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Health & Wellness[®] MAGAZINE

August 2016

Manatee/Sarasota Edition - Monthly

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IT'S TIME TO TAKE HEART

A checklist to a healthy heart

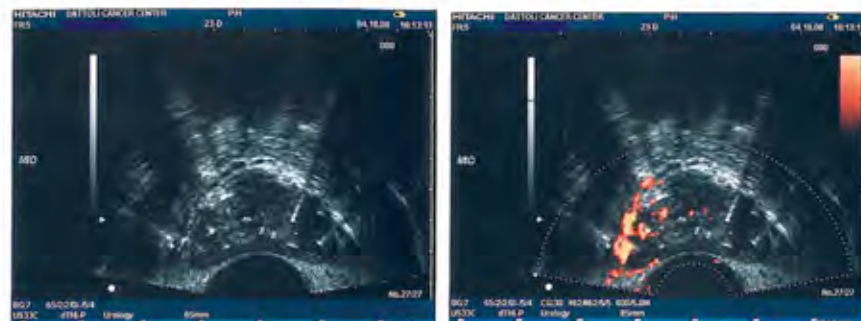
- ♥ Do you have a family history of heart disease?
- ♥ Do you have Diabetes Mellitus?
- ♥ Are you overweight?
- ♥ Do you know what your Cholesterol level and high sensitivity CRP are?
- ♥ Do you have high blood pressure?
- ♥ Did you ever smoke?
- ♥ Do you have a sedentary lifestyle?

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BACK TO SCHOOL

(for Adult Men)

By Virginia "Ginya" Carnahan, APR.CPRC,
Director of Marketing & Development, Dattoli Cancer
Center & Brachytherapy Research Institute

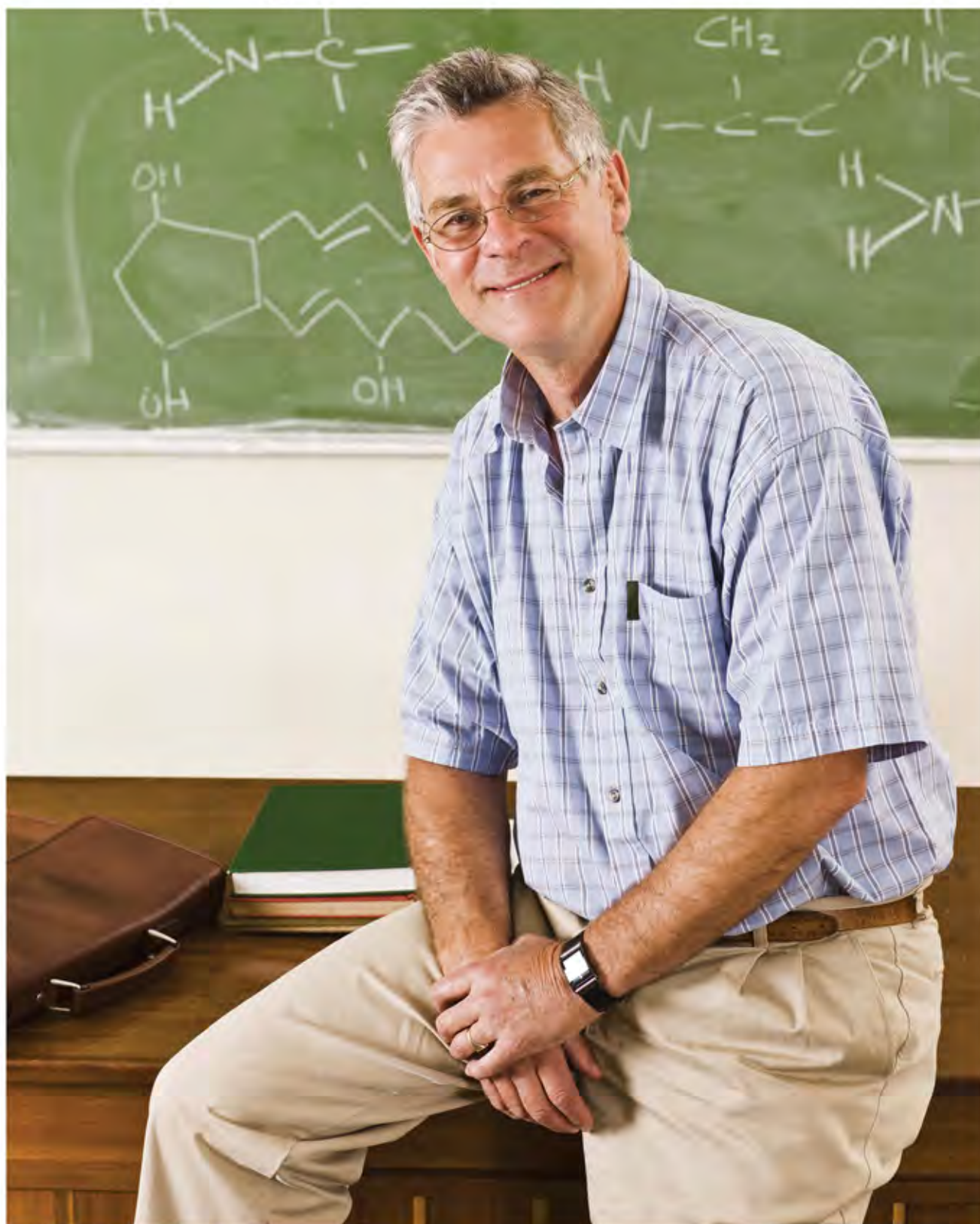
So August has arrived and families everywhere are scurrying around to get ready for another school year. Kids have a few precious days left to catch up on summer reading assignments. School supply lists are showing up in emails. Bus schedules, too. Somehow summer flew by when we weren't looking.

While focusing on this transition and its many demands – new school uniforms? new shoes? new routines? new friends? – some families are busy taking children to family doctors for “back-to-school” physicals.

This is as good a time as any to get adults into the annual physical exams routine, too. Especially men. (I have written before about how women are indoctrinated into annual physical exams as a result of their graduation into puberty, but boys/men don't go through anything quite like the female's ascent into full-blown maturity in their teens.)

I guess some employers still require a complete physical before starting a job, but rarely require follow-ups for anyone other than the CEO. Sometimes this is the only full physical a man ever gets until something goes wrong. Often that “something” could have been prevented by an annual physical exam. I'm talking about things like high blood pressure and diabetes. These can be silent killers, but with early diagnosis can be controlled, if not eliminated.

Living in Florida, it is particularly important for everyone (that includes YOU guys) to get checked for skin cancer on a regular basis. If you work outside or are actively playing sports (or maybe just watching them at the stadium or park), your risk of skin cancers increases.





How about vaccinations? They are not just for children anymore. This is a good time for you guys (and gals) to get your annual flu shot and if you are over 50 years old, the shingles vaccine should be considered as well. This painful, potentially scarring outbreak is a result of having chicken pox as a child. Stats suggest that 1 in 3 adults will develop shingles – the vaccine may prevent the outbreak, or at least reduce its severity. One more vaccine to recommend is the pneumonia shot. This is especially important if you have had a history of bronchitis or deep colds with lung congestion. Pneumonia can prove fatal, you know. Good news is that all of these vaccines are available at your handy, corner drug store. No need for a doctor's appointment!

Of course the main purpose of this article is to give men a head's up that "National Prostate Cancer Awareness Month" is just around the corner. It comes every September – just before the great October influx of pink ribbons for Breast Cancer Awareness.

If you (or the man in your life) is approaching age 50, or if he is younger and has a family history of prostate cancer, now is the time to take advantage of a one-time-good-deal! **FREE prostate cancer screening!**

The Dattoli Cancer Foundation, a 501(c)(3) not-for-profit organization, will again offer a PSA blood test and digital rectal exam, free of any charge to each man who wants or needs a screening for prostate cancer, on Saturday, September 10, 2016, from 10 a.m. until 2 p.m.

The event will be held at Dattoli Cancer Center & Brachytherapy Research Institute, located at 2803 Fruitville Road (Pen West Park) in Sarasota.

There are no appointments made – just show up! The exam itself will not take more than about 15 minutes, but sometimes there will be a wait because of the number of men who show up. We recommend that you bring a newspaper, book or Kindle to read while you wait.

And it is not necessary to fast before this blood test.

Why should you get screened? Some 180,900 men will be found to have prostate cancer in 2016. The older you are, the higher are your odds. We have found prostate cancer in men as young as 32 and as old as 97. If your father or brother has had prostate cancer, that will increase your risk of also developing it.

And the number one reason for getting screened is that prostate cancer can be cured if found early. It is believed that 1 in every 7 men will develop prostate cancer. Unfortunately, for nearly 27,000 men, prostate cancer will take their lives in 2016. Don't let you be one of those!

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HarborChase of Sarasota Represents the Next Level in Senior Living

As a seamless blend of modern amenities and classic sophistication, HarborChase of Sarasota, a new assisted living and memory care community, represents the next level in senior living. HarborChase offers stimulating activities, customized programs and innovative health services. From its peaceful setting to its luxurious apartments, HarborChase offers all the comfort of home.

“We want residents to enjoy life, make friends, and have a good time being here with them,” says Bobbi Mace, Executive Director of HarborChase. “Families visit frequently and are always welcome to attend events with their loved ones. It feels calm and tranquil here, not hectic like some other communities. It’s so important to us not to be a clinical model while still addressing clinical needs.”

Maintaining the balance between delivering top quality care in a safe environment and providing a rich and fulfilling lifestyle is something that Vero Beach-based Harbor Retirement Associates (HRA) has been doing for more than 20 years. At HarborChase, all Care Partners and associates are carefully selected, not only for their caregiving knowledge and expertise, but also for their warm and caring hearts. It is their mission to ensure that every resident lives a full and cherished life.

“It’s like being on a cruise ship”, says Linda Amin, Director of Resident Care. “The medical aspects are there, but rarely seen. Everything is centered on residents’ needs. We want to help them be whatever they want to be. For each individual, we look at their care needs and enrichment as well as what they enjoy participating in. They are not treated like part of a herd.”

HarborChase is committed to providing residents with a high level of customization. As part of this commitment, they’ve launched the Chef’s Fare Dining Program. The program features a wealth of options tailored to each individual’s dining preferences. It allows residents to savor independence and choice with every meal. Those who have a busy day and want a quick lunch at the bistro or take their time in the beautifully appointed dining room.





"One of our residents likes to sleep in, so does not go to the restaurant for breakfast", says Amin. "She goes to the bistro instead for a cup of coffee and a cinnamon roll that she enjoys in front of the fireplace."

HarborChase knows residents love staying busy, so its Life Enrichment program offers a wide variety of cultural events, learning opportunities, entertainment options, religious programs and group excursions.

"We have a lounge area for socializing with integrated technology that allows us to have game time," Mace says. "People can come in and play a game of trivia while enjoying a cocktail with friends. We also have a lot of live entertainment. We always come up with things our residents can look forward to. We truly have something for everyone."

While Harbor Chase has a wealth of amenities and an emphasis on enjoying life, it also has an Extended Congregate Care (ECC) license, the highest level available, that covers both assisted living and memory care. This means residents can age in place should their need for care increase over time. A nurse is on premises 24/7 and the ECC license, which many other communities do not have, allows for in-house care for residents. The community also offers the convenience of visiting physicians who attend to residents on-site. Rehabilitation services are available for those recovering from knee and hip replacement or other conditions.

"Our goal is for all of our residents to enjoy life to the fullest extent possible", says Mace. "That's so important because people have the misperception that life is diminishing when they come to assisted living, but it's just the opposite. Here they flourish



and enjoy life because we take care of the cooking and cleaning, and they don't have to worry about managing doctors appointments and getting to the grocery store. When people come here, all of those cumbersome chores and worries go away, and they can really enjoy life."

For more information on HarborChase of Sarasota, call (941) 462-2515 or visit www.harborchase.com/Sarasota.htm.



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American Heart Association Survey Reveals Americans Have Potentially Dangerous Misconceptions About Heart Failure

Data to inform ongoing efforts and outreach about heart failure – a life-threatening condition and major public health issue

Nearly six million Americans currently live with heart failure, yet a recent national survey found potentially dangerous misconceptions and knowledge gaps about the disease. In fact, nearly half of those surveyed got fundamental facts about heart failure wrong and two-thirds of respondents confused signs of heart failure with signs of a heart attack.

The American Heart Association, with support from Novartis Pharmaceuticals Corporation, commissioned the survey of more than 1,600 people as the first in an annual review of heart failure knowledge and attitudes in America. Survey respondents included the general public, as well as people living with heart failure and those who care for them.

While most general population respondents (70 percent) said they were aware of heart failure, survey results showed many people, including patients and caregivers, have misunderstandings about the condition and its causes and symptoms. Fifty-eight percent of those surveyed mistook heart failure as a natural cause of death that occurs when the heart stops beating. Additionally, nearly half (46 percent) of respondents incorrectly said heart failure is a silent killer with no symptoms.



In reality, heart failure occurs when the heart can't pump blood efficiently enough to meet the body's needs. Heart failure results from the added stress of health conditions that either damage the heart or make it work too hard. There are important symptoms to recognize, including difficulty breathing, fatigue, weight gain of three or more pounds in a day and swelling of the feet, ankles and legs. There is no cure for heart failure, but there are ways to help manage the condition.

"Being aware of the risks and symptoms of heart failure and receiving prompt and proper treatment are key to battling this disease, and that's why these survey results are concerning," said Gregg C. Fonarow, M.D., Director of the Ahmanson-UCLA Cardiomyopathy Center and Co-Chief of the UCLA Division of Cardiology in Los Angeles. "Heart failure is a serious, chronic condition. It requires recognition, treatment and constant monitoring of signs and symptoms to make sure the condition is not worsening, so that quick action to adjust medications or behaviors may be instituted."

It's estimated that 1 in 5 Americans will develop heart failure in their lifetime and 1 in 9 deaths in the U.S. includes heart failure as a contributing cause. There are more than 870,000 new heart failure cases in the U.S. each year, which means that at least one person is diagnosed with heart failure every minute. Hospitalizations and other costs associated with heart failure exceed \$30 billion dollars a year, making it one of the most common and costly heart diseases in the U.S.

"Many people with heart failure can lead full, enjoyable lives managing their condition with proper treatment and healthy lifestyle changes," said Fonarow, who is also a Professor of Medicine at the UCLA Division of Cardiology. "This is why it is so important for patients and caregivers to understand the disease, and to work together to manage it."

Survey results showed caregivers were more likely than patients to correctly identify the signs and symptoms of heart failure — and feel more impacted by it.

- 71 percent of caregivers feel heart failure impacts their relationships vs. 56 percent of patients with heart failure.

- 86 percent of caregivers say the condition impacts their ability to travel vs 54 percent of patients with heart failure. It also effects their ability to participate

in family events (82 percent vs. 65 percent, respectively) and to participate in hobbies (87 percent vs. 71 percent, respectively). Additionally, caregivers were more likely than patients to report feeling anxiety (75 percent vs. 63 percent) or depression (69 percent vs. 56 percent) as a result of dealing with heart failure.

In the coming months, the American Heart Association will seek feedback from patients, caregivers and healthcare providers to hear more about their experiences and challenges in managing heart failure. People can visit heart.org/heartfailure to share their personal stories and sign up for more information and regular updates on heart failure news and activities.

"The significant issues associated with heart failure can't be solved by any one organization," Fonarow said. "These insights and further findings from the survey can guide us as we bring together individuals and organizations to provide solutions that will truly make an impact on patients and their loved ones."

About the Survey

During the Spring of 2015, the American Heart Association, with support from Novartis Pharmaceuticals Corporation, commissioned an online survey of more than 1,600 people as the first in an annual review of heart failure knowledge, awareness, impact and attitudes in America. The survey polled over 1,000 members of the general public, as well as 400 patients with heart failure and 200 caregivers.

Additional Resources:

- Video: Dr. Mariell Jessup, immediate past president of the American Heart Association, discusses the impact of heart failure.
- Video: Heart failure survivor, Jennifer, and her family tell their story.

The American Heart Association/American Stroke Association receives funding mostly from individuals. Foundations and corporations donate as well, and fund specific programs and events. Strict policies are enforced to prevent these relationships from influencing the association's science content. Financial information for the American Heart Association, including a list of contributions from pharmaceutical companies and device manufacturers, is available at www.heart.org/corporatefunding.

**For more information call Lakewood
Cardiovascular Consultants at 941-907-1113.**

Erick E. Calderon, MD, FACC, FSCAI

Dr. Calderon is a board certified cardiologist. He attended Francisco Marroquin University in Guatemala followed by residencies and fellowship at University of Tennessee School of Medicine in Memphis, TN.



Certifications:

- Board Certified in Internal Medicine
- Diplomate of the American Board of Nuclear Cardiology
- Fellow of the American College of Cardiology
- Fellow of the American Society of Coronary Angiography and Intervention.

Dr. Calderon brings national expertise in the diagnosis, medical and minimally invasive approach to Cardiovascular Diseases. He is a member of the American Medical Association, American College of Cardiology, American Heart Association and Manatee County Chamber of Commerce.



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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.



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!



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Testosterone and Heart Disease

By Dr. Mitch Yadven

You may have seen recent television ads by law firms fishing for patients that received testosterone replacement therapy, who then developed heart disease or heart problems and even death. The trigger for these television ads is two recent trials, which suggest that testosterone replacement therapy may increase the risk of heart disease and/or stroke.

These were poorly designed studies, which conflict with numerous previous medical trials that show the beneficial effects of testosterone on the heart and that low testosterone levels in males are associated with an increased risk in the development of heart disease. So why did the two recent studies

show that there was an increased risk of developing heart disease in male patients that were prescribed testosterone replacement therapy? There are serious flaws associated with the two recent trials.

Firstly, estrogen levels were not measured in the subjects in the studies. High estrogen levels in males have been found to be associated with an increase risk in the development of heart disease and stroke. Estrogen levels may elevate after testosterone administration in patients with high levels of the enzyme aromatase found in belly fat. This can easily be controlled, but it must be checked for.

Secondly, having erythrocytosis, which is an elevated red blood cell count (elevated hematocrit), is associated with an increased risk in the development of heart disease and possible stroke. A major study on the risk and benefits of testosterone replacement suggests that a baseline hematocrit should be checked at three and six months, and then every six to twelve months. If the hematocrit is too high, then testosterone therapy should be stopped until the hematocrit is at a safe level. Hematocrit levels were not measure in these two trials.

Thirdly, in both studies, not all patients had follow-up testing of testosterone levels. Therefore, dosages of testosterone may have been higher than needed. Supraphysiological levels of testosterone can cause vascular disease.



Lastly, testosterone can convert to dihydrotestosterone (DHT), which has been shown to enhance early atherosclerosis. The higher the dose of testosterone that is prescribed, the more it is converted by 5 alpha-reductase into DHT. In these two recent trials that suggest that testosterone replacement increases the risk of heart disease in men, DHT levels were not measured.

Conclusion

Given the plethora of medical studies indicating the beneficial effects of properly prescribed testosterone, one would have to conclude that these two recent medical trials are poorly designed and their conclusion is flawed. Some of the patients did not have repeat testosterone levels measured. Consequently, the patients may have had supraphysiological levels of testosterone. In addition DHT, estrone, estradiol, and RCT levels were not addressed.

Considering the numerous studies that show cardio-protective effects of testosterone replacement, it makes good sense to check levels and replace, if needed, under the controlled supervision by a knowledgeable health care professional.



Dr. Mitchell Yadven

Dr. Yadven was born and raised in the Bronx, New York. He received his undergraduate degree from Emory University in Atlanta, Georgia and a Masters degree in Molecular Biology from George Washington University in Washington D.C. After college, Dr. Yadven worked as a marine biologist for the Smithsonian Institute in both Washington, D.C. and the Caribbean. He then received his Medical Degree and General Surgery training at George Washington University. Wanting to return to the South, Dr. Yadven completed his Urology Residency at Tulane University in New Orleans, Louisiana. He is

Board Certified by the American Board of Urology. Dr. Yadven has been in private practice in Bradenton, Florida since 1997 and is happy to call Florida his home.

Dr. Yadven practices all aspects of general Urology with particular interest in hormonal replacement and metabolism, prostate disease, urinary stone management and minimally invasive therapies. He has developed products for the management of urinary retention resulting in a U.S. patent.

In his free time, Dr. Yadven enjoys photography and digital art, NFL football (he is a huge New York Giants and New Orleans Saints fan), computers, water sports and fun at home with his wife Sharon, his two children Sarah and Maxwell and his family's animal menagerie.

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PREPARE YOUR KIDS FOR A HEALTHY NEW SCHOOL YEAR

No matter what grade your child will enter this fall, there is always a last-minute rush of things to do: purchase supplies and new school clothes, fill out forms and attend orientations. But one of the most important tasks for a successful school year is an appointment with your child's pediatrician.

The American Academy of Pediatrics (AAP) advocates that every child receive care through a "family-centered medical home." This means care is provided by the same physician(s) over a long period of time, particularly during the years from childhood to puberty when vital changes are taking place.

"Having a 'family-centered medical home' allows both the family and physician to observe and detect emerging problems or trends that might otherwise be missed," according to Susan R. Mihm, M.D., FAAP, of Gulf Coast Medical Group Sunshine Pediatrics. "It allows your child to develop trust and confidence in their caregiver as they play a consistent role in promoting healthy lifestyles. Having a pre-existing relationship becomes a valuable resource for your family when crises or problems arise."

Most insurance plans, including Medicaid, cover the annual well-child visit up to age 18. Below is a convenient checklist for your child's back-to-school checkup:

Get your forms in order. Check that you have all the school and sports physical forms for each child, and ensure you obtain copies of all necessary records and physician signatures. Remember to bring special permission forms allowing the school to administer your child medications, if needed.

Medications and Supplements. Bring a current list of your child's supplements, prescription or over-the-counter medications.

Immunizations. If you do not have a consistent medical home for your child, carry copies of his or her vaccination records. Trust your child's physician to advise you on the best course of vaccinations.

Height and Weight. Ask if your child's growth, weight gain and body composition are in normal range for his or her age, and whether any nutrition or exercise adjustments are appropriate.

Allergies and Asthma. Discuss any sinus or breathing problems, determining if any medications should be added or adjusted. Also include any environmental or food allergies.

Sleep Patterns. Discuss any issues your child has with quality of sleep. Depending on age, this may include bed-wetting, morning fatigue, and trouble falling or staying asleep.

Diagnostics. Depending on your child's age, blood pressure and heart rate are evaluated. Blood tests when indicated may include iron (anemia) or lead levels, vitamin D, cholesterol, and blood sugar and A1C levels.

Vision and Dental. If your pediatrician doesn't offer vision screening in the office, ask for a referral for an ophthalmologist. Remember to schedule your child's annual checkup for cavities and gum health, and to confirm your child's adult teeth are growing in properly.

Overall Wellness. The annual physical is a good time to ask questions or discuss any concerns about your child's development. This includes, but is not limited to, academic progress, social and emotional, body image, depression or lethargy. For teenagers, use this opportunity for an open, three-way discussion about alcohol, drugs and sexual activity.

Back to school can be a busy and stressful time for parents, but allowing the annual physical to fall between the cracks can lead to much bigger trouble down the road. Using this checklist will help you maximize the time in your pediatrician's office, and give you peace of mind that your child enters the new school year with their healthiest and happiest foot forward.

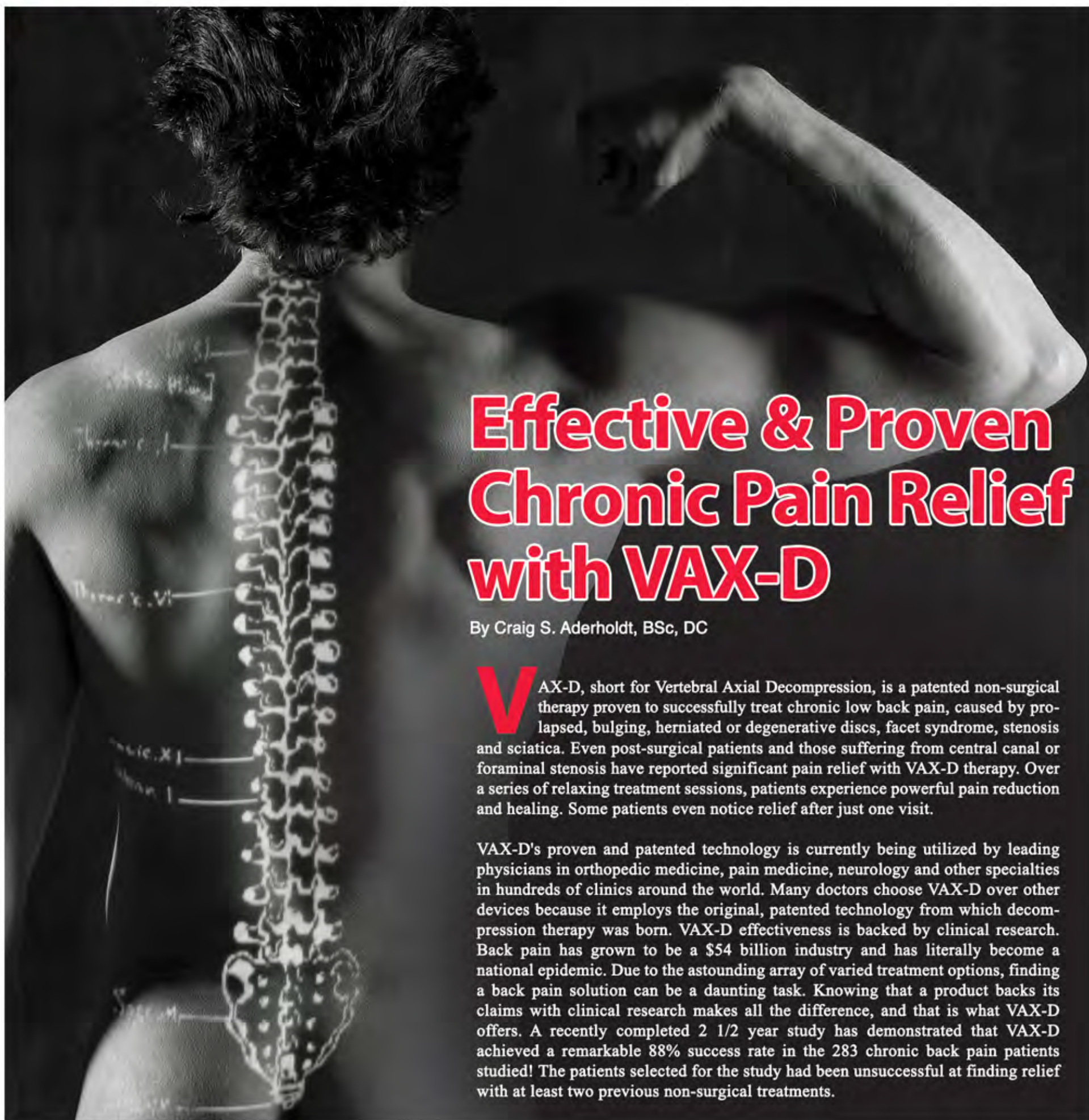
About Gulf Coast Medical Group

With more than 30 offices throughout South Sarasota County to serve you, Gulf Coast Medical Group is expanding to meet our community's growing needs. In addition to urgent and primary care, we also offer specialty care, including pediatrics, ENT, gynecology, cardiology, pulmonology and more.

Same-day appointments are often available. If you do not have a dedicated pediatrician or family physician, visit GulfCoastMedicalGroup.net or call 855-876-2362 to find a physician and to schedule an appointment before the first day of school is here.



call 855-876-2362 or visit VeniceRegional.com/WeightLoss.



Effective & Proven Chronic Pain Relief with VAX-D

By Craig S. Aderholdt, BSc, DC

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

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

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

How does VAX-D work?

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

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

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



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

Is VAX-D Right for Me?

You may be a candidate for VAX-D if:

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

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

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

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



BACK PAIN INSTITUTE OF WEST FLORIDA

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Lakewood Ranch Technology Park

Dr. Craig S. Aderholdt, BSc, DC



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

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



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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
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- 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 Sarasota 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!



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Are Your Bones Weak?

Osteoporosis results in more than one million hip, spine and wrist fractures annually. This disorder affects nearly one-half of all postmenopausal women, the largest group at risk for osteoporosis.

Research in osteoporosis, the disorder in which progressive bone loss results in increased risk of fracture, is making important new advances. A key factor in the success has been the availability of new and improved equipment to measure bone density.

Are your bones fragile? Could it be time for you to have a bone density test? Bone density tests (also called bone mineral density tests or bone scans) evaluate the strength of your bones by measuring a small part of one or a few bones. Knowing the strength of your bones can help your doctor recommend prevention steps and osteoporosis medication, if needed, to prevent bone loss and fractures.

DEXA (Dual Energy X-ray Absorptiometry) is the most commonly used test for measuring bone mineral density. DEXA is one of the most accurate ways to diagnose osteoporosis, a condition that often affects women after menopause but may also be found in men. Osteoporosis involves a gradual loss of calcium, as well as structural changes, causing the bones to become thinner, more fragile and more likely to break.

DEXA is also effective in tracking the progress of treatment for osteoporosis and other conditions that cause bone loss. The DEXA test can also assess an individual's risk for developing fractures. The risk of fracture is affected by age, body weight, history



of prior fracture, family history of osteoporotic fractures and life style issues such as cigarette smoking and excessive alcohol consumption. These factors are taken into consideration when determining the proper treatment plan for patients.

The National Osteoporosis Foundation recommends bone density testing if you:

- are a post-menopausal woman and not taking estrogen.
- have a personal or maternal history of hip fracture or smoking.
- are a post-menopausal woman who is tall (over 5 feet 7 inches) or thin (less than 125 pounds).
- are a man with clinical conditions associated with bone loss.
- use medications that are known to cause bone loss, including corticosteroids such as Prednisone, various anti-seizure medications such as Dilantin and certain barbiturates, or high-dose thyroid replacement drugs.
- have type 1 (formerly called juvenile or insulin-dependent) diabetes, liver disease, kidney disease or a family history of osteoporosis.
- have high bone turnover, which shows up in the form of excessive collagen in urine samples.
- have a thyroid condition, such as hyperthyroidism.
- have experienced a fracture after only mild trauma.
- have had x-ray evidence of vertebral fracture or other signs of osteoporosis.

Osteoporosis occurs when the body loses bone faster than it can be replaced. When bones become weak and have a greater likelihood of breaking, hip or other fractures become a risk. The DEXA-scan identifies the density of bones to determine risk for osteoporosis, fractures and broken bones. A bone scan using the DEXA-scan is similar to an x-ray. The process is quick (approximately 10-20 minutes) and painless. A patient relaxes on a cushioned bed during the scan. A bone density test is recommended every one to two years to measure changes in bone density. Women in particular are susceptible, as four out of five people with osteoporosis are women. Annually, women suffer more fractures due to osteoporosis than they do heart attacks, strokes and cases of breast cancer combined.

Radiology Associates of Venice & Englewood offers a full range of imaging services to help detect osteoporosis and other diseases. For information on osteoporosis and how to receive a DEXA-scan, call 941-488-7781 today.



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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)

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

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.

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and speak with a specialist.

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.



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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!

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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.

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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.

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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

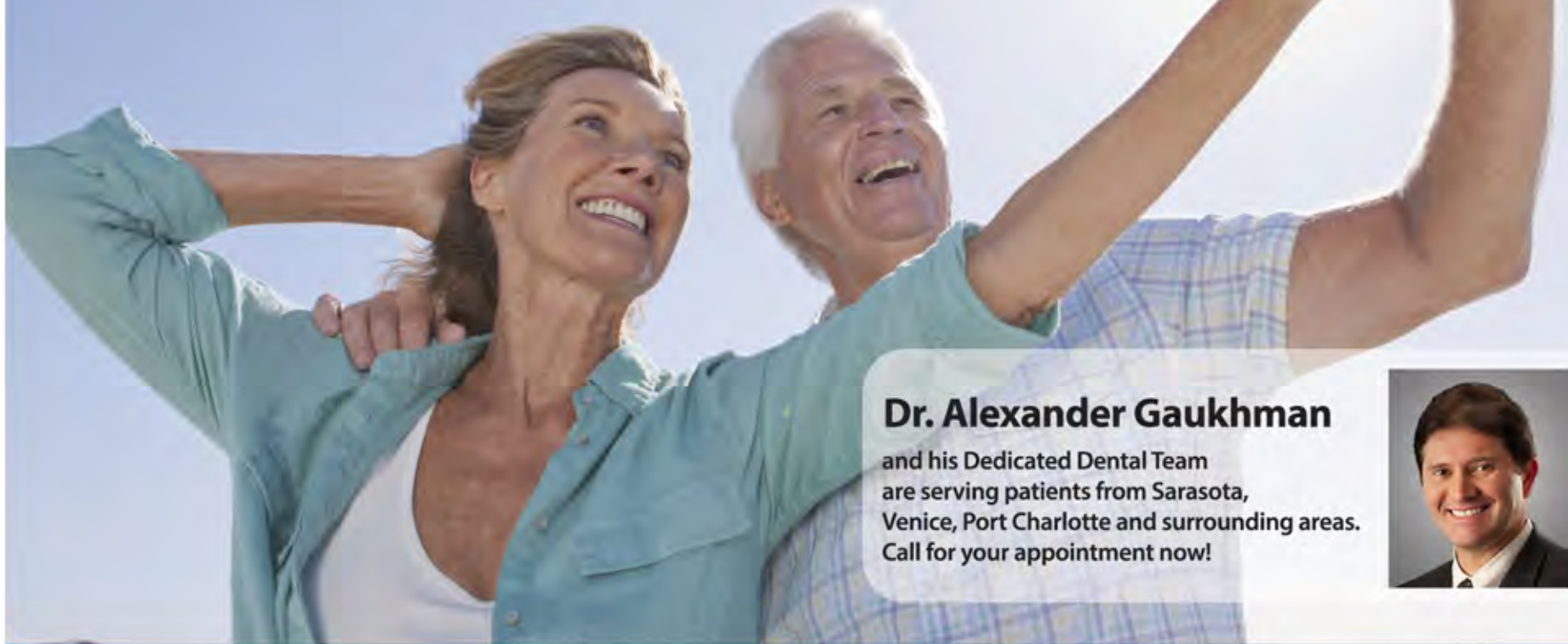
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