



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

Health & Wellness[®] MAGAZINE

May 2021

Charlotte/South Sarasota Edition - Monthly

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  **FREE**

Advocate Radiation Oncology

To Establish First
Proton Therapy
Center on Florida's
West Coast

Skin Cancer Awareness Month

Early Detection Saves Lives

Healthy Vision Month

How You Can Protect
Your Eyesight

COVID-19, Lungs & Smoking

Promising New Treatments

Bring Hope to Cancer Patients

5 Reasons To Make That Well Visit Appointment

Numerous Buyers

Are Interested in Purchasing
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*You can postpone
the **vacation.***



*But don't put off your
health care.*

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Our doctors are committed to helping you stay well. We are taking extra precautions to provide a safe and clean environment and offer both in-person and telehealth appointments.

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schedule an appointment today.***

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A cancer diagnosis can feel unexpected, leaving you questioning what to do next. But, within 72 hours, Florida Cancer Specialists gives you and your family the comfort of a personalized treatment plan. Our experienced doctors and nurses provide immunotherapy, the latest technologies from clinical trials and targeted treatment based on your cancer's genomic profile. And with world-class care that's close to home, we're always here to make treatment simple and clear.

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Paul W. Gonter, MD
Kristen Gonter-Aubin, DO
Blessy Mathew Jacob, MD
Mehnaz Junagadhwalla, MD
Robin Lifton, MD

Christopher Lobo, MD
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- 1 Heel pain in the morning can be easily resolved.
- 2 Diabetic infections kill more people than breast cancer and AIDS. If diabetic, must see us now.
- 3 Ingrown toenails can lead to bone infection; we treat them fast.
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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



Publishing • Advertising • Web Design • Graphic Design

239.588.1200

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Cristan@gwhizmarketing.com

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

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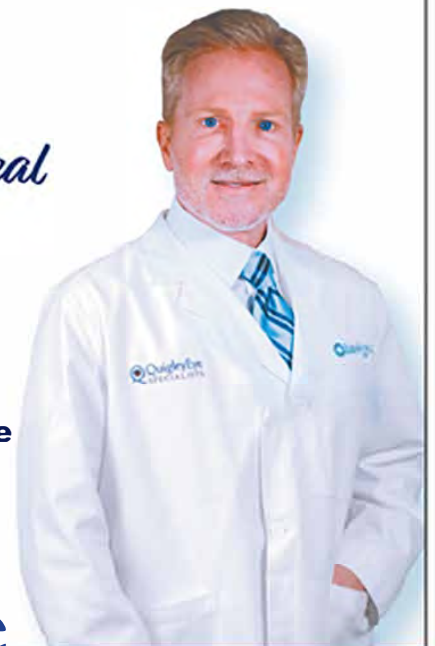
Introducing A SUPERIOR LASER FOR CATARACT SURGERY¹

Technology Leaders in Eye Care, Quigley Eye Specialists is proud to be the first and only private practice in Southwest Florida to offer patients the next generation laser for cataract surgery. Introducing the Catalys® Laser System. When compared to another leading laser, the Catalys was found to use less energy and demonstrated superior patient outcomes. (Khodabakhsh & Hobauer, 2018)²

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1. A 2018 study that compared the Catalys with another leading laser concluded that the Catalys demonstrated superior outcomes in terms of the patient experience, completeness of capsulotomy and ease of cortex removal. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6087026/>
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>

A Quick Procedure Checks Liver Function In 5 Minutes Flat

The liver is known for its natural detoxification ability to rid the body of chemicals, toxins, and substances. It breaks down fats and produces energy, and its primary function is to filter and clean the blood from the digestive tract, which is then allocated throughout the body. Bile is also secreted from the liver and redistributed to the intestines. Many issues can affect the liver, such as diabetes, high cholesterol, poor dietary habits, excessive alcohol consumption, and toxic overload. Taking high amounts of ibuprofen or acetaminophen and avoiding any thoughts on how these things affect our bodies also can contribute to liver dysfunction.

According to the CDC (Center for Disease Control), nearly 3.9 million Americans have been diagnosed with some form of liver disease, but strikingly, the number of individuals living with undiagnosed liver disorders is exceptionally high. All too often, liver issues go unnoticed until the late stages of the disease have set in.

Liver Diseases and Disorders:

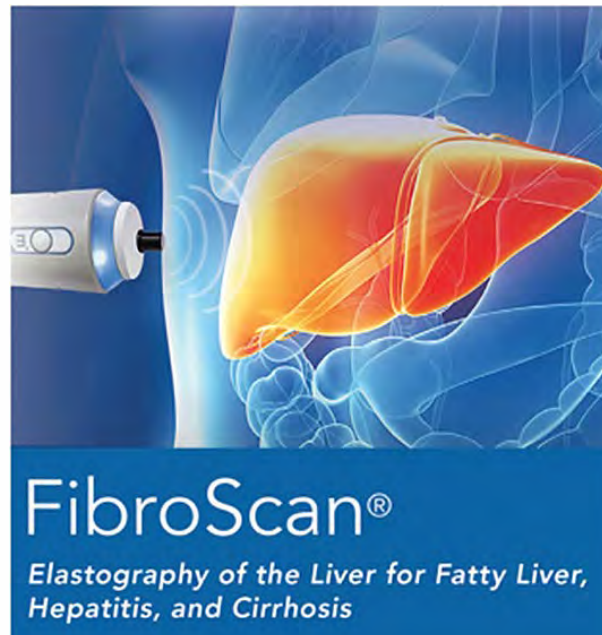
- Viral Hepatitis
- Mononucleosis (Epstein Barr)
- Fatty Liver disease (Non-Alcoholic)
- Cirrhosis
- Heavy Alcohol Use
- Excessive Iron Intake
- Excessive Acetaminophen (OTC pain relievers)
- Cancer

The liver is protected behind the lower right ribs and takes in nutrients and waste from the intestines to filter and detoxify the blood. Simultaneously, it also receives blood and oxygen from the heart through the hepatic artery. The liver controls many functions, but most importantly, it filters cholesterol levels and processes glycogen.

Although many people are unaware of liver issues, some late-stage symptoms include fatigue, muscle weakness, nausea and vomiting, and jaundice of the skin and eyes. In addition to routine blood work to check liver enzyme levels, there is a much more accurate way to diagnose liver function issues.

Fibroscan

The Fibroscan works much like an ultrasound through vibrations. It's a non-invasive procedure that is quick, easy and precise. By placing a scanner



on your abdomen, the practitioner will record the results of the scan within 5 minutes. That's all it takes to see if your liver is healthy.

How it works

FibroScan®, also known as transient elastography, is superior to ultrasound for the detection of liver scarring and therefore may be used to determine if cirrhosis or advanced fibrosis is present at the initial assessment and whether it has developed during follow up because of disease progression.

The FibroScan® device works by measuring shear wave velocity. In this technique, a 50-MHz wave is passed into the liver from a small transducer on the end of an ultrasound probe. The probe also has a transducer on the end that can measure the velocity of the shear wave (in meters per second) as this wave passes through the liver. The shear wave velocity can then be converted into liver stiffness, which is expressed in

Test Preparation

The only preliminary preparation required is that patients fast for 2-3 hours prior to the procedure due to the potential increase in liver stiffness from post-prandial blood flow.

Is the exam covered by insurance?

FibroScan® is covered by most insurance providers for approved indications. The exam is also available at a low cost self pay rate of \$69.

What are the advantages of FibroScan® testing compared to liver biopsy?

- Non-Invasive
- No- Hospitalization
- No Risk for Bleeding
- Wide Discrepancies between Pathologists
- Larger Sample Size

Liver biopsies sample a very small piece of the liver, which can lead to incorrect staging, either over-staging or under-staging of fibrosis. Sampling error may occur in up to 25-30% of liver biopsies. The actual area measured by FibroScan® has a volume that 100 times bigger than the average liver biopsy sample.

Why Radiology Regional?

Radiology Regional is a physician-owned, well-established imaging practice with over 30 board-certified radiologists that work closely with your doctor. You will get personalized service and expertise in a warm, comfortable environment, which is not always offered with a big group or hospital-owned organization. Radiology Regional also provides the newest technological advances. Their superior imaging equipment includes 3T wide-bore MRI, 256 Slice CT, 3D Mammography, Nuclear Medicine, PET Scans, and Siemens ultrasound. Radiology Regional is a premier diagnostic facility that takes pride in offering the highest quality healthcare to the community.

For over 50 years, Radiology Regional has expanded its scope of services and number of outpatient facilities to meet the growing needs of their patients and referring physicians. Radiology Regional has thirteen, ACR/IAC accredited and convenient locations to serve you. Their dedicated team of board-certified radiologists, registered technologists, and other specialists are committed to providing their patients with exceptional care utilizing the most advanced technology and techniques available.

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Advocate Radiation Oncology to establish first proton therapy center on Florida's west coast

Innovative radiation treatment reduces side effects, improves quality of life for cancer patients

Advocate Radiation Oncology is bringing revolutionary treatment in the fight against cancer closer to home by establishing the first proton therapy center along Florida's west coast.

Advocate Radiation Oncology, in conjunction with its affiliate Southwest Florida Proton, selected IBA's (Ion Beam Applications S.A., EURONEXT) Proteus[®]ONE compact proton therapy solution for its new state-of-the-art proton therapy center. The site will serve the greater population of Southwest Florida in a centralized location between Lee and Collier County.

"Advocate Radiation Oncology is honored to bring proton therapy to Florida's west coast giving cancer patients improved access to the most advanced radiation care available," said Dr. Arie Dosoretz, the managing partner at Advocate Radiation Oncology. "I'm especially proud to bring world-class cancer care to my hometown. Given their size, complexity, and cost, there are a limited number of proton therapy centers around the country. Patients seeking proton therapy must often travel across the state, or in some cases, across the country, to receive this type of treatment. Not only does this enhance access to proton therapy, it greatly improves the quality of life for patients and their families when they can receive innovative care close to home."

An advanced form of radiation that uses proton beams to target tumors and cancer cells more precisely, proton therapy has proven effective for the treatment of many common cancers. Proton therapy uniquely spares significant dose to normal tissue, while delivering powerful treatment to areas of disease. This leads to improved outcomes in combination with reduced toxicity and side effects in patients.

"IBA's solution includes Pencil Beam Scanning, which allows our physicians to design uniquely customized treatment delivery plans for each patient that minimize radiation exposure to healthy tissue," said Dosoretz. "We are excited to combine this technology with our elite physicians who have trained at the nation's top cancer centers. The patients of Southwest Florida deserve every option in their fight against cancer."

Advocate Radiation Oncology is directed by a team of expert board-certified radiation oncologists and has several convenient locations across South Florida.



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Five Reasons To Make That Well Visit Appointment

If you've put off seeing your doctor for fear of catching or spreading the COVID-19 virus, Bayfront Health Medical Group wants you to know it's safe and important to come in.

Precautions for your safety include scheduling well-visits in the morning and ill visits for the afternoon, masking, checking temperature of all clinic visitors, screening clinic staff during the shift, and enhanced cleaning of commonly touched surfaces.

"It's important for members of our community to put their health first," said Fatin Albezargan, M.D., family medicine provider with Bayfront Health Medical Group. "An ongoing relationship with a provider you know and trust can help you make a plan to reach--and maintain--your health goals for the long term."

Here are five reasons to make an appointment for your next well-visit or check-up without delay.

1. Check on your general health. The clinic has a record of your health metrics over time, including cholesterol, blood sugar, weight and others. If any numbers are trending in the wrong direction, your doctor can help you make a plan to get back on track with lifestyle changes, diet or medical treatment.

2. Manage chronic conditions. Ongoing medical concerns, whether diabetes, high blood pressure, high cholesterol or others require regular monitoring by a provider to keep them from progressing to life-threatening levels. Regular checkups can help you avoid a medical crisis.

3. Identify issues early with routine screenings. The practice keeps records of your screening exams to help you remember when it's time to get your colonoscopy, mammogram, bone density test, prostate exam and other screenings. Early identification of many illnesses can give you the most options for treatment and better outcomes.

4. Stay current on vaccinations for your protection. While you're hearing plenty of news about the COVID-19 vaccine, there are a number of other vaccinations to prevent disease as your immune system



weakens over time. Flu shots annually. Tetanus shots every ten years. Vaccines for shingles and pneumonia and more. The practice will remind you when it's time to get your immunizations.

5. Keep prescriptions updated. Bring a full list of your medications, including any over-the-counter, so your physician has a complete picture of what you're taking. An annual review can identify possible side effects or medication conflicts.

Of course, the best reason of all is peace of mind about your health. If you need help finding a physician, visit www.BayfrontMedicalGroup.com to be connected with one of Bayfront Health Medical Group's qualified family medicine, internal medicine or gynecologic physicians. Telehealth and same-day appointments are available.

About Bayfront Health Medical Group

At Bayfront Health Medical Group, our providers, surgeons and staff live in the local community and remain committed to providing personalized care to each and every patient. We understand that any procedure or consultation can be a stressful event in your life, so our team is dedicated to minimizing that stress. We will meet with you and your family to explain procedures, review alternatives, recommend treatment plans, discuss associated risks and benefits and answer all of your questions. With offices in Punta Gorda, Port Charlotte, North Port, and Arcadia, you'll find the care of specialists in primary care, pediatrics, neurology, obstetrics and gynecology, psychiatry, and cardiac surgery. Morning and late afternoon appointments are often available. Bayfront Health

Medical Group is affiliated with Bayfront Health Port Charlotte and Bayfront Health Punta Gorda, Joint Commission Accredited hospitals part of a regional network of six hospitals along the I-75 corridor. To learn more, visit www.BayfrontMedicalGroup.com.

Sources:

<https://www.health.harvard.edu/staying-healthy/why-your-annual-check-up-is-still-important-to-your-health>,
<https://www.cdc.gov/vaccines/adults/rec-vac/index.html>

NEED A PHYSICIAN?

Bayfront Health Medical Group is accepting new patients and offers same-day, walk-in and telehealth visits. Visit <https://bit.ly/GetInQuicker> to schedule an appointment online, anytime.



Simon Grinshteyn, M.D., FAPWHC, BC-ADM, is board certified in both family medicine and advanced diabetes management, with additional certification in wound management and hyperbaric medicine. He provides preventive and diagnostic care for acute and chronic illnesses, with special interests in advanced diabetes care and hypertension management. His goal is to help patients achieve optimum health.



Fatin Albezargan, M.D., is board certified in family medicine. She enjoys all aspects of preventive care and the management of chronic diseases, helping your entire family achieve and maintain good health.



Luis Casanova, M.D., is a board certified internist that treats a wide range of illnesses and chronic diseases that most often affect adults and the elderly population.



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PROMISING NEW TREATMENTS BRING HOPE TO CANCER PATIENTS

Despite the COVID-19 pandemic, clinical research has continued to bring promising new treatments to cancer patients. Twenty-one new cancer drugs received approval from the U.S. Food and Drug Administration (FDA) in 2020 and some of these therapies were for difficult-to-treat cancers, such as triple-negative breast cancer.*

No other field of medicine is changing as rapidly as oncology. Over the past decade, literally hundreds of new medicines and new approaches for treating cancer have been developed and this has resulted in many more people surviving cancer than ever before. According to the National Cancer Institute, there are over 15 million cancer survivors in the United States, and approximately two million of them have survived for 20 years or longer. Some of the reasons cancer survival rates have dramatically increased can be linked directly to improvements in early detection methods, more advanced therapies, and genetic research and clinical trials, which are responsible for developing more effective drugs.

The future cures for various types of cancer will all come from clinical research, yet not many adult cancer patients participate in clinical trials. Why? In some instances, it is because clinical trials are misunderstood, and patients may fear being "a guinea pig." In clinical trials for a life-threatening disease like cancer, no one who participates is ever treated like a guinea pig. In fact, such great precautions are taken on behalf of patients who participate in clinical trials that, many times, their cancer treatment goes beyond standard care protocols.

**Source: American Association for Cancer Research*

Debunking the Myths

Patients who are considering participating in a clinical trial for cancer are often concerned that they might be given a placebo or a drug that will prove to be ineffective. The truth is that in some types of clinical trials (specifically those that are investigating something simple such as a new cold medication) some participants are given only a placebo. However, in clinical trials for cancer, a participant is never given anything less than the current standard of care.



All participants in oncologic clinical trials will be given the best standard treatment available for their particular type of cancer... then, in addition to that standard treatment, they may be given the new drug that is being tested or a placebo. No participant is ever given a placebo alone.

Increased Participation in Clinical Trials Means Faster Approval for New Treatments

According to the American Cancer Society, hundreds of promising new cancer drugs and therapies are currently undergoing research. The average time for a new drug to be approved is seven years, and many times clinical trials cannot be conducted because of a lack of patient participation. If more cancer patients participated in clinical trials, there would be more new drugs available sooner in the future. Don't miss the opportunity to be a part of finding the cures for cancer.

Florida Cancer Specialists & Research Institute (FCS) offers access to more national clinical trials than any other community oncology practice in Florida. If you qualify to participate in a clinical trial, you can do so from the comfort and convenience of your local FCS cancer center.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a state-wide network of expert, board-certified physicians who bring world-class cancer treatments to local communities, large and small, in locations throughout Florida. FCS is also a strategic partner with Sarah Cannon, one of the leading research and clinical trial organizations in the world. This alliance provides FCS patients access to the newest, most innovative and most promising new treatments.

FCS treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location.



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Venice Island
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Venice, FL 34285

Venice Healthpark
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Suite 101
Venice, FL 34292

Englewood
714 Doctors Drive
Englewood, FL 34223-3992

For more information, visit FLCancer.com

HEALTHY VISION MONTH:

How You Can Protect Your Eyesight

It's important for those of all ages to protect their vision. This is especially the case for aging adults. May is National Healthy Vision Month. Do you know the steps necessary to keep your eyesight in peak condition?

If you have blurry vision, double vision, floaters, eye pain, headaches, trouble seeing up close or far away, you absolutely need to be seeing an ophthalmologist on a regular basis. Eye disorders can escalate quickly, and many times, eye problems are overlooked but can be debilitating or even cause blindness. This is the case with glaucoma and macular degeneration. Keep in mind that many eye diseases do not have any initial symptoms.

EYE EXAMS ARE ESSENTIAL

The first and most critical step is to see your ophthalmologist for dilated eye exams regularly. Dilated exams are critical for your eye doctor to determine any new or changing vision issues, or in many cases, other disorders can also be detected during an eye exam. Some patients may require eye exams more often if a warning indicator or disorder is being watched for progression.

PROTECT YOUR EYES

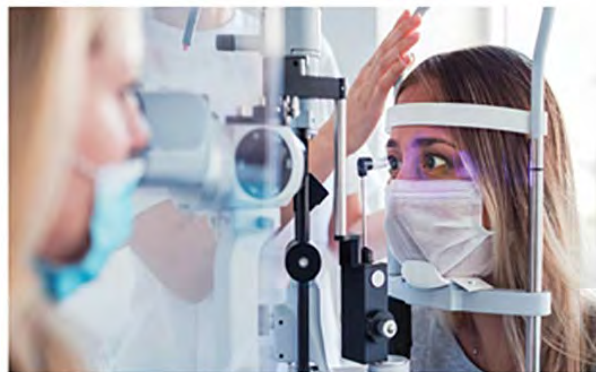
Sunglasses should be worn whenever outside or while driving, even on cloudy days. Just like our skin, our eyes absorb large amounts of UV rays, and over time, this can lead to age-related macular degeneration, glaucoma, cataracts, and eye melanomas. Protecting your eyes with sunglasses that have UV protection coatings is imperative.

NUTRITION

The food and supplements that are critical for heart and brain health are also important for eye health. The American Academy of Ophthalmology lists 36 foods and supplements to improve or maintain eye health, including Vitamin A, C, and E, brightly colored fruits and vegetables, Omega 3-fatty acids, and cold-water fish, leafy greens, lutein, zeaxanthin, and zinc to name a few.

KEEP DIABETES AND BLOOD PRESSURE IN CHECK

Diabetes and high blood pressure can exacerbate eye disorders and diseases like glaucoma. If you have diabetes, it is especially important to know



that regular eye exams can save your sight. Many people with diabetes develop issues that can lead to blindness or very low vision.

TAKE BREAKS FROM SCREEN TIME

Excessive time in front of our devices seems inevitable, but it's important to take breaks and allow your eyes to refocus. Too much screen time leads to dry eye, irritation and vision issues.

THE NATIONAL EYE INSTITUTES AREDS & AREDS2 STUDIES

Researchers with the Age-Related Eye Disease Study (AREDS) reported in 2001 that a nutritional supplement called the AREDS formulation can reduce the risk of developing advanced age-related macular degeneration (AMD). The original AREDS formulation contains vitamin C, vitamin E, beta-carotene, zinc and copper.¹

In 2006, the same research group, which is based at NIH's National Eye Institute, began a second study called AREDS2 to determine if they could improve the AREDS formulation. They tried adding omega-3 fatty acids, as well as the antioxidants

Reference:
1. AAO, "Healthy Eyes," Vitamins, American Academy of Ophthalmology
aao.org, 2019
<https://www.nei.nih.gov/areds2>

About Quigley Eye Specialists

Technology leaders in eye care, Quigley Eye Specialists is one of the nation's leading multispecialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, retinal issues, corneal conditions and routine eye care. As the number one choice for cataract treatment in Southwest Florida, Quigley Eye Specialists is committed to providing the highest level of quality eye care and service to the community. The practice has served the region for more than 30 years and offers patients convenient locations throughout Florida including: Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Fort Myers Beach, Lehigh Acres, Bonita Springs, Naples, and Coral Gables.

lutein and zeaxanthin, which are in the same family of nutrients as beta-carotene. The researchers also tried substituting lutein and zeaxanthin for beta-carotene, which prior studies had associated with an increased risk of lung cancer in smokers. The study found that while omega-3 fatty acids had no effect on the formulation, lutein and zeaxanthin together appeared to be a safe and effective alternative to beta-carotene.¹

Quigley Eye Specialists, founded in 1988, creates patients for life by providing the highest level of quality eye care and service to the community. Core Values include:

Technical Excellence - They always strive for excellence in everything they do.

Treat All Patients as Guests - They create patients for life with care and kindness.

Teamwork - All Quigley team members are equally important.

Productivity - They take initiative to be efficient and innovative.

Don't put off your eye exams! When it comes to vision loss or visual changes, it's imperative that individuals see an ophthalmologist to receive a proper diagnosis and treatment as early as possible for the best outcome. Many times, there are issues that patients were unaware of and some conditions like glaucoma macular degeneration can cause blindness.

For more information, call (855) 734-2020 or visit www.QuigleyEye.com.



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2135 Tamiami Trail, Port Charlotte, FL 33948

20600 Veterans Blvd., Port Charlotte, FL 33954

May is Skin Cancer Awareness Month

Melanoma in the foot or ankle is often overlooked as a majority of people tend to neglect their feet. For these reasons, melanoma in the foot usually goes unnoticed during its earliest stages. When melanoma is diagnosed in the foot or ankle, it typically presents in a more advanced stage. Melanoma is cancer develops in the cells that produce skin color (melanocytes). Treatment is easiest during the early stages and becomes more difficult as the melanoma advances. It's also important to know that melanoma can develop in the toenail. This is called subungual melanoma. Melanoma does not always have to be pigmented and can be amelanotic (unpigmented).

So who is at risk for melanoma? Anyone can have melanoma, including people with dark skin. However, there are characteristics that increase your risk of developing melanoma these include but are not limited to: having a fair complexion (people with freckles, light colored eyes or red hair), being exposed to natural sunlight or artificial sunlight; being exposed to certain factors in the environment (solvents, vinyl chloride, and PCBs); having a history of repeated sun burns; having several large or many small moles; having a family history of skin cancer; having a history of skin cancer; and having genetic predisposition.

Since early detection is crucial it's important for you to know what to look for. Performing routine foot exams will reduce the risk of your melanoma on the foot or ankle going undiagnosed. There are four signs to look for when examining your feet or other parts of your body for melanoma. These four signs are known as the ABCDs of melanoma (asymmetry, border, color, and diameter). These signs will help you when performing self-inspection of moles and other unusual spots on your feet. When performing self-inspection of the foot make sure you examine your toe nails for discoloration as well as between your toe. You may even want to take pictures to have as a way to compare their appearance overtime. If any of these signs are present on the foot, it is important to see a specialist right away.

In addition to performing routine self-inspection there are other precautionary measures one may utilize to reduce the risk of melanoma these include: wearing water shoes or socks with shoes,

using adequate sunscreen including on the soles and top of your feet, Inspect all areas of the feet daily, including the soles, underneath toenails and between the toes, remove nail polish to examine underneath your nail, avoid UV radiation during the sun's peak hours (10:00am to 4:00pm) beginning at birth(sun exposure is especially damaging to children and adolescents), wear sunglasses that block 100 percent of all UV rays (UVA and UVB), and wear a wide-brimmed hat.



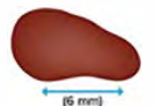
Asymmetry -- Melanoma is usually asymmetric, which means one half is different in shape from the other half.



Border -- Border irregularity often indicates melanoma. The border, or edge, is typically ragged, notched or blurred.



Color -- Melanoma is typically a mix of colors or hues, rather than a single, solid color.



Diameter -- Melanoma grows in diameter, whereas moles remain small. A spot that is larger than 5 millimeters (the size of a pencil eraser) is cause for concern.

Remember, early detection is crucial with malignant melanoma. If detected and treated before it spreads, the 5-year survival rate is over 95%. If you see any of the ABCD signs or if you have discoloration beneath a toenail be sure to visit a foot and ankle surgeon as soon as possible.

Family Foot & Leg Center offers same day or next day appointments. Scheduling an appointment is easy through our call center or online through our website.

Our doctors are award-winning, board-certified, and highly trained. We treat all conditions of the foot and ankle in addition to being an advance wound care center.

Patients should also know that we accept the majority of insurance plans. Providing convenient quality care is essential to our practice, regardless of a patient's condition, big or small. With multiple locations throughout Southwest Florida, it's easy to get an appointment close to your work or home.

Isin Mustafa DPM, MSHS, AACFAS

For more information, you may contact Dr. Isin Mustafa at Family Foot & Leg Center at (239) 430 - 3668 (FOOT). Family Foot & Leg Center has 8 locations throughout Collier, Lee, & Charlotte Counties to quickly resolve all your foot and ankle problems.



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Treating Venous Ulcers at Joyce Vein & Aesthetic Institute

Venous dysfunction in the legs can lead to painful chronic skin ulcers that will not heal. To resolve this kind of problem correctly, there's only one solution: consult someone with extensive expertise in the field like Douglas H. Joyce, DO, founder of Joyce Vein & Aesthetic Institute in Punta Gorda.

"There are two systems of veins in the leg," explains Dr. Joyce. "The main system, in the middle of the muscles, is called the deep system. The other system is made up of all the veins you see under your skin, and are called the superficial veins. These two systems are connected by perforator veins. If you picture a ladder, with the superficial system being the left rail and the deep system being the right rail, the perforator veins are the rungs on the ladder going across between the two sides. The superficial side of the ladder is under low pressure, and the deep system side is under high pressure. Each perforator vein has a one-way valve. When you relax, the perforator valves open, and blood passively drains from the superficial into the deep system. When you walk, the deep system is compressed, generating the high pressure that returns blood back to the heart against gravity. All the valves in the perforators snap shut, so that the high pressure blood does not move out to the skin veins. "When perforator veins malfunction, each leg movement causes blood to flow backward at high pressure into the superficial system. This increases the pressure in the superficial system dramatically causing damage to the delicate superficial veins and skin. We call this problem chronic venous insufficiency and it is the cause of venous ulcers. Severe intractable ulcers can make life nearly unbearable. Patients suffer with painful, draining wounds which will not heal despite skin grafts and compression. The answer is to remove the reasons for the increased skin vein pressure by treating the dysfunctional perforator veins themselves."

Dr. Joyce has developed a non-invasive laser treatment called single needle ablation to accomplish this. Done in the office setting this procedure is performed through a small needle stick and takes



less than fifteen minutes. "Combined with our other venous laser treatments, we can reverse serious venous disease and heal "untreatable" ulcers that have been present on some cases for over a decade," states Dr. Joyce.

"It's tremendously rewarding to help these patients," adds Dr. Joyce. "Relatively few physicians treat this level of venous disease. We are pleased to be able to provide this care through The Ulcer Center at JVAI, not only to residents of Florida, but also to others who travel from around the country and even overseas to benefit from these procedures.

For more information and to schedule an appointment, call Dr. Joyce at 941-575-0123 or visit www.jvai.com

PATIENT TESTIMONIAL

I saw my leg had a little ulcer. It is not going away unless you fix it internally. Dr. Joyce understands this disease. He is always interested in you the patient. I was eager to come here because I wanted it done and I wanted it done right.

Michael C.



Dr. Douglas H. Joyce, DO, FACOS, FACPh
Cardiovascular & Thoracic Surgery

SPECIALITY

Triple Board Certified Phlebology (Venous Disease) Cardio-Thoracic & Vascular Surgery, and General Surgery

DEGREES

Bachelor and Masters of Science The University of Michigan, Ann Arbor

Doctorate Michigan State University, College of Osteopathic Medicine, East Lansing

Diplomate American College of Phlebology
American College of Osteopathic Surgeons International College of Surgeons

TRAINING

Internship and Surgical Residency Lansing General Hospital, MI

Surgical Fellowship Cardiovascular Thoracic Surgery, Cleveland Clinic Foundation, OH Special Fellow, Department of Cardiopulmonary Perfusion, Cleveland Clinic Foundation, OH Special Fellow, Congenital and Adult Cardiovascular-Thoracic Surgery, Deborah Heart and Lung Center, Browns Mills, NJ

Former Assistant Clinical Professor of Surgery Department of Osteopathic Medicine, Michigan State University College of Osteopathic Medicine UMDNJ-Robert Wood Johnson Medical School, New Brunswick, NJ



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www.jvai.com

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Master Herbalist Steve Frank

Treating Sinusitis Naturally and Effectively

If you suffer from chronic sinusitis and have been through multiple courses of antibiotics then you know the ills of the antibiotic approach. The antibiotics leave you with intestinal problems and often yeast infections while they only get rid of the sinus infection for 6 months or so. The next time it comes back, you have to try a different antibiotic and this one will cost more and make you feel worse. So why is this cycle escalating? Why aren't you winning the war when you frequently win the battles? Because the antibiotic solution does more harm than good. It shifts the fauna and flora of bacteria in your sinuses to the ones that are not so easily killed by the antibiotics and leaves you with a more formidable foe after each round. Additionally, the antibiotics are taken systemically, which means that they are coursing through your entire body when you only need them in your sinuses. This distorts all of the fauna in your body and can lead to a yeast infection. What's a sinus sufferer to do?

Glad you asked. The problem is two fold. First, you are fighting what is a symbiotic relationship of fungus and bacteria with an active agent that kills only the bacteria. Second, the active agent that you are using to kill the bacteria kills only some of the bacteria. The types that are not susceptible to your chosen antibiotic will take-over the feeding grounds of the ones that you have killed, leaving you with a fauna of germs that you cannot kill. This is really a recipe for how to take a bad neighborhood and make it worse by killing off only the weakest of criminals.

Let's explore the first point. Your sinuses are host to many fungi. They thrive on the muco-polysaccharides (mucus) that line your sinus passage and produce exotoxins that irritate the sinus membranes. Your immune system does its best to kill these invaders but this is a constant battle, for every breath that you take will contain bacteria and molds. What makes this problem worse is the fact that the fungus acts as a platform of insulation on which the bacteria can live and thrive. The bacteria can digest the conversion of the muco-polysaccharides by the fungus and live on top of them. In this manner, they are insulated from your immune system and from the drugs that you would take to reach them by distribution through your micro-capillary bed.



And so you see, approaching the problem of sinusitis with merely an antibiotic to kill the bacteria would be only half the solution. You need an anti-fungal as well to attenuate the population of molds (fungi) that inhabit your sinuses. For it is these molds that insulate the bacteria, keeping them out of reach of your immune system.

And now for the second part. It is very important to choose an anti-microbial that will kill ALL the bacteria. Antibiotics work in three discrete manners and can kill three different groups of bacteria. Each type of antibiotic will kill only a portion of the fauna leaving the survivors to take-over the sinus tissue that was abandoned by the bacteria which you killed. What you *want* is a broad-spectrum antimicrobial that kills all types of bacteria as evenly as possible so that you don't just kill the easy ones. And, an antimicrobial that will kill the fungus.

Ah, so you ask, "where can I find such an active agent that kills fungus and all types of bacteria?"

Glad you asked. Clinical studies have shown that an enhanced aqueous colloid of silver (EACS) of 35 parts per million or more, is able to terminate sinus infections in a week or less and this is far better than sinus surgery or antibiotics. What's more, it can be sprayed directly into the sinuses and so it doesn't have to be taken systemically. You apply it only where the infection is occurring; In your sinuses.

To reach the deeper sinuses, it is best to use a Neti Pot. You can fill your sinuses with the solution and then close off your nose with your fingers. Sitting this way for 10 or more minutes will kill more bacteria and fungus than a week of antibiotics.

Of course, since you have a sinus infection, the mucosal flow is pretty large. This will flush the anti-microbial from the area in less than 10 minutes. If it's not there, it's not working. *It is absolutely paramount to the success of this therapy that you spray every 20 to 30 minutes. Using the Neti Pot in the morning and evening for 10 minutes is also advised.* Bacteria and fungus can double in number every 20 minutes.

So you see, the balanced holistic approach to sinusitis rests with using the right active agent, in the right concentration, in the right place and with the right protocol. If this is done, you will attenuate the fungus and the bacteria while not shifting the fauna and flora. You will re-establish the balance of power in your sinuses. I suggest that you look for an enhanced aqueous silver colloid product that offers Sinus Relief or some Super Neti-Juice for your neti pot. Colloids that espouse concentrations of 250ppm and 500ppm are compounded (this ruins them) and in my testing have performed horribly. Look for 35ppm to 50ppm pure colloids.

Over the past 20 years, Mr. Frank has directed and participated in more than a dozen clinical studies, written numerous papers, articles and books relating to natural solutions for health. His many hours in the clinics and labs have generated patents on respiratory antiseptics and enhancement of colloids.



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COVID-19, LUNGS AND SMOKING

COVID-19, otherwise known as Coronavirus Disease 2019, is a disease that comes from a coronavirus—an upper-respiratory illness that can be transmitted from person to person.

It is common knowledge that smoking is bad for your health, however; the scientific and medical community is just beginning to understand COVID-19 and the health implications of smoking or e-cigarette use. While much is left to be learned about the health complications due to this virus, we do know that being a current or former smoker increases your risk of severe illness from COVID-19.¹



Know the risks:

1. Smoking can cause lung disease by damaging your airways and the small air sacs (alveoli) found in your lungs.^{2, 3}
2. Smoking can cause a higher risk of getting lung and chest infections in general.⁴

3. People who smoke have a higher risk of dying from respiratory infections such as influenza and pneumonia.⁴

4. Using e-cigarettes can increase your odds of developing respiratory disease by 95%.⁵

5. Smoking is a major cause of heart disease and lung disease. People of any age with severe underlying health conditions, like heart disease and lung disease, might be at higher risk for serious illness from COVID-19.⁶

6. According to Dr. J. Taylor Hays, director of Mayo Clinic's Nicotine Dependence Center, the social behavior of smoking and vaping also can increase the risk of spreading the virus, as people who smoke or vape often-times do so in groups and are unmasked.⁷

We are here to help:

If you ever had a reason to quit smoking, here's another one. The best thing you can do for your health is to stop smoking. If you need help quitting, Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program — offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group cessation sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit our page to schedule a class or learn more about the program!

Resources:

1 Centers for Disease Control and Prevention. Certain Medical Conditions and Risk for Severe COVID-19 Illness. October 2020. Accessed October 09, 2020

2 U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Office on Smoking and Health, 2014 [accessed 2020 May 5].

3 U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: What It Means to You. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Office on Smoking and Health, 2010 [accessed 2020 May 5].

4 U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Office on Smoking and Health, 2014. Printed with corrections, January 2014. Accessed April 3, 2020.

5 Association of E-Cigarette Use With Respiratory Disease Among Adults: A Longitudinal Analysis. Bhatta, Dharma N. et al. American Journal of Preventive Medicine, Volume 58, Issue 2, 182 – 190. Accessed April 3, 2020.

6 Centers for Disease Control and Prevention. "People at Risk for Serious Illness from COVID-19." Centers for Disease Control and Prevention, 10 Mar. 2020. www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html. Accessed April 3, 2020.

7 The connection Between Smoking, COVID-19. (n.d.). Retrieved April 13, 2021, from <https://newsnetwork.mayoclinic.org/discussion/the-connection-between-smoking-covid-19/>



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GULF COAST SOUTH AREA HEALTH EDUCATION CENTER



FLORIDA HEALTH

Treating Lymphedema and an Advanced Therapy for Parkinson's Disease

By James Ferrara, Lymphedema Therapist

Lymphedema is a build-up of fluid and disposes the affected area to an ongoing inflammatory process that, if untreated, can progress to skin fibrosis, adipose tissue accumulation, and further accumulation of fluid, causing disfiguring swelling, disability, and infections such as cellulitis.



James Ferrara is a licensed, experienced and highly regarded occupational therapist. He founded a mobile therapeutic company that will come to the privacy of your home to provide outstanding services.

Lymphedema Treatment

Complete Decongestive Therapy

1. **Manual Lymphatic Drainage (MLD)**— A manual technique to mobilize fluid in the lymph system that is very light and gentle.
2. **Compression**—Low stretch compression bandages that help increase lymph flow by increasing resting and working pressures to decrease the lymphedema in the limb; this also assists the efficiency of the muscle pump to decrease lymphedema and prevents fluid from returning.
3. **Skin Care**—Reduces the risk for infection and helps prevent dry skin from cracking.
4. **Exercises**—Improves lymph flow and improves venous return.
5. **Self-Care Management and Training**—Allows the patient to minimize spikes in fluid retention.

Parkinson's Disease (PD)

Currently, there is no cure for PD; the main treatments are given through traditional pharmaceutical medications, which are available to slow down the development of the disease. Along with medication management, speech pathology, and physical therapy, there is a therapy called LSVT BIG for Parkinson's Disease, and it provides remarkable results for many patients.

LSVT BIG Therapists are specially trained to offer specialized treatment for patients with Parkinson's Disease.

According to LSVT Global, the following explains more details on the therapy's offered and why they are making such a huge impact on patients' lives.

LSVT BIG trains people with Parkinson's disease (PD) to use their body more normally. People living with PD or other neurological conditions often move differently, with gestures and actions that become smaller and slower. They may have trouble with getting around, getting dressed, and with other activities of daily living. LSVT BIG effectively trains improved movements for any activity, whether "small motor" tasks like buttoning a shirt or "large motor" tasks like getting up from sofa or chair or maintaining balance while walking. The treatment improves walking, self-care, and other tasks by helping people "recalibrate" how they perceive their movements with what others actually see. It also teaches them how and when to apply extra effort to produce bigger motions – more like the movements of everyone around them.¹

Because LSVT BIG therapy is customized to each person's specific needs and goals, it can help regardless of the stage or severity of your condition. That said, the treatment may be most effective in early or middle stages of your condition when you can both improve function and potentially slow further symptom progression. Beginning your work with LSVT BIG before you've noticed significant problems with balance, mobility, or posture will often lead to the best results, but it's never too late to start. LSVT BIG can produce significant improvements even for people facing considerable physical difficulties.

With LSVT BIG, the patients learn to make large explosive movements that are controlled and precise. They are also encouraged to project their voice with various exercises, and in combination with physical movement, the outcomes allow patients to gain balance, improve range-of-motion, build muscle strength, flexibility and move as they did before Parkinson's disease.

LSVT BIG® treatments consist of 16 therapy sessions (approx. 1 hr. each) that are 4 days in a row for 4 weeks. There are daily homework assignments and daily carryover exercises. Only LSVT BIG® trained clinicians can deliver the treatment sessions. This therapy is allowing individuals to move more freely and to achieve various levels of independence and confidence.

YOU CAN GET TREATMENTS IN THE COMFORT OF YOUR HOME

Therapist James Ferrara explained, "Many people are concerned about visiting a medical office due to COVID-19. My services are unique in that we come to you via our Mobile Outpatient Occupational Therapy Services. You don't have to leave your home."

James Ferrara is a licensed, experienced and highly regarded occupational therapist. He founded a mobile therapeutic company that will come to the privacy of your home to provide outstanding services.

Occupational Therapy

- Upper Extremity Orthopedic Injuries
- Work on ADL's
- Home Safety Evaluations
- Work On IADL's
- Strengthening
- Patient Education
- Functional Balance
- Transfer Training
- LSVT BIG for Parkinson's Disease
- Lymphatic Drainage

James Ferrara is an Occupational Therapist, Certified Lymphedema Therapist and LSVT BIG® Certified. Graduated from Illinois State University 1998 with a degree in Athletic Training. Graduated from Sarasota School of Massage Therapy 2001, and Spalding University in 2006 with a Master Degree in Occupational Therapy and became a Certified Lymphedema Therapist from the Academy of Lymphatic Studies. LSVT BIG® Certified Therapist. Over 20 years of Therapy experience with 6 plus years in Outpatient Therapy and the past 11 years in Home Healthcare.

Insurance/Billing Information and More

- Medicare B provider (Bills Medicare directly for in home visits).
- Insurance—Will check network provider coverage/cost for patients, many will have only a co-pay!
- Provides outpatient Therapy to patients in their homes.
- The patient does not need to be homebound. This is Outpatient Occupational Therapy that travels to the patients home.
- Uses appropriate PPE as recommended by CDC and tested regularly.

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Telemedicine for Treatment of Anxiety and Depression During the COVID-19 Pandemic

As a mental health provider, I have recently been involved in much discussion about the mental health effects of COVID-19 infection. Patients often discuss the anxiety and depression associated with the fear of contracting the disease or the isolation necessary after becoming exposed or infected with COVID-19. A report from a Centers for Disease Control and Prevention poll showed that 41% of respondents have faced mental health challenges related to COVID-19. Additionally, the poll showed that 31% of respondents were experiencing anxiety or depression symptoms. Another thirteen percent said they had started or increased substance use and 26% were experiencing trauma or stress-related disorder symptoms. Eleven percent of respondents said they had seriously considered suicide in 30 days prior to the survey.

While COVID-19 is causing widespread anxiety and depression throughout the United States it is even more devastating to those individuals already suffering from these mental health disorders. As a provider who cares for these individuals, I must ask myself what I can do to improve the health of my patients.

Fortunately, there are innovative ways to connect these patients with their psychiatric care providers. In these unprecedented times, many psychiatrists are offering to treat patients via telehealth or telemedicine. Specifically, this allows patients to meet with their psychiatrist from the comfort of their homes using only a smartphone, computer or tablet. We at Affiliated Medical Group (AMG) have been utilizing this technique for several years and have the capacity to ensure that our patients can easily adapt to this form of medical visit.

The overwhelming spread and size of the COVID-19 pandemic has prompted the majority of insurance plans to accept telehealth as a viable option to patient visits. Just check with your plan in advance to see if this type of visit is covered or call us and our staff will be glad to assist you with the process. The State of Florida has been overwhelmingly supportive of the use of telemedicine and has encouraged providers and patients alike to engage in this form of medical care. Affiliated Medical Group's experienced providers and staff can assure you that your visit will result a quality outcome that is inclusive of the same type of care that you would receive if you visited one of our office locations.



Additionally, your provider will utilize a secure HIPAA-compliant platform to conduct the telehealth session and you can be assured you that your health information is fully protected.

Patients who suffer from anxiety disorders may experience intense and excessive worry and fear about everyday situations. And COVID-19 may significantly increase these patient's level of discomfort and worry. Fear of the unknown and uncertainty over how long we will have to resort to limiting our daily lives, fear of contracting the coronavirus or even worry about how this will affect one's financial situation are legitimate concerns. These concerns affect everyone but may create unhealthy anxiety for many people. We urge people to not leave these feelings untreated as they may significantly undermine overall health. Providers understand your anxiety and can offer you many different ways to cope with these issues. There are highly effective medications to deal with anxiety and your psychiatrist can craft a medication regimen that effectively works for your individual needs.

Additionally, the continued social distancing and isolation created by the pandemic have heightened the depression of many people. The 24/7 barrage of devastating stories related to the pandemic have no doubt created additional depression for many Floridians. Those already suffering from a depressive disorder may find that their current medications are no longer effective and need to adjust their current medications. Affiliated Medical Group providers can assist you with this problem from the comfort of your own home via our telemedicine visits. We encourage you to virtually visit us and let us help you better deal with the depressive effects of the pandemic. Again, there are numerous medications that are available for the treatment of depression so that no one should suffer from the debilitating effects of the disease.

Furthermore, it is important that we recognize that adults are not the only ones experiencing mental health issues as a result of COVID-19. Children's lives have been disrupted in many ways, from home schooling to decreased physical and social activities. These changes can be terribly upsetting to children and need to be adequately addressed by parents and at times a mental health professional. We have seen the additional issues created for these children and our experience allows us to be in a position to help them and their parents. Telemedicine can be extremely effective in assisting children as they do not need to leave the "safe" confines of their home to go to a doctor's office. Telehealth has proven to be a very effective method of ensuring care for children.

There is no doubt that the COVID-19 pandemic has heightened the levels of anxiety and depression in individuals throughout America and the World. As medical professionals and government officials have encouraged people to stay at home in order to prevent the spread, the question to be asked is how to receive treatment for mental health services. Telemedicine is the solution and it offers people the opportunity to receive treatment from the comfort and safety of home. Now is the time to embrace your own health and to embrace a new mechanism for treatment. Do not let the COVID-19 pandemic decimate your mental health, utilize telehealth to allow your psychiatric provider to ensure you receive the care you need during difficult times. As the pandemic lessens its grip on all of us, we will be supporting the return to the office for some patients but for now embrace telemedicine and stay well.

Affiliated Medical Group, PLLC

As a Leading Provider of Psychiatric Services, AMG is Pleased to Welcome Dr. David Ahlberg and Dr. Harvey Shapiro to our Florida Practice.



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Harvey Shapiro, M.D.

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EARLY DETECTION SAVES LIVES:

WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY

The best way to conquer, fight and overcome any disease state is to have early diagnostic testing at the onset of symptoms, or as a preventative measure. Individuals with high-risk factors for coronary artery disease, or certain cancers are highly encouraged to have annual screenings for their specific disease states potentials.

RAVE RADIOLOGY

At RAVE Radiology, they put your health at the forefront of their mission, by investing in the latest most up to date technology available. RAVE, Radiology Associates of Venice & Englewood understand the importance of providing the best methods and the most advanced diagnostic tools for their patients.

RAVE is a radiology practice, which has been active for over 30 years. They currently consist of 10 board-certified radiologists, many of which have postgraduate fellowships with subspecialty training, all of whom have years of full-time experience. There are over 90 healthcare professions working with RAVE to provide the best possible radiologic services in Sarasota County. In addition to their personnel, they have some of the best radiologic imaging devices available. Superior visualization makes your diagnoses accurate and timely, preventing potentially dangerous delays in initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

CRITICAL CARDIAC TESTING

Cardiac Scoring is a Non-Invasive CT Scan of the heart, which calculates the risk of developing Coronary Artery Disease by measuring the amount of calcified plaque in the coronary arteries.

LEADING LUNG DISEASE DIAGNOSTIC TOOLS

CT Lung Screening: If you have been a heavy smoker, then you are at significantly increased risk of developing lung cancer. CT can find small lung nodules that might be cancer before any other test can detect them. If you are between the ages of 55 and 75, then national experts recommend you undergo low dose CT screening for lung cancer. These recommendations come from many groups of medical experts including the National Lung Screening Trial Research Team, the American College of Chest Physicians, and American Society of Clinical Oncology.

RAVE is committed to you and your family's health. If you wish to undergo a lung cancer screening, you should ask your doctor to order it, or you can contact RAVE directly to schedule an appointment.

THE DIFFERENCE BETWEEN MRI AND CT SCANS

MRI uses a strong magnetic field, radio waves and a computer. This enables MRI to make very detailed pictures of bone, organs, soft tissues and any other body structures. Differences between normal and abnormal tissue is often clearer on an MRI image than a CT.

CT uses a very thin unique X-ray beam to produce detailed, cross-sectional views of the area being studied. CT is often the preferred method of diagnosing causes of pain and many different forms of cancer.

KNOW YOUR RISK FACTORS

CARDIAC

- Smoking
- Atherosclerosis
- Family History
- Shortness of Breath
- Lethargy
- Chest pain
- Leg pain

LUNG

- Smoking
- Pollutants
- Asthma
- COPD
- Frequent Coughing
- Shortness of Breath and more...

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- Multi-Slice CT
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- MRA
- CTA
- P.E.T. (Positron Emission Tomography)
- Digital Mammography
- Nuclear Medicine
- Ultrasound
- Osteoporosis (Bone Density/DEXA) Evaluation
- Diagnostic Radiology/X-ray
- Non-invasive Vascular Testing



To find out if you're a candidate for CT Lung Cancer Screening, you can use the Lung Cancer Risk Calculator at <http://www.shouldiscreen.com>.

For more information on early diagnostic testing and screenings, please visit their website at www.RaveRad.com



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Masks and Hearing Aids

The Covid-19 pandemic not only poses a health risk for our entire population, it also increases the risk of losing hearing aids for those of us who wear masks.

By Dr. Noël Crosby, Au.D.

Wearing a mask with behind the ear hearing aids certainly poses a new challenge. The removal of the mask can dislodge hearing aids. We suspect the ear loops on the masks are the cause of hearing aids to unknowingly come off the ear. While everyone is being mindful of handwashing and contact with others, hearing aids are probably the last thing on your mind when you are focused on getting in and out of public places safely and quickly. Since the use of a mask is now common, we have already received quite a few calls from patients who have lost hearing aids by wearing or removing a mask. This has resulted in our having placed more lost hearing aid insurance claims over the past month than ever before. Most of our patients are quarantining at home and have lost their hearing aids during a brief outing to the grocery store or to attend a doctor's appointment.

We are recommending that when you remove your mask, you should check that your hearing aids are still on your ears. Whether your mask is homemade or store-bought, the ties or straps may easily get hooked on your hearing aids and dislodge the devices. Make sure your hearing aids are still in place before you leave any location. You can also secure a mask by using an elastic or a band that fits around your head, not over your ears. Please contact my office at 941-474-8393 for additional information about alternative methods of securing a mask.

Thankfully, most hearing aids come with a warranty that includes repair and loss coverage and patients can usually have their lost hearing aids replaced easily. Always have your provider check with the manufacturer of your hearing aids to determine if you have replacement coverage available.

Also, the use of a mask has one unintended consequence: interfering with communication. Most of my audiology patients complain that they understand less if they are unable to watch the speaker's lips. Technically, it is not lipreading alone that facilitates communication but the listener's ability



to view facial expressions. Speakers wearing a mask do not allow for someone to see half their face, the most important part to facilitate communication. While masks are now a vital health care tool for many people, their use presents a new set of challenges for hard of hearing people, especially ones that depend upon hearing aids.

Only a fraction of English speech is visible on the lips, but that along with the listener's ability to integrate auditory information completes the communication cycle. For some hearing impaired, especially the elderly, looking at the speaker's face can make a huge difference. In today's society it seems normal for people to speak rapidly and not move their lips. People with a hearing loss often have difficulty understanding rapid speech without visual cues as well as the speakers on the television. About 15 percent of the adult American population reports having a hearing loss and a much smaller percentage of these use hearing devices to treat their hearing loss. With the likelihood that face masks will become part of our culture in the future, the need for audiological testing and, in many cases hearing aid use will become more prevalent.

The great news is that there are some masks that have clear plastic that allows the lips of the person wearing the mask to be seen. I am working at acquiring clear masks, please contact my office at (941-474-8393) or (info@advanced-hearingsolutions.net) if you would like more information about these masks.

Our world is very different today and we have to adapt to meet the new challenges that the world is currently presenting to us.

We Are Open!

If you have a problem with your hearing aid we might be able to help!!!

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 over 30 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 AuD-Bling.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 29 years and has one daughter.

PHYSICIANS REHABILITATION GETS YOU BACK IN THE GAME & ENJOYING LIFE AGAIN

By Physicians Rehabilitation

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Our care combines the unique talents of medical doctors, physical therapists and wellness specialists all under one roof. This team approach provides you with the unique opportunity to benefit from the highest quality of health care services to help restore each patient to optimal health and well-being. A completely individualized program will be designed utilizing the most advanced combination of diagnostics and treatment options available.

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Stem cell therapy offers the opportunity to repair and heal worn out and damaged tissues naturally, without the need for surgery. Stem cells modulate the immune response to injury, regenerate musculoskeletal tissues and prevent tissue damage. The result is improved mobility, better quality of life and better outcomes.

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PRP therapy is a revolutionary treatment to eliminate pain caused by injuries of the muscles, tendons and ligaments, and osteoarthritis. PRP initiates wound healing, and tissue repair. In essence, it is biologically enhanced healing, using your body's



natural healing capabilities. PRP provides a long-lasting solution for pain and symptom relief of soft tissue injuries.

Spinal Decompression

Spinal decompression therapy is a medical technology that gently stretches the spine and decompresses discs. The injured disc is located and gently pulled, creating a vacuum, which allows the disc to be "pulled back in," taking the pressure off the nerve. Spinal decompression therapy treatment is able to reduce the pressure in the disc, allowing fluids and nutrients to re-enter the disc, thus reducing swelling and relieving the pressure on irritated or pinched nerves.

Physical Therapy

Your body is much like a machine. If it is in good shape, it works well. However, many things can arise to inhibit, interfere, or even disrupt the proper functioning of the body's muscles, bones, and joints. When that happens, you need a physical therapist from Physicians Rehabilitation to get you back in the action.

Bracing

At Physicians Rehabilitation we utilize braces for back, neck and knees for pain relief, to allow healing and provide support during treatment. Bracing provides support to the weakened body area by decreasing stress to lessen pain, allow healing and increase mobility.

PATIENT TESTIMONIALS

Improved Golf Game

"My pain level was extreme...I just couldn't walk. I came to Physicians Rehabilitation because I was told elsewhere surgery was my only answer. WRONG! Physicians Rehabilitation is my TRUE answer! Thanks for saving me!"— Mary Lou R.

With Bad Heart – Resisting Knee Surgery!

"When walking my pain level was a 6 or 7. I had taught tennis 25 hours a week...then took care of my wife for a year and a half...afterwards I went to the gym and I could not peddle a recumbent bike...after two weeks of treatment I could pump the bike backwards and forwards"—Paul G.

Why Choose Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.

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Numerous Buyers Are Interested in Purchasing a New or Second Home in 2021

With the effects of COVID-19 still pressing on our lifestyle choices and demands, many potential home buyers are no longer waiting for things to return to "normal" but rather have accepted that the new way we live is why they are looking to purchase homes now.

The interest rate has been extremely low, and although researchers predict an increase, that will still be nominal compared to years past. The inventory is still meager; throughout the entire country, with approximately only 500,000 homes available, but that number is expected to increase as well.

Many homeowners that have been on the fence about selling are ready to do so now. The reason or motive behind selling are unique to each individual, of course, but they are typically due to making a notable profit on home sales, moving into a larger, more spacious home, or for seniors, downsizing or moving into a senior community.

Supply and demand are thought to even out more in 2021 than we saw in 2020, for the sheer fact that people realize that working and spending time at home is not going to change much. Even though we are expected to see a significant amount of people getting the vaccine by the year's end, we still have a ways to go to see real change, which could take years. Despite this optimistic look, we as a country and the world are going to see the virtual opportunities arise and the true staying power of technological advances.



Bidding wars are still presumed to grow, so if you are interested in buying, you need to be prepared to purchase. You must know your price range, and it's optimal to have preapproval for your loan or funding. If you see a home you love, you don't want to miss out.

If you are interested in buying or selling, it's imperative that you seek out a realtor that knows the area, the comps in your area of interest, and one that can leverage potential buyers with specific needs and desires.

Realtor Denise Henry explains, "There is still an ongoing exodus from our country's large metropolitan cities. People that come to Charlotte county fall in love with our small-town feel, privacy, and the paradise of the beach, water, and year-round sunshine."

When you're buying or selling, keeping the transition stress free is one of Denise's top priorities. She offers attentive knowledge, exemplary customer service, and well-rounded knowledgeable insight. With years of experience and a proven track record, Denise has repeat customers who regularly refer family and friends. When you're making life changes like buying or selling real estate, you should always consult and work with the best.

Contact Denise Henry Today.

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Omeza® Aims to Heal Wounds and Help Patients Recover: Innovative Products & A Local Clinical Trial

Ask the majority of adults today how important omega fatty acids are, and they are sure to have an opinion on taking oral supplements or incorporating cold-water fish, krill, or algae into their daily diet.

Several researchers, physicians, and key thought leaders in wound care began to develop prototypes based on omega fatty acid profiles to reduce inflammation, enhance blood flow, and address biofilm and its capability to treat non-healing wounds. Once they perfected their core formulations' ability to protect skin and form microstructures within wounds without becoming oxidized, they knew they had a topical treatment that physicians, nurses, home health workers, wound care specialists, and patients were longing for—it's called Omeza®.

For individuals that have experienced non-healing wounds, the treatment options and outcomes can be lengthy, disappointing, and expensive. When it comes to venous leg ulcers or diabetic foot ulcers, these can be life-threatening and, in many cases, lead to complicated procedures or amputation. Omeza® offers hope and real-world results with care plans custom-designed with leading physicians and researchers to repair and protect wounds and assist in pain reduction.

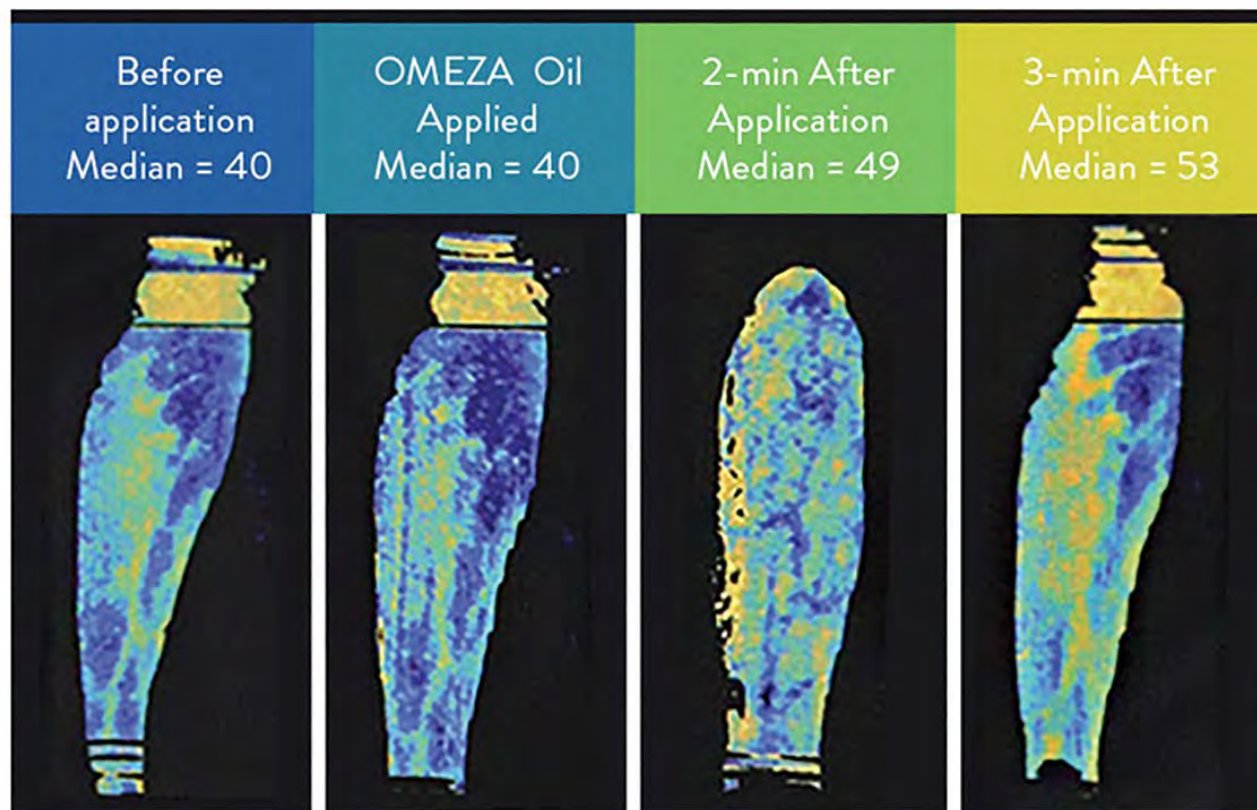
We caught up with Omeza's Chief Operating Officer, Sarah Kitlowski, and Chief Medical Officer, Dr. Desmond Bell, to find out more about their products and clinical trials.



OMEZA® CLINICAL TRIALS
Sarah Kitlowski, President and Chief Operating Officer

"Omeza's largest focus is to help all patients, including those who are unable to get to a wound care clinic, patients with mobility issues, patients without insurance, and those who want to treat their wounds in the convenience of their home.

"We have four clinical trials around the country and soon, one here locally in Sarasota. The Sarasota trial is an expanded indications trial, studying multiple types of wounds, including non-healing ulcers, traumatic injuries, and pressure wounds to name a few. We want to allow access to Omeza® and its remark-



Above: Spectral imaging measuring oxidation and hemoglobin after application of an Omeza oil on a leg

able ability to treat and repair wounds to as many patients as we can.

The trial offers flexibility for patients to participate under optimally safe and supportive conditions for them, such as visiting a clinic in-person, virtual telehealth appointments, or a combination of both."

OMEZA® PRODUCTS AND EFFICACY

Dr. Desmond Bell, DPM, CWS and Chief Medical Officer



"Years ago, when we first developed Omeza®, we did a small study on diabetic patients with poor vascularization and significant non-healing ulcers, and the results were impressive."

"Many times, you'll hear home health care workers refer to their "Mary Poppins Bag" for wound care treatment because they never know what patients need, but in our clinical trials, we are studying three advanced products that all do different things depending on the patient's needs. These include a skin

protectant, a lidocaine lavage, and a collagen matrix. The collagen matrix, when applied to the wound, provides a biocompatible matrix to support the body's natural wound healing process. With our lidocaine lavage, we can alleviate the painful, fear-driven aspect of wound care, which helps them stick with the treatment and benefit from the unique healing properties of Omeza®."

"Additionally, there is an opioid epidemic, and many physicians got caught up in trying to help patients combat painful wounds, but with our lidocaine products, the pain is controlled, and the outcomes are remarkable. It's also important to note that opioid pain medications can slow wound healing as another undesirable side effect.

"Our skin protectant helps with and addresses the skin of the entire limb or area surrounding an existing wound. We've studied what occurs after application, using a special spectral imaging camera to measure oxidation, hemoglobin, and vascularization as Omeza® is absorbed into the skin. The results are significant. Even bruises and pooling blood have been diminished with the use of Omeza®. Our patented, topically applied formulas

focus nutrients directly to the area of skin concern. There is no other product providing results like this."

WHY NOT ANY FISH OIL?

Sarah Kitlowski, President & Chief Operating Officer

"Could someone open a fish oil capsule, apply it to a wound and get the same results as Omeza®? Unfortunately, it's not that simple. Omeza® was developed by incorporating key fatty acid ratios and calibration of surfactants to create a product that would not fully oxidize before absorption. It is bio-available and readily absorbed by the skin through specific structural capabilities. Although EFA and DHA are incredibly beneficial in many ways, it's been shown that you can't eat enough fish or take enough supplements to get the same benefits as a topically delivered omega-3. The Omeza® technology is designed to be truly life-changing."

IS OMEZA® RIGHT FOR YOU?

Omeza® end-users are people who have or are at risk for developing chronic wounds due to diabetes, obesity, chronic venous insufficiency, peripheral artery disease, autoimmune disease or other comorbidities. Current standard care is ineffective, with wound closure hindered by biofilm, excessive debridement, and inadequate provider training that results in stalled wounds and expensive, often ineffective advanced wound care treatments. These wounds frequently result in costly hospital admissions and amputations.

WHAT MAKES OMEZA® PRODUCTS DIFFERENT?

- Products are anhydrous (without water) for calibrated moisture management
- The patented omega-3 formulas deliver topical nutrients without oxidization



Above: Omeza's products are designed to work with current standard of care treatments including compression therapy and off-loading devices

- As wound care leaders, Omeza has focused on repairing the hardest to heal wounds

THE FUTURE OF OMEZA'S SARASOTA CLINICAL TRIAL

Florida Primary Physician Dr. John Yee of Florida Primary Physician is Sarasota's local sub-investigator for the clinical trial. The study, called An Open-Label Pilot Study to Evaluate the Omeza® Treatment Bundle in the Management and Treatment of Chronic Cutaneous Ulcers of Multiple Etiologies, will take place over a period of 12 weeks per patient.

Says Sarah Kitlowski, "We are incredibly excited to be working with Dr. Yee for this study, as his focus in treating the whole patient, coupled with industry experience in wound care, makes him a great partner. The Sarasota area has recently become a hub of healthcare innovation, with numerous clinical trials and researchers in the area, and we look forward to this next stage of growth."

To find out more about Omeza®, please visit their website at omeza.com.

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Noel Crosby
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Karen Draper
Doctor of Audiology



UNDUE INFLUENCE DEFENSE

By James W. Mallonee

Can a child or care giver be accused of unduly influencing the preparation of an elderly person's Will, and if so, is there a defense he or she can rely on? The answer is a guarded yes. It's called the dutiful child or person exception.

I recently experienced this with two clients who came to the office to change their Wills from benefiting their children to giving the entire estate to their caregiver of 10 years and the other was granting a greater share of the estate to one of the children over another. In both cases the children claiming undue influence were less than attentive to the elderly client. The clients' day-to-day needs were being managed by the caregiver and in the other situation by the child who stayed behind to care for the parent.

This issue of undue influence raised its head in 1971, where the Florida Supreme Court outlined 5 major factors in the case entitled: the Carpenter case. The Carpenter case is always considered when seeking an undue influence claim. Those applicable claims the Court laid out are: 1) presence of the Beneficiary during the execution of a Will; 2) the Beneficiary's recommendation of an attorney to prepare a Will; 3) the Beneficiary's knowledge of the Will's contents prior to signing; 4) the Beneficiary giving instructions to the drafting attorney; and, 5) the Beneficiary securing witnesses and safekeeping of the documents after signing.

Once these issues can be proven, the burden of proving no undue influence shifts to the Defendant to show that no undue influence occurred. Keep in mind that Mom or Dad are deceased and can't assist in explaining why or why not no undue influence occurred in the preparation of their Will. As a result, the Defendant must shift the burden of proof back to the Plaintiff to show that no undue influence occurred. This can only be done by proving the dutiful actions of the child or caregiver over time that was not provided by the opposing child during Mom or Dad's lifetime.

The defense for such action is to prove the actions of the child (the plaintiff who brought the undue influence claim) were never present in helping or assisting the parent. Examples might be a failure to contact or



check in or the parents' health. It can also be a failure to contact the parent during holiday seasons. It can also be shown by a failure to visit the parent. The dutiful child or care giver defense can normally be proven when a parent relies heavily on the assistance of one of the children or care giver. However, the dutiful child or care giver does have a responsibility to report to the parents' children and not exclude them.

Suggestions by the dutiful child or care giver involving financial and health management are two areas that the court's look to show a level of assistance being supplied for the benefit of the parent. Another involves the frequency of visitation by a child when able to do so.

But what about spouses? Can an undue influence claim be sought against a spouse? Consider this: an elderly widowed person remarries an individual who is twenty-five years their junior. The elderly parent dies after two years. When the Will was recovered, it showed that the elderly person changed their Will removing his children and giving everything to the new spouse and the spouse's children. The courts have consistently held that undue influence claims cannot be made between spouses because of the naturally close relationship between themselves.

If undue influence can be avoided between spouses, what about when a child or caregiver has an equally close relationship with a parent. In the 1988 case of Carter v. Carter, the First District Court of Appeal explained that a caring child should not be penalized because: members of a family should be able to discuss matters without it being considered inappropriate procurement, and if the court does penalize a

child, then in such events the family unity will finally be demolished as it pertains to love and affection for each other. This is a major defense for those individuals who are being sued for undue influence.

In today's world more and more couples are not getting married and consider themselves partners. Should the partners who live together for any length of time be considered any differently than a spouse or dutiful child's close relationship? The answers to this question has yet to be decided, but as more and more people begin living together (for whatever reason) this issue will continue to rise up. Florida's code continues to review public policy encouraging close family relationships without the fear of being considered undue influence.

If you believe you are the victim of being characterized as unduly influencing a person, you should contact the attorney of your choice and have that discussion about the elements which could cause problems and provide a defense.

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

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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What Telemedicine Means for Florida

Telemedicine (also referred to as telehealth) has become the main medium for health-care workers that are able to do so. Telemedicine refers to the practice of caring for patients remotely when the provider and patient are not physically present with each other. Modern technology has let doctors to consult patients by using HIPAA compliant video-conferencing tools such as Zoom, TheraNest, and VSee. Allowing patients to continue on with their scheduled appointments remotely has also been a positive for those that do not find the experience comfortable. Telemedicine also allows patients, as well as doctors, to save themselves the commute to the office. This also allows doctors, specifically specialists, to potentially see new patients from across the state (or country for other fields) where they otherwise would have to travel long distances to do so. Patients who are homebound also now have many more options to choose from as they were previously limited to doctors who do home visitations.

Policies vary widely state by state but Florida has been lenient in allowing telemedicine to continue on until May 8th. With that in mind, many wonder if the state can take advantage of this new medium in the medical marijuana world especially given the unknown of when we will see normal everyday life start to return. Hopefully telemedicine will be implemented across the country, even in non-medical marijuana fields, as it has its clear advantages to both the doctor and patient.



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Dental Visit with CEREC

By Dr. Joseph Farag

New technologies are making our lives simpler and easier everyday and dentistry has certainly not been left behind. Thanks to a great new system called CEREC, you can now have a high-tech smile in a single visit.

In days gone by, you may have needed to visit the dentist two or three times to have a quality, white ceramic restoration. The dentist would need to take a special impression to make a plaster model for the dental laboratory to generate an extra replica of your tooth in order to hand-make your porcelain restoration. The craftsmanship of the laboratory technician is highly regarded, but generally requires a minimum turn-around time of two weeks, leaving you to function with a temporary, generally plastic, restoration.

Instead of multiple dentist appointments and weeks for a complete restoration, CEREC allows the dentist to achieve the same, if not better, results in a single visit. CEREC is an acronym for Chair-side Economical Restoration of Esthetic Ceramics. Translated, it means that a dentist can economically restore damaged teeth in a single appointment using high-quality ceramic material that matches. CEREC uses the latest Computer-Aided Design and Manufacture (CAD-CAM) technology incorporating a camera, computer and milling machine in one instrument to give you perfect, white fillings, veneers or crowns, all in a fraction of the time it used to take



Here's how it works.

Once your dentist determines that CEREC is the correct course of treatment, your visit will begin by preparing the tooth. Any decay, if present, is removed, leaving as much possible of your healthy tooth to support the CEREC restoration. Next, your dentist will use a specially designed electronic camera that makes a digital 3D model of your tooth in seconds.

You can then watch your dentist design your new restoration on a computer screen, right beside the dental chair using the 3D image created by the camera. The virtual filling is then transferred into reality, again using CEREC. A solid block of porcelain ceramic is inserted into the CEREC milling unit. Special tools then sculpt your restoration to the finest detail based on the restoration designed on the CEREC computer.

The perfect-fit restoration is completed and placed in your mouth with the whole process only taking around an hour! CEREC fillings are natural looking, smooth, white and hard-wearing, just like the enamel surface of the rest of our teeth. The ceramic material is biocompatible and is not effected by hot or cold.

The office of Dr. Joseph Farag offers CEREC restoration. For more details and CEREC or to schedule an appointment for a check-up please call (941) 764-9555 today.



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Before and after: CEREC restorations look and feel better than amalgam (above and gold (below), and can be completed in a single appointment



Slowing the Pace of Your Life

By Pastor Timothy Neptune

Remember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

²In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.
Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson I learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. *"I am not saying this because I am in need, for I have learned to be content whatever the circumstances. ¹²I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. ¹³I can do everything through him who gives me strength.* Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: *"But godliness with contentment is great gain. ⁷For we brought nothing into the world, and we can take nothing out of it.* 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need *more* in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having *more* will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, *"Then he said to them, 'Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions.'* Luke 12:15

If you find yourself making statements like this:

- **My life is a rat race.**
- **I don't know how I'm going to get it all done.**
- **I am just so exhausted.**
- **I don't know how much more of this I can take.**
- **I just want to escape.**

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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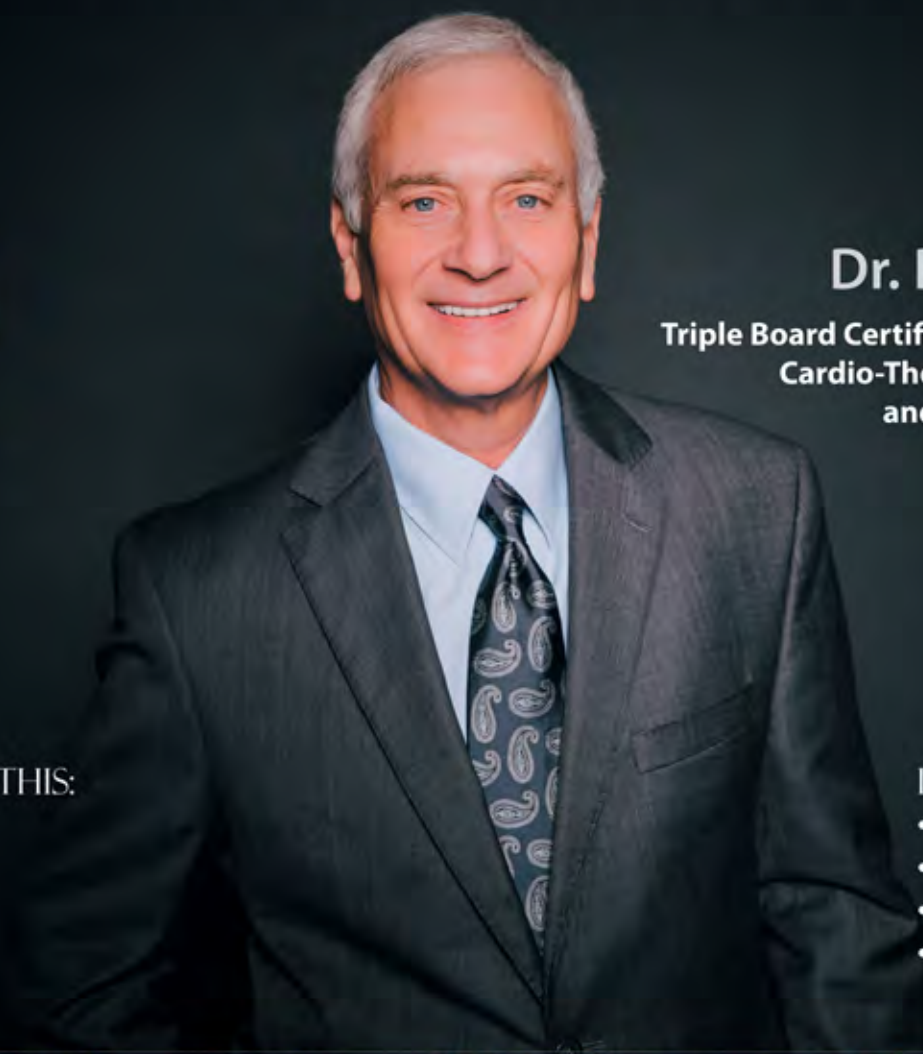
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