapter has a very strong membership that is very involved with advocating for the rights of the hearing impaired in our community. These companies as well as a few surprises will be at the EXPO. Dr. Noël Crosby and her staff will also be there to answer your questions about your hearing health. We look forward to meeting all who attend!

## EXPO – FREE EVENT... FREE EVENT....

**Save the Date:**  
Thursday February 11th 2016  
11:00am - 3:00pm

**Location:**  
Englewood Chamber of Commerce,  
located at 601 South Indiana Ave.

*Advanced Hearing Solutions*  
*Where Better Hearing Happens*



**L**iquid BioCell™, with its award-winning, multi-patented collagen and HA matrix, set a new gold standard for joint health and skin-care as Winner of the global 2015 NutraIngredients Readers Choice Award. The industry-wide recognition was given to the best ingredient, product, and research in Geneva, Switzerland among the leading and most innovative companies in the global nutrition industry.

It is a true honor to receive this award and we appreciate the judging committee, VitaFoods, and NutraIngredients for recognizing innovative, evidence-based products like ours. It is important to our consumers to know that these world organizations have given their seal of approval on the research, effectiveness, and quality of our products.

The science behind the product is shown on the faces of thousands as testimonial to the ingredient's effectiveness. Collagen does not function by itself to support healthy joints and firm, youthful-looking skin; it works in conjunction with other essential components like hyaluronic acid (HA). Unlike the first wave of supplemental collagen products on the market that only contain collagen, second wave, advanced-science Liquid BioCell™ delivers a unique, patented, naturally-occurring matrix of hydrolyzed collagen type II, HA, and chondroitin sulfate to the joints and connective tissues of the body in an ideal molecular weight that the body can effectively absorb. Because it mirrors the joint's natural composition, the body readily accepts it. Furthermore, and adding to its unique competitive advantage, Liquid BioCell™ has been clinically tested independently on human subjects in double-blind, placebo controlled clinical trials in U.S. based, IRB-approved CROs (Clinical Research Organizations) showing efficacy in both skin and joint health.



Jusuru International, the makers of Liquid BioCell™ products, has formulated this clinically-tested nutraceutical product:

Liquid BioCell™ LIFE, for mitigating the joint discomfort and visible signs of advancing age; (Also available in a sugar-free soft chew).

Liquid BioCell™ SPORT, for peak athletic performance and recovery; (NSF Certified for Sport which certifies that the formula has been cleared of over 150 banned substances, and is officially recognized by the NFL, NFLPA, MLB, MLBPA, PGA, LPGA, NCAA, and CCES).

In a twelve-week human bioavailability study, researchers found that within 28 days, daily intake of Liquid BioCell™ lead to a 6000% increase of hyaluronic acid (HA) in the body. HA supports cartilage and joint-lubricating synovial fluid and has water-holding properties that are essential for hydration, which brings elasticity and firmness back to the skin.

In an eight-week clinical trial, dryness nearly disappeared without the use of topical moisturizers. Plus, subjects experienced a significant increase in the skin's collagen content, reduction in lines and wrinkles, and improvement in skin's micro-circulation, hydration, and skin tone.

An in-vitro study concluded that Liquid BioCell™ goes an important step further, it helps reduce hyaluronidase, which is the enzyme that breaks down HA in the body, providing long-lasting suppleness to aging skin.

Other clinical trials show that Liquid BioCell™ has a remarkably positive effect on joint mobility by reducing discomfort, helping to improve cartilage and connective tissues, and promoting joint lubrication. In an eight-week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity. With continued use, many experienced significant improvement in mobility as well.

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

We also have Liquid BioCell™ for your horses. Liquid BioCell™ Equine is the cutting-edge, veterinarian-approved nutraceutical designed to meet the demanding needs of athletic performance and complete joint support for horses of all breeds. Exclusively formulated with Liquid BioCell™, clinically shown to improve mobility, reduce discomfort and improve joint health, while promoting healthy skin and a shiny coat and also supports hooves, gums and eyes. Our Bio-Optimized™ manufacturing process produces molecules that your horse's body can actually absorb. That's why Liquid BioCell™ has been awarded 7 patents and multiple industry awards, including "Best Bone and Joint Health Ingredient" by Frost and Sullivan. The advanced, fast-acting, liquid delivery system is highly effective in maintaining the structure, function and flexibility of your horse's joints, tendons and ligaments, while easing discomfort associated with both normal daily exercise and high-performance competition.

## PERFORMANCE SECRET OF TOP TRAINERS

LIQUID BIOCELL



A breakthrough so advanced, Liquid BioCell™ is a clinically substantiated nutraceutical for horses of all breeds. It's been debuted in 8 top Breeders' Cup horses, is veterinarian-approved and endorsed, is used by top trainers, manufactured in a cGMP, NSF, NPA certified facility, made in the USA and is great-tasting with a natural rosemary flavor.

Joint problems can affect any horse, no matter how much care he's had over his lifetime. As your horse ages, so does his joints; their contents diminish, leading to degeneration of the cartilage and chronic joint problems and although horses do not complain, the condition worsens without treatment. Liquid BioCell™ is clinically shown to help restore the joints, improve joint mobility and lubrication, reduce discomfort and promote healthy cartilage and connective tissue.

Liquid BioCell™ is a new generation of super ingredients. Our Bio-Optimized™ manufacturing process produces molecules that your horse's body can effectively absorb, and it's patented matrix of hydrolyzed collagen type II, hyaluronic acid, and chondroitin sulfate mirror the joint's natural composition so the body readily accepts it.

**LIQUID BIOCELL**  
INDEPENDENT REPRESENTATIVE

**ASK US HOW YOU CAN  
GET YOUR PRODUCT FOR  
FREE**

## 4 most common joint problems in horses

Learn More



The HA and collagen of Liquid BioCell™ can help nourish and hydrate the dermal layers of your horse's skin and aid in keratin production for a healthy, shiny coat.

Vitreous humor, the fluid in the eye, can break down due to aging or eye injury. HA is often used for possible restoration. Liquid BioCell™ elevates HA levels in the bloodstream after intake, potentially aiding in the health of eyes. Gums are integral to healthy teeth. Liquid BioCell's unique form of collagen and HA can help support the gingival fibers that attach the teeth.



Awards:

- Reader's Ingredient of the Year 2015  
Nutraceuticals Award Winner
- Best Bone and Joint Health Ingredient  
Frost and Sullivan Award Winner
- Most Innovative Dietary Ingredient  
Nutraceutical Business and Technology Award Finalist
- Personal Care New Product Innovation  
Frost and Sullivan Award Winner
- Exemplary US Brand  
Beauty From Within Conference
- 2015 Anti-Aging Award Winner  
TasteForLife Supplement Essentials
- 2015 Editor's Pick  
Remedies Magazine

Featured on:



For more information about the age-defying Liquid BioCell™ products, call Neil & Barb Ellis at 239-822-1106 today.  
[www.healthyjointsandskin.com](http://www.healthyjointsandskin.com)

# Compression Devices: Effective Treatment for Limb Swelling

By Alyssa Parker

**M**any 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.



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.



### 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



## ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit [www.AcuteWoundCare.com](http://www.AcuteWoundCare.com) or call

**239-949-4412**

and speak with a specialist.



# Frantz Cosmetic Center is Helping Patients Look their Best

By William W. Ehrlich, MD, FAACS, *Oculofacial & Cosmetic Surgeon*

**O**ne of the most common New Year's resolutions is to improve the way we look – whether that's losing weight or improving our appearance in other ways. Most often our appearance doesn't match the true expectations that we have of ourselves.

I recently joined the medical team at Frantz EyeCare and offer some familiar cosmetic procedures such as eyelid surgery, Botox, and facial fillers; but am pleased to bring a whole new line of cosmetic procedures to the practice that have not been offered in the past. Below are some of the most common procedures that I perform at the Frantz Cosmetic Center to help improve patients' lives and change how others view them and even how they view themselves. These include:

- Upper and Lower Eyelid Surgery
- True Tumescant Liposuction of the Body and Face
- Fat Transfer to the Face, Hands and Breasts
- Minimal Incision Face and Neck Lifts
- Botox and Facial Fillers

When patients sit down with me to talk about the areas they would like to improve, I ask myself two questions. If I were the patient, how would I want to be treated, and how would I want to look after surgery?

I believe that empathy is the key to good patient care. I help my patients learn as much as possible about what to expect when having a procedure. Every patient who comes to the Frantz Cosmetic Center is an integral part of the treatment, recovery process and results. I enjoy creating a result that will enrich a patient's mind and heart. I do everything in my power to leave them better for having trusted me with their faces and bodies.

Since our eyes are often the first place where most of us show signs of aging, sagging, drooping eyelids may make you look older than you actually are. When you schedule a consultation with me, I can suggest a number of procedures to rejuvenate and enhance the appearance of your eyelids, face and even your body through natural body sculpting techniques.

We offer flexible financing options to help make the procedures more affordable. Modern cosmetic surgery techniques allow our patients to experience an easier, quicker recovery than you might expect.

**FRANTZ**  
EyeCare

239-418-0999

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



Dr. Ehrlich sees patients in the Fort Myers and Naples offices of Frantz EyeCare. For additional information or to schedule a cosmetic consultation, please call our main office at **239.418.0999** or visit [FrantzCosmeticCenter.com](http://FrantzCosmeticCenter.com).

*William W. Ehrlich, MD, FAACS, practices Oculoplastic & Cosmetic Surgery at Frantz Cosmetic Center, a subsidiary of Frantz EyeCare, under the medical direction of Jonathan M. Frantz, MD, FACS. In addition to facial and body rejuvenation, the team of doctors at Frantz EyeCare offers a broad spectrum of patient-focused comprehensive care from eye exams and eyewear to bladeless laser cataract removal, treatment of eye diseases, bladeless Wave-Light LASIK, and treatment of dry eye with office locations in Fort Myers, Cape Coral, Punta Gorda, Lehigh Acres, and Naples.*

Discover a life more fulfilling 

## ACUTE WOUND CARE

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

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

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



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# The Make-Good-Resolutions Resolution

By Kailee Witt, MA  
Associate Director, Enrollment Management Systems & Communications  
Florida SouthWestern State College

**E**very New Year brings with it new possibilities and, for some, new resolutions. There are many types of resolutioners. Some of us set impossible goals for ourselves – leading to a late night Netflix binge with the rest of that cake we made “just for the kids.” Some of us set resolutions and pretend we didn’t – just in case they don’t work out. Some of us have sworn off resolutions altogether. No matter what kind of resolutioner you are, there are plenty of ways to start off – and keep – 2016 great. The following are some common resolutions and tips for success.

## The Healthy-Food Resolution

Oh, the promises of no more sugar and white flour! While many of us could stand to enjoy less of these tasty staples, it is important to remember that there are other less-than-healthy habits you may have developed. Eating canned soup every day? The sodium content is astronomical. Skipping white sugar and flour, but missing all those recommended servings of fruits and vegetables? It can be hard to keep up with what is considered healthy these days. Try to arrange a January appointment with your doctor to ask for a suggested dietary plan that meets your body’s needs. Want to take it to a higher level? Contact a dietician who can give you a more personalized plan. Either way, it’s a safe bet you’ll be journaling your meals, so grab a notebook and treat each day as a new day – don’t let setbacks ruin your resolution.

## The Exercise Resolution

“I’m going to the gym every day at 4am!” says Sally who currently gets up at 8am and hasn’t set foot in a gym since high school gym class. While some people can set goals and hold themselves accountable to them no matter how strenuous, going from zero to gym rat in one week is likely not an attainable goal. While it can be expensive, check into purchasing an hour of time with your gym’s personal trainer. Not a member of a gym yet? See if a friend or coworker has a recommendation (working out with a friend is a great motivator) or check with your employer – many offer discounts for local gyms or have on-site gyms for employees.



The most important thing is to remember that results take time – make a plan and stick to it as closely as possible. Many resolutioners start an exercise regimen, but when results are not immediately seen, become discouraged and put off exercise until the next resolution-making-holiday.

## The Back-to-School Resolution

Another popular resolution is to start or finish a certificate or degree. Going back to school is often a long-term commitment, but it is one that can positively impact your life – and wallet – for years to come. While some may have an idea of what institution or program they plan to apply to, it is important to explore as many options as possible to determine what the best path will be for you. There are plenty of ways to prepare for going back to school:

- Check school websites for upcoming open houses or information sessions
- Make appointments with admissions counselors to talk through your plans and what their school has to offer you
- Talk with your family about what they can do to help you be successful
- Check what financial options may be open to you (many institutions, like Florida SouthWestern State College, sponsor sessions dedicated to affording college – learn more at <https://goo.gl/oqTfr0>)

## The SMART Resolution

No matter what you want to do with your new year, make it SMART. SMART goals are used in business, but the concept works well for personal goals, too. When you create Specific, Manageable, Attainable/Achievable, Relevant, Time-based goals, you have a greater chance of succeeding. To learn more about SMART goals, a quick search on your favorite search engine will provide you with a plethora of information and worksheets to use when setting your goals.

*Happy New Year to you and yours, and may your resolutions be SMART.*



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# What Is Your New Year's Resolution?

By Lori Ann Mertens, REALTOR®

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It's all About You... This Month.....

- \*Cervical Health Awareness Month,
- \*National Glaucoma Awareness Month,
- \*Thyroid Awareness Month

*New Year's Resolutions* i.e. Diet, exercise, stop smoking, life goals, financial goals.....When you are planning anything, the experts tell us to plan and goal set for the New Year....

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# Defeat Gum Disease

**T**here 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.

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# Prevent Surgery with Knee Injections

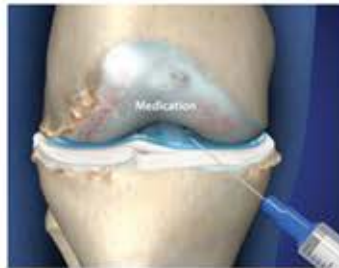
**T**he knee is notorious for pain and injury. Knee pain can occur from an injury or a condition like osteoarthritis, and can impact activities of everyday life. There are many remedies for this condition, including rest, anti-inflammatory medications and using knee braces. For individuals whose knee pain progresses or does not respond to other types of treatment, injections may be an option to help relieve pain and discomfort without requiring surgery.

When regular treatments are not working well enough such as medication management with nonsteroidal anti-inflammatories along with physical therapy, intra-articular injections can be a great option.

There is a substance known as hyaluronic and that is naturally found in the synovial fluid of human knee joints. It works to lubricate and cushion the knee joint, being the human equivalent of "motor oil". In 1997 the FDA approved the first hyaluronic acid preparation made from rooster combs for usage in knee injections for osteoarthritis.

Currently there are multiple FDA approved hyaluronic acid preparations, which are all extracted from rooster combs. They have trade names such as Hyalgan, Synvisc and Orthovisc. While each company counts the benefits of their individual product, research studies have shown that all of them work consistently well while no one particular brand has shown superiority.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage, lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.



Numerous clinical studies have been performed regarding the effectiveness of hyaluronic acid formulations. One of the largest studies in the US showed beneficial effects in 80% of patients for over six months it appears that the combination of joint lubrication along with the anti-inflammatory effects that both come from hyaluronic acid work together to create such effective results.

Knee injections are typically extremely effective. Specifically, hyaluronic acid injections have shown over 80% satisfactory results as well which was maintained for over a six-month time period. These results are often good enough to delay the need for a knee replacement surgery or avoid it altogether. If you suffer from the pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.



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# HOMESTEAD - WILL I LOSE MY HOME AND WHO WILL GET IT

By James W. Mallonee

I often get asked if my spouse dies and he or she has many medical or nursing home bills that can't be paid because of our financial situation, will I lose the home. The answer is NO with some caveats. If you are a Florida resident your home cannot be forcibly sold to pay a judgment against you or your deceased spouse. The exceptions unpaid taxes, mortgage or improvements made to your property without paying the contractor. If you are the lineal descendant of a Florida person who has died, it means that the value of the proceeds from the sale of the homestead residence cannot be used to pay creditor bills. Although the property will be protected from forced sale, it is the passing of the property to the surviving spouse, descendants or heirs that has some unique outcomes.

Article X, Section 4, of Florida's Constitution states in part that exemptions shall inure to the surviving spouse and heirs of a persons estate. When a person dies, their homestead property immediately passes to the lineal descendants or heirs of that person. Lineal descendants and heirs may consist of a surviving spouse, the decedent's children related by blood, and relatives of the decedent. If the decedent has a Will or Trust, the property will pass according to the directives contained in the testamentary document, provided there is no surviving minor child or spouse. To understand how all of this works, let's examine a few situations of what happens to a decedents homestead property at their death.

## INTESTATE ESTATES:

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

Suppose one of the spouses (we'll call him or her "Spouse 1") purchased property, followed by marriage which is followed by the birth of a child.



Let us also assume that Spouse 1 forgot to place the other spouses name on the homestead deed nor did Spouse 1 prepare a Last Will and Testament or Trust. In this situation, the property will pass by the probate intestate statutes to the surviving spouse as a life estate with a vested remainder to the lineal descendant's of Spouse 1 (in this case that would be the surviving child). This means that upon the death of the surviving spouse, the ownership of the property will be transferred to the children of Spouse 1.

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

What happens if the surviving spouse has a child from a previous marriage? The law ignores the surviving spouse's children from a previous marriage and vests the property in the lineal descendants of

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

## TESTATE (LAST WILL AND TESTAMENT OR TRUST)

Using the following facts, Spouse 1 purchases a house (which serves as his permanent residence), and then marries. Spouse 1 does not re-title the homestead property in the names of both Spouse 1 and Spouse 2. The property serves as the permanent residence of both Spouse 1 and Spouse 2. Spouse 1 now dies.

If Spouse 1 has a Will, and directs his entire property to pass to his surviving spouse, then in that event, the property will pass according to the directions of the testamentary document; provided there is no living lineal minor child at the time of the Spouse 1's death.

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

Suppose the minor child is not the lineal descendant of Spouse 1, but is the descendant of the surviving spouse from a previous marriage and Spouse 1 did not legally adopt the child nor does he have lineal children of his own. In this situation, the combination of Florida's Constitution and Probate Statutes would allow the property to pass by Spouse 1's Will to the surviving spouse since the minor child is not the lineal descendant of Spouse 1 nor are their any surviving lineal children of Spouse 1.

Suppose Spouse 1 devises his homestead by a testamentary document to his mother and not to his surviving spouse and Spouse 1 has lineal descendants. In this situation, the devise will fail and the surviving spouse will take a life estate in the property, with the lineal descendant's of Spouse 1 taking a vested remainder interest in homestead property. If there are no lineal descendants of Spouse 1 or heirs, the property will vest entirely to the surviving spouse and not to the mother.

Suppose Spouse 1 devises his homestead in their Will to his or her children from a former marriage, with nothing to Spouse 2. In this situation, the devise will fail and Spouse 2 will take the property as a life estate with a remainder to Spouse 1's children or heirs if none survive Spouse 2's death.

You should also know that if any of the above situations occur, Spouse 2 has an option that is open for 6 months following Spouse 1's death. That option gives Spouse 2 the right record an intention to take the Homestead property as a 50% tenant in common owner with the descendants of Spouse 1 or with Spouse 1's heirs if none survived him or her. If that option is not elected (6 months runs and nothing is recorded), the property transfers as a life estate to the Spouse 2 as a life estate.

Although you do not have to worry about losing the homestead property to creditors (excluding taxes, mortgagee or improvements to property) you must take time to consider to whom you want the property to pass to following death. As you can see, failing to have your property titled correctly (when it is homestead) can have significant consequences at the death of the owner. If you are uncertain as to the status of your residence, you should consult with an attorney and find out if there will be problems upon 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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# God's Original Purpose for Marriage

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

**S**o here is God's original reason for marriage. In Genesis, He said, "It is not good for man to be alone." Among other things, marriage creates intimacy. Intimacy is the cure for loneliness. Yep...loneliness.

I once heard someone say, "I'm committed to being married, but my intimacy is conditional upon the other person." They were not committed to intimacy. The problem with that comment is that it defines *roommates*, not Biblical marriage.

You don't commit just to live together when you marry. That's not what God meant a marriage commitment to be. What God wants is a commitment to love and intimacy until death do you part.

*Marriage is a ministry of service to God that is directed at your spouse on His behalf.*

Marriage is an act of faith and obedience, not between you and your spouse, but between you and your savior, Jesus Christ. You commit to cure loneliness for another person for life...on Christ's behalf.

Now here is where the power of the Gospel kicks in. Do you stay married or just stay together? Neither. You stay committed to *intimacy*.

You cannot do this without the power of the Gospel. You can only do this out of your recreated spirit—not your human soul (mind-will-emotions) only. The only way to do this is through the power of Holy Spirit.

So how does that work?

Here's where the power of the gospel comes into action in a marriage.

Jesus, the author and finisher of our faith, stayed committed to the cross—in the face of torture and death—because of the joy God had set before Him.

In other words, Jesus was Holy Spirit empowered (He was also baptized with Holy Spirit's power when He was water baptized by John the Baptist). Jesus, like a spirit-filled Christ follower, could "act before



He felt." He did not need to *feel it* before He *did it*. He would do it (die on the cross), then feel the joy the father promised...later.

We commit to intimate marriage the same way Jesus committed to the cross. Take a look at this.

*"We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne."*  
Hebrews 12:2 NLT.

The word "disregarding" means He belittled or thought very little of the shame, torture and death He would endure on the cross. Like Jesus, we have to keep our eyes on the "joy" that is set before us in marriage...life-giving intimacy.

Now you may be thinking, *What if it's one-sided and my love is never returned? How do I stay married to someone who is not as committed as I am to life-giving intimacy?*

It's not about them. It's about you. It's about doing it anyway, because you don't consider their lack of intimacy your joy...it's not important. What is important are your actions towards your spouse. By the way, the real odds on them not returning love are very slim anyway—if they are a Christ follower. Remember, the same Holy Spirit that lives in you lives in them. He will be active about bringing heart changes to your spouse. So like with Jesus and the cross, this is your act of faith.

Like Jesus, we have to keep our eyes on the prize. What's the prize? For husbands—love your wife like Christ loved the church and gave Himself for her (husbands, ask your wife what that means to her). This is your goal, guys—nothing else. Gals, for you, it's honor and respect for your husbands (wives, ask your husband what that means to him). That's it. That's your goal. (Ephesians 5: 25-33)

Now notice that neither one of these goals is dependent on whether or not they deserve it. It's your personal goal to do it. The goal is your "joy." It's not about them, it's about you and God. Everyone is called to ministry. If you are married, to do this for your spouse is *your ministry*. Remember your first and greatest ministry is to your spouse before anyone or anything else. This is how God engineered our loneliness to be satisfied—through life-giving intimacy.

So *what do I do now*, you say? Ask Holy Spirit to increase the grace (unconditional love) level in your heart and start acting the part. Act first, feel later, is the answer.

Yes, you can do it.

So how long do you do this? Remember the phrase "Till death do us part?" There was not a quick way to the cross. It took Jesus thirty-three years to get there. So get after it. You might say, *my spouse is a knucklehead, and they may never change*. Their change is not your goal. Serving the Lord by serving your spouse—that is the goal.

As a Christ follower, you were married to serve, not be served! Just like Jesus said, "The son of man (Jesus' favorite title for himself) came not to be served but to serve." Mark 10:45.

Okay...go get 'em tiger!

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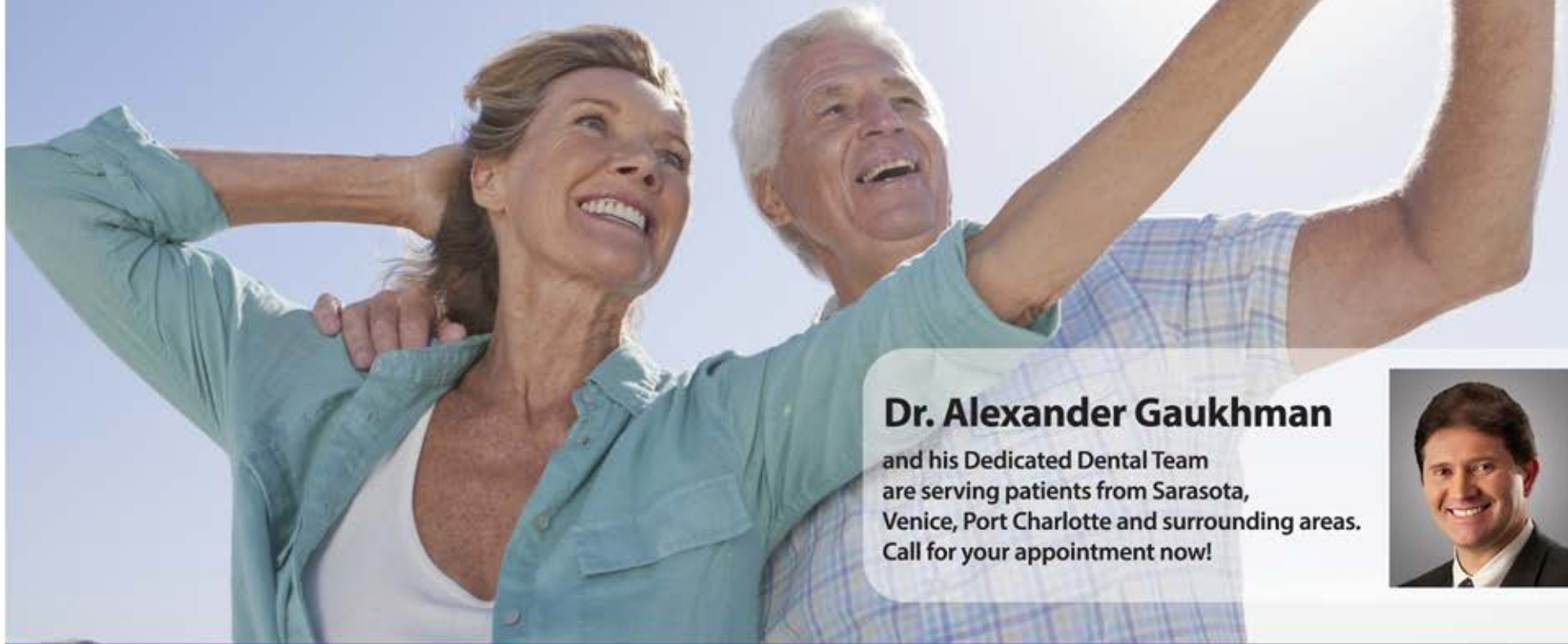
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