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February 2016

Manatee/Sarasota Edition - Monthly

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- February 14th - Cataracts & Bladeless Laser Cataract Surgery
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Snowbird Finds Unmatched Care with Family Feel at CVSI!

By Gino Sedillo, M.D., FACC
CardioVascular Solutions Institute

Imagine receiving such personal care from your doctor's office that you get a phone call every day just to see how you are feeling. Someone from the office calls your out-of-state family member to keep everyone updated on your progress. Treating an actual person, and not just a patient number, is exactly how Dr. Gino Sedillo and his staff approach caring for their patients.

Kathleen Harmon, an Indiana native with a vacation home here in Florida, enthusiastically shares her story of extraordinary care from Dr. Sedillo and the entire office staff at Cardiovascular Solutions Institute.

When looking back on the last twelve months, Kathleen exclaims, "Dr. Sedillo saved her life and the entire staff saved her sanity. Without Cardiovascular Solutions Institute, I would not be here to share my story."

Her doctor in Indiana discovered that Kathleen had a AAA (Abdominal Aortic Aneurysm) and told her that she needed to keep an eye on it because it was growing. Knowing that she was going to be spending time at her Florida home, Kathleen was referred to Dr. Sedillo. Kathleen went for her first visit to CVSI about a year ago and truly believes that it was the best decision she has ever made. Last April, she became very ill. She lost more than 80 pounds in a short time, and always felt nauseated and constipated. Kathleen recalls she honestly believed she was dying. "It was a very scary time. Dr. Sedillo and staff did more than treat my physical health; they talked with me and helped me through my darkest days with encouragement and support. Simply put, they became my family while caring for me."

While being treated in Indiana, Kathleen was put through test after test after test. In contrast, Dr. Sedillo knew that her kidney was very fragile and couldn't take multiple tests. "Even though he is an Interventional Cardiovascular physician, Dr. Sedillo took into consideration how multiple testing and procedures would affect other areas of



my body. He took charge and coordinated a treatment plan for my whole body, which prevented double testing and resulted in phenomenal care."

Kathleen also praised the staff for maintaining constant contact with her three children, whom all live in different states. This was invaluable to Kathleen and her family. "The staff explained everything in ways that made it easy for my family to understand. My loved ones always knew what was going on with my health and treatment. Also, I did not have the responsibility of having to contact them regularly and try to explain the updates or treatment plan. I could just be the patient and get well. This alone meant the world to me and prevented unnecessary worry and frustration."

"I feel so secure with the care that I receive from Cardiovascular Solutions Institute that we are in the process of transitioning from Indiana to making Florida my primary home. It would be great if every office hired caring professionals that sincerely want to help people and not just treat it as a job."



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Kathleen's physical and mental health has improved tremendously over the last 12 months. She admitted that just last year she wrote her eulogy and was prepared to have someone read it before the year's end. "Thanks to Dr. Sedillo and the entire Cardiovascular Solutions Institute office, I am excited to say that no one will be reading it for a long time. I just love them all to pieces. They literally gave me many years of life that I truly didn't think I would have." In fact, I'm feeling so great, I'm traveling to attend my sister's 50th wedding anniversary!

After Dr. Sedillo repaired the AAA with a closed, percutaneous procedure and placed several stents in blocked arteries, Kathleen is feeling much better and enjoying a better quality of life. Visit our website at www.cardiovascularsolutionsinstitute.com or call our office for information or to make an appointment (941) 747-8789.

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

Born in Albuquerque, New Mexico, Dr. Sedillo is Board Certified in Internal Medicine, Cardiovascular Diseases and Interventional Cardiology, and has been a member of the American College of Cardiology since 1996. After 15 years of training, Dr. Sedillo started working for the Bradenton Cardiology Center in 1995. While there he performed more than 1,000 procedures per year and he began teaching procedures and techniques to other practicing cardiologists, vascular surgeons, and interventional radiologists. He served as Director of the cardiac catheterization lab at Manatee Memorial Hospital.

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

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

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Cancer Nutrition Drink is a Must Have

By Dr. Stan Headley

20-40% of cancer patients actually die from malnutrition (cachexia) and not cancer itself!

As a physician I am shocked and alarmed by that factual statistic. How can that be in this day and age of advanced medicine you might ask? The answer is simple - pharmaceutical companies have invested billions into advancing cancer medicines but medical nutrition for cancer patients has been massively neglected in comparison – until now.

I'm going to share two quick stories with you that at first will seem unrelated, but later they come together to change the world!

Story 1. Cancer is without a doubt the fight of your life, and it's the one fight that you didn't ask for. That was the case for my wife when she was diagnosed with stage III ovarian cancer 7 years ago. Right now is a good time to tell you that I am both dual credentialed as both an MD and a ND (Naturopathic Physician) with 24 years of nutritional medicine behind me. We fought the fight but I lost her to cachexia (severe weight loss) in the end – and thus began my mission to find a solution.

Story 2. The founder and CEO of an international pharmaceutical company (47 countries) received the news of his brother being diagnosed with throat cancer. His brother was young, tall and very handsome - but the fight he didn't seek came to him. He beat the cancer, but he lost the fight due to severe weight loss (cachexia) and passed away. This was a life-changing moment for the CEO and he vowed to change the world of cancer forever – and thus began his mission to find a solution. This is a good time to mention that the CEO's degree was in dietetics and he just happened to work with some of the world's best cancer experts.

Fate would bring myself and the CEO together and allow me to see things never done before in nutritional medicine which are giving cancer patients more than just a fighting chance! The must have product for cancer patients that was developed is called CellAssure. Cancer is one fight that you do not want to face alone, and CellAssure makes sure you have nutritional medicine fighting for you every single day from your day of diagnosis to the day you are cancer free!

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:

- Demonstrate Anti-Cancer / Anti-tumor effects
- Provide needed nutrition for cancer patients with zero sugar in formula
- 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

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.

 **CellAssure**
Advanced Medical Nutrition



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 is scientifically formulated to help "Fuel the Fight 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.

CellMark Biopharma™ is the leader in advanced medical nutrition for all cancer patients offering science-based products for cancer nutrition/cachexia (CellAssure), and chemo brain (Cognify) which are physician and pharmacist recommended.

For more information visit:
CellMarkBiopharma.com or call **888-444-7992**.

Depression in Older Americans

The Untold Truth

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

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

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

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



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

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

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

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



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Stem Cell Therapy: A Defining Moment for COPD

By Cameron Kennerly - Staff Writer

At 5:39 a.m. on December 7th, 1972, Apollo 17 took a picture from 28,000 miles up. It revealed nearly the entire coastline of Africa and West Asia. Although this image would be officially titled "AS17-148-22727," due to its appearance and size, it would be referred to as *The Blue Marble*, and marked the first time humanity could see itself at such a scale. Its release changed the way we saw our universe, and more importantly, our place within it.

Recently, a similar discovery has been made; a discovery in stem cell therapy that has the capacity to fundamentally change the way we see lung disease forever.

More than 600 million people suffer from chronic obstructive pulmonary disease (COPD) worldwide, and that number is expected to rise. An incurable disease, COPD is often fatal, with treatment options generally limited to inhalers that alleviate symptoms, but fail to promote healing in the lungs themselves.

Though the Space Race is over, scientific discovery marches on. Modern biotechnology seeks to harness the smallest systems in the human body - our cells. The medical community has been turned upside down with the breakthrough of stem cell therapy. With this newfound push in regenerative medicine, the Lung Institute (lunginstitute.com) - specializing in treating lung disease - has established itself as a leading figure by publishing the first white paper of its kind. In a field where information of this scope (encompassing a total of 100 patients) has never been seen, this is a remarkable first.

The significance of the study may shine a light on COPD and our understanding of how to combat the disease. Where there was once a lack of published work showing the effects of stem cell therapy on COPD, the Lung Institute has broken new ground

with its findings. After testing approximately 100 patients, they discovered that within three months of treatment, 84 percent of patients found their quality of life had improved. The average improvement for the group was 35 percent. Additionally, 48 percent of the 25 patients tested for pulmonary function saw an increase of over 10 percent, with an average improvement of 16 percent over their pre-treatment test results.

This discovery could change lives *significantly*. For millions of people suffering from COPD, a natural decline in pulmonary health is a harsh reality. For many, oxygen tanks and inhalers have become a common burden as their quality of life gradually slips away. Based on these results, stem cell therapy could be the answer they've been looking for.

Through a single image we were awed by the beauty of the world we inhabit and connected by our shared humanity. *The Blue Marble* and the discovery it represented were unlike anything experienced before - a picture of clarity where there was once only darkness.

Within only a few years, stem cell therapy has established itself as an alternative form of treatment for COPD. As a result of this research, stem



An artist's rendering of the 1972 photograph, '*The Blue Marble*.'

cell therapy may be able to meaningfully change the quality of life for those suffering from COPD. As *The Blue Marble* before it, this revelation of new data may represent the dawning of a new age in medicine, a renewed perspective on health and a new approach to confronting COPD. In a world where change means progress, this could be a remarkable discovery benefitting not only future generations, but ours as well.

If you or a loved one suffer from COPD, 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/wellness to find out if you qualify for these new treatments.

To Mesh or Not to Mesh?

A guide to pelvic floor prolapse and the benefits of Robotic Assisted Sacrocolpopexy

By Dr. Sean Castellucci, Urology Partners

What are these ads on television about bladder slings? Did I have that done to me in the past? Should I be worried that I will have a problem from a prior surgery or even a future surgery? These are very real questions and show how powerful television and marketing can be. There are definitely potential risks and benefits to any pelvic floor repair, as there is with any surgery. Pelvic prolapse is a very common issue that women face. This can be a life altering entity, but is also very correctable. When the muscles and ligaments supporting a woman's pelvic organs weaken, the pelvic organs can slip out of place or prolapse. Pelvic organ prolapse can worsen over time, and you may need surgery to fix it. There are other less invasive options as well.

There are different types of pelvic organ prolapse. Women can have bladder, uterine, rectal or some combination of prolapse. Some women develop pelvic organ prolapse after childbirth, a hysterectomy or menopause. This can also be associated with urinary tract infections, since it can be more difficult to empty your bladder with the lack of support, or can relate to incontinence (involuntary leakage of urine). Luckily, there are ways to correct pelvic floor prolapse.

There are different ways to correct prolapse. Non-surgical methods can include use of a device to hold or support the pelvic floor with the use of a pessary. Otherwise, surgical options are also a possibility. These can be done either through the vagina (trans-vaginal approach), or through the abdomen in an approach called a sacrocolpopexy, which lifts the top of the vagina and supports the entire pelvic floor.

Depending on the type of repair that is required, surgical mesh may be of benefit. But it has undergone scrutiny in the media and in many ways misrepresented in terms of its effects. Surgical mesh is a medical device that is used to provide additional



support when repairing weakened or damaged tissue. The TV warnings that have been issued do NOT include all types of mesh and mesh still does have a very important position in pelvic floor repair. The American Urologic Association's (AUA) official position has always been that mid-urethral mesh slings, which are thin strips of polyethylene plastic that resemble window screen material, are important options for women who have stress urinary incontinence. Stress incontinence is a condition where the bladder leaks because of pressure from laughing, activity or sneezing. The AUA states: "restriction on the use of synthetic polypropylene mesh would be a disservice to women."

Additionally, this warning is not associated with other types of pelvic floor repair such as what is used in the minimally invasive robotic assisted sacrocolpopexy. Robot-assisted sacrocolpopexy is performed in order to correct prolapse and/or herniation of the vagina, uterus, and bladder (cystocele). In this procedure, mesh is used to anchor the cervix or apical portion of the vagina if no cervix is present (prior hysterectomy) to the sacral bone (a large triangular bone located in the upper back of the pelvis), thereby lifting the vagina and bladder into their normal anatomic positions. Robotic sacrocolpopexy can also be performed in women who have suffered a prolapse of the vagina (and sometimes the intestines, as well—a condition known as enterocele) following a prior hysterectomy.



Traditional open abdominal sacrocolpopexy has been shown to be a durable and successful method of repairing symptomatic prolapse while maintaining natural vaginal depth and length. We have now adapted the techniques utilized in open surgery to robotic sacrocolpopexy. Robotic surgery offers a minimally invasive approach with several technical advantages for the surgeon, including enhanced visualization with magnification, reduced blood loss, improved suturing techniques compared to laparoscopy, and reproducible surgical results. And because robotic sacrocolpopexy avoids the need for a large abdominal incision, women undergoing this procedure are able to experience a less painful recovery with a significantly quicker return to normal activities than would be possible with open surgery.

In this procedure, the patient is placed under general anesthesia and five small incisions are made in the lower abdomen, allowing introduction of a camera, three robotic instrument arms and one accessory port for passage of sutures and mesh materials. In cases of advanced uterine prolapse, a hysterectomy will then be performed with or possibly without preservation of the cervix, which would be done in conjunction with your Gynecological Surgeon. Following this, a small piece of polypropylene mesh is used to anchor the cervix, vagina and bladder to the sacral bone. Finally, tissues are sewn over the mesh to form a barrier between the mesh and surrounding pelvic organs.

The advantages of this minimally invasive procedure are reduced recovery time and hospital time. Since this procedure avoids the need for the large abdominal incision used in open surgery, most patients are able to resume normal activities within 3 to 4 weeks, compared to 6 to 8 weeks for an open sacrocolpopexy with less post-operative pain and need for pain medications. The superior precision and visualization of operative dissection offered by the da Vinci Si enhances the surgeon's ability to perform sacrocolpopexy with reduced blood loss and more accurate placement of suspension sutures. The patient is able to maintain natural vaginal length and depth, resulting in reduced vaginal scarring and maintenance of female sexual function.

We at Urology Partners have been performing this procedure in Manatee County with great success. Our physicians are trained with the knowledge and skill to help you with your medical problems. If you have any of the aforementioned issues, please do not hesitate to come in for an evaluation. We are here to help you through these intimate concerns.



Dr. Sean A. Castellucci

Dr. Sean Castellucci earned his medical degree from the Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania. He completed his clinical internship at Mercy Catholic Medical Center in General Surgery followed by a general surgery and urologic surgical residency at Albert Einstein Medical Center, and Hahnemann University Hospital, where he was chief resident. Dr. Castellucci has also completed a clinical externship at Memorial Sloan Kettering Oncology Center during his residency. His most recent position was at the Urology Center of Columbus in Columbus, Georgia where he served as Medical Director.



Dr. Castellucci is interested in all aspects of Urology services and research. His specialties are in: Erectile Dysfunction, Bladder Cancer, Prostate Cancer, Kidney Stones, Female Pelvic Organ Prolapse Repair, Kidney Cancer, Low Testosterone, Urinary Incontinence, and minimally invasive therapies including laparoscopic surgery and the utilization of DaVinci Robotics.


Dr. Castellucci is very involved in research which has earned him both national and international recognition, including many publications in peer reviewed journals. His investigations focused on new innovations in urologic, oncologic surgery including the first single port access laparoscopic adrenalectomy performed; as well as research in other fields of urology including prostate cancer.

He has presented at numerous, internationally recognized meetings including the American Urologic Association, the European Association of Urology, and the World Congress of Endourology. His research has also earned him various distinguished awards including the Robert C. Erwin literary award, as well as the Leonard Finkelstein award in Urology.

Dr. Castellucci's diverse professional interests and responsibilities have enhanced and complimented his role as both husband and father. He is happily married to his wife Dania and has two children; Madison and Hailey.

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When we think of the concept of working out at “the gym,” we typically think of the stigmatism that go along with it. Mirrors, blaring music, cleanliness certainly being questionable, 100’s of machines that could not seem more confusing and overwhelming, beautiful people everywhere in amazing shape, feeling like just a number amongst a sea of “workout guru’s,” consistent judgement from others, the thought of doing something wrong where you might hurt yourself, great big bulky trainers, consistent grunting from your fellow neighbor and the arduous thought of: “I definitely need to be here for a minimum of one hour to even begin seeing results.”

Sound familiar? Unfortunately, you’re one of the millions of people who find themselves unsatisfied with their excess body weight, body shape or low feeling of energy and ready to make a change.

What if I told you there was such a place that could NOT BE MORE different! No mirrors, no music, equipment wiped with sanitary wipes throughout the day, equipment treated to keep bacteria and germs from embedding into the vinyl, 10 medical grade commercial Nautilus machines, pillows for your head, neck and spine, complementary water, seatbelts (that actually work) that keep you in perfect form, a private parking lot that is literally feet from the front door, a private changing area, cubbies for all of your personal belongings, a certified personal trainer coaching you through your workout every step of the way, equipment set exactly to your body mechanics each and every workout, three separate and private workout rooms where you will rarely see another client with their certified personal trainer, an appointment day and time that is personally yours to keep and the concept of your workout lasting 20 minutes, twice per week! Lastly, what if I mentioned that our clients have had an average weight loss of five pounds.

This all sounds, and kind of seems like, let’s be honest: TOO GOOD TO BE TRUE? To answer, there is such a thing and the company does exist! True U Fitness was opened one year ago and is conveniently located in downtown Sarasota! We are often asked the same question so many times over; How do you do it? I mean, how are you REALLY able to give me such an amazing workout in such a short amount of time focusing on two important factors: SAFETY and RESULTS?

Let’s explain: First off, when someone typically thinks of working out, especially working out with a personal trainer they are often concerned with one big thing: safety. They often say to themselves: “I can’t work out, I have a bad back/neck, my shoulder has been bothering me for years, I have had both an ACL and MCL surgery, I have a spinal fusion.” Honestly! While those are all real concerns that should not be taken lightly, we work with and help clients with those same injuries on a daily basis. Most of the time a person is injured in “traditional strength training” because of four main factors: improper form, improper seat settings and the sheer speed their arms or legs are moving all for one common

goal, momentum of the movement to drive that weight up or down. Instead, the aspect of a 20 minute workout here at True U Fitness uses no momentum, consistent proper form and seat settings that are customized to the client’s torso to height ratio. When we combine all of these and use a VERY SLOW speed of 10 seconds lifting and 10 seconds lowering, it then makes injuries and momentum nearly non-existent. Instead, we can focus on what each and every client is truly looking for, RESULTS!



Like safety, results are the ultimate goals and reasons why so many clients have decided to make True U Fitness part of their weekly routine. Busy working professionals, retirees and those looking to take control of their lives often have various results and goals including: weight loss, toning and firming, slowing down or reversing osteoporosis (breakdown of bone), reducing stress, lowering blood pressure, lowering cholesterol and improving balance and stability as they age. While a 20 minute workout, twice a week sounds extremely appealing in a time where every minute is precious, we are often asked, how can I get results when I’m only working out a fraction of the time I’m typically used to hearing? In order to best answer, let’s look at “traditional strength training” verses “super slow strength training (what we use here at True U Fitness).” In “traditional strength training” the participant goes to muscle fatigue using the common notion of 3 sets of 10 or 3 sets of 12. They truly exhaust the muscle, then move onto another muscle group from there. With “super slow strength training,” the participant goes not only to muscle fatigue but a step further, muscle success or an impossible repetition. Once a client hits muscle success, the muscle becomes deeply inroaded resulting in the musculature rebuilding faster and quicker. Because of this, results become more prevalent due to the deeper level of muscle inroad than typically thought of. Like we say to all of our clients, your rest and recovery time is just as important as your workout resulting in the 72-96 hours of complete body recovery.

Super Slow Strength Training provides 50% greater and faster results than traditional strength training.

1. Kronemer, C. (n.d.). Slow & Steady Wins the Strength Race. Retrieved June 28, 2014, from <http://www.nfpt.com/blog/slow-a-steady-wins-the-strength-race/>
2. Blount, P. (n.d.). Super Slow Strength Training Research and Its Use in Aggressive Rehab. Retrieved from http://www.dluxtraining.com/pdf/superslow_research.pdf

If your New Year’s resolution has not already begun, feel free to visit TrueUFitness.com or call 941-373-6300 for more information.

You CAN Prevent Prostate Cancer*

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

*The secret to preventing prostate cancer is to make sure you are born *female*. To date, no female has ever been diagnosed with prostate cancer. This is not to say that some unfortunate transgendered male-to-female might one day find that she has developed the disease because of the presence of a residual prostate gland. One can only have prostate cancer if one has a prostate gland!

Let's get real now. If you were born with a prostate gland, you stand some chance of developing prostate cancer in your life time. With the exception of simple skin cancer, prostate cancer is the most prevalent cancer in the human species – even more common than breast cancer. You may know a whole lot more about breast cancer because of the decades-long efforts of organizations like the American Cancer Society and the Susan J. Komen Foundation. And the natural tendency of women to coalesce and support each other.

Like breast cancer, we know that prostate cancer is associated with the hormonal system of the body. As estrogen in the female can impact breast cancer (as well as ovarian and uterine cancers), the male hormone testosterone acts as the food source for prostate cancers. Science does not know exactly how and why prostate cancers appear, but it is thought that every man who lives long enough will develop evidence of cancer in his prostate gland. In simple terms, there seems to be some key in the aging process that causes the prostate gland to develop cancers.

This is where any simple explanation of prostate cancer ends. It is an extremely complex disease. It can appear almost any time after puberty. We have seen young men in their 30's with very serious prostate cancers. And we have seen healthy, active men in their 90's develop prostate cancer and be successfully treated for it. Generally speaking, however, most prostate cancer cases are diagnosed in the mid to late 60's.

There are some cases of prostate cancer that can be definitively traced to environmental factors. Veterans who were exposed to Agent Orange in Vietnam are particularly susceptible to a very aggressive form of prostate cancer. Men with a long term history of tobacco use stand a greatly increased risk of prostate cancer (and bladder cancer, as well).

The biggest predictive factor for prostate cancer is a family history of the disease. If a father, brother or uncle had been diagnosed with the disease, your chance of developing it doubles. We also know that African Americans stand a 6 times increased risk of prostate cancer than do Caucasians. African Blacks however do not demonstrate the same risk.

There is no denying that prostate cancer is (or should be) a huge concern for men, and the women who birth them and love them. Men should be educated about their anatomy and health threats the same as women are.

At the bare minimum, men should be aware that prostate cancer is a threat; that there generally are *no symptoms* when the disease is in its earliest stages; that it can be cured if found early; and that the screening exam for prostate cancer is simple.

It is recommended that men should have annual screening exams for prostate cancer starting when they reach 50. If there is a family history, or they are African Americans, the screening should begin earlier at age 40. Screening can be done by a family doctor, a urologist or through a community event (September is Prostate Cancer Awareness Month so look for screening events at that time of year). The process is two steps: a simple one tube blood test and a digital rectal exam (DRE or "finger exam"). Some men foolishly refuse the DRE. The exam, while unpleasant, lasts only a few seconds and it can be a *life saver*. If either the blood test or the DRE is abnormal, the man should then see a urologist for further examination.

The bottom line (no pun intended) is that while we may not be able to prevent prostate cancer, through awareness, annual screening and appropriate treatment we can prevent dying from it.

Advice to men includes:

- Be aware of your prostate cancer risk
- Take advantage of annual screenings (if your annual check-up does not include a PSA blood test, ask for one)
- Be very cautious of any testosterone usage, as it is the food source for prostate cancer



Michael J.
DATTOLI CANCER CENTER
& BRACHYTHERAPY RESEARCH INSTITUTE
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- If you smoke, stop
- Get some exercise on a regular basis, several times a week
- Eat a balanced diet with plenty of fruits and fresh vegetables
- Reduce the consumption of red meats and processed foods
- Educate yourself about your health!

More Dry Eyes In The House

It's estimated that 33 million Americans have some form of Dry Eye Disease.

Tears are more than a means of expressing sadness and joy—they're an essential part of maintaining healthy eyes and good vision. When our tears are functioning well, we don't even think about them. But when they don't, we begin to notice the following symptoms:

- Stinging and itching
- Burning sensation
- Inflammation, redness
- Sandy, gritty feeling
- Sensitivity to light
- Blurry vision
- Excessive tearing



Excessive tearing? How can this be a symptom of Dry Eye Disease (DED)? Because healthy tears are made up of a specific formula containing three components: an outer layer of oil, a middle layer of water, and an inner layer of mucus. If this composition of the tear is out of balance, your eyes will not be lubricated sufficiently. And, when the cornea becomes too dry, tear glands will overcompensate and stimulate too much of the watery component. Odd as it seems, your eyes can be overflowing with tears and still be "dry".

Why Do We Get Dry Eyes?

There are many reasons for this to happen. Aging is one of the most common causes. Environment plays a role as well—hot, dry and windy weather as well as heaters and/or air conditioners may be a problem. Ceiling fans that blow directly on you at night could be another reason you wake up with that scratchy, sandy feeling. Computer use is also a big issue, because computer users have a way of just staring at the screen for long periods of time and forgetting to blink. In younger people, this non-blinking behavior is a marked cause of dry eyes, as is long term use of contact lenses. Even problems with your eyelids can cause dry eyes. Sometimes the lids will turn outward (ectropion) or inward (entropion); conditions which can be addressed surgically. Inflamed eyelids (blepharitis) may be another cause. Certain types of medical conditions, such as rheumatoid arthritis, psoriasis, eczema, and Sjogren's syndrome to name just a few, can cause problems with dryness. Lastly, certain medications, like antihistamines or diuretics can produce dry eye symptoms, as can a deficiency of some vitamins.



What Treatments Can Help ?

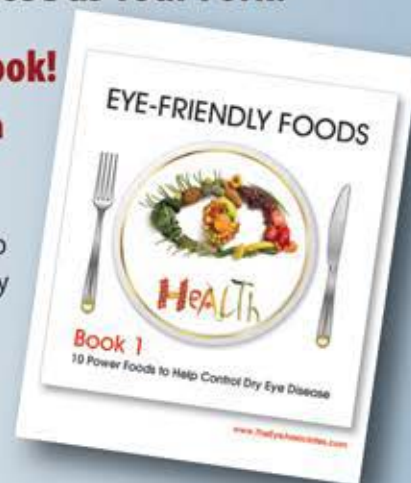
If you have symptoms, visit your eye doctor to confirm a diagnosis. The Eye Associates is an Accredited Dry Eye Center, and can perform an osmolarity test, (saltiness of your tears) which analyzes the quality of your tears in order to recommend a treatment plan.

Dry Eye Relief May Be As Close as Your Fork!

Download our **FREE** cookbook!

www.TheEyeAssociates.com
(search for cookbook)

Try delicious recipes using
10 Power Foods that help
fight inflammation, a key
component of DED.





Dry Eye Disease is generally a condition that is not cured (depending on the cause), but it can be managed. Treatment options usually fall in four categories: increasing the amount of tears kept in the eyes, decreasing tear evaporation, treating inflammation and addressing eyelid function. Keep in mind that DED is frustrating and requires patience. It is a complex medical problem that has no quick fixes, and one that may need several therapies before finding a treatment that works for you.

Mild dry eye symptoms are usually addressed with artificial tears to lubricate the cornea. There are many over-the-counter drops and ointments designed to enhance natural tears. Ointments are best for night use because they will blur your vision. We suggest that you try different brands of artificial tears to see which one is best for your eyes. We do want to warn you against choosing an

eyedrop that 'takes the red out.' These eyedrops tend to irritate the eye even more. Also, because some people are allergic to drops with preservatives, we recommend single-use drops.

Some other treatment options include Restasis prescription eyedrops, punctal plugs, scleral lenses, Bruder Eye Hydrating Compress, vitamin therapy, lid scrubs, and eyelid function surgery.

Autologous Serum Tears—A Biological Advantage

The Eye Associates is one of the few practices that offer serum tear treatment for patients with severe dry eye disease. Since artificial tears lack the biologically active elements found in our natural tears, eyedrops made from components derived from one's own body have been found to be very beneficial. These eyedrops, called autologous serum tears, are made by separating components of a patient's own blood. The benefit is that these man-made tears possess the biological nutrients naturally found in our own tears. It should be noted that this treatment is normally not covered by insurance.

"Eye-Friendly Foods"—A Nutritional Approach

Help DED symptoms by modifying your diet to include foods that fight inflammation. Omega 3 (fish oil) is a go-to supplement that many find beneficial. The Eye Associates has developed a cookbook Ebook specifically designed to help the Dry Eye patient. It's FREE. Just download it from www.TheEyeAssociates.com.



Our Physicians - L to R: Charles Anthony II, MD; David M. Rubin, OD; Michael Camp, OD; Edwin Detweiler, OD; Joshua Mali, MD; Jeffrey Kasper, MD; Robert Friedman, MD; Richard Hector, MD; Cathleen McCabe, MD; Lori Ann Long, OD; Brian Foster, MD; Todd Berger, MD; Scott Han, OD; Robert Rego, OD



THE EYE ASSOCIATES

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Cutting Edge Technology and Science Meet to Make You Look Years Younger!

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

Swan Centers performs thousands of aesthetic procedures annually for men and women that help their clients look younger, thinner, and more vibrant. All of the Swan services offered are custom tailored to each client's needs, wants, body type, skin type and age. They offer non-invasive, safe, pain-free treatments utilizing State of the Art Devices found exclusively only at their Centers. Whether you are interested in anti-aging skin treatments, skin tightening, wrinkle reduction, cellulite smoothing, body enhancement, body toning or targeted fat reduction, Swan Age Reversal Centers offers a unique and pleasant experience that delivers results that are somewhat affordable.

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

Swan Age Reversal Centers takes body enhancement where it was meant to be, combining health and beauty with cutting-edge science and impeccable service. They're driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that only a premium establishment can offer.

A complementary assessment is offered to all first time clients, where they meet a specialist, who suggests a specific treatment plan with realistic expectations. Swan Centers does not do contracts and offers multiple flexible payment options.

SOME SWAN TREATMENT OPTIONS: SKIN TIGHTENING & WRINKLE REDUCTION



Swan-Freeze™

Swan Freeze™ a state-of-the art, Skin Tightening, Wrinkle Reduction, Cellulite Smoothing device that is exclusive to only Swan Age Reversal Centers. Swan-Freeze™ creates radio frequency waves to penetrate and tighten the skin, reduce wrinkles, and has numerous anti-aging benefits. The treatments use radio frequency to consistently and uniformly heat the skin from the inside out. The collagen fibers heat up resulting in skin tightening to attain exceptional results. Swan-Freeze™ treatments are effective in circumference reduction, improving the appearance of cellulite, skin tightening and reducing the appearance of wrinkles. They deliver a safe, pleasant, pain-free experience in treatments for the body including arms, belly, hands, thighs, buttocks, décolleté, neck and face.



FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, love handles, thighs, buttocks or arms. Swan Age Reversal Centers believe that they have the answer! They offer two Exclusive fat reduction options once again only found at their Centers. Swan-Lipo™ utilizes state-of-the-art laser technology and Swan-Cavi™ is fat reduction with the use of ultrasound. They can use one or both of these exclusive devices to treat you, based on what your specific fat reduction needs are.

Swan-Lipo™ & Swan-Cavi™

Swan-Lipo™ and Swan-Cavi™ are used to reduce fat to specific targeted body parts and transforms bodies with remarkable results. Targeted areas can be the waist, belly, bra-line, chest(men), love handles, buttocks, above the knees, the back, arms, hips and thighs.



Anti-Aging • Fat Reduction • Skin Tightening
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These treatments are a safe and effective way to lose inches of fat without surgery, with no pain, no bruising and no recovery time needed! The treatments help to contour your body, to lose inches and reduce stubborn body fat without having painful plastic surgery procedures! Swan-Lipo™ and Swan-Cavi™ works by painlessly creating a small pore in the wall of the fat cells to start the inch loss process. While the cells remain healthy and alive, the fat is emptied out of the cells through the open pore.

Our bodies then safely and naturally eliminate the fat using the lymphatic system which causes you to lose inches in the waist, buttocks, hips, arms, back and thighs. The treatments are quick and painless, generally taking 45 minutes or less. Unlike other plastic surgery procedures, these treatments allow you to continue your daily activities without any interruption.



SKIN RENEWAL for the FACE & NECK

Swan Lift™

Swan Lift™ is an Age Reversal treatment for the face and neck that is Swan Centers Signature treatment. Swan Centers uses a unique combination of Ultrasound, Light Therapy and Radio Frequency Technologies to help lift, tighten and restore the skin to a more youthful state.

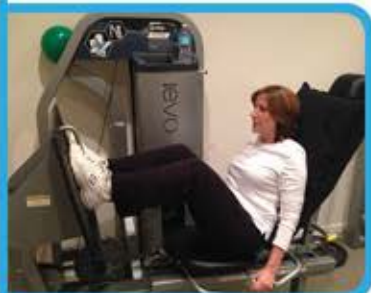
Clients need to do a series of treatments to get maximum benefits and results. Most clients see immediate improved skin appearance after just a few treatments.

Swan Light Therapy™

Skin care technology has made great strides in correcting the flaws resulting from sun damage to the skin. In particular, light therapy has emerged as one of the most effective methods of combating the effects of aging. The use of light is safe, pain free, and inexpensive, compared with other skin care solutions like laser skin resurfacing and facelifts. Everyone can enjoy relaxing, painless light therapy treatments that dramatically improve skin appearance. Cells in the skin and supporting tissue absorb wavelengths between 590 and 950 nanometers. Our cells/tissue convert this light energy into "fuel" that is used to increase cellular metabolism. Research by the National Aeronautics and Space Administration (NASA) has shown that light therapy increases cellular growth up to 200%. The increased cellular activity stimulates formation of new collagen and elastin - the building blocks of healthy skin.



*Weight Loss,
Toning & Firming,
in Just 20 Minutes,
2x a Week.*



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THE NUTRACEUTICAL BREAK-THROUGH THAT'S COMPLETELY CHANGING THE WAY WE AGE



What is Liquid BioCell™?

I discovered Liquid BioCell in 2010 when a dear friend shared this incredible product with me. She knows I am a scientist first and foremost, and provided all the research. I soon realized that Liquid BioCell™ was a unique nutraceutical that provides a potent dose of collagen, hyaluronic acid, and chondroitin sulfate in a natural matrix that is clinically shown to replenish these vital components of the joints and skin.

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

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

What happens as we age?

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

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

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

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

As a daily supplement, Liquid BioCell™ can provide a three way defense (collagen type 2 matrix, resveratrol, and antioxidant superfruits) in the repair, maintenance, and regeneration of skin and joints. I use Liquid BioCell™, my whole family uses it, and I recommend it in my practice.

Did you know that collagen has a greater tensile strength than steel? From the Eiffel Tower to the Brooklyn Bridge, to the sharpest knives and life-saving surgical tools, steel has a reputation of being the toughest, unbreakable material that can withstand the highest of temperatures. Similarly, collagen shares the designation as one of the strongest substances that exists in the world. Collagen molecules are made of chains and cross-links, and a braid-like triple helix that acts as individual strands bonded closely together to create strength... So much strength, in fact, that our tendons and ligaments, made of collagen, hold the many components of our body together.



Doctors' Perspective

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

I consider Liquid BioCell™ to be the premiere source of collagen, as it is the only collagen to have scientifically-tested effectiveness. It is in a naturally occurring matrix, in a highly absorbable form. It is manufactured exclusively in the United States in an NPA, NSF, cGMP certified facility. The corporation is debt free, and they own the exclusive patents to this product. Liquid BioCell™ is one of a kind in it's class.

More about Dr. Lisa DeRosimo

Dr. Lisa DeRosimo is a graduate of UCLA, Cornell University, and the University of Pittsburgh, School of Medicine. She is a Diplomate of the American Board of Obesity Medicine and a Diplomate of the American Board of Family Medicine. Dr. Lisa has concentrated her education and practice on bariatric medicine, which is the study of the causes, treatment, and prevention of obesity. She has been assisting patients since 1999 and is well-respected among her peers as a leader in her field. She has authored numerous publications and research studies, has won multiple national awards, and serves her community with a focus on weight management and wellness in her practice.

Clinical trials show Liquid BioCell™ improves joint mobility

Joint discomfort can come with aging, strenuous work, and athletic activity, but what you're really experiencing is the progressive degeneration of connective tissue where both collagen and hyaluronic acid are essential. Taken orally, in a patented, highly absorbable form, Liquid BioCell™ allows you to replenish these important substances and is clinically shown to work! Its Bio-Optimized™ manufacturing process produces an ideal molecular weight that your body can effectively absorb, and it mirrors the joint's natural composition, so the body readily accepts it.

Numerous clinical trials show that Liquid BioCell™ is highly effective in maintaining the structure, function, and flexibility of joints, muscles and connective tissue while easing discomfort associated with normal daily exercise or active lifestyles.

Improves joint mobility and lubrication
Reduces discomfort

Promotes healthy cartilage and connective tissue

In an 8-week human clinical trial, 90% of subjects with chronic joint discomfort experienced a 40% improvement in physical activity and with continued use, many experienced significant mobility.



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INDEPENDENT REPRESENTATIVE

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GET YOURS
FREE**

Doctor's Perspective



Louis P. Brady, M.D.

Board Certified Orthopedic Surgeon, Associate Clinical Professor at the University of Central Florida College of Medicine

"As orthopedic specialists are recommending Liquid BioCell to their patients, I can see the incidence and severity of one's joint problems, as we know it today, gradually declining. By improving joint health, you can prevent deterioration that comes with athletic activity, strenuous work, and aging. Liquid BioCell is the most remarkable nutraceutical for joint support that has ever been introduced to the market."



Jon M. Grazer M.D., M.P.H., F.A.C.S.

Board Certified Plastic Surgeon, Assistant Clinical Professor Department of Plastic Surgery at the University of California, Irvine

"By drinking Liquid BioCell, hyaluronic acid increases in the body. This translates to a decrease in wrinkles from the inside-out. Liquid BioCell brings tone, elasticity, and moisture back to the skin, and even goes a step further, it helps reduce the enzyme, hyaluronidase, that can make your skin age. Liquid BioCell is a stand alone in the world of nutraceuticals and is pioneering the 'beauty from within' concept."



Joosang Park, Ph.D.

Cancer Biology, Stanford and Cancer Vaccine Research at Harvard Medical Center, Vice President of Scientific Affairs at BioCell Technology

"The ingredients in this dietary supplement are substantiated by solid scientific research and offer multi-layered benefits for healthy aging. Liquid BioCell Life supports both joints and skin through replenishing hydrolyzed collagen, HA, and chondroitin sulfate in highly bioavailable forms, and is the only nutraceutical to offer Liquid BioCell."

Numerous clinical trials show that Liquid BioCell™ is highly effective in maintaining the structure, function, and flexibility of joints, muscles and connective tissue while easing discomfort associated with normal daily exercise or active lifestyles.

**It gets even better...
Liquid BioCell™
reduces wrinkles
from the inside-out.**

Reduces deep lines and wrinkles, Decreases dryness, Improves skin's microcirculation, hydration, skin tone, and firmness.
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By Physicians Rehabilitation

FDA Approved Treatment for Knee Arthritis Offered Locally

Currently, an estimated 27 million people suffer from knee osteoarthritis making it one of the most common causes of disability in the U.S. It is estimated by the year 2030, 72 million Americans will be at high risk for osteoarthritis. Patients with chronic joint pain often think nothing can be done to help them except surgery.

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 and 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 tried other treatments and experienced little to no relief, you may still be a candidate for our treatment program. Call (941) 702-9575 to schedule a no-cost, no-obligation consultation today!

At Physicians Rehabilitation, it's very important to understand 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. We are proud to offer a less invasive approach to relieving knee pain to avoid surgery.

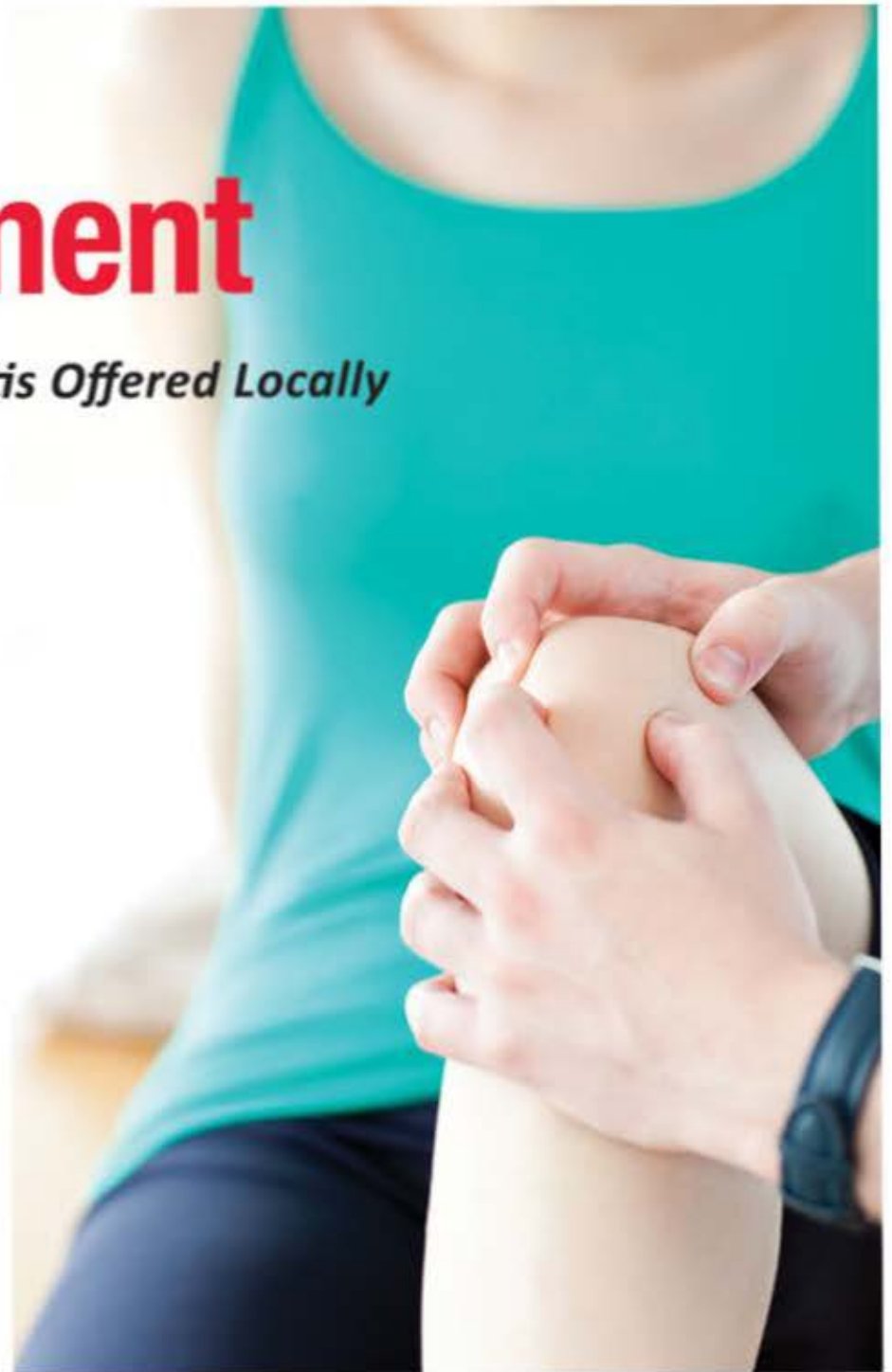
For this reason, we encourage you to schedule an appointment to determine if you are a candidate for Viscosupplementation treatment for knee arthritis, you can always have more radical procedures preformed later if necessary. However with knee replacement surgery, once done there is no turning back to a more conservative approach. Knee replacement surgery is indeed necessary for some people with extreme conditions that Viscosupplementation 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.

Will Insurance cover this Treatment?

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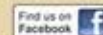


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What is an Urgent Care Clinic?

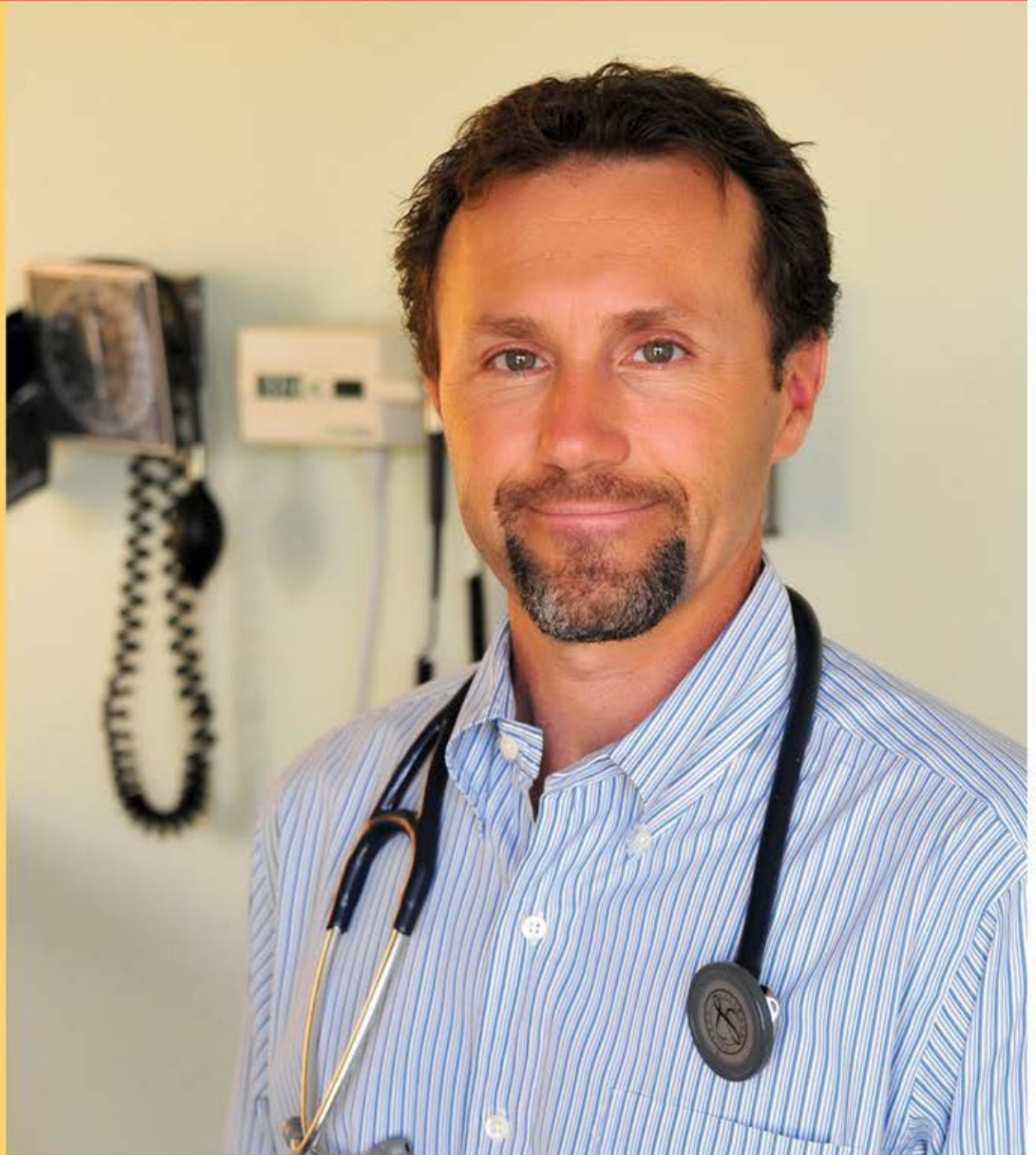
By Eric M. Folkens, M.D., Family Medicine
Bradenton/Lakewood Ranch/Sarasota Urgent Care Walk-In Clinics

Where do you go if you get sick at a time when your doctor's office is closed? What if you need medical assistance but you do not live anywhere near a hospital or your injuries are not life threatening? The answer is to find out where the closest urgent care center is to your home and to go there.

If you are sick or have hurt yourself but it is not life threatening then an urgent care clinic is a convenient place to go to be seen by a doctor as quickly as possible. You may have heard of an urgent care center but maybe you aren't aware of all the things they can help you with when you need medical attention. Here we look at what such a center is all about.

Urgent care as the name implies is medical help that can be sought right away. It is defined as being the delivery of ambulatory care in a facility dedicated to the delivery of medical care outside of a hospital emergency department, usually on an unscheduled, walk-in basis. These centers are primarily aimed at treating patients who are suffering from a sickness or injury that warrants attention immediately but it is not serious enough to require a trip to the ER. This could be everything from getting cut by your pet to developing an ear ache to an upset stomach to a fever or a sore throat.

These care centers are becoming more and more popular all of the time. Many of them were started by emergency room doctors who have responded to a need from the general public in terms of medical care that offers convenient access, does not involve long wait times and is unscheduled.





If you have developed a health issue then do not hesitate to seek treatment at an urgent care center. The back pain you are experiencing may be due to stress or a muscle strain. If you have it examined then you will be provided with a proper diagnosis and you will be able to have assurance and peace of mind that you do not have a serious medical problem on your hands.

The Urgent Care Clinics in Bradenton, Lakewood Ranch, and Sarasota can provide many medical services for the residents of these communities. These are walk-in urgent care centers that have extended operating hours and no appointment is necessary to be seen by a physician. The experienced doctors that work at the facilities provide treatment for all of the conditions that are deemed as urgent but non-life threatening. This could be a cut or it could be an infection. It could be a virus or it could be a broken finger. If you need medical attention you need to seek it out at an urgent care facility.

Digital X-rays are also conducted at these immediate care medical facilities. If you do not know whether your wrist is sprained, fractured or broken than an on-site X-ray will provide the doctor you see as well as yourself

with the answer. In fact the results of the test are interpreted during your wait. If you would like a copy of your X-ray it can be made available to you to take to either your family doctor or a specialist that you are seeing.

In short, an urgent care clinic can help with ALL of your Urgent Care needs including Sore Throats, Flu/Fever, Coughs & Colds, Urinary Infections, Nausea & Vomiting, Ear Aches, Sinus Infections, Lacerations, Sprains & Fractures, High Cholesterol, High Blood Pressure, Diabetes, Eye Injuries, Flu Shots and more.

Medicare and Many Insurance Plans are accepted at most urgent care centers. Some clinics offer lower rates for the self-pay patient which is important for those without insurance or high deductibles.

If you find yourself needing medical care but can't get an appointment with your primary care physician and you don't want to spend hours waiting in the hospital emergency room, Urgent Care Clinic offers increased convenience with in-house X-rays and EKG's and cost savings. There are three convenient locations serving the Bradenton, Lakewood Ranch, and Sarasota communities.

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Effective & Proven Chronic Pain Relief with VAX-D

By Craig S. Aderholdt, BSc, DC

VAX-D, short for Vertebral Axial Decompression, is a patented non-surgical therapy proven to successfully treat chronic low back pain, caused by prolapsed, bulging, herniated or degenerative discs, facet syndrome, stenosis and sciatica. Even post-surgical patients and those suffering from central canal or foraminal stenosis have reported significant pain relief with VAX-D therapy. Over a series of relaxing treatment sessions, patients experience powerful pain reduction and healing. Some patients even notice relief after just one visit.

VAX-D's proven and patented technology is currently being utilized by leading physicians in orthopedic medicine, pain medicine, neurology and other specialties in hundreds of clinics around the world. Many doctors choose VAX-D over other devices because it employs the original, patented technology from which decompression therapy was born. VAX-D effectiveness is backed by clinical research. Back pain has grown to be a \$54 billion industry and has literally become a national epidemic. Due to the astounding array of varied treatment options, finding a back pain solution can be a daunting task. Knowing that a product backs its claims with clinical research makes all the difference, and that is what VAX-D offers. A recently completed 2 1/2 year study has demonstrated that VAX-D achieved a remarkable 88% success rate in the 283 chronic back pain patients studied! The patients selected for the study had been unsuccessful at finding relief with at least two previous non-surgical treatments.

VAX-D is not to be confused with traction. VAX-D lengthens and decompresses the spine, reversing high intradiscal pressure through the application of negative pressure via a patented "slow ramp-up" process. This reversal of pressure creates a vacuum inside the discs that not only takes pressure off of pinched nerves, but helps to reposition bulging discs and pull extruded disc material back into place. Simultaneously, nutrients, oxygen and fluids are drawn into the disc to create a revitalized environment conducive to healing. VAX-D stimulates the body's repair mechanism, providing the building blocks needed to actually mend injured and degenerated discs. VAX-D's process is the only patented treatment clinically proven to decrease disc pressures to the negative levels needed to facilitate healing!

How does VAX-D work?

High intradiscal pressures cause discs to bulge out and press painfully on nerve roots. They also make for a compressed, anaerobic environment unsuitable for healing. Decompression produces and sustains negative pressures within the disc, creating a vacuum effect which draws in nutrients and fluids to promote the repair of injured discs and surrounding tissues. This vacuum has also been shown to aid in the retraction of escaped cushioning gel from herniated discs. Much like gauging the air pressure in a car tire, scientists have been able to use pressure sensors to measure the various pressures put on spinal discs while lifting, standing, sitting, lying down, undergoing traction, and during VAX-D Therapy. Like other pressures found in the body such as blood pressure, intradiscal pressure is measured in millimeters of mercury (mmHg). While traction, physical therapy and manipulation may reduce disc pressures to as low as 40 traction, physical therapy mmHg, only VAX-D has been shown to achieve negative pressures within the spine. Clinical studies have shown that, with VAX-D Therapy, negative pressures as low as -160 mmHg* are created within the injured disc during the treatment session!

The key to the "distraction" of VAX-D is achieved through an intricately timed series of pulls, holds, and releases over the course of a treatment session. VAX-D's biofeedback system adjusts this curve of tension specifically to each patient's needs, making every session a truly individualized treatment.

VAX-D Therapy involves three phases that repeat fifteen times throughout a treatment session: the Decompression Phase, the Retraction Phase, and finally, the Rest Phase. During the Decompression



Phase, tension slowly mounts, lengthening the spine; up to 99 pounds of tension may be exerted directly on the injured discs. This is where spinal pressures drop and decompression actually occurs. During the Retraction Phase, tension is slowly decreased and the spine is retracted slowly. This is followed by a short Rest Phase.

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

- You have chronic and/or severe back and/or neck pain caused by bulging or herniated discs, degenerative disc disease, sciatica, and/or facet syndrome.
- You have been diagnosed with a clinically unstable low back.
- You have failed back surgery syndrome.
- You have been told to consider surgery.

Many patients have experienced more than a 50% reduction in pain after their first treatment! For those suffering from herniated and degenerated discs, the escaped nucleus pulposus may be partially or completely retracted back into the disc after just the first session (though usually it takes longer), relieving a great deal of pain. However, pain reduction does not indicate full recovery, and a full recovery is essential to preventing re-injury. Each treatment session lasts approximately 45 minutes. A typical VAX-D treatment regimen consists of about 20 sessions. Some conditions require fewer visits; some require more. Many patients report relief from their pain and other symptoms during the first

few treatment sessions, and most experience dramatic pain relief after completion of their prescribed VAX-D Therapy program.

VAX-D therapy is a non-surgical procedure to reduce pain by decompressing your spine and reducing the stress and pressure on your discs and spinal nerves. Contact Dr. Craig Aderholdt, at 941-756-5528 for a **free consultation** to see if you are a candidate for this revolutionary procedure. We hope you enjoy the information within and share it with others. Contact Dr. Aderholdt today to find out if you can finally relieve your pain and suffering with this proven safe and effective nonsurgical breakthrough for neck and back pain..



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Lakewood Ranch Technology Park

Dr. Craig S. Aderholdt, BSc, DC



At Back Pain Institute of West Florida, located in Bradenton, FL, our number one concern is to help our patients with a natural approach to pain treatment. Dr. Craig Aderholdt, BSc, DC, received his undergraduate degree from Pennsylvania State University State College, and his Doctor of Chiropractic from Life University School of Chiropractic in Marietta, GA. He then later graduated Cum Laude.

Dr. Aderholdt also holds certification in chiropractic adjunctive physiotherapy from New York Chiropractic College and completed extensive postgraduate training in therapeutic modalities at National-Lincoln School. He is a member of the Florida Chiropractic Association and American Chiropractic Association and is a certified VAX-D consultant. He was also voted a Bradenton Herald People's Choice Awards Winner for 2008 and is the Manatee Herald-Tribune Awards winner for 2015.

Voted #1
Chiropractic Physician
Manatee Herald-Tribune
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Smoking Damages More Than Your Lungs

You probably know about the relationship between smoking and lung cancer, but did you know smoking is also linked to heart disease, stroke and other chronic lung diseases? Smoking can also increase your risk for cancer of the bladder, throat and mouth, kidneys, cervix and pancreas. Thinking about quitting? Look at the facts!

Why should you quit?

- Smoking is the most preventable cause of death in the United States.
- Almost one third of deaths from coronary heart disease are attributable to smoking and secondhand smoke.
- Smoking is linked to about 90% of lung cancer cases in the United States.
- About 20 percent of adult men and about 16 percent of adult women smoke.
- The highest percentage of people who smoke are between the ages of 21 and 34.
- About 54 percent of American children ages 3-11 are exposed to secondhand smoke.
- On average, smokers die more than 10 years earlier than nonsmokers.
- You can be one of the millions of people who successfully quit every year.

What makes cigarettes so toxic and dangerous?

There are more than 5,000 chemical components found in cigarette smoke and hundreds of them are harmful to human health, according to the Centers for Disease Control and Prevention.

Here are a few examples:

- 1,3-Butadiene is a chemical used to manufacture rubber. It is considered to be a carcinogenic chemical that can cause certain blood cancers.
- Arsenic is used to preserve wood. Some arsenic compounds have been linked to cancer of the lung, skin, liver, and bladder.
- Benzene is used to manufacture other chemicals. It can cause cancer, particularly leukemia, in humans.
- Cadmium is a metal used to make batteries. Cadmium and cadmium compounds can cause lung cancer and have been associated with kidney and prostate cancer.
- Chromium VI is used to make alloy metals, paint and dyes. Chromium VI compounds cause lung cancer and have been associated with cancer of the nose and nasal sinuses.
- Formaldehyde is used to make other chemicals and resins. It is also used as a preservative. Formaldehyde causes leukemia and cancer in respiratory tissues.
- Polonium-210 is a radioactive element that has been shown to cause cancer in animals.
- Tar is not one single chemical, instead it describes several chemicals that are in tobacco smoke. It leaves a sticky, brown residue on your lungs, teeth and fingernails.



Carbon monoxide & nicotine: A dangerous duo

Carbon monoxide is a harmful gas you inhale when you smoke. Once in your lungs, it's transferred to your bloodstream. Carbon monoxide decreases the amount of oxygen that is carried in the red blood cells. It also increases the amount of cholesterol that is deposited into the inner lining of the arteries which, over time, can cause the arteries to harden. This leads to heart disease, artery disease and possibly heart attack.

Nicotine is a dangerous and highly addictive chemical. It can cause an increase in blood pressure, heart rate, flow of blood to the heart and a narrowing of the arteries (vessels that carry blood). Nicotine may also contribute to the hardening of the arterial walls, which in turn, may lead to a heart attack. This chemical can stay in your body for six to eight hours depending on how often you smoke. Also, as with most addictive substances, there are some side effects of withdrawal.

Second-Hand Smoke

Smokers aren't the only ones affected by tobacco smoke. Secondhand smoke is a serious health hazard for nonsmokers, especially children. Nonsmokers who have high blood pressure or high blood cholesterol have an even greater risk of developing heart diseases when they're exposed to secondhand smoke.

Secondhand tobacco smoke contributes to about 34,000 premature heart disease deaths and 7,300 lung cancer deaths. Studies show that the risk of developing heart disease is about 25-30 percent higher among people exposed to environmental tobacco smoke at home or work. Secondhand smoke promotes illness, too. Children of smokers have many more respiratory infections than do children of nonsmokers. Excerpted and adapted from "When Risk Factors Unite," appearing in the Stroke Connection Magazine January/February 2005 (Science update May 2008)

These are just a few of the dangerous chemicals found in cigarettes; there are many more. But you do not have to spend the rest of your life giving in to your addiction! Thousands of people kick the habit every year, and you can be one of them. It may not be easy, but you can do it!

*Courtesy American Heart Association



Tobacco Free Florida offers 3 Ways to Quit:

Tobacco Free Florida 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



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Testimonials

Lekiva Judge

"I quit... We quit! Both my husband and I quit the same day. We've been smokers for almost 24 years. It was time. The classes helped us to do something that we felt we couldn't achieve on our own. I am happy for the help and encouragement."

Jorge J. Garcia, MD

"I want to take this opportunity to thank and complement each of you for the quality of training that you all provided at the recent conference which I attended in Tallahassee for Tobacco Treatment Specialist. The material that was covered was comprehensive and presented in a clear, concise, and well organized fashion. The speakers were all very knowledgeable, they covered their topics thoroughly and the slide presentations were very informative and visually appealing. I learned a lot and feel that my fund of knowledge and ability to evaluate and manage tobacco users was significantly enhanced by my attendance to this training."



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THERAPEUTIC OPTIONS TO IMPROVE BLOOD CIRCULATION

By Alyssa Parker

Blood circulation is one of the most important components of our overall health and well-being. When clinical symptoms begin to arise due to poor circulation it's vital to seek preventative treatment options to avoid further complications. Common signs and symptoms that occur are fluid accumulation in a limb, a feeling of heaviness or tightness, thickening of the skin, pain or redness in affected limb. Blood circulation is driven by our heart which supplies our entire body with blood through the blood vessels. When the normal anatomy and function of our venous system has been disrupted that may lead to conditions such as venous insufficiency and lymphedema.



Chronic venous insufficiency (CVI) is when blood is unable to circulate from the lower limbs back to the heart. CVI is caused by incompetent valves and venous hypertension, in both parts of your venous system. The venous system is comprised of two parts, deep circulation and superficial circulation which are interconnected by perforating veins. Your venous system is an important component to delivering blood to the heart, then passing it through the lungs to obtain oxygen. The oxygenated blood is then delivered to the lower limbs.

Venous hypertension leads to secondary Lymphedema from the lymphatic system's inability to keep up with an abnormally high demand of protein rich fluid. Lymphedema is chronic swelling from protein-rich fluid accumulation in the tissue. Lymphedema occurs secondary to CVI when the lymphatic system is obstructed causing damage, blockage, or abnormal development. Primary Lymphedema can be hereditary or congenital condition, where an individual is born with a compromised lymphatic system. Signs and symptoms of this condition may take years to manifest in an individual.

RISK FACTORS

Once your circulatory system has been obstructed leading to venous insufficiency or lymphedema this may lead to an interruption in the venous and lymphatic flow. Both diseases are manageable and treatable however there is no cure for either one. Risk factors may include

- Unknown swelling of a limb
- Family history
- Invasive surgical procedure i.e. radical cancer surgery
- Chronic open wounds
- Decreased mobility
- Infections such as cellulitis/ lymphangitis
- Skin changes such as discoloration or hardening

THERAPEUTIC OPTIONS: COMPRESSION PUMP

Understanding the ongoing management of both venous insufficiency and lymphedema are important in preventing irreversible damage to the body. Compression therapy along with proper nutrition a healthy diet and exercise are the foundation of a treatment plan. Compression stockings are often difficult to get on with little results for chronic swelling. Diuretics may be harmful for long term treatment. Compression devices are widely recognized and highly effective treatment. 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. A pneumatic compression device mimics the muscle contraction that

naturally occurs when performing a cardiovascular activity. Compression Devices are a recognized treatment option by Medicare and many commercial insurers.

WOUND HEALING

Chronic wounds are a huge burden on patients as well as health care providers. With poor blood circulation our body's ability to heal itself becomes less efficient. Compromised skin integrity from poor circulation will progress without treatment. At Acute Wound Care we provide patients with specialty dressings that heal the wound quickly and effectively direct to the home.

Remember it is important to seek treatment options to avoid further complications. The compression pump and specialty wound dressings are a therapeutic option 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. Our highly trained staff will assist you in finding the appropriate treatment that will offer you a better quality of life.



ACUTE WOUND CARE

For more information and articles on this topic, Google "Acute Wound Care" or visit www.AcuteWoundCare.com or call 239-949-4412 and speak with a specialist

DECREASING BALANCE INCREASES RISK OF FALLS IN THE BATHROOM

As we age, it gets harder to do a lot of the activities we were once able to do with ease, and we tend to take those things for granted. Walking, bending, and climbing are movements that we think are simple now, but they only get more difficult when we reach our Golden Years.

The bathroom can be a hazardous place for aging homeowners. As balance decreases with age, the risk of slips and falls increases and increases presents the possibility of broken hips or other health concerns and costs. A safe and easy-to-use bathroom is critical for aging homeowners who wish to remain independent for as long as possible.

One daily activity that you may not realize that can become a more difficult task in the future is the ability to take a bath or shower on your own. Lifting your legs to step over the ledge and into the tub may not be possible, especially with decreased balance. Even if your bathroom already has a shower with a walk-in feature or a low ledge, standing for long periods of time will not be comfortable, and leave you vulnerable to falls.

Installing aging-in-place bathroom features can help homeowners remain in their current residences well into their later years. In fact, aging-in-place remodeling is the fastest growing sector of the home improvement industry!



Comfort and Security With a Walk in Tub

Most of us can envision many of the advantages of walk in tubs. Anyone with problems balancing, especially on one foot, will find that they can stay much more secure with a walk in tub. Stepping up and over a regular tub can be downright treacherous as the transfer of weight does not happen immediately and thereby easily pushing someone you love off balance.

Most of us also know that more broken hips happen from a slip and fall in the shower or bathtub than just about anywhere else. Anyone over the age of 50 should consider the installation of walk in tubs to be the installation of a personal safety feature. Women, especially, who run a high risk of developing osteoporosis and other potentially serious conditions should absolutely find safer ways to get clean.

For anyone who faces the problem of limited mobility the safety and security provided by a walk in tub is priceless. This is a wonderful product for our aging population and for anyone who has to face the difficulty of dealing with a physical handicap.

By remodeling your bathroom to suit your changing lifestyle, you

won't have to give up your independence. Curtis Allen Designs builds custom-designed bathrooms that feature a variety of accommodations and accessibilities with a fashionable flair that will reflect your tastes and personality.

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RECENT CHANGES TO GIFTS TO MINORS OR HEALTHCARE SURROGATES

By James W. Mallonee

Have you ever wanted to transfer property to a minor as part of your Will, Trust or an outright gift, but did not want to burden the Executor or Trustee with the obligations necessary to control the gift; or maybe the minor is simply too immature to manage such gift. Back in 1985, there was a movement among various States of the Union to create a uniform manner of transferring gifts to minors. Florida adopted the Uniform laws which came to be known as the Uniform Transfer to Minors Act ("UTMA"), Chapter 710, Fla. Stat. While the law has been around for many years, it is sometimes forgotten as a useful tool to make a gift to a grandchild and allow others or even the parent to control such gift for the benefit of the minor.

An example of how the UTMA can be used occurs when a minor is involved in an accident and is receiving compensation (e.g. broken arm) because of the negligence of someone else. The compensation could be placed into an account designated as the minors with the nominated custodian as the manager of the account and managed until the minor reaches 21 years of age.

The most common example of when the UTMA is used occurs when a person, either directly or through their Will or Trust nominates a person (or entity) to act as the custodian for a gift to a minor. The custodian is then given the ability to make distributions to the minor for the minor's benefit until he or she reaches majority or a certain age. The gifting person can specify the age at which the minor can take control of the gift which must be at least over the age of 14 up to a maximum age of 25.

There are alternatives to a custodianship such as the appointment of a guardian for a minor; but obtaining a guardianship for a minor can be expensive and with some drawbacks. The difference between UTMA and a guardianship account for a minor is that under a guardianship, when the minor obtains the age of 18, his or her incapacity

terminates and the funds are released to their possession. This gives the 18 year old minor the ability to use the funds for anything (including the purchase of a Ferrari). Under the UTMA, the custodian can hold the funds until the minor becomes more mature.

Although the UTMA does allow an age restriction to 25 years of age before the minor has the absolute right to take possession of their gift, this restriction is limited. The limitation is that the minor is given the right to take possession at age 21; but only if they fail to take possession of the gift following proper notice of the right to withdraw and close the custodial account. Notice of the right to take full withdrawal must be provided to the minor by the custodian at least 30 days before their 21st birthday and no later than 30 days after their 21st birthday.

Of course you could always have a Trust or Will prepared that would accomplish the same thing for gifts (and even put more restrictions in place such as age or amounts to be provided over time). However, the additional restrictions would increase the cost of your Will or Trust as opposed to placing the gift with a parent or financial institution with the similar restrictions.

Lastly, keep in mind that gifts to a UTMA account which are less than \$14,400.00 do not require a gift tax return and if the custodian is a person other than the transferring individual then the custodial account is not included in their estate upon his or her death.

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CHANGES TO HEALTHCARE SURROGATE DIRECTIVES

Historically, Florida's Chapter 765, Fla. Statutes made it mandatory that a surrogate could only take control as the agent of the person who signed the Healthcare document (the "principal") upon a finding of the principal's incompetency. Incompetency could be determined by the principal's medical doctor or through Florida's guardianship laws.

Florida's legislature has now made it possible for the principal to designate that their medical decisions and access to the principal's medical records by their agent can occur at any time. So what happens if your surrogate and you disagree on a medical procedure while you are competent, your wishes take preference.

An even more important change to Chapter 765, Fla. Stat., is the ability of the parents of a minor to designate surrogates for their children. Why is this important? Suppose your children are taking an extended vacation and you agree to take care of your grandchildren during their absence. Suppose something horrible goes wrong while they are in your custody and the grandchild is hospitalized. The healthcare facility may not allow you to make medical decisions for the grandchild. This inability could mean the difference between a good outcome and one that ends up troubling you for the rest of your life.

The above recent changes have been needed for a long time. If you are thinking of making a gift to a minor or worry about being put into the position of having to make a medical decision for a minor, talk to the attorney of your choice and let them know what possible changes are taking place in your life or how you want to change a minor's life with a gift. It may be the best consultation you make.

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

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The Family Secret

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

John the Baptist asked Jesus a very bizarre question once. In Matthew 11:3 He asked, "Are you the Messiah we've been expecting, or should we keep looking for someone else?"

Here is why that seems so bizarre. John also said these words in *John 1:29*, "Look, the Lamb of God, who takes away the sin of the world!"

John, Jesus' wild-eyed, locust-eating cousin, clearly knew who Jesus was, why he was here, and actually had known this his whole life.

So what's up, Johnny B?

At breakfast, a friend told me his former drug-addicted son turned drug counselor for many years had relapsed so bad that his mom is in fear for his life. Their other child has tried to commit suicide many times. They've lived with these crushing pains for years, yet do it with a grace that boggles the mind.

The day I started this article, a minister friend of mine buried his baby granddaughter. A miserably sad day, but he was surprisingly peaceful.

With the extraordinary things that can happen in life, I don't think it's too big of stretch to get why John would ask, "Are you the Messiah or should we be looking for someone else?"

John was in a tight spot, about to be executed. Herod liked John, put him in prison to protect him, got drunk at a party and made a regretful promise that cost John his life.

In my opinion John was asking this: "Hey, cousin, are you really going to be the 'Head Honcho' around here? If so, get on with it. And by the way, get me out of prison because they're about to cut my head off, drop it in a basket, and give it to a woman who hates me!"

When life happens to us, it can cause us to ask God questions.

For thirty years, I tried to answer these kinds of questions. Sometimes the answer was crystal clear, but at



times...I had no idea. Only God knew, and He didn't tell me.

What I have found is this secret in Matthew 11, a few verses after John's question. In Matthew 11:25, Jesus prayed this prayer: "O Father, Lord of heaven and earth, thank you for hiding these things from those who think themselves wise and clever, and for revealing them to the childlike." (Innocence)

Did you see that? *Hiding these things*? Why would God hide something? My hallucination is it's because there are some things that only Christ followers get to know. They are kind of like family secrets. In fact, innocence is the key to the family secrets.

When life starts flying apart in big chunks, we start seeking answers. That's normal. When we don't readily find answers, we start blaming. And if no one else is handy to blame, we choose God. He is a pretty big target.

My friends who struggle with their two children's mental health and the friend who buried his granddaughter have this in common: they decided to stay innocent...not to blame God.

One of my early mentors, Moose, had terrible things happen in his family. The innocence inside of him gave him a calm peace in the middle of those terrible things.

That was a fresh idea for me since I barely trusted anyone at the time.

For my friends, God has not raised the dead or instantly healed tormented minds. I also did not see my friends crumble up and drift away under these crushing blows of life. God is helping them from the inside out. Their innocence—a child-like quality—allows God to give them strength to not just live but to thrive.

I've heard that the best place to hide something is in plain sight.

Look at this in Matthew 11: 27. "...No one truly knows the Son except the Father, and no one truly knows the Father except the Son and those to whom the Son chooses to reveal."

Without innocence, we blame God for our messes and miseries, and do not see that He is there to help. When we see the one who died for us, that's when this "innocent peace" begins to settle into our hearts. And over time, we are more than okay. We become whole.

I experienced this in an ICU room in Myrtle Beach, South Carolina as two of my brothers and I watched for eighteen minutes as Dad's heart slowly stopped beating after life support was removed. I felt helpless, yet filled with an innocent peace. I was whole. Nothing missing, even though my dad had gone to Heaven.

That day, in my broken heart, Holy Spirit revealed Jesus to me...my source of peace.

Ask God to reveal Jesus to you, and you will know what I'm saying is true.

To your spiritual health,
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