

S O U T H W E S T F L O R I D A ' S

Health & Wellness[®] MAGAZINE

August 2016

Charlotte/South Sarasota Edition - Monthly

www.swfhealthandwellness.com

FREE



**Children's Eye
Health & Safety**

**A Smile
Can Change
Everything**

**Waiting for
a Heart**

**Baby Addilyn's
Journey**

**What Every Woman
Should Know About
Breast MRI**

TV Solutions

When Hearing Aids Aren't Enough

**Debunking the
Myth of Cankles**

EHT[®]

AGE-DEFYING SUPPLEMENT **Mind Enhancement Formula** Sharpen your focus. Sharpen your edge.



INTRODUCING A REVOLUTIONARY NEW PRODUCT

After twenty years of research, Princeton University professor Dr. Jeffry Stock discovered the EHT molecule. This discovery led to the development of EHT[®] Age-Defying Supplement, Mind Enhancement Formula™, which includes the patented EHT extract, a natural mixture of bioactive molecules isolated from coffee.

EHT Age-Defying Supplement*:

- Promotes better cognitive function and overall brain health.
- Fortifies and strengthens natural brain functions.
- Protects and supports neuronal networking.
- Enhances the body's natural energy stores.
- Boosts the body's immune system.
- Increases focus.

AVAILABLE NOW!

WANT TO DISCOVER THE BENEFITS OF EHT?
CONTACT ME TODAY FOR MORE INFORMATION!

239.300.3895

www.Reel4Therapy.Nerium.com



*These statements have not been evaluated by the Food and Drug Administration. The product is not intended to diagnose, treat, cure or prevent any disease.

©2015 Nerium International™, LLC. 4006 Belt Line Road #100 Addison, TX 75001 Tel: 855-463-7486 Fax to: 214-390-9988 neriumsupport.com All Rights Reserved. R0316

We're Soooo...Vein!

I bet you wish your legs
didn't swell so much!

100% DEDICATED TO VEIN CARE



ALL VEINS... ALL the time!
A Vascular Surgeon who treats vein
problems, kind of makes sense doesn't it?

Joseph G. Magnant
MD, FACS, RPVI
Vascular Surgeon
& Vein Expert

Call to schedule an appointment:

239-694-VEIN (8346)

weknowveins.com  facebook.com/weknowveins

FORT MYERS & BONITA SPRINGS



Take your **FREE**, virtual vein consult
now at **eVeinScreening.com**

Find out if you have Venous Insufficiency From The Privacy Of Your Home!



SCAN THIS CODE

CONVENIENT • 24/7 • 365 DAYS/YEAR



**Less waiting
where it matters most –
our emergency room.**



In a medical emergency, every minute matters. So, at Bayfront Health Port Charlotte and Punta Gorda, you'll find faster care in the emergency room. We work diligently to have you initially seen by a medical professional* in 30 minutes – or less. And, with a team of dedicated medical specialists, we can provide a lot more care, if you need it.

**The 30-Minutes-Or-Less E.R. Service Pledge –
only at**



*Medical professionals may include physicians, physician assistants and nurse practitioners.

AGING IN PLACE!!

Let Our Experts Renovate Your Home To Fit Your Changing Needs!

Local 40 Years • Family Owned & Operated



**Safety Tubs • Roll In Showers • Ramps • Railings
Wider Doorways • Grab Bars • Handicapable Kitchens & Bathrooms
Additions • Storm Shutters • & More**

\$500 OFF

with Ad - Ends Soon!

239-418-0011

EXCLUSIVE COMBINATION OF SCIENCE & TECHNOLOGY TO REDUCE THE SIGNS OF AGING

Non-Surgical Lift for Face & Neck

- ~ Quick Results
- ~ No Downtime
- ~ Look Younger and More Vibrant
- ~ Repairs Skin at a Cellular Level
- ~ Reduce Wrinkles
- ~ Tighten Skin
- ~ Exclusively at Swan Centers



1-800-965-6640

www.SwanCenters.com

Swan Age Reversal Centers

OFFICES IN NAPLES, BONITA SPRINGS, FORT MYERS,
VENICE, SARASOTA AND BRADENTON

\$275
PER TREATMENT
FOR SWAN FACELIFT
Regularly \$375
Must present coupon.
Not valid with other offers.

Special Offer:

\$125
PER TREATMENT
FOR SWAN NECK-LIFT
Must present coupon.
Not valid with other offers.

FREE CONSULTATION
by Appointment only

- | | |
|--|---|
| 6 Your "Arch" Enemy | 20 9 Out of 10 Strokes Could Be Prevented, Study Finds |
| 8 Debunking the MYTH of Cankles | 21 Millions of Satisfied Customers Worldwide Discover a Pain Relieving Device with Proven Results |
| 9 A Smile Can Change Everything | 22 Improve Balance with Aquatic Therapy |
| 10 Beat Back Pain | 23 Prevent Knee Replacement Surgery |
| 11 TV Solutions: When Hearing Aids Aren't Enough | 24 Alleviate Back Pain with Acupuncture |
| 13 What Every Woman Should Know About Breast MRI | 25 The Daily "Grind" |
| 14 Cutting Edge Technology and Science Meet to Make You Look Years Younger! | 26 Senior Safety: Keeping the Elderly Safe in Their Home |
| 15 Need an Alternative to the Emergency Department? | 28 Will and Trust Bequests, Bankruptcy and Judgment Creditors |
| 16 August is Children's Eye Health & Safety Month: Video Games and Children's Eye Health | 30 Waiting for a Heart - Baby Addilyn's Journey |
| 17 The Meaning of Blood Pressure | 31 Spiritual Wellness: Your Attitude Determines Your Significance |
| 18 Compression Devices for Limb Swelling | |
| 19 Co2 Fractional Laser Vs. IPL Photorejuvenation: Which Treatment is for You? | |

CONTACT US

OWNER / ACCOUNT EXECUTIVE

Cristan Gensing

cristan@gwhizmarketing.com

DISTRICT MANAGER

Kara Schlick

kara@tampabay.rr.com

OWNER / CREATIVE DIRECTOR

Sonny Gensing

sonny@gwhizmarketing.com

EDITOR - Lisa Minic



Publishing • Advertising • Web Design • Graphic Design

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals, doctors, chiropractors and dentist offices. Find a copy of your FREE Southwest Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.389.9449

Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2016. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.



New Feature at Millennium's Venice Walk-in Medical Center

The Venice Walk-in Medical Center has recently launched Clockwise, an online program that allows you to skip the line by selecting a time slot that meets your needs.

1287 US 41 Bypass • Venice, FL 34285
941-244-5716



If the Walk-in is running behind you will receive a text letting you know your new time to stop by and be seen for your minor emergency health care needs.

Skip the line by visiting www.MillenniumPhysician.com and click on the "Skip the Line" icon in the right hand corner.



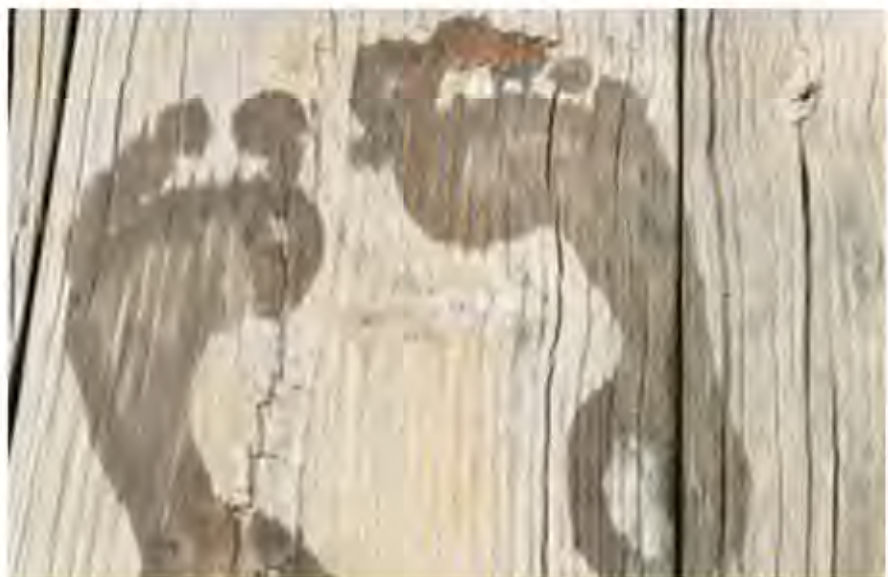
OPEN MONDAY - FRIDAY • 8:00 A.M. - 6:00 P.M.

MILLENNIUM
PHYSICIAN GROUP

www.MillenniumPhysician.com

YOUR “ARCH” ENEMY

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



The signs and symptoms of flatfoot problems can include lower leg pain and weakness, pain around the inside ankle, sometimes with swelling.

You may have weakness inverting (pointing the toes inward) the foot. You may find that you have uneven shoe wear and notice that your regular shoes seem to be collapsing. You may also find that you have the inability to stand on your toes. Some-

times flatfoot can contribute or exacerbate other problems such as plantar fasciitis, posterior tibial tendonopathy, achilles tendonitis, shin splints, bunions, stress fractures and calluses.

So how should you treat this?

First, you should be properly evaluated by a Foot and Ankle Orthopaedic Specialist who will review your medical history and examine your feet, and if necessary, your gait.

Why an orthopaedist?

Simple!! The foot has twenty eight bones that need and should be evaluated by a bone doctor!!! Be sure to bring your regular shoes so that these may be examined. X-rays of both feet should be done for comparison and to determine, if it exists, the severity of the flatfoot. Muscle and tendon strength should be evaluated by your Orthopaedic Foot and Ankle Specialist.

Treatment can vary depending upon the cause. Conservative treatment can include shoe modifications, arch supports and custom orthotics. An injection of corticosteroid may be used to calm an inflammatory pain in your flatfoot. Resting and icing the involved extremity can help. Physical therapy may be necessary to strengthen and stretch the surrounding tissues, helping to alleviate the stress placed on to your affected foot.

However, frequently the only way to correct your painful foot is through surgery. Surgical procedures can help reduce or eliminate the pain and can improve bony alignment. They can include Arthrodesis, or welding (fusing) two bones together, Osteotomy or cutting or reshaping a bone to correct alignment, Excision or removal of extra bone or spurs, Synovectomy or cleaning the sheath of a tendon, and/or Tendon Transfer, to replace a worn or ruptured tendon.



Having flat feet can be a very serious matter. If you are experiencing foot pain and think it may be related to flatfeet, see an Orthopaedic Specialist as soon as possible. This is a problem that often worsens over time with treatment becoming more and more complicated. With 28 bones in your foot, you need to be evaluated by a Board Certified Orthopaedic Surgeon with a Sub-specialty, Fellowship Trained in Foot & Ankle surgery. In fact I am the only surgeon with these qualifications in our area. I believe this makes me uniquely able to deal with these problems in a state-of-the-art atmosphere and method that will keep you in good hands and provide you with the most desired result.

Myles Rubin Samotin M.D.

Board Certified Orthopaedic Surgeon
Fellow Foot & Ankle

Please contact our office if you have the need at

941-661-6757.

We will treat you like family and will do our best to give you the best care possible.

Look down at your feet right now! Do they seem different from ten years ago? Does your foot arch look the same as it did, or are you imagining that it has changed? Does your arch seem flatter to you? Well, maybe it has become flatter. And quite possibly that flatness may result in a lot of severe foot problems for you.

First, try the wet test. Wet your feet, then go and stand on a flat, dry surface that can leave an imprint of your foot. A normal footprint has a wide band connecting the ball of your foot to the heel, with an indentation on the middle, inner side of your imprint. A foot with a high arch has a large indentation and a very narrow connecting band, and conversely, a flatfoot leaves a nearly complete imprint with almost no curve.

There are several reasons for having flatfeet. They can be present at birth (congenital), caused by ongoing stresses to your foot, obesity, diabetes, Osteoarthritis, Rheumatoid arthritis, hypertension, or traumatic injury to your foot or ankle.

You may have flatfeet and be pain free. But you must understand that the arch in your foot is there to help distribute your weight across your entire foot. Painless flatfeet can deteriorate over the years and become painful. By that time, it may be too late to treat conservatively.

Complete Care for All Your Orthopaedic Needs



Collier Counties **ONLY**
Orthopaedic Surgeon
Specializing in Foot and Ankle.

Myles Rubin Samotin, M.D. P.A.

Board Certified

Columbia University Graduate

Maimonides Medical Center

Trained at Hospital for Joint Diseases, NYC



PUNTA GORDA

324 Cross Street

941-661-6757

NAPLES

870 111th Avenue North Suite 4

239-514-4200

www.samotinorthopaedics.com





Debunking the MYTH of Cankles

By Joseph Magnant, MD, FACS, RPVI

The issue of cankles (where the calf and ankle appear to have merged as one) was discussed several years ago on the daytime MD entertainment talk show "Dr. OZ" and confusion still exists as to the relationship of this condition to venous insufficiency. Unfortunately, venous insufficiency was not included in the possible causes of cankles and this distressed me. I have seen many patients with similar appearing calves and ankles which have been self described as their Grandma's ankles or stovepipe legs. As I caught the last segment of the show, I found it odd that Dr. Oz was missing VENOUS INSUFFICIENCY, as well as other causes, in the differential diagnosis list. Pregnancy, fatty foods and heart and kidney problems were identified as potential causes although the mechanisms were not well described. I saw many

patients that day that had no obvious signs of varicose veins, heart failure or kidney failure, nor were they pregnant but most had what I refer to as "cankles". All patients had ultrasound evidence of severe superficial venous insufficiency.

With an estimated 35-40 million adults in the U.S. affected by treatable superficial venous insufficiency, a significant number of patients may present with atypical signs, such as the above referenced "cankles". Patients may have to urinate frequently at night, often have to loosen their shoes as the day progresses and may note restless legs when they lie down at night. Elevation eventually relieves their discomfort as the fluid in the legs returns to venous circulation. This returned fluid is then processed into urine by the kidneys, stored in the bladder and often necessitates frequent nighttime trips to the bathroom (nocturnal diuresis). This straight forward cycle repeats itself daily with increased venous pressure in the ankle area due to leaky vein valves, resulting in seeping of serum (water and protein) out of the thin-walled veins into the surrounding skin and fat (appearance of "cankles") which progresses over the course of the day, until elevation and rest are possible.

I agree with Dr Oz that effective conservative therapy includes exercise, as this helps the calf muscles pump at least some of the extra fluid back up to the jugular vein. However, unless the most common and treatable underlying cause of "cankles" (venous insufficiency) is scientifically ruled out with duplex ultrasound examination, I would not encourage any of my patients to have liposuction of their "cankles". Venous insufficiency should be considered and ultrasound evaluation completed earlier in the assessment of swollen ankles rather than as a last result. Venous insufficiency is treatable with a minimally invasive procedure called endovenous ablation. With 15 years of clinical experience, endovenous ablation is an effective and safe outpatient procedure which has dramatically changed the way patients with venous insufficiency.



With an estimated 35-40 million adults in the U.S. affected by treatable superficial venous insufficiency, a significant number of patients may present with atypical signs, such as the above referenced "cankles". Patients may have to urinate frequently at night, often have to loosen their shoes as the day progresses and may note restless legs when they lie down at night. Elevation eventually relieves their discomfort as the fluid in the legs returns to venous circulation. This returned fluid is then processed into urine by the kidneys, stored in the bladder and often necessitates frequent nighttime trips to the bathroom (nocturnal diuresis). This straight forward cycle repeats itself daily with increased venous pressure in the ankle area due to leaky vein valves, resulting in seeping of serum (water and protein) out of the thin-walled veins into the surrounding skin and fat (appearance of "cankles") which progresses over the course of the day, until elevation and rest are possible.

Vein Specialists. 1510 Royal Palm Square Blvd.
#101 Ft. Myers, FL 33919. 3359 Woods Edge Cir
#102 Bonita Springs, FL 34134.
www.weknowveins.com.
www.eVeinscreening.com
239-694-8346

Obtain your **FREE** virtual vein consult now!
Scan the QR code or log on to
eVeinscreening.com



239.694.VEIN (8346)

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



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



A Smile Can Change Everything

By Dr. Alexander Gaukhman

You may be surprised to know that the benefits of having properly aligned teeth extend far beyond a confident smile. According to the American Dental Association, straightening your teeth can actually significantly affect your overall dental health. Think about it — a smile can hardly be perfect if it's not a healthy one. "Fortunately, with Invisalign, having a confident smile and reducing your risk for tooth decay and gum disease go hand in hand," says Dr. Gaukhman.

How Invisalign Works

Invisalign takes a modern approach to straightening teeth, using a custom-made series of aligners created for you and only you. These aligner trays are made of smooth, comfortable and virtually invisible plastic that you wear over your teeth. Wearing the aligners will gradually and gently shift your teeth into place, based on the exact movements your dentist plans out for you.

There are no metal brackets to attach and no wires to tighten. You just pop in a new set of aligners approximately every two weeks, until your treatment is complete. You'll achieve a great smile with little interference in your daily life. The best part about the whole process is that most people won't even know you're straightening your teeth.

The Advantage over Braces

- Allows you to eat whatever foods you enjoy
- Lets you remove the device when you want
- Lets you enjoy virtually invisible teeth-straightening
- Allows you to brush and floss your teeth normally for better periodontal health
- Consists of smooth, comfortable plastic instead of sharp metal this is more likely to irritate your cheeks and gums
- Frees up your busy schedule with office visits only every four to six weeks

With regular braces, you may experience some or all of the following:

- Pain
- Discomfort
- Mouth sores or injuries caused by the brace wires
- Tooth decay (from inadequate brushing or flossing)
- Plaque buildup
- Tooth discoloration
- Tooth/bracket breakage
- Difficulty eating



Healthier Teeth and Gums

Swollen, red gums can often be the result of having teeth that are crowded or too widely spaced. Unfortunately, these are also signs of periodontal disease. When teeth are properly aligned, it helps the gums fit more securely around the teeth, allowing for the strongest and healthiest defense against potential periodontal problems. That's where Invisalign comes in. The comfortable and clear aligners gently and gradually begin to move your teeth into the proper position — without unsightly brackets and wires.

Easier Cleaning

One of the biggest challenges of having braces is removing all the food that gets trapped in the brackets and wires. This can often lead to plaque buildup and eventually tooth decay. With Invisalign, the aligners are removable, so it's easy to continue brushing and flossing your teeth the way you normally do.

Overall Health

Think of your teeth as a window to the health of your body. Your teeth and gums — and how they look to others when you smile — say a lot about your overall health. If you're taking good care of both, you're probably taking good care of the rest of you. Call today to schedule an appointment!



Siesta Dental

SiestaDental.com

Sarasota

5223 Avenida Navarra
Sarasota, FL 34242

(941) 266-7000

Osprey

416 S. Tamiami Tr. Suite F1
Osprey, FL 34229

(941) 497-5650

Venice

463 US HWY 41 Bypass S.
Venice, FL 34285

(941) 375-4488

Beat Back Pain

Are you one of millions of Americans suffering from low-back pain? These alternative approaches may help you cope.

Although there are a number of medical treatments available for managing chronic pain in the lower back, pain is a complex condition that can't always be treated by a single method. An integrative approach that combines traditional pharmaceutical therapies with complementary and alternative medicine may be just what you need to alleviate your chronic back issues. Some of those approaches include:

- **Manual therapies.** Massage, physical therapy and chiropractic care address musculoskeletal issues, such as muscle strains, that may be contributing to back pain. According to the National Center for Complementary and Integrative Health (NCCIH) at the National Institutes of Health, these therapies provide mild-to-moderate relief for lower-back pain.
- **Movement therapies.** Tai chi, yoga and other gentle, low-impact exercises improve flexibility and strengthen muscles in the lower back and core and, in turn, reduce posture problems and other issues that contribute to chronic pain. In addition, these meditative practices are thought to improve mood and pain perception, which can help you better deal with pain.

The American College of Physicians and American Pain Society recommend doctors and patients consider these complementary and alternative methods when chronic low-back pain doesn't respond to over-the-counter medications and other self-care methods, such as heating pads, rest and supportive braces. Your doctor can help you decide which of these therapies can help you — and get you back to the activities you love.

To learn more and schedule an appointment for a variety of manual and movement therapies at Bayfront Health Wellness and Rehab, call 941-637-2450, or visit <http://bit.ly/FindRelief>.



Back or neck pain still interfering with your life?

Brian K. Hudson, D.O., PharmD, neurosurgeon and member of the medical staff at Bayfront Health Punta Gorda, may be able to help. Dr. Hudson specializes in restoring the lives of patients suffering from back pain, neck pain or other neurological problems. Dr. Hudson understands that effective communication between doctor and patient is the first step to providing quality care. A caring and compassionate physician, he takes a comprehensive approach, providing options such as pain management and physical therapy before recommending surgery.

Same and next day appointments often available. Call (941) 613-3800 to find out more about Dr. Hudson.

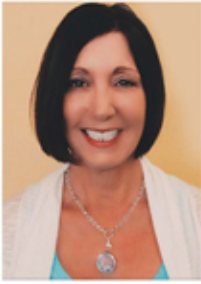


Brian K. Hudson, D.O., PharmD



Bayfront Health Medical Group

www.BayfrontHealthMedGroup.com



TV SOLUTIONS:

When Hearing Aids Aren't Enough

By Dr. Noël Crosby, Au.D.

One of the most common complaints I hear is "It is difficult for me to hear and understand what is being said on the television". Simply turning up the volume on the TV can cause issues for two reasons. First, the quality of the sound may deteriorate as the volume is raised. This will depend on the quality and condition of the built-in television speaker. Second, the level of the sound may become an issue for other individuals who wish to watch the television with you. Wearing assistive listening devices for television has several advantages over turning up the overall volume. In today's world there are many technologies that can truly help those who have this complaint:

The most common solution is a hearing instrument. Most hearing aids now have features for reducing background noise and amplifying signals coming from the front of the wearer. Simply by wearing your hearing aids and directing your attention at the television, you may find that you can understand the dialog much better than before you wore hearing aids. If you hear some improvement but would like to see if it can be optimized, ask your hearing healthcare professional if he or she can create a special program in your hearing aids to help you hear the television better. If you have a dedicated program for television in your hearing aids, you will need to know how to switch your hearing aids to that program when you are ready to watch television, and how to switch it back to your normal program when you are finished watching TV. Also, individuals with a hearing instrument may be able to stream sound from their television directly to their hearing aids or to a streaming device using Bluetooth technology.

Assistive listening devices are another solution for hearing the television. Assistive listening devices for television typically consist of a base that plugs directly into the headphone jack of the television set and a delivery system involving a pair of headphones or your hearing aids. These devices are wireless and use infrared, FM or Bluetooth technology. These devices have several advantages over turning up the overall volume on your TV set:

- They send the sound directly to the headphones or hearing aids. This minimizes the interference of any background noise in the room.



- The direct delivery of the auditory signal to the hearing aid or headphones improves the overall clarity of sound; this improved clarity of sound helps with the understanding.
- The individual with hearing loss can operate the signal volume coming from the television independently of the volume produced by the television's speakers.
- Those who experience different degrees of hearing ability can enjoy television together.

Personal hearing loops can be used at home for the TV. A wire is installed around the perimeter of the listening area. Anyone inside the looped area with a telecoil in their hearing instrument can simply choose their t-coil program and the sound from the TV will be transmitted directly into the hearing aids! Background noise is reduced and the volume control on the hearing aid or the loop amplifier can be used to adjust the volume. The TV sound is processed by the hearing aids according to each person's hearing loss. The loop can be used by as many people who can fit inside the looped area and headphones are not needed. Others can view the TV at their preferred volume or the TV can be muted.

Another useful assistive listening device are specialty speakers. Some sound bars can be adjusted to help with certain types of hearing loss. There are personal speakers that can be located nearby and controlled by the individual with hearing loss. There is also a speaker system that can actually be programmed for a specific hearing loss.

Closed captions are very helpful when the audio portion of a television signal just isn't clear enough, even for those who don't have a hearing loss. Closed captioned television allows you to both hear and see speech on the television. This is a great option that can allow everyone to fully understand what is being said on a television show. The Federal Communications Commission (FCC) requires all digital televisions with screens greater than 13" to offer closed captioning. This is great for people with hearing loss because it most likely exists on your television. Look for a button on your remote control with a CC icon. This button usually turns the captions on and off. It can take a little time to get accustomed to the captioning running across your television screen, but those who use it regularly find it improves their ability to hear and understand what is being said on the television.

Please schedule a no charge consultation if you would like to have more detailed information about any of these television listening strategies.

****SPECIAL OFFER****

Limited Time slots available throughout the Month.
Complimentary Hearing Screening with a Mini Consultation.
(\$45.00-value)

Call Today to make your appointment 941-474-8393

PROFESSIONAL BIO

Dr. Noël Crosby, Au.D., owner and audiologist at Advanced Hearing Solutions in Englewood, FL is a licensed professional whose 26 year career has been devoted to helping people of all ages hear and understand more clearly. Dr. Crosby received her BS and MS degrees from FSU and her Doctorate in Audiology from UF. Her credibility as an authority grew during her tenure as the Director of Audiology at the Silverstein Institute in Sarasota, FL from 1991-1998. Today, in addition to managing a successful audiology practice, Dr. Crosby is involved in creating hearing loss awareness through her jewelry and accessory company AuDBling.com. She has served and is serving on various professional boards and committees and was president of the Florida Academy of Audiology in 2000 and 2010. She has been married to Michael for 23 years and has one daughter.

Advanced Hearing Solutions
Where Better Hearing Happens

Aquatic Therapy



If land exercise is too painful or difficult, then you may qualify for aquatic therapy benefits. Can't get in the pool? No worries, we have an Electric Chair Lift!

MEDICARE RECIPIENTS ONLY

Aquatic Therapy Can Help With:

- Arthritis • Back Pain
- Post Joint Replacement
- Difficulty Walking
- Impaired Balance
- And Much More



Call Today!

FREEDOM REHAB

941-400-1505

941-423-0190 FAX

3545 Massini Ave., North Port



Port Charlotte's Best Kept Secret

FULL RADIOLOGICAL SERVICES

3T MRI • NUCLEAR MEDICINE • CT/CAT SCAN
ULTRASOUND • CT/PET SCANS • X-RAY • OPEN MRI
PROSTATE MRI • EXTREMITY MRI



WOMEN'S CENTER

BREAST MRI • DIGITAL MAMMOGRAPHY • BONE DENSITY
INTERVENTIONAL RADIOLOGY (BIOPSIES)

ALL FELLOWSHIP TRAINED RADIOLOGISTS



**Prompt Appointments
+ Superior Radiologists
= Peace of Mind**



The Clear Choice™

941.235.4646 • advimaging.com

Advanced Hearing Solutions
Where Better Hearing Happens

Don't Miss Out on the Wonderful Sounds of LIFE...

Providing Quality Hearing Healthcare for Over 25 Years

- Complete Diagnostic Hearing Services • Hearings Aids • In-Office Hearing Aid Repairs
- TV Listening Systems • Bluetooth devices • LACE - Rehabilitation Program
- Tinnitus; Evaluation & Treatment • Brain Fitness Programs



Dr. Noël Crosby
Audiologist

941.474.8393

655 S. Indiana Ave., Englewood, FL

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

**VOTED "BEST OF ENGLEWOOD"
15 Years in a Row!**

Advanced Hearing Solutions

**Appointments Available
at Boca Grande Health Clinic Annex**

Call For A Complimentary Consultation

www.advancedhearingsolutions.net

What Every Woman Should Know About Breast MRI

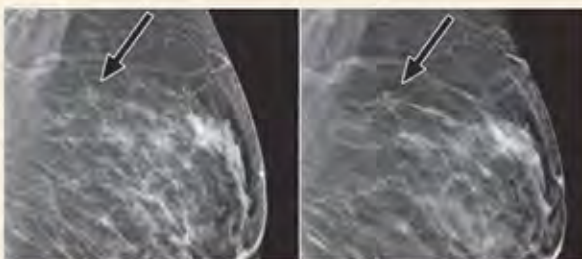
By Ryan Polselli, M.D., Breast Imaging Radiologist

Breast MRI is a specialized form of MRI specifically designed to detect breast cancer. Although there is no radiation and it does not require the firm type of compression as with mammography, it does require intravenous contrast and you must lie on your stomach in an MRI scanner for approximately 20 minutes.

Breast MRI can detect cancer that may not necessarily be seen with mammography, particularly if you have dense breast tissue. In general, the denser the breast tissue, the more difficult it is to detect cancer with mammography. Studies have repeatedly proven that women with dense breast tissue may benefit from adding breast MRI into their breast cancer screening routine, a fact of which many patients are unaware.

As a result, approximately half of all states have enacted legislation (Florida has introduced a bill) requiring notification of this fact to patients with dense breast tissue. Some states now require insurance companies to mandatorily cover the cost of breast cancer screening with breast MRI. All mammograms currently classify the density of breast tissue and if your report uses the words "heterogeneously dense" or "extremely dense" you may want to discuss the value of breast MRI with your doctor.

Studies have also proven that annual screening with breast MRI can aid in the early detection of breast cancer in patients that have a high lifetime risk for developing breast cancer. The American Cancer Society now recommends yearly breast MRI, in addition to annual screening mammography, for anyone that is considered to have greater than 20% lifetime risk for developing breast cancer.



While there are many factors that may put you at high risk of developing breast cancer, some of the most important factors to consider are whether there is a history of any first degree relatives in your family that have had breast cancer, a personal history of breast cancer or abnormal cells from biopsies, if you are a carrier of certain genes linked to breast cancer, if you have never had children or if your first child was after the age of 30, radiation therapy to the chest, estrogen exposure and hormone replacement therapy, and your ethnic background (caucasian women are at slightly higher risk than other ethnicities).

If you think you may have a high risk, one of the most useful tools available to accurately quantify your risk is the Tyrer-Cuzick risk assessment tool which is available online at <http://www.ems-trials.org/riskevaluator/>. If after completing the survey you have greater than a 20% lifetime risk, you should consider adding annual breast MRI to

your breast cancer screening routine. Most of the time, this is done by alternating annual breast MRI with annual mammogram at 6 month intervals.

Although breast MRI is extremely sensitive and useful in detecting breast cancer, it can often be more difficult to interpret than mammogram or ultrasound and sometimes differentiating cancer from benign tissue can pose diagnostic challenges that may require biopsy or additional follow-up studies. This can be minimized by ensuring your study is read by either a fellowship trained breast imaging radiologist or a radiologist with special training and expertise in breast MRI.

For more information about breast MRI, call Advanced Imaging at 941-235-4646 today.



CUTTING EDGE TECHNOLOGY AND SCIENCE MEET TO MAKE YOU LOOK YEARS YOUNGER!

Swan Age Reversal Centers has Six South Florida locations in Naples, Bonita Springs, Fort Myers, Venice, Sarasota and Bradenton. Procedures in the Southwest Florida offices are administered by highly qualified Nurse Practitioners and Licensed Aestheticians that they are overseen by Dr. Andrea Basile, who is one of Americas finest Plastic Surgeons. Swan Age Reversal Centers specializes both in Non-Surgical Aesthetic procedures that have no down-time and also the Best Plastic Surgery procedures available.

Whether you are interested in Non-Surgical procedures like dermal fillers, anti-aging skin treatments, skin tightening, wrinkle reduction, targeted fat reduction, cellulite smoothing, female rejuvenation or are looking for Surgical Procedures like breast enhancement, tummy tuck, liposuction, and facelift, Swan Age Reversal Centers offers a top of the line experience that delivers results.

All of their offices are conveniently located, are clean and professional. They do not waste money on any "Fluff" to try to impress you. However, they will impress you with their great staff, superior treatments and reasonable pricing. This simple approach has allowed Swan Age Reversal Centers to successfully operate multiple locations that has led to them being South Florida's leading Aesthetic provider. They are driven by innovation in aesthetic beauty and are able to deliver an intimate and relaxing experience, complete with all the perks that a premium establishment can offer.

A complimentary assessment is offered to all first time customers.

Non-Surgical Treatments offered:

- Skin tightening
- Wrinkle Reduction
- Cellulite Smoothing
- Non-surgical Neck Lift
- Botox & Fillers
- Stretchmark & Scar Reduction
- Targeted Fat Reduction
- Vaginal Rejuvenation

Plastic Surgery options

- Facelift
- Neck Lift
- Tummy Tuck
- Liposuction
- Breast Enhancement
- Male Breast Reduction
- Butt Lift
- Arm Lift



Swan
Age Reversal Centers

1-800-965-6640

www.SwanCenters.com

141 10th Street South, Naples, FL 34103

3301 Bonita Beach Road, Suite 106, Bonita Springs, FL 34134

12575 S Cleveland Avenue, Unit # 5, Ft Myers, FL 33907

Naples Day Surgery Center, 11161 Health Park Blvd, Naples, FL 34110

Bonita Health Center, 3501 Health Center Blvd, Bonita Springs, FL 34135

415 Commercial Court, #A-2, Venice, FL 34292

872 62nd Street Circle East Unit# 103, Bradenton, FL 34208

Swan Non-Surgical Treatment Options



SKIN TIGHTENING & WRINKLE REDUCTION

Swan Lift™ is an Age Reversal treatment that can be done for the Face, Neck, Décolleté, Arms, Hands, Belly, Buttocks and Thighs. Swan Age Reversal Centers uses a unique combination of Radio Frequency, Ultrasonic, Micro-Needling in unison to help lift, tighten and restore the skin to a more youthful state. This non-invasive, pain free treatment offers impressive results and is only found at Swan Age Reversal Centers.



TARGETED FAT REDUCTION

Let's face it. Most of us wouldn't mind losing a few inches around the belly, back, love handles, thighs, buttocks or arms. Swan Age Reversal Centers believe that they have the answer! They offer a new approach to targeted fat reduction, combining multiple devices to help maximum results. Swan

Age Reversal Centers can focus on specific targeted body parts and transform bodies with remarkable results. These treatments are a safe and effective way to lose inches of fat without surgery and with no downtime! Treatments are quick and easy, and generally take 60 minutes or less.

DERMAL FILLERS

Swan Age Reversal Centers offers a wide selection of fillers like Botox, Juvaderm, Sculptra, Kybella and Restylane.

NON-SURGICAL EYELIFT

Do you have droopy eyelids and don't want to go under the knife? Many of our clients have opted for the Swan Eyelift™ instead. The Swan Eyelift™ is an affordable alternative to surgery for most people with mild to moderate sagging of the eyelids. There is no downtime and most clients only need a handful of treatments.

LIPS AND LINES AROUND THE MOUTH

At Swan Age Reversal Centers, they can help enhance your lips and we can substantially reduce unsightly lines around the mouth. The treatment methods that they use are super effective, easy and has minimal to no downtime! We have multiple stand-alone or combined treatments options to achieve the best results.



DOUBLE CHIN TREATMENT

At Swan Age Reversal Centers They offer multiple non-surgical options to treat a fat neck, also known as a double chin. They customize a treatment plan specifically to suit each client.

VAGINAL REJUVENATION

At Swan Age Reversal Centers they offer Vaginal Rejuvenation. The procedure is a noninvasive, nonsurgical, in-office feminine rejuvenation treatment that is painless with no downtime. They safely and effectively tighten the labia and vaginal canal. Treatments are very easy, fast (only 30 minutes) with no pain or downtime. They are performed by highly qualified Female staff. The entire experience is discreet and private.



Andrea Basile, MD

Swan Age Reversal Centers Medical Director and Resident Plastic Surgeon is Dr. Andrea Basile. He is one of the Americas finest plastic surgeons. He received his M.D. Degree and completed his Plastic Surgery Residency at Georgetown University, in Washington, D.C.. He pursued his residency in General Surgery at Harvard University's New England Deaconess Hospital and then plastic surgery research at Harvard's Massachusetts General Hospital.

Need an Alternative to the Emergency Department?

Visit Millennium Physician Group's Walk-in Medical Center

By Kara Sabatino

Feeling sick during the week and can't get in to see your primary care doctor? There's a new alternative to the busy Emergency Department!

Millennium Physician Group's Venice Walk-in Medical Center is a wonderful alternative to a busy Emergency Department for life's minor health problems.

The Venice Walk-in recently opened in February 2016 and is open weekdays, 8 a.m. – 6 p.m., with plans to extend hours into the evenings and weekends. The Venice Walk-in Center, near the corner of Center Road and the U.S. 41 Bypass, will be available for your minor health emergencies all week long.

There are no appointments necessary and wait times are much shorter than a typical Emergency Department. The Walk-in is now accepting new patients, and you don't have to be an established Millennium

Physician Group patient to utilize the convenient services. Most insurance plans are accepted and self-pay patients are always welcome.

Millennium's family-friendly Walk-in Medical Center provides treatment for all of your urgent care needs, such as colds, sore throats, flu, rashes and earaches. Our physicians also treat non-life threatening emergencies like sprains, abrasions, and burns.

Constantine Georgiadis, D.O., will be on staff to care for residents of Sarasota County. Our Walk-in Medical Center team knows that when you visit our Center, you want to feel better quickly and without a lot of hassle.

No need to wait in an emergency room or wait to schedule an appointment with your physician, the Walk-in Medical Center can see you today.

The Venice Walk-in Center is conveniently located at our existing Millennium Physician Group primary care office on the U.S. 41 Bypass near Center Road.



Constantine Georgiadis, DO

Millennium Physician Group Venice Walk-in Medical Center

1287 U.S. 41 Bypass
Venice, FL 34285

941-244-5716

Hours of Operation:

Monday – Friday

8:00 a.m. – 6:00 p.m.

Evening Hours & Weekend Hours Coming Soon!

MILLENNIUM
PHYSICIAN GROUP

Millennium Physician Group
Venice Walk-in Medical Center

1287 U.S. 41 Bypass

Venice, FL 34285

941-244-5716

To learn more about Millennium Physician Group, please visit
www.MillenniumPhysician.com.



August is Children's Eye Health & Safety Month

Video Games & Children's Eye Health

As with television viewing, eye care professionals generally agree that video games will not harm your child's eyes or vision, *if you follow a few viewing tips.*

While there is usually less strain involved in gaming than in doing close work such as sewing or reading, being in front of a screen for long stretches of time can leave your eyes feeling dry, strained and fatigued.

Depending on your child's eye health, your child's eyes could be exerting extra focusing effort or be forced to work harder to maintain a clear image when viewing the screen. Even children with perfect vision may experience symptoms such as blurred vision, eyestrain and headaches while playing video games. Your child requires excellent visual skills to read, learn and play successfully.

To help ease the stress of video games on your child's eyes, consider the following tips:

- **Make playrooms eye-friendly** by reducing glare and offering soft overall lighting.
- **Encourage periodic breaks** from computer and video screens to give eyes a break. Balance video game time with plenty of creative, outdoor and quiet play.
- **Keep their screen free of fingerprints and dust**, as both can reduce vision clarity.
- **Use the 20-20-20 rule.** Every 20 minutes, encourage your child to take a 20 second break and to focus their eyes on something at least 20 feet away. This will give their eyes a much-needed break and reduce some of the symptoms mentioned earlier.
- **Remind them to blink.** Did you know that on average we blink 12 times per minute, but when we're in front of a screen, we only blink 5 times per minute? That can add up to dry eyes. Relieve the discomfort by reminding your child to blink.



- **Discourage playing video games in a dark room.** When the room is totally dark, the contrast between the screen and the surrounding area is too great for comfortable and efficient vision. When the room is softly illuminated, undesirable contrast is kept to a minimum.

- **Adapt the screen's brightness and contrast to room lighting.** This will ensure visual compatibility, as excessively bright lighting tends to reduce contrast on the screen and wash out the picture.

- **Encourage your child to sit away from the screen.** Though close-up viewing is generally not harmful, viewing at a distance allows for picture details to appear sharper and better defined and the screen lines and defects will be

less apparent. If your child persists in playing video games from a short distance, schedule an eye examination for them with your doctor of optometry; children who like to sit too close to the screen may be nearsighted (myopic).

While symptoms like headaches, eye strain, blurred vision, eye irritation, double vision, excessive tearing or dry eyes, pain in the eyes or excessive blinking or squinting can be effects of playing video games, any time you experience these symptoms, you should visit your doctor of optometry for a comprehensive eye examination. They may also indicate a more serious vision problem, and there is no substitute for the precious gift that is your child's vision.

Source: doctorsfoptometry.ca

THE MEANING OF BLOOD PRESSURE

Do you know your blood pressure? Many people find out their blood pressure is high when they go to the doctor for another health reason. This is because high blood pressure does not have any symptoms and is known as the "silent killer." Over time, high blood pressure leads to organ and blood vessel damage including heart attack and stroke.

Blood pressure is used as an indication of the pressure of blood within your heart and blood vessels. The systolic blood pressure, the top number, measures the pressure within your arteries when the heart contracts or beats. This number is always higher than the bottom number. The diastolic blood pressure, the bottom number, measures the pressure in the arteries when the heart is between beats and filling up with blood.

Both systolic and diastolic pressure measurements are important. A person can have high blood pressure even if only the upper OR lower number is elevated. The chart below is the American Heart Association's recommendation for blood pressure categories.

The prehypertension category indicates that a person is at risk of developing high blood pressure.

What is your risk for high blood pressure?

There are risk factors that can lead to high blood pressure. Some you can change and some you can't. Knowing your risk factors can help you decrease the chances of high blood pressure or, if you have high blood pressure, can help you to lower it.

Risk factors you cannot change:

Family history - it may be hereditary

Age - the older you get the less stretchy your arteries

Risk factors you can change:

What you put in your mouth - a diet high in salt, fats and sugar and low in fruits and veggies increases your risk for high blood pressure

What you do for exercise - exercising your body also exercises your heart and blood vessels

What you weigh - being overweight puts more stress on the heart and blood vessels

What you drink - too much alcohol intake can raise blood pressure and damage other organs

Other factors that can affect blood pressure:

Stress - do you manage stress or does stress manage you?

Tobacco - using it or being around it can damage blood vessels

Diagnosis of High Blood Pressure

Your blood pressure can change on a constant basis depending on what you are doing. High blood pressure is diagnosed by taking the blood pressure over a period of time and usually at different times of the day. Many pharmacies and fire stations offer free blood pressure readings. By doing this and keeping a record, the doctor can determine whether you have high blood pressure and discuss the treatment. Most treatments include making healthy lifestyle changes and medication.

You should have your blood pressure checked at least once per year if you don't have high blood pressure. If you do have high blood pressure, you should follow your doctor's recommendation as to how often to have your blood pressure checked.

For more information visit <http://www.heart.org>.



Elizabeth Meyer, MEd, BSN, RN

Beth Meyer is a nursing instructor at Manatee Technical College in Bradenton, Florida. She is a Florida Registered Nurse. She earned her Bachelor of Science in Nursing from the University of Florida and her Master in Education degree from Argosy University. Beth has been teaching in the practical nursing program at MTC since 1998. Prior to joining MTC, she worked as an intensive care and home health nurse.

The practical nursing program at Manatee Technical College takes about 13 months (full-time) to complete. Students are prepared to pass the NCLEX, which is the national licensing exam to become a Licensed Practical Nurse (LPN). The school's pass rate on the exam is 89%, and the job placement rate is 98%. Graduates may earn an advanced placement option or up to 10 credits toward an Associate of Science degree in Nursing at Florida state colleges.

For more information, please visit <http://ManateeTech.edu>.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

(Source: American Heart Association)

Compression Devices for Limb Swelling

By Alyssa Parker

A common challenge faced in the medical field is finding the cause of an individual's limb swelling. Any limb swelling may be your body's way of letting you know there is a potential underlying condition that can cause even more damage if left untreated. When swelling in a limb becomes chronic, pinpointing the origin is vital to getting proper treatment. Some of the most common diagnosis are venous insufficiency and lymphedema.



Fluid accumulation can cause painful swelling, non-healing wounds, heaviness, and discomfort decreasing your mobility. Recent studies show that nearly 7 million people in the United States suffer from venous disease. While 2 to 3 Americans suffer from secondary 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, where an individual is born with a compromised lymphatic system.

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



Management: 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. A compression device is used for both acute care (short term in the hospital) as well as chronic care (long term in the home). The compression pump increases blood flow and lymphatic flow. By increasing the circulation in the affected limb many painful symptoms will be alleviated. When compression treatment is used on a limb the excess fluid is removed and worked back into the lymphatic system the natural way. For patients with chronic ulcers using a compression device will help heal the wound from the inside out, by increasing the circulation in the return of the blood from the heart. The heart delivers oxygen rich blood back to the legs and the tissue speeding the recovery time.

For patients who many have Chronic venous insufficiency a test called a vascular or duplex ultrasound may be used to examine the blood circulation in your legs.

The compression pump is approved by Medicare and covered by many commercial insurers; Actual coverage varies with individual commercial insurance policies. Acute Wound Care, LLC is a highly focused local provider of wound products and compression pumps working with select area physicians highly versed in treating swollen limbs and chronic wounds.

Contact Acute Wound Care today by calling 239-949-4412 to learn more about the benefits of compression devices and the other in-home services available



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.

CO2 Fractional Laser Vs. IPL Photorejuvenation – Which Treatment is for You?

By William Ehrlich, MD, FAACS Oculofacial & Cosmetic Surgeon

The Frantz Cosmetic Center at Frantz EyeCare offers two of the most advanced treatments for skin rejuvenation: the MiXto SX Micro-Fractional CO2 Laser, and the Lumenis® IPL Photorejuvenation treatment.

CO2 laser resurfacing makes it possible for patients to have healthy, younger looking skin with minimal post-treatment down time. The laser delivers a therapeutic matrix of tiny beams of light energy to the top and mid layers of the skin with minimal discomfort resulting in:

- immediate shrinkage of damaged skin,
- softening of fine lines and wrinkles,
- removal of age and sun spots, and
- amazing results on acne scars.

Fractional means that only a fraction of the skin surface is exposed to the laser beam, leaving untreated skin around each treated micro spot. The beneficial effects of the laser beam expands under the skin surface to stimulate new collagen production across the entire area. This procedure is performed with a topical anesthetic crème and patients will have only 4 to 5 days of downtime. Patients will see continued reduction of fine lines and wrinkles over the next six months as new collagen is formed.

The Lumenis® IPL Photorejuvenation treatment enables us to offer you remarkable results on a range of skin concerns such as age and sun spots, freckles, birthmarks, rosacea and broken capillaries. IPL is not the same as laser treatments because unlike laser, IPL uses a very bright burst of broad-spectrum light through a wide treatment head, placed on the surface of the skin. The wavelength of the IPL is selected according to your skin type and your skin concerns. Our unique IPL (Intense Pulsed Light) technology gently and effectively eliminates spots, discolorations, and unwanted blood vessels.



The IPL Photorejuvenation treatment works with your skin to remove your imperfections and stimulate collagen and elastic fiber production over a sequence of treatments. Some skin concerns such as shallow pigmentation and age/sun spots can be cleared with as few as 1-2 treatments. Typically 2-6 sessions with 2-4 weeks in between are needed to achieve optimal results for most skin concerns. Immediately following treatment, you may experience some redness, depending on your customized treatment settings.

The redness will usually disappear within a few hours. In most cases, makeup may be immediately applied, and daily activities can be resumed the very same day. Typically you should stay out of direct sun for a few days following the treatment and apply sun screen.

FRANTZ
EyeCare

941-505-2020
www.BetterVision.net

**SPECIAL SAVINGS NOW
THROUGH SEPTEMBER 30**
Dr. Ehrlich invites you to experience the incredible results of either the CO2 Laser or the IPL Photorejuvenation skin treatments and receive a **50% DISCOUNT** on your initial treatment now through Sept. 30, 2016.

To schedule a complimentary consultation with Dr. Ehrlich and to learn more about these skin rejuvenation procedures, contact Frantz EyeCare's Punta Gorda office at 941.505-2020 or visit the practice's cosmetic website at www.FrantzCosmeticCenter.com.

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

9 Out of 10 Strokes Could Be Prevented, Study Finds

High blood pressure is the most important controllable risk factor.

Stroke is a leading cause of death and disability, but the vast majority of strokes are preventable, according to a new study.

Researchers discovered that 10 controllable risk factors account for 90 percent of all strokes worldwide. Of these modifiable risk factors, high blood pressure (hypertension) is the most important.

"The study confirms that hypertension is the most important modifiable risk factor in all regions, and the key target in reducing the burden of stroke globally," said study co-leader Dr. Martin O'Donnell. He is an associate clinical professor in the Population Health Research Institute at McMaster University in Hamilton, Canada, and the HRB-Clinical Research Facility in Galway, Ireland.

Preventing strokes is a major public health priority and strategies for reducing people's risk should be based on key preventable causes of stroke, the researchers said.

The study, published July 15 in *The Lancet*, involved nearly 27,000 people from every continent.

"This study is of an adequate size and scope to explore stroke risk factors in all major regions of the world, within key populations and within stroke subtypes," O'Donnell said in a journal news release.

Eliminating Risk Factors

The researchers looked at the proportion of strokes caused by specific risk factors to determine the extent to which eliminating each risk would reduce the impact of stroke. Eliminating high blood pressure was estimated to reduce risk by nearly 48 percent, the findings showed.

The investigators also calculated potential reductions for eliminating other risk factors:

- Physical inactivity: 36 percent
- Poor diet: 23 percent
- Obesity: 19 percent
- Smoking: 12 percent
- Heart causes: 9 percent
- Diabetes: 4 percent
- Alcohol use: 6 percent
- Stress: 6 percent
- Lipids (blood fats): 27 percent

Source: *The Lancet*, news release, July 15, 2016.
Copyright © 2016 HealthDay.com. All rights reserved.

Some Risk Factors Vary by Region

The combined reduction for all 10 risk factors was 90.7 percent across all regions, age groups and among both men and women. The study authors noted, however, that the importance of various risk factors vary in different regions. For example, high blood pressure causes about 39 percent of strokes in North America, Australia and western Europe, but nearly 60 percent in Southeast Asia.

According to study co-leader Dr. Salim Yusuf, "Our findings will inform the development of global population-level interventions to reduce stroke, and how such programs may be tailored to individual regions, as we did observe some regional differences in the importance of some risk factors by region." Yusuf is a professor of medicine and executive director of the Population Health Research Institute at McMaster University.

For More information

The American Stroke Association has more about stroke prevention at www.strokeassociation.org.

SPOT A STROKE

**F**
FACE DROOPING

**A**
ARM WEAKNESS

**S**
SPEECH DIFFICULTY

**T**
TIME TO CALL 911

Stroke Warning Signs and Symptoms

THINK YOU ARE HAVING A STROKE? CALL 9-1-1 IMMEDIATELY!

**Coach Jimmy K**

Millions of Satisfied Customers Worldwide Discover a Pain Relieving Device with Proven Results

Tired of weekly doctor's visits and dealing with pain until your next appointment? Are you looking for a proven, natural, non-invasive and drug-free alternative to aid with your health conditions? Look no further, a new holistic medical device is available to you at the Denas Pain Relief Store. This device is designed to address pain, promote energy, and speed up healing using a natural pain-free approach. The DENAS PCM 6 is your alternative health choice.

DENAS PCM 6 is a superior advanced SCENAR device that is a compact portable solution that fits in your hand at home or on the go. When you use the device, it transmits bipolar electrical pulses, similar to a tingling sensation that is easily directed to different parts of your body. No special medical education is required for effective use of the device. Denas technology helps you overcome acute or chronic health issues and restore body's lost functions from conditions that started years ago. Dedication and determination will persevere through continued use of the device as it helps the body naturally repair itself and facilitates the restoration of homeostatic function. Using this SCENAR technology, it can target different pain conditions and health issues with different adjustable frequencies. The DENAS PCM 6 has many natural healing capabilities without the use of drugs.

Denas delivers when others fail.

Denas is very different from other electro therapy units such as TENS. The feature of TENS impulse is asymmetrical bi-phase square wave that stimulates A and B fibers and lacks a biofeedback capability. However, Denas devices have a fixed and constant distance between cathode and anode, the neuro-electrical impulse is high amplitude and mirrors the body's natural nerve signal so it stimulates C-fibers, which make up about 75% of all nerves in the body, which explains the rapid and effective results. The C- fibers react to the electro-neuro stimulation which produce neuropeptides, endorphins and regulatory peptides. These neuropeptides are the human body's natural pharmaceuticals that carry out all auto-regulatory and auto-therapeutic processes focused on the maintenance and restoration of homeostasis healthy balance of the body's cellular and organism health.

Solid Foundation with history

SCENAR technology was developed in the 1970s for the Russian cosmonauts use in space and Olympic team members instead of conventional medical or pharmaceutical methods. It provided Russia a secret weapon for fast muscle recovery from back injuries, muscle injuries, shoulder, knee and joint injuries sustained in intense competition of individual sports and team sports during the Olympics. When other athletes

would be sidelined, Russia's athletes would quickly overcome injuries through its use. Kept Top Secret for almost 2 decades the technology was finally shared with the world after the collapse of the USSR in 1991 and is now enjoyed by millions worldwide.

40 years of clinically proven results

While the FDA has approved SCENAR for muscle reduction, biofeedback, and the treatment of pain. Russian physicians have long used SCENAR to treat virtually all organ systems: musculo-skeletal, nervous, digestive, pulmonary and cardiovascular. With over forty years of published research and proven results in hospitals and clinics throughout Russia, Europe, and the United Kingdom. Russian experience demonstrates SCENAR effectiveness in close to 90% of all patients treated, with full healing noted in two out of every three patients, and significant improvement and recovery in the rest. DENAS SCENAR is now available so you can enjoy the benefits of this affordable pain-free device that is Drug free, safe & effective.

Easy to use

You can easily manage this portable device since it is a light-weight and compact. The DENAS PCM 6 solution operates on two AA batteries, providing therapy when you need it. It also comes with a sturdy and compact carrying case that you can take with you when you travel.

There are twenty-four preset automated programs with the new DENAS PCM 6. This device offers picture illustrations for each application. Your new best friend also includes over one hundred manual frequencies for other health solutions. The MED (Minimum Effective Dose) mode, and a screening mode to locate internal issues.

- Allergies
- Pain
- Severe pain
- Bloating
- Neuro-circulatory dystonia
- Gynecologic pain
- Gynecological Hormonal Balance
- Hypertension
- Hypotonia (low muscle tone)
- Migraines
- Throat
- Diarrhea
- Gastro-intestinal pain
- Constipation
- Cough
- Muscle Soreness
- Cold
- Male Potency (E.D)
- Kidneys
- Back Pain
- Joint Pain & Immobility
- Nausea
- Trauma
- Asthma



You can use the following attachments on different parts of the body with the DENAS PCM 6:

- **Goggles** – Prevention and therapy of eye diseases
- **Reflexo** – for diabetic neuropathy and foot reflexology
- **Electro Pads** – Special silver lined pads for hands free therapy
- **Neuro Garments** – for Golfers Elbow, Rheumatoid Arthritis, Knee & Joint therapy

Until now, you could only purchase the DENAS PCM 6 from Russia but as of May 2016, you can buy this new device at www.denaspainreliefstore.com. We are excited to be the only USA based DENAS Dealer offering a solution for your health and wellness needs.

At Denas Pain Relief Store, we want you to experience the maximum benefits of your DENAS PCM 6 so we offer FREE lifetime training and support with live 24/7 access to help you or answer any questions. While located in Portland, Oregon we offer lightning fast same day shipping that will arrive in 2 to 3 days with a 30 day money back guarantee. The Denas Pain Relief store is a customer-focused alternative health and wellness store, providing excellent support and helping you achieve your health goals. Give us a call today and ask to speak to coach Jimmy K so you can begin your journey to becoming pain-free while overcoming health issues and enjoy living life again!

You can find more information about the DENAS PCM 6 call Coach Jimmy K direct at 503-395-4142 and ask about the Special Charlotte County, FL Bonus with your order (\$100.00 Value).

Saving you thousands of dollars and the headache of scheduling appointments and shuffling your schedule this will absolutely be the best money that you will ever spend, Guaranteed!



DENAS PAIN RELIEF STORE
503-395-4142

Visit our webstore at www.denaspainreliefstore.com
USA Headquarters for DENAS Sales, Support & Training
865 NE Tomahawk Island Drive #222
Portland, Oregon 97217

Improve Balance with Aquatic Therapy

Good balance and coordination allow you to move efficiently and safely through your environment. Many people struggle with poor balance, and the sad truth is that we see many of them only after they've experienced a fall. As we age we often find that we simply don't move as easily and safely as we used to. Balance problems can be due to many issues, alone or together: leg weakness, pain, stroke, Parkinson's disease and reduced mobility just to name a few. What we don't realize is that in many cases balance can be improved and should be BEFORE a fall takes place!

However, by incorporating appropriate balance exercises, physical therapists are trained to enhance your response to the external environment, improve your safety, and decrease your risk of falls.

We are often surprised by how many people don't realize the benefits of aquatic therapy for non-surgical impairments. We would like to take this opportunity to educate people on how the pool can help with poor balance and/or coordination. And, no, swimming is not required.

The warm pool water promotes improved flexibility, and the buoyancy of the water allows patients to safely challenge their balance – giving them an opportunity to remember how to move and to strengthen into those motions. Therapy goals will be practical – we want our patients to be as safe and independent as possible. For example, if you struggle with balance you will probably not be jogging in the pool. However, they may expect to work on functional tasks such as vacuuming, reaching overhead, safer walking - things that you can carry over onto land that will make your life safer and easier. And, perhaps more importantly, water can be fun!

As mentioned before, Parkinson's Disease can be a contributing factor to poor balance. For those that are familiar with this disease, you realize the importance of maintaining an active lifestyle and focusing on maintaining and improving mobility. Aquatic therapy can help with this. With specialized therapy focusing on rhythm, visual compensation, and in some cases, partner therapy, therapist can provide interventions to help you maintain your independence.



Aquatic Therapy F.A.Q.'s

Do I need to know how to swim? Don't worry if you can't swim! The vast majority of aquatic therapy is done with our patients standing and water safely below neck level. More importantly – your safety is our primary consideration. Only aquatic appropriate patients get in the pool and our therapists will not hesitate to get in with you if you have any concerns.

Can I have just aquatic therapy? Therapists develop a plan of care that will best achieve your goal. For some people that involves a combination of aquatic and land based therapy.

Who are the therapists and did they get special training? The aquatic therapists and assistants have had specialized training in aquatics as well as hundreds of pool hours.

How do I know if aquatic therapy is for me? Those patients who are considering aquatic therapy should call to schedule a therapy screen.

This complimentary screen will give you time to meet with an occupational or physical therapist to discuss if land and/or physical therapy is a good option. Once the screening is completed, patients need a physician's order for therapy services.



FREEDOM REHAB

941-400-1505

3545 Massini Ave., North Port

PREVENT KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

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

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

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

Currently there are multiple FDA approved hyaluronic acid preparations, which are extracted from rooster combs, and there are some synthetically grown products for those with avian allergies. They have trade names such as Supartz and Orthovisc.

These injections are also called viscosupplementation as they restore the normal viscoelastic properties to synovial fluid. This can help protect cartilage,



lubricate the joint and improve the shock absorbing effect of the knee. It is also suspected that hyaluronic acid injections may protect cartilage cells and actually promote the formation of more cartilage. This is the subject of a lot of speculation and has not been definitively proven.

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

Knee injections are typically extremely effective. A recent study on our website, shows the injections, which are as painless as a flu shot, when done under fluoroscopic guidance to ensure the hyaluronic acid passes through the synovial membrane, combined with physical therapy focused on painless strengthening of your knee area, and proper bracing to allow the fluid to move freely throughout the joint space, creates the highest level of pain reduction, with over 99% of patients we treat achieving an average pain reduction of 77%. These results are often good enough to delay the need for a knee replacement surgery and avoid it altogether.



If you suffer from pain due to osteoarthritis, rheumatoid arthritis or post traumatic arthritis, Physicians Rehabilitation can help.



941-467-1666 | www.PhysiciansRehabilitation.com

3380 Tamiami Trail, Unit C., Port Charlotte, FL 33952

Discover a life more fulfilling ACUTE WOUND CARE

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

We Can Help!

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

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



Call Us Today!
239-949-4412

www.acutewoundcare.com

*Deductibles and co-pays may apply. Coverage may vary and is based upon individual insurance benefits. Covered by most insurance and Medicare for qualifying patients, deductibles and copays may apply.

No Drugs. No Surgery. Simply Relief from Knee Pain.

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



www.PhysiciansRehabilitation.com

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

Locations:

- 6150 Diamond Centre Ct. Bldg. 100 Ft Myers, FL 33912 - (239) 768-6396
- 5668 Strand Ct., Naples, FL 34110 - (239) 687-2165
- 3380 Tamiami Trail, Unit C. Port Charlotte, FL 33952 - (941) 467-1666
- 3801 Bee Ridge Rd. Unit #9/10, Sarasota, FL 34243 - (941) 702-9575
- The Villages at Spruce Creek Professional Center, 10935 SE 177th Pl. #405/406/407, Summerfield, FL 34491 - (352) 775-3339

Toll Free to all at 855-276-5989

Orthopedics | Osteoarthritis Treatments | Physical Therapy
Platelet Rich Plasma | Vax-D Spinal Decompression
We are Medicare providers and accept most insurance plans.

Alleviate Back Pain with Acupuncture

How Does Acupuncture Help?

Even if you have tried acupuncture before and did not get the results you wanted, I encourage you to try it again. Zang-Fu diagnosis is the type of diagnosis that is taught in American acupuncture schools. Most acupuncturists utilize this diagnostic method to diagnose and treat their patients. Some patients improve completely, some get a significant reduction in pain, and others get only a small amount of pain relief with this approach. This type of diagnosis strategy works great for Chinese Herbs, but for acupuncture, the results can be inconsistent.

Until 2009, this was the type of acupuncture diagnosis that I used in my practice. I was frustrated because the outcome between patients was not consistent. I am happy to report that I have learned a new type of diagnosis and treatment strategy through my continuing education that is getting fantastic results when it comes to pain relief. Most patients get significant reduction of pain within minutes of the insertion of the acupuncture needles.

This diagnosis method is called meridian theory. Meridian diagnosis and treatment is the most effective acupuncture method. It is not taught in the acupuncture schools, however, so most acupuncturists do not use this method. That is why I encourage you to try acupuncture again if you did not get relief the first time and if you are still experiencing back pain.

What Kind Of Acupuncture Is Used?

The mirroring and imaging formats are used to select the appropriate points. To treat the low back, points around the ankles and wrists are used. Tender or sensitive areas are identified using acupressure. The tender areas are where the needles are inserted. This approach makes each treatment unique.

The very thin acupuncture needles are stimulated periodically over the course of 30-45 minutes. You will become profoundly relaxed as you rest while listening to soft music in a dimly lit room. Many people fall asleep during treatment.

DO YOU SUFFER FROM BACK PAIN?

At the end of the day, is your back stiff and sore? If so, I have good news for you. Acupuncture can alleviate the pain you are experiencing so you can get back to the activities that you enjoy. Pain relief usually begins within minutes of the start of treatment.

Depending on the exact circumstances of your pain, stretching, massage, gua sha, cupping and/or the infrared heat lamp may be used in addition to the acupuncture. Instructions about home self-treatment will usually be given as well.

What Kind of Results Can I Expect?

Treatment results vary depending on the length of time the pain has been present, your overall health, the severity of degeneration of the back and your ability to rest the back between treatments. Most patients see a dramatic reduction during the very first treatment. If the pain is chronic and if you continue to overuse the back between treatments, then progress is usually a bit slower. If you have complete degeneration of the back, bone spurs, or bone rubbing on bone, results will be slower and you may not get complete relief. Quicker pain relief usually occurs if the pain is due to muscle tension, sprain or strain.



How Many Treatments Will I Need?

I recommend 6-12 treatments total in most cases. Results are the best if you can come 3 times per week for the first two weeks, then as needed for maintenance. If you make an effort to rest the back and perform the suggested home treatment, results can be fast and long lasting so you can resume your pursuit of the activities you enjoy. People who find their back pain is related to their employment may find they need to come biweekly or monthly for maintenance treatments to keep the pain from returning.

Can I Get Acupuncture if I Have Had Back Surgery?

Acupuncture is extremely beneficial after any kind of surgery. I have seen many patients within days of getting back surgery to help speed healing of the area and reduce pain levels. Since the needles are not placed in the back, there is absolutely no risk of injuring the back or causing infection at the location of the surgery site. My patients report that their recovery from surgery and ability to get back to normal activities is quickened as a result of the acupuncture treatments. The swelling reduces faster, the flexibility of the muscles of the back improves faster, and pain is reduced dramatically.

Don't live one more day with back pain. Get relief today. Call (941) 629-2355 now to schedule your acupuncture treatment today!

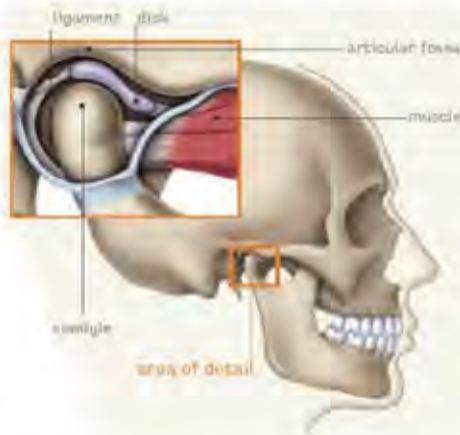
Acu-Heal
Medical Acupuncture
Fred Swing, M.D.
(941) 629-2355

2400 Harbor Boulevard, Suite 18
Port Charlotte, FL 33952

The Daily "Grind"

By Dr. Joseph Farag

Too much stress can contribute to a wide range of health problems. From a dental perspective, stress often plays a role in the development of Temporomandibular Disorders, or TMD. Grinding of teeth which causes headaches, jaw soreness and pain, among many other symptoms can be exacerbated during times of high stress. The temporomandibular joint (TMJ) is the hinge joint that connects the lower jaw to the temporal bone of the skull, which is immediately in front of the ear on the side of your head. The cause of TMD is not clear, but dentists believe that symptoms arise from problems with the muscles of the jaw. Severe cases can be caused by injury to the jaw. In more common cases, grinding or clenching of the teeth puts a lot of pressure on the TMJ and people feel tooth sensitivity, earaches, and neck tension and pain.



Treatment Options

If stress is causing you to grind your teeth, ask your doctor or dentist about options to reduce your stress. Also, avoid foods and drinks that contain caffeine, alcohol, and do not chew gum. Relax your jaw muscles at night by holding a warm washcloth against your cheek. When these



Beautiful smiles begin here

CALL TODAY: 941-764-9555

3441 Conway Blvd • Port Charlotte
hours: Mon-Thurs 8am-5pm, Fri by appointment

options do not relieve your pain, your dentist can offer a variety of treatment modalities for your specific case. An occlusal guard, often called a nightguard, can be fabricated by your dentist to allow your muscles to rest and protect your teeth from further wear.

Patients who present with TMD should also have an occlusal analysis

This helps determine if there are any bite discrepancies that may be corrected with a simple procedure to reshape how the teeth come together when you bite. Medications such as over the counter ibuprofen are helpful because they reduce inflammation to aid in the healing process. Occasionally, a mild muscle relaxant may be prescribed for a few days or weeks to help relieve pain. Surgery for TMD should only be considered after all other treatment options have been tried and you are still experiencing severe, persistent pain.

Relaxation Techniques May Help Alleviate TMJ Symptoms

Simply becoming more aware of tension-related habits — clenching your jaw or grinding your teeth — will help you reduce their frequency. Because stress can contribute to TMJ disorders, relaxation techniques like yoga, meditation and deep breathing may also help alleviate TMJ symptoms.

This season, survive the holiday grind with a little planning, prioritizing and perhaps a trip to your dentist. To learn more about TMD or to schedule an appointment, please call Dr. Joseph Farag at Port Charlotte Dentalcare, 941-764-9555.



Acu-Heal

Medical Acupuncture

Successful treatment for non-healing skin wounds (ulcers)

Fred Swing, M.D., uses his patent pending medical acupuncture procedure in combination with conventional wound care to successfully treat: Non-healing skin wounds (ulcers) from Brown Recluse Spider bites, diabetes, and peripheral vascular disease. Dr. Swing also treats Tic Douloureux, Bell's Palsy and neck and back pain with medical acupuncture.

(941) 629-2355

2400 Harbor Boulevard, Suite 18, Port Charlotte, FL 33952



FOCUS on the things that matter most to YOU

with Bladeless Laser Cataract Surgery from Frantz EyeCare

For improved vision and an overall improved quality of life, call us to schedule your cataract evaluation today!

FRANTZ EyeCare **505-2020** | BetterVision.net
Jonathan M. Frantz, MD, FACS
One of our Country's Top 5 Bladeless Laser Cataract Surgeons



Fort Myers | Cape Coral | Lehigh Acres | Punta Gorda | Naples

SENIOR SAFETY: KEEPING THE ELDERLY SAFE IN THEIR HOME

By Jeff Spector, Lead Designer - Curtis Allen Designs

If someone were to ask what your dream home would be like -- where you could live comfortably and enjoy this home until the end of your days -- what would your answer be? Would you have large, ornate rooms with a beautiful view, a modern kitchen with a large island? Would you have all the latest in technology to keep up with this ever-changing world, and all of the amenities to entertain your loved ones?

There are many combinations of luxury and necessity that each of us finds ourselves fantasizing about when we envision the home we want to live in as we age. When we think of a home that is comfortable, there is a certain expectation that we will be able to navigate it with ease, that we will be able to enjoy living in it for the rest of our lives. One way to make this dream a reality is by ensuring that our home is accommodating to any situation.

There are many ways to make our home a safer place to live and visit; some of which we can do ourselves, while others are best left to the professionals. Some of the things we can do include keeping the home clean and clutter-free with ample lighting, making sure fire extinguishers and smoke detectors are present and working. We can also secure rugs or replace them with nonslip rugs, keep chemicals away from food, dispose outdated products, and check all extension cords for damages or replace them with power strips.

The modifications that Certified Aging in Place Specialists (CAPS) can help you with include adding grab bars and hand rails, building wheelchair accessible ramps, switching tubs out for showers with transfer benches or installing Bliss Tubs. In addition, changing hardware on cabinets from knobs to pulls or levers, installing motorized window treatments and remote controlled fixtures will make life easier as well.





It is no secret that we will all age, and some of us or our loved ones, will be in a situation (whether it be illness or disability) where safety and stability will become ideal much earlier than others. The good news is that we can take steps necessary to prepare for these needs and ideals to change. Options today allow us to modify or design our homes with the needs of someone with or without disabilities in mind, a term called Universal Design.

CAPS will be able to assess and address with you the Five A's of Universal Design- availability, accessibility, acceptability, affordability and adaptability. Your specialist will be able to determine your immediate needs, but it is a good idea

to have a physical therapist or physician inform you of the assistance you may need within the upcoming years, since every person ages differently.

Keeping in mind that Universal Design is not only for the elderly, most of the options available are also helpful to someone who is planning to have surgery or is recently recovering from an accident. Safety features that are designed to assist people with mobility and stability are good to have installed, whether you are old or young, in perfect health or ill. Some options to consider are wheelchair ramps, stair glides, walk-in tubs, hand rails, grab bars, zero threshold showers, 34-inch wide door jambs and widened areas between furniture.

With the safety of our loved ones in mind, envisioning a home that will accommodate our needs is now easier than ever. At Curtis Allen Designs, our staff are CAP specialists who can help you make the best educated decision as to which types of safety features to include in your universal design. Give us a call today to discuss your options or visit our showroom to see how these safety features, along with Curtis Allen Designs, can make your life easier. Let us walk you into the future of Living and Aging in Place. Our showroom is open Monday to Friday between 8am and 5 pm. We look forward to meeting you there!

AGING IN PLACE
www.curtisallendesigns.com
239-418-0011

SMART CHOICE!



Apply Today!

941.751.7900

ManateeTech.edu



No employee, student, applicant for admission or applicant for employment, volunteer, vendor, or member of the public, shall, on the basis of race, color, national origin, sex, gender orientation, disability, marital status, age, religion, or any other basis prohibited by law, be excluded from participation in, be denied the benefits of or be subjected to discrimination or harassment under any educational programs, activities, services, or in any employment conditions, policies or practices conducted by the School District of Manatee County.

Southwest Florida's Health & Wellness Magazine



On the Web
swfHealthandWellness.com



On Facebook
facebook.com/healthandwellnessmagazine



On Twitter
twitter.com/SWFHealthMag



In Your Inbox
 Receive our monthly newsletter. Sign up online.

Providing information that will promote living a healthy, well-balanced lifestyle.







WILL AND TRUST BEQUESTS, BANKRUPTCY AND JUDGMENT CREDITORS

By James W. Mallonee

In today's economic environment, the need to protect your current assets as well as future assets (e.g. inheritance) is becoming more critical than ever. This article discusses those situations where a family patriarch who is financially stable has children who are under financial distress, insolvent or in bankruptcy and lose their parents' bequests because the parent's testamentary document did not contain a protective contingent trust and spendthrift clause.

The typical facts when a beneficiary's inheritance is lost to a judgment creditor are these:

1. The parent has a Will or Trust document that leaves the bulk of their estate to their children;
2. The majority of the parents estate consists of cash (savings, CD's, stocks, bonds or other like instruments);
3. One of the children is in financial distress (bankrupt or insolvent);
4. A reading of the parent's Trust or Will contains no language that states that the property to be passed to a child may be held in trust if such child is insolvent or in bankruptcy.

The critical piece in the above set of facts is the language of the Will or Trust (#4 above) where it does not protect the child or children who may be financially insolvent or in the middle of bankruptcy proceedings. If no contingent language exists in a parent's testamentary document to withhold a devisee's share in the event the devisee is insolvent, the bankruptcy court or judgment creditors can seize such share. More often than not, the debtor is surprised to learn that his parents' bequest to him or her is about to be seized because no contingent trust or spendthrift language protecting them in case of financial disaster is contained in their parents Will or Trust. In essence, the child's share of their parent's estate will be seized by either the bankruptcy court or a judgment creditor.



In most cases the contingent trust that is found in a Will or Trust targets those individuals who are under a specific age or persons who are disabled. A contingent trust generally takes the share of a parent's estate that is to be delivered outright to a devisee and puts it aside. The funds that are put aside are then delivered to the devisee in limited increments for the purposes of assisting such devisee in their needs involving their health, education, maintenance and support.

The key to protecting a devisee's share of an estate from being seized is not to let it come into the possession of the devisee (child). As long as the assets destined for a devisee is held by a Trustee or personal representative (who cannot be the child experiencing the financial distress), the bankruptcy

court or judgment creditor cannot touch it provided that the estate's administrator has the right to take possession of a child's share in the event that child is insolvent, financially distressed or in bankruptcy proceedings.

When a Trustee or Personal Representative of an estate is granted the right to take possession of a child's bequest for said child's benefit, a spendthrift clause contained in the parent's testamentary document takes over and prevents the courts and judgment creditors from having the right to attach to the assets. A spendthrift clause is a simple paragraph that states in pertinent part that the assets of the decedent are not available to creditors of any beneficiary of the decedent's estate as long as such asset remains in the possession of the personal representative or Trustee of a trust.

You may be wondering how long would a devisee (decedent's child) have-to-have their share maintained by a Trustee. The answer depends on the status of a person's insolvency and bankruptcy proceedings. For example, once a bankruptcy court issues a discharge of a person's obligations, the full amount of the trust for such child could be released with virtually no consequences. In the event of a judgment creditor, if the judgment is discharged by the bankruptcy court, the Trustee could once again release the full amount of the child's funds to him or her with virtually no consequences. On the other hand if certain judgments or obligations are not discharged by a bankruptcy court, then in that event, the Trustee may have to hold a devisee's share until such time as the statute of limitations passes on such judgment. Thus, it is important to know what judgments and obligations are being discharged by the bankruptcy court (if any).

If you or one of your children plan on seeking bankruptcy protection, the time to seek out a bankruptcy attorney is before you stop making your loan or credit card payments. This author strongly suggests that the time to seek the advice of a bankruptcy attorney is in anticipation of becoming insolvent, not after it. How can you determine if you are insolvent? Insolvency occurs when your assets are less than your current liabilities. It is easy to become insolvent if the assets you own (homestead) are not in balance with the amounts you owe on such assets (e.g. mortgage). If you continue to make the payments on your obligations and then file for bankruptcy, it is likely your attorney can save your credit score and many of your assets if you seek timely assistance.



This seems hard to fathom, but bankruptcy in and of itself does not cause a credit score to drop significantly, it's the failure to make the four or five months payments preceding the filing for bankruptcy that causes a person's credit score to rapidly decline.

As you can see, it is a good idea to review the language of your testamentary document to see if it contains a contingent trust, and if it does, will it protect your devisees from losing their share of your estate to a third party in the event the devisee is insolvent, financially distressed or in bankruptcy. If you are unsure about your testamentary documents, seek out an attorney of your choice and have your Will or Trust language reviewed. Moreover, if you anticipate being financially insolvent seek out a bankruptcy attorney to protect your assets. Don't wait until you are four or five months behind in paying your obligations to seek the assistance of a bankruptcy attorney. Follow these recommendations because it may be best investment in time and expense you make for you and your children.

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

About the Author:

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

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

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

James W. Mallonee, P.A.

946 Tamiami Trail, #206
Port Charlotte, FL 33953
(941) 206-2223
Facsimile (941) 206-2224

871 Venetia Bay Blvd., #225
Venice, FL 34285
(941) 207-2223

Beautiful Smiles Begin Here



Dr. Joseph Farag
UF Graduate

We Offer:

- Implant & Reconstructive Dentistry
- Cosmetic Dentistry
- Personal Care
- Aesthetic Dentures & Partials
- Metal Free Fillings
- Single Appointment Crowns
- Dental Cleanings
- Laser Gum Surgery

New Patients Welcome



Port Charlotte Dentalcare

CALL TODAY: 941-764-9555

3441 Conway Blvd • Port Charlotte

hours: Mon-Thurs 8am-5pm, Fri by appointment



FREE
Consultation
For Laser Gum Therapy

all exams & x-rays & cleaning cost same as other dental services. Limited time offer. New patients only.

Port Charlotte Dentalcare : 764-9555

We're there to help. Not just with dental care, but with your smile.

FREE
Consultation
For Dental Implants

Limited time offer. New patients only.

Port Charlotte Dentalcare : 764-9555

We're there to help. Not just with dental care, but with your smile.

LAW OFFICES OF JAMES W. MALLONEE, P.A.

WILLS, TRUSTS, PROBATE,
GUARDIANSHIP AND REAL ESTATE



SERVING SARASOTA, CHARLOTTE, DESOTO AND LEE COUNTIES

LOCATIONS

946 Tamiami Trail, #206, Port Charlotte, FL 33953

871 Venetia Bay Blvd., #225, Venice, FL 34285

Phone Number: 941-207-2223 Sarasota County

941-206-2223 Charlotte County

www.jameswmallonee.com

WAITING FOR A HEART

BABY ADDILYN'S JOURNEY

Two days shy of 26 weeks gestation, Amy & Daniel Jodoin received devastating news during a routine visit to monitor their twin girls. During the echocardiogram, the tech noticed something wrong and asked the doctor to take a look. At that time, Amy was immediately sent to Shands at the University of Florida Labor and Delivery unit to be assessed by a cardiologist. Upon further testing they found that one of their babies, known to the doctors as baby A, had a significantly enlarged left ventricle. There was no explanation as to the cause making it more difficult to accept the news to follow.

The team at Shands prepared Amy for a possible emergency delivery. The prognosis for "Baby A" was very grim, the baby would most likely not survive in utero longer than a few days. The team of doctors informed the Jodoins' that there was nothing they could do at that point. However, "Baby B" appeared to be in perfect health. While grateful for the news of one healthy baby, this posed a new challenge. Exhausted and heartbroken the couple was sent home to wait for their unborn daughter to pass ...or to wait for a miracle. Over the course of the weeks and months that followed "Baby A", named Addilyn Grace, would defy the odds by continuing to grow and develop normally, with the exception of her heart. Amy and Daniel, not embracing the doctors' words, were going to fight as long as Addilyn was.

By 28 weeks the cardiologist was finally able to get the images needed to diagnose Addilyn with critical aortic stenosis, tri-cuspid regurgitation, mitral valve regurgitation, and pulmonary valve stenosis. The stensed aortic valve had caused the left ventricle to be severely enlarged. With Addilyn defying the odds, her cardiologist enlisted an interdisciplinary team consisting of transplant doctors, cardiac surgeons, and the director of the neonatal intensive care unit to search for options. The team discussed several options including a number of surgeries or heart transplant, which all came with an "if" factor as well a number of risks. At the end of the discussion Amy and Daniel were told there was little chance any of the procedures would be successful.



With transplant a viable option, the team decided, at 34 weeks gestation, Addilyn would be placed on the fetal transplant list. This meant, should a heart become available after 34 weeks, a c-section would be done and Addilyn would go immediately to the OR for the transplant. Although a new heart didn't become available and this wasn't an option for Addilyn, hopefully more facilities will utilize the fetal listing and a child can be saved.

At 37 weeks Amy was admitted to Shands for continuous monitoring with a planned delivery date at 39 weeks in order to extend the time on the fetal transplant list. Because of complications prior to 39 weeks gestation, Addilyn Grace and Ainsley Rae made their appearance at 10:00 and 10:01 AM on May 10th. On day one of life, Addilyn was added to the national transplant list as 1a,urgent status.

At birth, an entire team of doctors, nurses, and other clinical staff were prepared for a critical baby that had been given a "slim chance" of survival. However, they were given a baby that did not require any support. Once again Addilyn, the baby that there was nothing that could be done, given a slim chance to live, and going to need unmeasurable amounts of support, defied the odds against her. Addilyn would have her aortic valve ballooned at just 2 days old and transferred to the pediatric cardiac intensive care unit. Her left ventricle showed immediate improvement after the balloon which would end up diminishing in the days to follow. Addilyn Grace is still in the congenital heart unit at Shands, 82 days old and waiting on the perfect heart. She is on a ventilator and medication to help the heart perfuse the body.

As the days turn into weeks, Amy and Daniel remain hopeful that they will receive the news that a heart has become available for Addilyn. One thing both Amy and Daniel have struggled with is knowing that for Addilyn to live, other parents will lose a child. They pray continuously for a new heart for their baby and for the donor's family. "We know God has big plans for Addilyn," Amy and Daniel proclaim. "Going through this has given us a new perspective on life. The small things that seemed so significant now seem so trivial."

Addilyn's journey has inspired Amy and Daniel to help educate others about organ donation and they encourage you to consider registering as a donor.

More Organ Donors are Needed

In the United States, there is a large shortage of organ donors. Those on the organ donor transplant list can be waiting anywhere from several months to years. A shocking number of patients on the waiting list die every year. You can help save lives by registering as an organ donor and spreading the word to your family and friends.

One donor can make a significant difference in multiples people's lives. It's important to know the impact you can make by registering as an organ donor. One day it could be you who needs an organ transplant.

Every 10 minutes, a person is added to the national organ donation waiting list, which currently adds up to a total of more than 123,000 people.

The following numbers indicate the number of patients on the organ donation waiting list as of the date this article was written:

Kidney: 101,653 people
Liver: 15,241 people
Heart: 4,194 people
Lung: 1,584 people
Pancreas: 1,063 people

Approximately 21 people die every day waiting for an organ.

Help Improve These Numbers

Registering as an organ donor will improve these statistics by lowering the number of people waiting for an organ.

As a registered organ donor, your donation has the potential to save or improve more than 50 lives. One donor can provide: Kidneys, Pancreas, Liver, Lungs, Heart, and Intestinal organs.

Email: afearin83@hotmail.com
www.facebook.com/groups/678972138909960/

Your Attitude Determines Your Significance

Life-giving Attitude Part Two: Moving to Significance

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

After speaking to our group the man stepped down from the stage and began to shake hands and talk to those who came forward to meet him. He was tall and big, well over six feet with broad shoulders and a thick chest. He wore a suit and his hair had started to gray a bit.

I was interested in his talk and decided to wait in line to meet him. When it was my turn he reached out his huge hand and said, "Hello! I'm Moose."

As I looked through his glasses I saw kindness and confidence in his eyes. His big smile made me feel welcomed. I shook his hand and introduced myself, thanked him for his talk and asked a few questions. Then something unexpected happened.

For whatever reason I felt compelled to ask for his contact information and I even suggested a lunch in the near future. We exchanged business cards and I left.

That one encounter changed my life forever.

We never met for lunch. It was an early breakfast instead. A very early breakfast. Moose was an early riser. I was not. I pulled in about 15 minutes late to the restaurant. As I approached his table he had that huge smile on his face and he reached out and shook my hand. I apologized for being late. He said no problem and we settled into conversation. That was the first of many of early breakfasts. I would become an early riser also.

Moose became a friend and a life-giving father figure to me. I was single at that time and would spend time with his family on the weekends while he grilled steaks. We had many wonderful meals and talks. What Moose was doing without my even realizing it was "showing me" what an authentic life-giving Christ follower was like. I'm sure I had met them in the past, but maybe I was not ready until then to become one...a real one. It reminds me of the old saying...

"When the student is ready the teacher will appear."

Moose was not a pastor, although he certainly had the heart of one. He spent time showing me a practical, life-giving attitude. He once gave me a small deck of cards with writing on them. I asked him what they were for and he said they were principles to build my life on. So once a week we would review those cards word for word at breakfast.

He was right. The words on those cards changed my life forever.

One day Moose showed up with a small narrow wooden box. He slid it across the table and said, "Looks like you are going to need this." Over the months I had memorized so many cards that I didn't have a way to keep them all in one place. The wooden box he gave me matched the size of my cards exactly. I could review the cards daily and keep them in one place.

After about a year of almost weekly breakfast meetings with Moose he gave me some news that would take my life to another level.

I would soon learn the difference between success and significance.

With a very serious look on his face he said, "We are done with our weekly meetings." Shocked and disappointed, I thought I had done something wrong...maybe offended him in some way. Like being late or forgetting to memorize my cards for the week and leaving them at home as though I had misplaced them. Of course he saw right through my actions, but never berated me or made me feel like he was disappointed in me. He understood the process.

He knew I was being untruthful and gave me the opportunity to save face. In response to my "misplacing" my cards he said, "You know I had that

problem once. But when I got into the habit of reviewing my cards every day I stopped misplacing them," such a wise man.

Moving to significance.

Moose said it was time for me to help another person to live and enjoy the life-giving life I had enjoyed over the time I had spent with him. At first I was confused. I felt like I was just getting started and certainly was not at place to lead another person. I resisted, telling Moose that I had barely had a year with him and felt very inadequate to do this. Then he planted in me one of the most unselfish and humbling thoughts I had ever had.

He said, "Alex, it's not about your abilities. It's about allowing God to live through you to help another. And if you will pray and ask God to show you that person, He will. Then you just do life with them, sharing what you have learned and practiced this past year."

It sounded simple but I was scared spit-less of the idea of being as close and as transparent as Moose had been with me with someone else.

I followed his lead, and after a month of praying, I became friends with Jeff. What happened next I didn't see coming. And we will talk about that next month.

By the way, do you want to know what was on those cards Moose had me memorizing? You may have guessed it. It was scriptures from the Bible.

To your spiritual health,

Alex E. Anderson

Senior Associate Pastor at
Bayside Community Church

Author, *Dangerous Prayers*

alex.anderson@alexanderson.org

www.dangerous-prayers.com

mybayside.church



Siesta Dental

Get the smile you've always wanted!



Dr. Alexander Gaukhman

and his Dedicated Dental Team
are serving patients from Sarasota,
Venice, Port Charlotte and surrounding areas.
Call for your appointment now!



DENTAL EMERGENCIES ARE SEEN IMMEDIATELY

Sarasota

5223 Avenida Navarra
Sarasota, FL 34242

(941) 266-7000

FREE

\$150 value

Denture/Implant Consultation

(D0140, D0270, D0220, D0330)

Includes any necessary X-Rays. Present
this coupon to redeem the offer.

Not valid with any other coupon
or specials. Uninsured patients only.
code 003 Expires 8-31-2016.

Call (941) 266-7000 or (941) 497-5650

Osprey

416 S. Tamiami Tr. Suite F1
Osprey, FL 34229

(941) 497-5650

\$89

New Patient

Fresh Smile with Brightening

(D0150, D0210, D1110, D0180, D0330,
D9975) Exam, X-Rays, Regular Cleaning
with take home whitening. In absence of
gum disease. Uninsured patients only.

Not valid with any other offer.

code 003 Expires 8-31-2016.

Call (941) 266-7000 or (941) 497-5650

Venice

463 US HWY 41 Bypass S.
Venice, FL 34285

(941) 375-4488

FREE

\$265 value

Oral Sedation

(D9248) During regular business
hours. After hours and weekends
are extra. Not valid with any other
coupon or specials.

Uninsured patients only.

code 003 Expires 8-31-2016.

Call (941) 266-7000 or (941) 497-5650

code 003



SiestaDental.com

Most PPO Insurances Accepted. Financing Available.

