

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

Health & Wellness[®] MAGAZINE

June 2021

Charlotte/South Sarasota Edition - Monthly

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f t **FREE**

**NEW MODALITIES
FOR THE TREATMENT
OF ANXIETY/PTSD
AND DEPRESSION**

**MOST BACK AND
NECK PAIN CAN BE
TREATED WITH A
NON-SURGICAL
PROCEDURE**

**ROTATOR
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Do You Really
Need Surgery?

**BE HEART
SMART THIS
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and Kick that
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ENCOURAGES
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- 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.
- 4 Top pickleball injuries seen include foot fractures from ankle sprains.

MEDICARE AND MOST PPO'S ACCECPTED

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Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

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

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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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7 Questions Cancer Patients Should Ask their Doctor Before Starting Radiation Treatments

By Dr. Arie Dosoretz

When a doctor confirms that you have cancer, all sorts of thoughts and questions are bound to run through your head.

Was it discovered early enough? What is the survival rate? Will health insurance cover treatment costs? What happens if the cancer spreads?

Cancer is one of the scariest diagnoses imaginable, but a vast majority of cases can be treated effectively through surgery, chemotherapy, radiation, bone marrow transplants and other therapies. Throughout your cancer journey, a trusted physician and his or her team of medical professionals will become your biggest allies.

Radiation therapy, which uses high-energy beams or radiation to kill or shrink cancer cells, has become a preferred treatment option for oncologists and patients alike. It is proven effective on many types of cancers, including breast, prostate, brain, bone, colon, liver, lung and others.

Before starting radiation treatments, be sure to ask the following questions:

How do you deliver radiation treatments?

Today's technology delivers far superior treatments compared to the turn of the century, or even a few years ago. The new Halcyon machine at Advocate Radiation Oncology, for example, delivers radiation treatments so precise that healthy tissue just a millimeter away is not damaged. Advocate's TrueBeam linear accelerator uses image-guided stereotactic radiosurgery and radiotherapy to treat tumors and lesions. A skilled oncologist should provide a complete radiation therapy plan that maps out the entire treatment timeline.

Are treatments painful?

Radiation treatments themselves are relatively painless, but traditionally cancer patients have felt the most discomfort in the days and weeks after treatments. Because of the aforementioned precision of modern-day radiation treatments, side effects aren't nearly as severe as a generation ago because radiation beams focus only on dangerous cancer cells. And with fewer symptoms, many patients will enjoy an improved quality of life.



How long do treatments take?

The Halcyon machine, which is considered the most advanced radiation therapy system on the market, delivers image-guided radiation therapy up to four times faster than standard technology. This means patients spend less time undergoing treatments and more time at home focusing on their recovery. In fact, treatments often take less time than a routine annual physical. Depending on the treatment plan a radiation oncologist prescribes, treatments could last for as little as three to five days, or up to five days a week for a longer period.

Is it safe to seek treatment now?

Oncologists have always encouraged the practice of social distancing, especially as COVID-19 remains a threat to those with compromised immune systems. Compared to homes, supermarkets and restaurants, medical offices are by far the cleanest, sterile environment, so safety concerns about visiting a doctor's office should be minimal. Your chances for a full recovery are much better if treated right away.

What is the cost?

Most major insurance companies provide strong coverage for cancer treatments. Like any type of medical treatment, cancer patients should expect to see copays and deductibles. Cancer patients can reach the "out-of-pocket maximum" through their insurance plan, at which time the insurance company covers 100% of costs. An oncologist's billing department should handle all of the paperwork so patients can focus on their recovery, regardless of their financial situation.

Should I change my diet?

Radiation takes a toll on the human body. The negative health impacts can be minimized by consuming a healthy diet with plenty of water and foods that contain vitamins, minerals, lean protein and carbohydrates. Avoid foods high in sodium, added sugars and saturated fats.

Will exercise aid or impede recovery?

Fatigue is a common side effect of radiation treatments, but moderate exercise can offset the impact. Just 20 to 30 minutes of moderate-intensity aerobic exercise each day can help improve a patient's health, psychological outlook and quality of life.

About Advocate Radiation Oncology

Advocate Radiation Oncology is a locally owned practice with five convenient locations in South Florida. The practice's mission is to provide compassionate health care expertise to cancer patients. Advocate Radiation Oncology is directed by a team of world-class, board-certified radiation oncologists. For more information, please visit AdvocateRO.com.

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Local Physician Encourages Healthy Loss of Pandemic Pounds

Study finds average weight gains of 1.5 pounds a month during pandemic

As the days get longer and more of our community is opening up, a local physician is encouraging his patients to reverse the extra pounds they may have added over the past year of the pandemic. Simon Grinshteyn, M.D., FAPWHC, BC-ADM, a family medicine physician with Bayfront Health Medical Group, says it's a great time to get back on track with healthy habits and shed that extra weight.

"A recent study by the University of California in San Francisco confirmed what many of our scales and wardrobes have already shown us – lower activity levels and increased snacking and overeating have added up, and not for the better," says Grinshteyn. "The study found significant increases in weight of roughly a pound and a half gained per month following the shelter in place orders of last spring."

Even before the pandemic, CDC data from 2017-2018 showed that 25-30% or more of the adults in Florida had obesity. Overweight is defined as a body mass index (BMI) of 25 or higher; obesity is defined as a BMI of 30 or higher. "Extra pounds can increase your risk for many serious diseases and health conditions that are some of the leading causes of preventable, premature death," adds Grinshteyn. "Being overweight can lead to high blood pressure, Type 2 diabetes, high blood cholesterol, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea, many types of cancer and other concerns."

According to the National Institutes of Health, strategies for weight loss and weight maintenance include dietary changes, physical activity, behavior therapy, pharmacotherapy and surgery. Your primary care physician can help you determine what course of action can support your health objectives.



If you need help finding a primary care physician, visit <https://bit.ly/GetInQuicker> to be connected with one of Bayfront Health Medical Group's qualified family medicine or internal medicine providers.

Sources:

- Body Weight Changes During Pandemic-Related Shelter-in-Place in a Longitudinal Cohort Study, by Anthony I. Lin, MD; Eric Vittinghoff, PhD; Jeffrey E. Olgin, MD; et al; March 22, 2021, JAMA Network Open, <https://jamanetwork.com/journals/jamanetworkopen/article-abstract/2777737>
- CDC <https://www.cdc.gov/obesity/data/prevalence-maps.html>
- Clinical Guidelines on the Identification, Evaluation and Treatment of Overweight and Obesity in Adults: The Evidence Report; National Institutes of Health, 1998. https://www.nhlbi.nih.gov/files/docs/guidelines/ob_gdlns.pdf

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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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Life Beyond a Cancer Diagnosis

It is estimated there are 17 million cancer survivors in the U.S. today; yet researchers are just beginning to understand the complex issues that are a part of survivors' lives. According to the National Cancer Institute (NCI), survivorship focuses on "... the physical, mental, emotional, social and financial effects of cancer that begin at diagnosis and continue through treatment and beyond." The goal throughout survivorship is to experience as high a quality of life as possible.

Most patients diagnosed with early-stage cancer can expect their overall health and functioning to return to near normal levels, while others with certain types of cancer and those diagnosed at later stages may face challenges physically and psychologically. Research from the American Cancer Society (ACS) shows that some survivors "... may have difficulty returning to former roles, such as those in the workplace or as parents, or finding health or life insurance."

While the end of successful cancer treatment is a time for celebration, it can also mean new challenges for survivors. Milestones such as returning to work, managing emotional issues, and the ongoing physical effects of cancer and treatment can also present unanticipated changes for patients and their families. The key to returning to a normal life after cancer treatment may be found in establishing new habits of diet and exercise or learning to cope with a range of emotional and physical challenges.

Nutrition and Exercise

Cancer survivors typically should turn first to their care team for information and advice about nutrition, physical activity and dietary supplements to improve quality of life and long-term survival. In times past, doctors often advised patients to rest and reduce physical activity to avoid fatigue associated with cancer and treatment. If patients experience pain, shortness of breath or rapid heart rate, this is good advice; however, recent research indicates that exercise during and after treatment can be safe and beneficial. Your cancer team is the best resource for beginning or resuming a more active post-cancer lifestyle, and they can refer patients and family caregivers to other professionals for a personalized post-treatment plan.



Physical and Emotional Challenges

The aftereffects of chemotherapy, surgery or radiation therapy should not be underestimated. Pain, fatigue and nausea are not unusual; more serious conditions include anemia, lymphedema (a buildup of fluid in fatty tissues just beneath the skin) and even severe infections. For both men and women, cancer and cancer treatment can cause changes in fertility and side effects in sexuality. Your oncology team is trained to monitor and manage the short- and long-term effects of treatment, so it's important to discuss your concerns with your team and then follow their instructions.

The emotional side of cancer survivorship touches both patients and their families. The stress associated with a cancer diagnosis and the physical effects of treatment are often still fresh in memory. Survivors and their families can feel a complicated mixture of relief and worry about the future; some people suffer episodes of anxiety and even depression. All these are matters to discuss with your oncology team, who can help you achieve balance or refer you to another appropriate professional, if needed.

Healthcare After Cancer

In the rush to put cancer in the past, it's important to remember that the end of treatment doesn't mean the end of seeing your cancer team. Most often, long-term follow-up appointments and tests, followed by routine checkups and health screenings, will continue for many years. It's important to keep your follow-up appointments and undergo tests and screenings as recommended by your oncologist. There's no absolute certainty that seeing your oncologist will prevent cancer from returning, but it will help make sure that any recurrence is detected and treated early.

WORLD-CLASS CANCER TREATMENT CLOSE TO HOME

Florida Cancer Specialists & Research Institute (FCS) has a statewide network of expert, board-certified physicians who bring world-class cancer treatments to local communities 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 comprehensive range of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and more. With world-class care that's close to home, we deliver the most advanced and personalized care to our patients, every step of the way.



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For more information, visit FLCancer.com

Age-Related Macular Degeneration: What Anyone Over 50 NEEDS to Know

Macular degeneration is the leading cause of vision loss and blindness in aging adults. More than 10 million Americans have some form of Aging Macular Degeneration (AMD), and unfortunately, there is still no cure for the disease. The retina becomes damaged, and vision loss occurs as the cells of the macula begin to deteriorate. Although it is a very complex disease and still not completely understood, it can be brought on by both hereditary and environmental factors.

Age-Related Macular Degeneration Risk Factors

- Age: 50's and older
- Smoking
- High blood pressure
- Family history of AMD
- Being overweight
- Excessive sun exposure
- Caucasians with light eyes and fair skin
- Diet's high in saturated fats and high glycemic carbohydrates

Types of age-related macular degeneration

There are two main types of age-related macular degeneration: Dry (atrophic) and Wet (exudative). The dry form is most common, and vision loss with this type is gradual. The wet form is more rare, responsible for 10% of AMD cases. Vision loss can occur much more rapidly with wet AMD.

What causes macular degeneration?

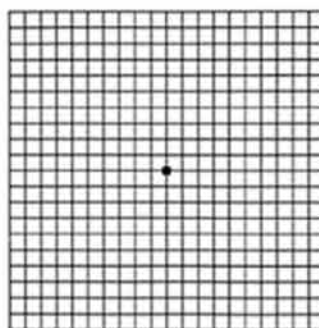
Macular degeneration can occur as a part of the natural aging process. While there are different types of macular degeneration, the most common type is age-related macular degeneration (AMD). The exact cause still remains unknown, and no treatment has been found as of yet that is 100% effective.

Symptoms

Different people can have different symptoms, and some may not experience obvious symptoms in the early stages. The most common include:

- Words appearing blurred
- An "empty" area forming in the center of one's vision
- Straight lines begin to look distorted

One of the simple ways of testing your vision at home is with an Amsler grid.



To use the Amsler grid, follow these steps once a day, every day:

1. Wearing any glasses you normally use to read, hold the grid 12 to 15 inches away from your face in good light.
2. Cover one eye.
3. Look directly at the center dot with your uncovered eye and keep your eye focused on it.
4. While looking directly at the center dot, notice in your side vision if all grid lines look straight or if any lines or areas look blurry, wavy, dark or blank.
5. Follow the same steps with the other eye.
6. If you notice any areas of the grid that appear darker, wavy, blank or blurry, contact your ophthalmologist right away. He or she will check to see what's going on with your AMD and to begin treatment if appropriate.

Doing this simple at-home eye test once a day, every day can help save your vision.

What happens if you've been diagnosed?

If you've been diagnosed with macular degeneration, your optometric physician will refer you to one of our retina specialists. Your retina specialist will evaluate your condition to determine the best treatment plan for you.

Source:

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.

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 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

Adding supplements can help, but it's always best to speak to your physician first. If you don't need eye supplements, taking them can cause other issues to arise.

Don't put off you 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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LET'S TALK GOUT

Gout is a condition caused from a buildup of uric acid in the body. In the foot and ankle, it is most commonly seen in the big toe joint but can occur at nearby joints as well. Gout "attacks" or "flares up" are caused when uric acid crystallizes and deposits in a joint. Uric acid is a natural chemical in the body, that results from the breakdown of purine. Its naturally circulating in our blood and eliminated in our urine. When there is too much uric acid or the body cannot eliminate it properly it accumulates leading to a gouty attack or flare up. Some people's kidneys cannot eliminate the normal amount of gout found in the body and others make too much it.

The great toe is most often affected because uric acid is sensitive to temperature changes. At cooler temperatures, it crystallizes. The great toe is a "cool joint" as it is the far away from the heart. This cooler temperature environment allows the uric acid to crystallize and deposit in the joint. Although, it's important to remember gout can occur in other joints as well.

Gout has a genetic component and is often inherited. Other risk factors include high blood pressure, diabetes, obesity, chemotherapy, surgery, stress and certain medications and vitamins. For example, aspirin, diuretics and niacin can affect the body's ability to remove uric acid leading to gouty attacks. It can affect both men and women of all ages, but is more often seen in older men aged 40-60. Certain foods with high levels of purines can also increase your risk of gout. These foods include shellfish, organ meat, red wine, beer and red meat.



Symptoms of gout include a sudden intense pain, redness, swelling and warmth over a joint. If you think you are suffering from gout contact your local foot and ankle specialist. Your doctor will order blood work and x-rays to ensure correct diagnosis of your symptoms. Once it has been determined you are suffering from gout treatment

can be initiated right away. Treatment may include one or more of the following: NSAID's, corticosteroids, injections, diet modifications, increased fluids and medications that can help your body eliminate uric acid. Without proper treatment, recurrent episodes of gout can lead to permanent damage of the affected joint.

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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Radiology Regional Offers 3D Mammography

3D mammography allows radiologists to view inside of each layer of breast tissue at various angles and slices for intricate breast cancer screenings. 3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011. The fine details of the images are seen more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as slices of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible.

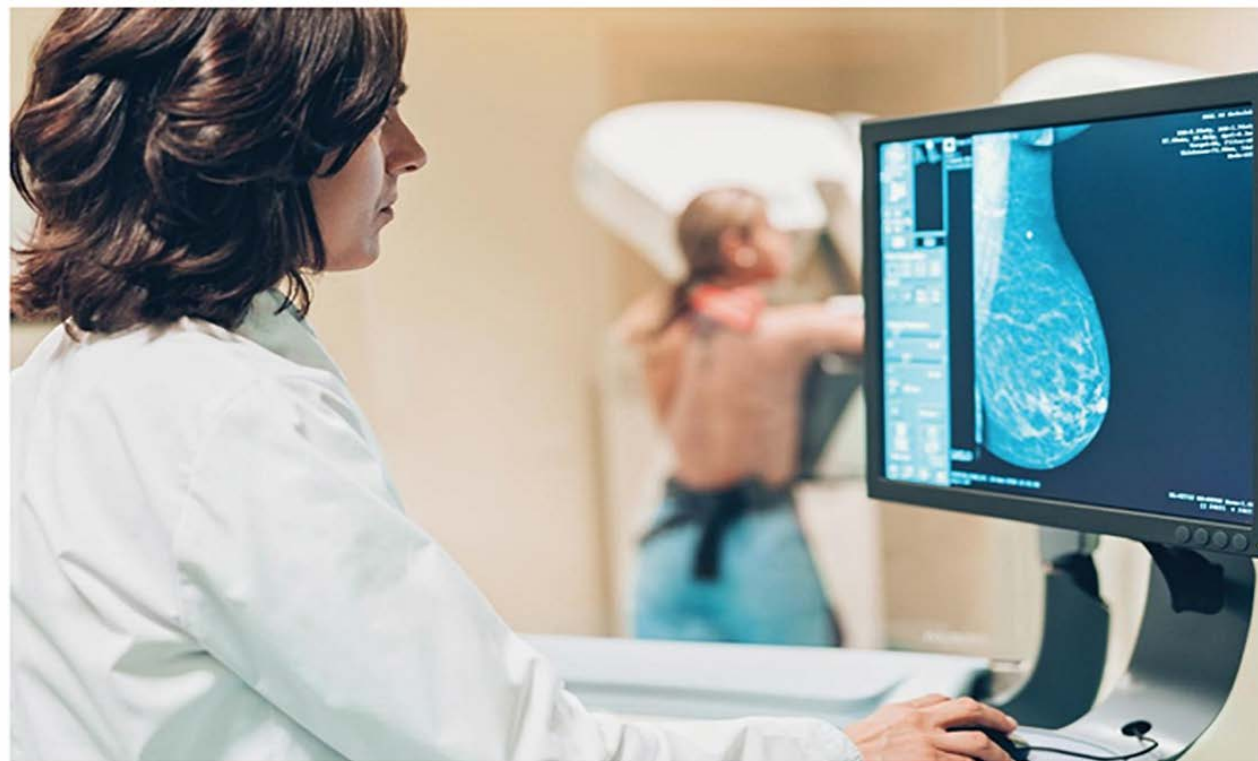
What are the benefits?

Fewer Mammogram Callbacks for Additional Mammography – 3D mammography helps distinguish harmless abnormalities from real cancers, leading to fewer callbacks for additional mammography and less anxiety for women. With 3D mammography, RRC radiologists have reduced patient callback rates by 20-30 percent.

Doctors and scientists agree that early detection is the best defense against breast cancer. 3D mammography has been shown in clinical studies to be more accurate than conventional mammography alone by detecting cancers earlier. This new technology increases breast cancer detection by 38%. It's truly an important component in the screening process.

Early breast cancer diagnosis is what spares lives and offers longevity. Physicians cannot stress the importance of getting regular mammograms as well as doing self-breast examinations enough. The breast cancer survival rates in the U.S. are 80-90% if caught in the first stage due to advanced care. However, the diagnosis in later stages drastically drops the survival rate to 24%. It's essential to schedule your mammogram tests regularly, and if you feel a lump, please contact your physician immediately.

3D Mammograms have helped to diagnose breast cancer early and to eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. Additional symptoms of breast cancer are lumps in the breast or underarm, pain, nipple discharge or a physical change in the appearance of the breast or nipple. If you have any of those symptoms, your doctor will order you an advanced imaging test.



Regular screenings are imperative, as are self-diagnoses. If you notice any changes, making an appointment with your physician is very important.

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.

Radiology Regional has 13 locations in 3 counties, Lee, Collier and Charlotte. Ask your physician to refer you to Radiology Regional for your imaging needs.

Contact Radiology Regional today at (941) 255-7945, (239) 425-4678 (Español)



18300 Murdock Circle, Building #15
Port Charlotte (Behind the Surgery Center)
WWW.RADIOLOGYREGIONAL.COM

You have a choice where you have your imaging performed - choose Radiology Regional today!

Be Heart Smart this Summer and Kick that Smoking Habit

Tobacco use is the chief cause of preventable death and disease in the U.S. and can harm every organ and cell in the body, including the heart.¹ The heart is a vital organ that performs a very important job – ensuring that oxygen rich blood reaches other organs in the body. Smoking interferes with the heart's ability to perform this function and makes the heart work overtime to pump oxygen through the body. Send your heart on a much-needed summer vacation by quitting smoking!

When the heart works harder than necessary, this extra stress can cause damage to blood vessels and lead to cardiovascular disease (CVD). CVD is responsible for 800,000 deaths annually and, consequently, is the leading cause of all deaths in the United States. CVD is also responsible for one out of every 5 smoking-related deaths.²

In addition to causing damage to the heart and blood vessels directly, cigarette smoke can also cause CVD by changing the blood's chemistry, which results in thickened blood and plaque build-up in the walls of arteries. When this happens, it becomes difficult for blood to flow through the arteries and for blood vessels to get to the vital organs, such as your heart or brain, which can result in blood clots and ultimately lead to a heart attack or stroke.¹

The best way to protect your heart from smoking-related disease and death is to never start using cigarettes; but if you are smoker, the earlier you quit, the better. Quitting smoking benefits your heart and your cardiovascular system now and in the future:

- Twenty minutes after you quit smoking, your heart rate drops.
- Just 12 hours after quitting smoking, the carbon monoxide level in the blood drops to normal, allowing more oxygen to vital organs like your heart.
- Within four years of quitting, your risk of stroke drops to that of lifetime nonsmokers.¹



Although quitting smoking is difficult, it is certainly achievable, and cessation aids such as nicotine replacement therapy (NRT) may be able to help you on your quit journey. Many smokers addicted to nicotine find that NRT helps them push through the hardest parts of quitting by lessening cravings and symptoms of withdrawal.¹

Resources:

¹ Products, C. for T. (n.d.). *How Smoking Affects Heart Health*. U.S. Food and Drug Administration. <https://www.fda.gov/tobacco-products/health-information/how-smoking-affects-heart-health>.

² *Smoking and Cardiovascular Disease*. Johns Hopkins Medicine. (n.d.). <https://www.hopkinsmedicine.org/health/conditions-and-diseases/smoking-and-cardiovascular-disease>.

If you are a smoker and you are concerned about your heart health, contact Gulfcoast South Area Health Education Center (GSAHEC) today! As part of the Tobacco Free Florida AHEC Cessation Program, GSAHEC 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 for those 18 years of age or older, 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 us at www.gsahec.org to schedule a class or learn more about the program!






Quit tobacco with virtual Group Quit.
There's never been a more important time to quit.

Free, expert-led online sessions are now available for all Florida residents. Upon class completion, participants are eligible to receive free nicotine replacement therapy such as gum, patches or lozenges.*

For more information on virtual Group Quit classes, contact
Gulfcoast South AHEC
866-534-7909
www.gsahec.org

**if medically appropriate for those 18 years of age or older*

Learn more about all of Tobacco Free Florida's tools and services at tobaccofreeflorida.com/quityourway.



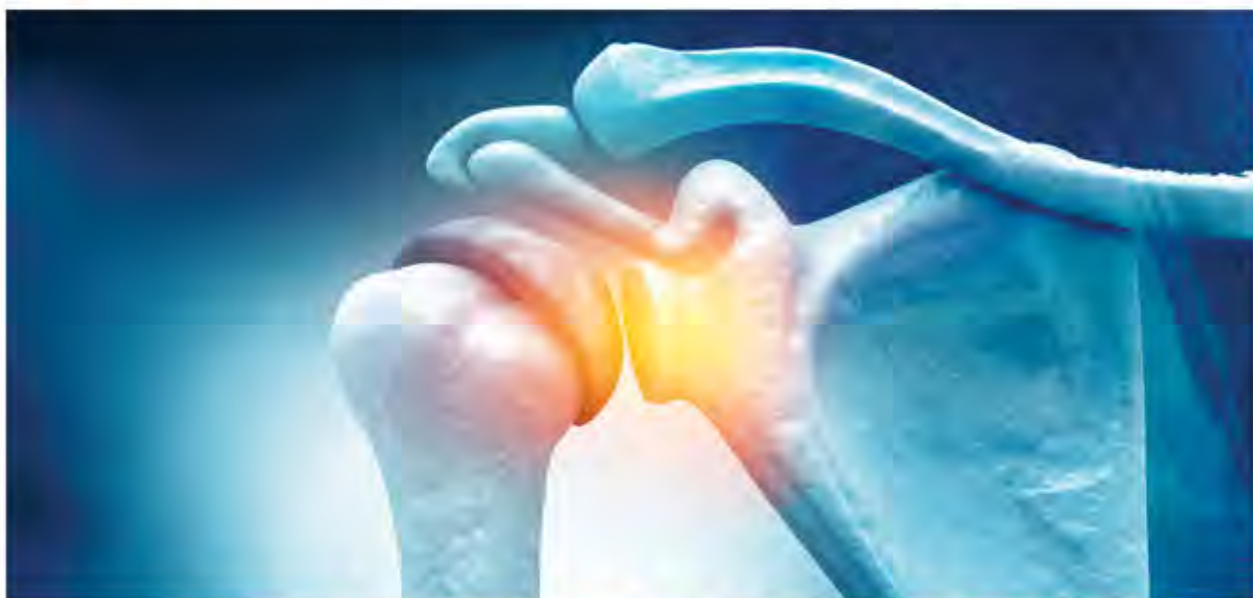
GULF COAST SOUTH AREA HEALTH EDUCATION CENTER



Tobacco Free Florida



Florida HEALTH



ROTATOR CUFF TEARS: Do You Really Need Surgery?

The rotator cuff tendons cover the head of the humerus (upper arm bone), helping us raise and rotate our arms. A rotator cuff tear may result from an acute injury, such as a fall, or might be caused by normal age-related wear and tear with degeneration of the tendon.

If you're biking and your tire gets punctured by a sharp object, you know that your time is limited before it completely goes flat, and you're riding on the rim with an increased risk of crashing. Logically, the best thing to do is to fix the flat. When it comes to shoulder injuries and tears, these are unfortunately a common disorder that many people try to ignore and magically wish away the pain or mask it with pain medications. If left untreated, the injury will progress.

In some cases, rotator cuff tears can be maintained non-surgically with anti-inflammatory medication, steroid injections, and physical therapy, and in some cases with biologics (PRP and stem cells) but tears typically do not heal on their own, so the goal of non-surgical treatment is to relieve pain and restore strength, but limited range of motion may continue to be an issue, in most cases.

If the tear is repairable, an orthopedic surgeon can perform an arthroscopic procedure, but the tear needs to be tended to quickly. If left untreated, the ability to repair and have an optimal outcome becomes more challenging.

In some cases, individuals might find it difficult or impossible to move their arms. If the shoulder injury is severe, a total shoulder replacement might be necessary. With total replacement, the outcomes are generally excellent with marked improvement in pain and possibly range-of-motion, significantly improving the patients' quality of life.

The most common reasons for shoulder replacement surgery are due to the degenerative effects of arthritis and rotator cuff tears. Age-related degeneration of the joint and rotator cuff is a common issue. When patients struggle through the pain and put off treatment, secondary arthritis develops, causing even more degeneration, impingement and progressively increases pain.

Dr. Christopher Sforzo and Dr. Christopher Dillingham (of Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine) are experts in shoulder repair and offer comprehensive protocols to get their patients back to living and enjoying their lives again with personalized, rehabilitative guidance. Depending on the severity of the tear, they use three techniques for rotator cuff repair: arthroscopic, mini-open repair, and traditional open repair.



Christopher Dillingham, M.D., Charles Stewart, M.D., Philip Meinhardt, M.D., Christopher Sforzo, M.D.

Christopher R. Sforzo, M.D. is a board-certified orthopedic surgeon and fellowship-trained in hand and upper extremity surgery. He provides expert care in the treatment of problems involving the shoulder, arm, elbow, forearm, wrist, and hand. Including, carpal tunnel syndrome, joint replacement, fracture and tendon repair.

Christopher L. Dillingham, M.D. is a board-certified orthopedic surgeon and fellowship-trained in hand, shoulder, and arm surgery. He is an expert in the treatment of problems with rotator cuff disorders, carpal tunnel syndrome and nerve injury, joint replacement, arthritis surgery, fracture repair, tendon repair and total reverse shoulder surgery.

Charles E. Stewart, M.D. is a Johns Hopkins fellowship-trained and board-certified orthopedic surgeon specializing in adult complex reconstruction of the lower extremity. His specialties include lower extremity sports injuries, meniscal injuries, ACL reconstruction, partial knee replacement, total hip and knee arthroplasty (replacement), as well as, the reconstruction of failed hip and knee arthroplasties, and complete fracture care.

Philip A. Meinhardt, M.D. is a board-certified orthopedic surgeon and fellowship-trained spine surgeon. He specializes in adult spinal surgeries, including reconstruction of spinal deformities, minimally invasive/microscopic spinal procedures, decompression, spinal instrumentation, fusion procedures, and microscopic cervical disc replacements.

When you choose Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, you can rest assured that you will be treated with respect, given the opportunity to ask questions, your options will be explained in detail, and you will be in the hands of experienced surgeons with the utmost integrity, receiving optimal care.

Surgical treatment

Arthroscopic Repair – Arthroscopic repair is done with small incisions (less than 1 cm), and the repair is accomplished via a small camera and monitor that the surgeon uses to view the shoulder injury. This is a more recent development in treatment of rotator cuff tears, and not all surgeons can treat tears by this method. The surgery to perform the rotator cuff repair generally lasts between one and two hours.

Open Repair – A larger incision of 6-10 centimeters allows the surgeon to visualize the torn tendon directly, and to repair the area through the incision with unrestricted access. Healing time is increased with this method due to the larger incision.

Mini-Open Repair – The mini-open method of repairing a rotator cuff involves both the use of an arthroscope, and a short incision to get access to torn tendon. By using the arthroscope, the surgeon can also look into the shoulder joint to clean out any damaged tissue or bone spurs. The incision is about 3-4 cm, and the recovery is somewhat less involved than the open cuff repair.

Recovery

Length of recovery will depend on several factors, including your level of strength before the operation and the severity of the rotator cuff disease/tear. For rehabilitation following a subacromial decompression, patients are placed in a shoulder sling following surgery, but they can begin shoulder motion quickly. Strengthening can begin within a few weeks, and sports can resume after the swelling has subsided. However, after the rotator cuff is repaired, physical therapy begins more gradually and with caution. Initially, the therapy is gentle so as not to affect the rotator cuff repair. Within four to six weeks, more active lifting with the arm begins. Approximately eight to 10 weeks after the rotator cuff repair, physical therapy will become more intense in an effort to strengthen the rotator cuff muscles. Complete recovery usually requires at least four to six months.

Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine are everything healthcare should be, and along with their elite expertise, they put their patient's needs first above all else.

Orthopedic injury and degenerative disorders are common conditions that millions of patients face. Whether your orthopedic condition needs surgery, minimally invasive repair, or regenerative medicine, choosing an orthopedic surgeon should not be something that is taken lightly. Ensuring the physician you select has the credentials and experience necessary is essential, and when it comes to healing your body, improving range-of-motion, functionality, and comfort level finding the best orthopedic surgeon is critical.

You have a choice when deciding on an orthopedic surgeon. It's essential for patients to do their research, look at real reviews and patient testimonials, and most importantly, to go with a physician or group that has the experience level and training necessary to improve their condition, restore their joints, and get them back to living the life they deserve.

Board certification and fellowship-trained doctors are the elite in the orthopedic industry. Their training, skills, and experience are superior, and it is a critical factor to consider when choosing an orthopedic surgeon.

Please call 941-378-5100 to schedule your appointment or visit www.sforzodillingham.com for more information.

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 photocoagulation power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5017266/>

NEW MODALITIES FOR THE TREATMENT OF ANXIETY/PTSD AND DEPRESSION

Neurofeedback After Abuse or Experiencing Trauma

Throughout the psychological community, it is known that abuse in one's lifetime (e.g., domestic violence, sexual violence, child abuse, trafficking, stalking) can have adverse effects on the victims well-being. Continuous exposure to the stress of abuse can negatively effect the brain and body of the victim. These negative effects can be seen throughout different regions of the brain via brainwaves, which can lead to PTSD, anxiety, and depression. Given this knowledge, neurofeedback aims to retrain a person's brainwaves to minimize or subside the effects of PTSD, anxiety, and depression. Indeed, several research studies have suggested that neurofeedback can be helpful for trauma survivors (e.g., van der Kolk et al., 2016; Brown, Clark, & Pooley, 2019).

In fact, a recent study measuring the impact of neurofeedback on survivors of trauma found the following positive results after completing neurofeedback:

- Increase in overall health
- Decrease in depression
- Increase in sleep quality
- Decrease in PTSD
- Increase in happiness
- Increase in feeling like you matter
- Increase in emotional regulation (emotional awareness, emotional clarity, goal directed behavior, and acceptance of emotional responses)

How does neurofeedback specifically help in the treatment of depression and other mental health conditions?

Depression and other common mental health conditions such as anxiety, PTSD, and ADHD are accompanied by abnormal brain electrical activity. Just as the electrical activity of the heart can be determined by an EKG, brain electrical activity can be observed by qEEG brain mapping and used by neurofeedback equipment to train the brain back to more harmonious and healthy brain activity. As brain activity becomes more regulated and healthy, the symptoms of out of sync brain electrical activity – depression, anxiety, PTSD, ADHD, etc. become reduced or eliminated.



Transmagnetic Cranial Stimulation gets an upgrade to Personalized repetitive Transcranial Magnetic Stimulation (PrTMS.)

Transcranial Magnetic Stimulation (TMS) is a drug-free, painless, non-invasive treatment therapy that uses magnetic pulses to stimulate activity in neurons. There are several TMS medical devices cleared by the FDA for use in treating Major Depressive Disorder, Obsessive-Compulsive Disorder, and Migraine.

A new version is being used at the Brain Wave Center in Sarasota, Florida is Personalized repetitive Transcranial Magnetic Stimulation (PrTMS.) This method of treatment was designed to offer a personalized, gentler, and more sophisticated approach. Unlike traditional TMS where all clients receive the same treatment therapy, PrTMS incorporates diagnostic assessments and a brain function analysis for a more personalized TMS treatment plan designed to provide optimal results.

Research suggests that PrTMS may be helpful for patients suffering from a variety of mental health conditions, and also for healthy individuals, such as athletes, who are interested in high-level human performance. It's an outpatient therapy, and clients are able to drive themselves to and from appointments.

New combination of Diagnostic Testing and Therapy at The Brain Wave Center

Launching our new Diagnostic Testing and Therapy Clinic is based on two separate needs expressed by both Charity Organizations we work with and our own client base.

The diagnostic part of the clinic evolved from requests from partners such as Easterseals and The Florida Center for Early Childhood regarding the backlog they have for children requiring assessments such as ADOS (spectrum disorder) and general attention deficient. They've cited a several month waiting period, which is too long for many families trying to get help for their children. Since we already had two Doctors of Psychology working with us, it just made sense to help reduce the backlog and help more children and families get the care they need and deserve. Our team incorporates proven testing and assessment methods backed up by qEEG Brain Map analysis to accurately identify underlying issues and correctly identify appropriate therapies.

We are opening the therapy side of the clinic based on our own experience and peer-reviewed studies, that by merging advances in applied neuroscience, specifically, neurofeedback, with evidenced based models of psychotherapy, we often see superior results. At The Brain Wave Center, we will offer psychotherapy services alone or in combination with neurofeedback training sessions.

Our goal is to achieve break-through results, we use proven traditional treatment approaches, combined with leading-edge technology to build an individualized treatment solution.

Conclusion

The stigma of mental health treatment has begun to fade and more & more people are becoming aware that it's possible to live a more happier and healthy life. At The Brain Wave Center we are focused on assisting everyone in improving their emotional health and overcoming anxiety, depression, PTSD, and common mood disorders.

Find out today how neurofeedback can help you or a loved one. Call **941-552-4500** or schedule your **Free Initial Evaluation** online.

The 
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Innovations in brain health for a better you!
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640 S. Washington Blvd., Sarasota, Florida 34236

MOST BACK AND NECK PAIN CAN BE TREATED WITH A NON-SURGICAL PROCEDURE

By Physicians Rehabilitation

Unfortunately, as we age, back and neck pain due to injury and degeneration tends to become progressively worse and can become chronic if left untreated. Some of the most common reasons for backaches are trauma or sports-related injury, lifting heavy objects, improper spinal posture, poor sleeping posture, ballistic movements, and degenerative disease.

Back Pain and Spinal Injury

The spine is made up of wedges of vertebral bone consisting of sacral, lumbar, thoracic, and cervical vertebrae, as well as vertebral discs, ligaments, tendons, and muscles that attach to the spine. Over 30 nerves run down the entire spinal column. When our backs are injured, the surrounding muscles often contract as they try to protect the spine, but this causes even more discomfort to our bodies. Not only is the back affected with pain, but the arms, legs, and neck may experience permeated pain from the tension, too. Compressed nerves are being impinged by the narrowing of the vertebrae.

Neck/Cervical

The vertebrae of the neck have a natural c-shaped curvature (lordotic), which acts as a shock absorber for the upper extremities. If the curvatures are damaged or deformed from injury or other health conditions, the discs and joints in the neck and cervical spine will be under an excessive amount of force. Any irregularities in the neck can lead to degenerative disc disease, spurs, fusion, and neurological disorders.

The typically recommended treatments for spinal compression are pain medication and surgery, but most patients are reluctant with good reason. Long-term spinal complications and failed back surgeries often lead to unresolved chronic pain, and pain medications are very often addictive; therefore, most individuals are unenthusiastic about taking pain medication prescriptions. Surgery often fails patients and leaves them in chronic pain.

There is a better way; a results-driven solution that doesn't include any drugs or surgery shows favorable results in relieving back pain. For many years the experts at Physicians Rehabilitation have been utilizing a natural therapy for back discomfort called spinal decompression.

The practitioners at Physicians Rehabilitation are Medical Doctors (not chiropractic care providers), which is critical for optimal outcomes.

Spinal Decompression

Spine 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.

Physicians Rehabilitation doctors are experts in an advanced non-surgical procedure known as VAX-D.

VAX-D is a non-invasive medical technology that stretches the spine and decompresses the spinal discs. VAX-D treatment is able to reduce the pressure within the spinal disc, thereby relieving the stress on inflamed and pinched nerves. In short, VAX-D breaks the cycle of pain caused by bulging and degenerated discs, and other spine-related disorders, by eliminating nerve compression. By removing the cause of back pain, the body is allowed to heal naturally.

VAX-D is a decompression device and achieves the same goal as surgical treatment of the spine, which is to relieve pressure by decompression. VAX-D, therefore, unlike the popular but relatively ineffectual traction device, more precisely addresses the physiology or reason for spinal pain. Although traction devices can stretch the lower back, they have not demonstrated the ability to decompress the lumbar and cervical discs or reduce spinal nerve compression. VAX-D works by reducing the pressure within the discs, not to zero, but to negative levels! No other device has been shown to reduce the disc pressure to these desired negative levels. It is this negative pressure that causes the disc bulging or herniation to decrease in severity. This, in turn, reduces pressure on the spinal nerves, which ultimately leads to less or no pain.

The VAX-D treats the entire spine; however, VAX-D cervical (neck) treatment is designed specifically for neck pain and works in the same way.



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Why VAX-D is the Superior Procedure

VAX-D therapy has been proven safe and effective in numerous clinical studies. Over 3000 patients per day are treated with VAX-D. The other so-called "decompression treatments" simply do not have published clinical trials proving that they can lower intradiscal pressure and result in positive clinical outcomes. VAX-D studies have been published in prominent, respected, reliable, and peer-reviewed medical journals, with all of them showing a marked reduction in pain and a significant increase in activity and mobility.

VAX-D is easy, convenient, and painless. It is non-invasive, so it does not have the pain, risks, and complications that are associated with surgery, injections, and anesthesia. Patients will require an MRI prior to treatment to make sure no other serious conditions are causing their pain. Once treatment commences, many patients experience relief of their pain during the first several treatment sessions, and then a gradual reduction in symptoms as treatment progresses. The treatment duration plan is 15-25 days, while each session takes about 30-40 minutes. It's that easy.

Physicians Rehabilitation

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient. Our clinical care providers are able to employ a wide variety of physical modalities by utilizing state-of-the-art tools.

Our goal is to identify the source of your pain, promote healing and eliminate your pain. We begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation, while gathering medical history and evaluating your symptoms to get to the root of your pain and dysfunction. Our therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, makes for extremely successful pain relief treatments.

CALL PHYSICIANS REHABILITATION TODAY!

RAVE IMAGING IS HERE FOR YOU WITH YOUR SAFETY IN MIND

One of the most shared and common concerns today is wondering about the safety, cleanliness, and risk factors involved as we venture out. Some of the most populated places like markets, stores, gas stations, and beaches are thought to be the most dangerous due to crowds and cross-contamination. However, for those that need medical care, you should not put off any screenings or treatment due to these fears. Why? Because medical facilities, especially ones such as RAVE Imaging, are trained in rigorous protocols to keep everyone safe (patients and staff), and in a time like this, the methods RAVE uses are amplified with stringent guidelines.

RAVE Imaging continues to make you and your family's safety their top priority

RAVE's Advanced safety protocols to keep you safe

- RAVE will continue to meet or exceed the CDC guidelines
- All patients will be screened with a temperature check and COVID19 specific questionnaire before being seen.
- Daily deep cleaning/sanitizing of all areas within every building
- All RAVE Team Members are required to wear protective masks and encourage all patients to do so as well
- Plexiglass barriers at all check-in desks
- Additional time between patients for added sanitizing protocols in all exam rooms and on equipment

RAVE Imaging continues to be here for you, and if you have any concerns or questions, please speak to a RAVE Team member. RAVE appreciates your continued trust in their 40 years of experience and service to the local communities they serve.

RAVE Imaging

RAVE Imaging, Radiology Associates of Venice & Englewood, understands the importance of providing the best technology 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 fulltime experience. There are over 90 health care 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 the initiation of your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.

RAVE Diagnostic Services

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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

Along with screenings, imaging, and diagnostic services, RAVE also offers advanced, interventional procedures.

Interventional Radiology

Interventional Radiology is a subspecialty of radiology in which minimally invasive procedures are performed using imaging guidance. Some of these procedures are done for purely diagnostic purposes, while others are done for treatment purposes. Pictures are used to direct these procedures, which are usually done with needles or other tiny instruments like small tubes called catheters. The images provide road maps that allow the Interventional Radiologist to guide these instruments through the body to the areas of interest.



As mentioned, it's imperative not to put off any screenings, such as breast mammography, lung CT's, Brain imaging, or any other services or surgical procedures that are crucial to monitor and maintain your health at the highest level. Some cancers and conditions can rapidly proliferate or wreak havoc on your health if they are not examined and evaluated in a timely manner.

You can Trust that RAVE Imaging is here for you through these uncertain times, and their top priority is your health and safety.

To schedule your appointment or for more information, please visit their website at www.RaveRad.com.



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9 Ways to Prepare for a Virtual Showing

Tomorrow's market will likely be a mix of in-person and virtual showings. Here's how you can make the best of your virtual showing.

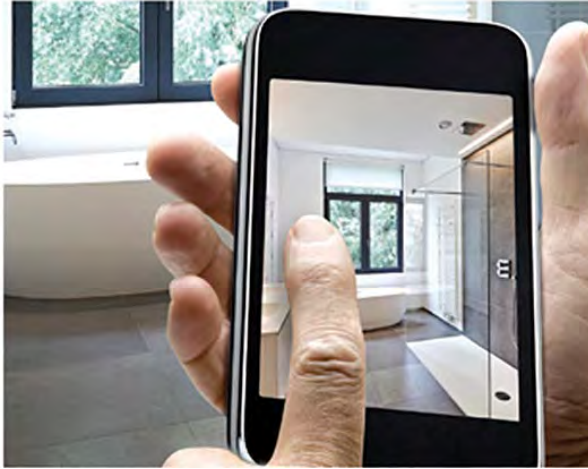
1: Declutter. Clutter is a major distraction when buyers are viewing a home. You want them to focus on all the great features of the house, not look at the stack of mail cluttering the kitchen counter.

2: Depersonalize. Remove items like framed family photos and memorabilia. It's hard for a buyer to picture living in the home if they see photos of you everywhere.

3: Remove all signs of your pet. In the same way that you should depersonalize, tuck away your pet's toys, bowl and bed. Not everyone is a pet person.

4: Turn on lights and open doors. To minimize the surfaces your Realtor® is touching, turn on all the lights and open all doors before your Realtor walks through to livestream or film your home.

5: Open blinds. Natural light is an essential when filming a home. Open the blinds and let as much light in as possible so the camera picks up all the beautiful details of each room.



6: Plan the route around the house. If you're showing the home without a Realtor present, be sure to work with your agent to plan a clear route around the home that shows off each room and is clear of trip hazards.

7: Think about your prospective buyer. If your Realtor is doing the showing, be sure to tell them some personal stories or unique details about the home so they can relay it in the livestream or video.

8: Tackle outdoor spaces. Prune any overgrown landscaping, cut back tree branches and mow the lawn.

9: Clean up the front entrance.

The walkway to your property and the front entrance are your home's first impression. Power wash outside, touch up paint in the entryway and clear out any dirt and grime that has collected around the edges.

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Communication Strategies for the Hearing Aid Wearer:

Using Listening and Speechreading Skills to Enhance Communication While Removing Barriers to Understanding

By Dr. Noël Crosby, Au.D.

For those who experience any level of hearing loss (including hearing loss treated by the use of hearing aids) communication can be greatly augmented through the use of active listening and effective speechreading skills.

Sometimes called empathetic listening, active listening can be described as a way of listening and responding to another person that improves mutual understanding. Speechreading is the act or process of determining the intended meaning of a speaker by utilizing all visual cues that accompany speech, including lip movements, facial expressions and body language.

As a partner in the communication process, the speaker also has a role to play when it comes to maximizing communication effectiveness. By removing all physical barriers to speech, the speaker can control the environment to ensure understanding takes place. These communication strategies are reviewed below.

Communication Strategies for the LISTENER with Hearing Loss:

Step #5: Develop active listening and speechreading skills.

1. Make direct eye-contact with the speaker.
2. Wear your glasses, if appropriate, to aid in speechreading.
3. Sit no more than 3-5 feet away from the speaker.
4. If one ear is better than the other, sit with the better one closer to the speaker.
5. Concentrate on the ideas that the speaker is expressing rather than trying to understand every word that is said.
6. Don't pretend you understand when you don't.
7. Be willing to acknowledge your hearing loss and ask for help.
8. Maximize the use of lighting. Have the light behind you, not behind the speaker where it may cast a shadow.

9. Eliminate interfering background noise. Make plans in advance when going to a restaurant, church service so you can sit in the best seat available. Request an assistive listening device.

10. When talking on the phone, verify what you heard by repeating it back to the speaker.

Communication Strategies for the Listener with Hearing Loss

Step #1:

Recognize and understand the signs and symptoms of hearing loss.

Step #2:

Understand treatment options.

Step #3:

Have realistic expectations while implementing strategies for successful adaptation

Step #4:

Make an unwavering commitment to wearing hearing aids or using assistive listening devices.

Step #5:

Develop listening and speech reading skills.

Step #6:

Be assertive. Take responsibility for speech comprehension by taking steps for controlling the listening environment and giving honest and direct feedback to the speaker.

Communication Strategies the Speaker

Step #1:

Stop enabling the hearing impaired listener.

Step #2:

Support and encourage all efforts to get treatment.

Step #3:

Develop strategies for clear speech. (voice intensity, projection, rate and clarity)

Step #4:

Learn to understand and use body language.

Step #5:

Remove physical barriers to speech.

Step #6:

Learn to make the message interesting.

And above all, maintain realistic expectations about what you will be able to hear in various situations. Even listeners with normal hearing often struggle to hear in difficult listening environments.

While most people with hearing loss pick up some aspects of speechreading on their own, skills can be improved through training. Speech Pathologists and Audiologists can recommend specific training programs and suggest classes, books and CDs on the topic.

Communication Strategies for the SPEAKER:

Step #5: Remove physical barriers to speech

As always, the speaker must share in the responsibility for ensuring effective two-way communication. Some "common sense" strategies that optimize the opportunity for effective communication include the following:

1. Reduce background noise and other distractions.
2. Encourage the hearing-impaired person to use assistive listening devices or to bring a non-hearing impaired support person
3. Make sure you have the person's attention before you begin speaking.
4. Ensure your face is not blocked. Adjust lighting if necessary. Do not sit behind a laptop so your face cannot be seen. Remind the listener to wear eyeglasses if necessary.
5. Speak distinctly and clearly without shouting
6. Don't put your hand, a pencil or other object in front of your mouth.
7. Don't chew gum or suck on candy while talking
8. Use body language and facial expressions to emphasize message.
9. Use visual aids.
10. Check for understanding.



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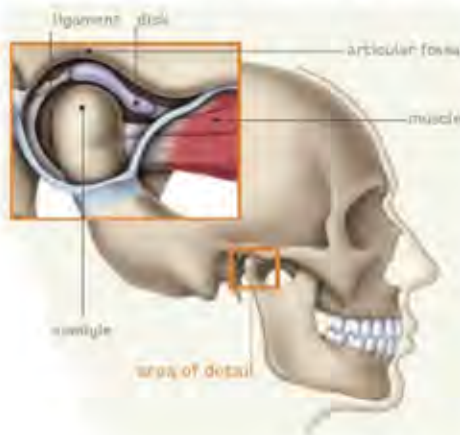
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The Daily "Grind"

By Dr. Joseph Farag

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



Treatment Options

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

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

Patients who present with TMD should also have an occlusal analysis

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

Relaxation Techniques May Help Alleviate TMJ Symptoms

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

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



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Omeza - A National Company With Local Roots

Find Out More About Sarasota's Most Advanced Wound Care And Its Founders

Dr. Desmond Bell, DPM, CWS, is the Founder and President of "The Save A Leg, Save A Life" Foundation, a multi-disciplinary non-profit organization dedicated to the reduction in lower extremity amputations and improving wound healing outcomes through education, evidence-based methodology and community outreach. His private practice in Jacksonville, FL, specialized in wound management and is dedicated to lower extremity preservation. He also serves as Chief Medical Officer of Omeza, a skin health company initially focused on healing chronic wounds and preventing their recurrence.

Omeza, founded in 2017 and based in Sarasota, FL, states its mission is to "restore skin integrity for people with serious skin problems and to optimize skin quality for all."

We sat down with Dr. Bell to find out more about Omeza's products and their advanced skin care for chronic wounds and other skin conditions.

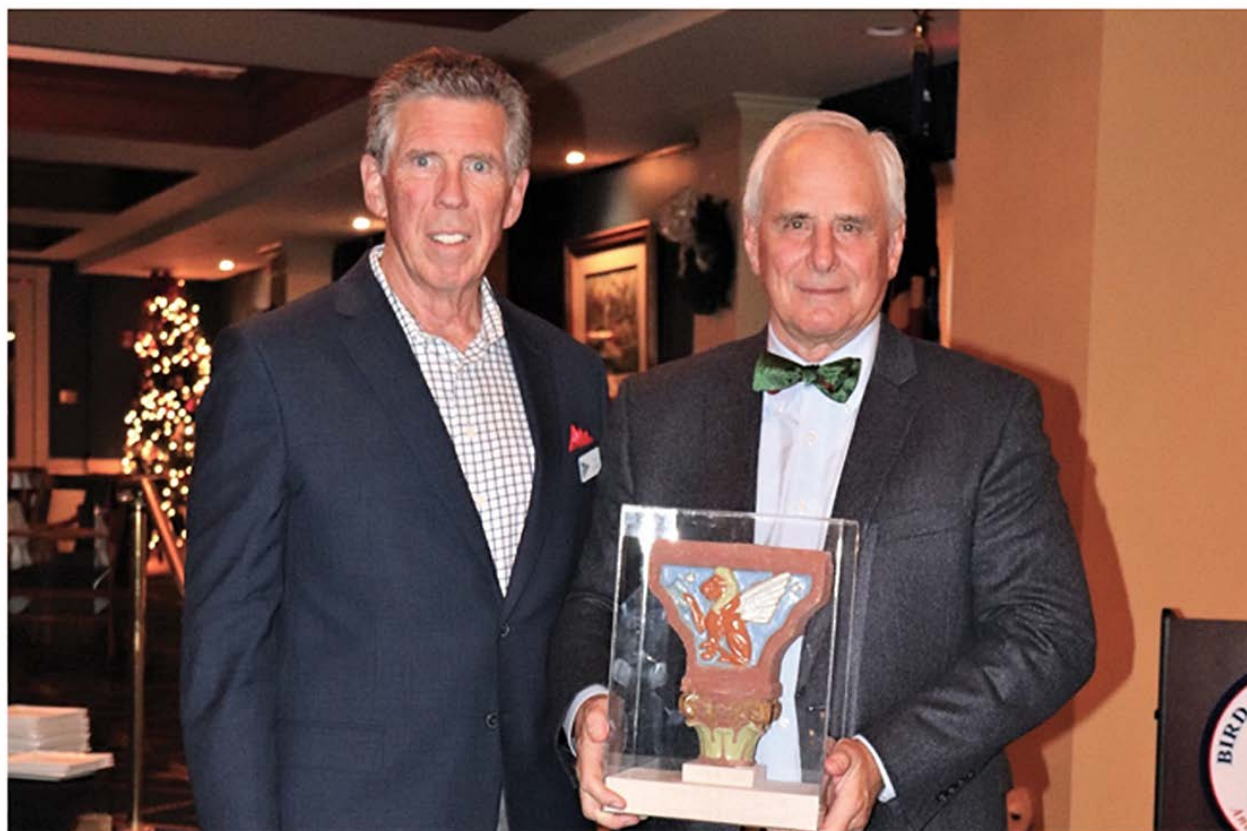


Dr. Desmond Bell, DPM, CWS

Q: How did you get started with Omeza?

A: The background story of how Omeza began is an interesting one. Ten years ago, I was presenting at a conference, and a few individuals in the audience were part of a company that created a product

that stopped bleeding on contact. After I finished my presentation, they introduced themselves, told me they were from Sarasota and asked me if they could visit my practice to allow me to evaluate their product and see if it had any potential for wound healing. I agreed, and the first day they visited, a man named Chip Bettel was with them. I had never met Chip, nor did I know anything about him at the time. Chip is a renowned inventor and chemical engineer. Interestingly, he invented liquid Tide. Chip has this inherent interest in learning things to create and find solutions for people. He is also an avid biotechnology solutions developer. He was interested in chronic wounds, so he shadowed me for a few weeks and took detailed notes. Chip started bringing me prototypes from components derived from fish oil. Chip was studying the effects that Omega-3 fatty acids have on wound healing.



Omeza Founder and CEO Thomas Gardner (L) and Chief Innovations Officer Griscom "Chip" Bettel (R).

A few years later, I heard from Chip, and he invited me to join his team for a new company that he was forming in Sarasota, called Omeza. The team is comprised of fascinating people, and over the years, it's been growing with impressive talent. Tom Gardner and Chip Bettel are the innovators behind the brand and the product pipeline. Tom is equally as impressive as our CEO. He has a background in the pharmaceutical industry and was involved with the launch of Tylenol for Johnson & Johnson.

What's different about Omeza on a business level is that the founders were already incredibly successful before forming Omeza. They didn't need to do it for notoriety or money; they just thrive on inventing and launching products that help people. In this case, we are focusing on the hardest to heal wounds. We all love what we do.

I've been in the wound care industry long enough to see companies and products come and go; that's why it's crucial to explain how this company was derived from such an altruistic, pure state and its mission comes from a genuine place.

Q: Tell us more about Omeza's efficacy for wound and skin treatment.

A: With chronic wounds, there are three main issues: inflammation, decreased blood flow, and chronic bacteria called biofilm. Biofilm is different than bacteria in a normal wound; it buries itself deep within the wound and creates colonies that are antibiotic-resistant. Our treatment is designed to address all three issues.

Many chronic wound treatments ask practitioners and patients to wait until the wound is progressively infected before their products can be used. Omeza can be used day one.

Advanced wound treatments are only administered via a practitioner, and they are often extremely expensive and require advanced application knowledge. Our products are simple to use, and require no specialized training



This patient had severe, excessively draining, and painful wounds to both legs and feet that resulted in her requiring the use of a wheelchair as walking was no longer possible. It was a challenging case, but this photo shows the amazing progress she made under our care—she is now fully healed, pain free and working out at the gym with her husband.

Bringing us back to the fatty acid research and development that Omeza has done, I'm currently putting together a lecture for my peers for an upcoming national convention, and I'm highlighting the fact that marine life, when injured, has an innate healing mechanism. If a fish cuts itself on coral, it bleeds, which can attract predators. However, most marine life heals very quickly, and we believe that has to do with their internal omega fatty acid production. As humans, we don't produce omega-3 fatty acids, so we need to obtain them from other sources including fish and some plants.

It's important to explain to patients and physicians that we have several products for patients and consumers to purchase directly. We also have proprietary medical-grade products that are for professional use, and we also have a remarkable new product that is waiting on FDA approval. This new product combines a collagen matrix and fatty acids for advanced healing outcomes.

Omeza technology is not the same as a fish oil supplement. It was developed by incorporating key fatty acid ratios and the calibration of surfactants to create a product that would not fully oxidize before absorption. It is bioavailable and readily absorbed by the skin through specific structural capabilities. Although EPA 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.



Q. Can you summarize what makes Omeza products different?

A. First, products are anhydrous – meaning that they contain no water – for calibrated moisture management. The patented omega-3 formulas deliver topical nutrients without oxidation. And the technology is cost-effective, and simple to use.



**DR. DESMOND BELL,
DPM, CWS**

*Chief Medical Officer of
Omeza*

Dr. Bell was awarded the Frist Humanitarian Award by Specialty Hospital Jacksonville for 2009 and Memorial Hospital Jacksonville in 2018. He is a Board Certified Wound Specialist (CWS) having served on the Board of Directors of the American Board of Wound Management for 6 years and presently serving on the Board of the American Board of Wound Management Foundation. He has also been elected as a Fellow of the Royal College of Physicians and Surgeons of Glasgow and is a member of the CLI Global Society. Dr. Bell has published numerous articles primarily pertaining to wound management and lower extremity amputation prevention and has served as an Editorial Board Member for the publication "Today's Wound Clinic" since its inception. He is nationally recognized speaker, with regular faculty roles at AMP, ASCENT and Modern Wound Care Management.

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WHO PAYS THE ATTORNEY?

By James W. Mallonee

I recently had a discussion with a beneficiary who wanted to express their dissatisfaction that she and the other beneficiaries of their parent's estate had to pay an attorney his or her fee for services rendered in administering the estate. The argument being made is that the personal representative is the person who hired the attorney and therefore he or she should be the one responsible for the attorney fee. In essence, the beneficiary argued, she did not hire the attorney and therefore should not be responsible for the attorney's fees from her share of the estate. I found the argument fascinating and somewhat plausible before being brought back to earth to realize the flaw in the beneficiary's argument.

Florida's probate law allows an attorney who is administering an estate to charge a reasonable fee for their services. It initially starts at \$1,500.00 and increases depending on the value of the estate. However, an attorney can negotiate different terms and charges as it is in any free market.

The reasonableness of a fee under the law is based on a formula of fixed amounts plus percentages involving the value of an estate. Generally, the maximum amount allowable is approximately 3%. However, this is only a suggested amount and not mandatory because of such factors as the time spent managing the estate, managing siblings who are angry at each other, providing tax advice and having to litigate the estate just to name a few. In most cases a general percentage is applied such as 3%.

But that does not answer the question presented to me about the estate funds being the beneficiaries who did not hire the attorney and why should they be penalized for the attorney selection made by the Personal Representative.

On the surface the answer to that question comes from the fact that the estate proceeds are not the beneficiaries until all of the creditors are paid. Prior to an estate being closed the law requires that each known creditor be notified to file a claim within 30 days and if not notified, a notice published in the local news paper informing creditors they have 90 days to file a claim.



The attorney who was hired by the Personal Representative is by default a creditor. Florida's probate code specifically makes the attorney, along with the personal representative, a Class I receiver of creditor payments. Other creditors are lower in class structured payments depending on their profession. What this means is that the attorney and personal represented get paid first from the estate proceeds.

Back to the argument from the beneficiary. Although the argument stating that the beneficiaries should not have to pay the attorney fee seems plausible, it lacks authority and reasonableness; because, to believe the beneficiary's argument would mean that no person would ever become the personal representative of their parents' or anyone's estate. So how does all this work?

Florida Probate Rules require when an estate is closing that two additional forms be attached to a petition requesting the discharge of the Personal Representative. The two forms include a report showing the compensation being provided to the Attorney and Personal Representative. The other attachment is a report showing the proposed distribution of the estate's assets. This report tells the beneficiaries and creditors who is getting paid and the amounts. The idea of the distribution report gives each interested person and creditor an opportunity to object to such distribution before it is made.

The distribution report starts with the value of the estate. This amount typically comes directly from the closing estate's final accounting, Section E. The next section on the distribution report shows the different classes of creditors who are getting paid and the amounts to be received. The first creditor is the attorney and personal representative followed by funeral costs, taxes, medical and eventually credit cards.

Once these creditors are shown and the payment to be made, only then are the beneficiaries proposed amounts that each will receive is shown on the report. Understanding the payment order of events brings us back to the original argument whether the personal representative should be the only one paying the attorney hired to manage the estate.

The law requires that creditors be paid first and after they are paid, the balance of the estate is then eligible to be distributed to the beneficiaries. There is no real way of getting around this unless there simply is not enough in the estate to pay creditors or the estate proceeds are exempt from creditor claims. Therefore, as a beneficiary of an estate, if you don't want to pay for an attorney to manage the estate, make certain that your parents have no assets that would require estate administration (don't think a trust is the panacea to that solution).

To learn how to do that, talk to the attorney of your choice to discuss a means of distribution which would avoid an estate administration.

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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Medical Marijuana Delivery: A New Booming Sector in The Industry

As of the lockdown, medical marijuana delivery and contact-free pick up services have seen a huge rise in popularity. The state of Florida saw a 40% increase in medical marijuana sales with delivery focused dispensaries such as One Plant potentially reaching even higher numbers. With the looming uncertainty of things returning to normal, many patients have stocked up on products as this also limits exposure by reducing the number of visits to the dispensaries. Most dispensaries have had delivery services for some time now, and that option was mostly used by those either too far from the dispensary or those who are homebound. But this sentiment has shifted, and the majority are resorting to safer, contact-free options such as this and taking advantage of telemedicine to recertify over the phone.

Unfortunately, while convenient, it does leave patients limited as they cannot go and drive to the storefront and mostly have to abide to the delivery window. To address this, dispensaries such as Grow Healthy have shown a game changing service with delivery times as short as a couple hours; now making it as quick and simple as ordering a pizza. As new standards are set through the upcoming months, time will tell whether or not the delivery sector will continue to see the same amount of growth within the industry as we enter uncharted territory.

Why is Medical Marijuana so Effective and in Demand?

The endocannabinoid system (ECS) is a group of endogenous cannabinoid receptors located in the mammalian brain and throughout the central and

peripheral nervous systems, consisting of neuromodulatory lipids and their receptors. The endocannabinoid system can be found in nearly any mammal with a vertebrae. The endocannabinoid system is involved in regulating many key bodily processes, including blood pressure, immunity, stress, inflammation, neurotoxicity, and digestive functions. The endocannabinoid system within the human body is a network of cell receptors that respond to key molecules found in marijuana – THC and CBD in particular. CB1 receptors are most densely concentrated in parts of the brain and central nervous system, and less densely found throughout the rest of the body. CB2 receptors, on the other hand, are less densely located in the brain regions, and more concentrated in the peripheral nervous system and organs. The mapping of these receptors fits well with the diverse range of symptoms and conditions that are found to respond positively to medical marijuana.

In addition to regulating neuronal excitability and inflammation in pain circuits, the endocannabinoid system has been shown to play a regulatory role in movement, appetite, hypothalamic-pituitary-adrenal axis modulation, immunomodulation, mood, blood pressure, bone density, tumor surveillance,



neuroprotection and reproduction. The endocannabinoid system has also been shown to affect sensory perception, cardiac output, cerebral blood flow and intraocular pressure.

How to Become a Patient

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Nobody wants to hear it, but we will say it anyways.

The market is primed for a pullback.

We cannot know whether the sell-off will come next week, next month, or sometime thereafter. But it seems a market correction – an overall drop of 10% or more – is coming sooner than you think. And, frankly, we look forward to it after the irrational behavior we have seen in the markets recently. Of course, we are speaking mostly about the collaborative strategy retail speculators are using to squeeze short sellers from highly shorted stocks, like GameStop (GME) and AMC Entertainment (AMC)... with no regard for the fundamentals of the businesses or the fact that these companies are struggling holdouts of dying industries.

It is OK to make speculative bets on stocks from time to time. And if you have money to play with and want to make some "just for fun," gambler-style investments, that is your prerogative. But please remember... that is not what we do here.

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Market sentiment can move prices significantly in the short term. But it is the fundamentals that drive sustained stock price performance. You cannot simply wish them higher.

We are not calling a top or predicting a depression, but corrections are a normal and healthy part of a long-term rising market. That is why we see stock market corrections – like the one we had last year – not just as a healthy, natural part of the investing life cycle... but also as *an opportunity*.

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When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something... but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

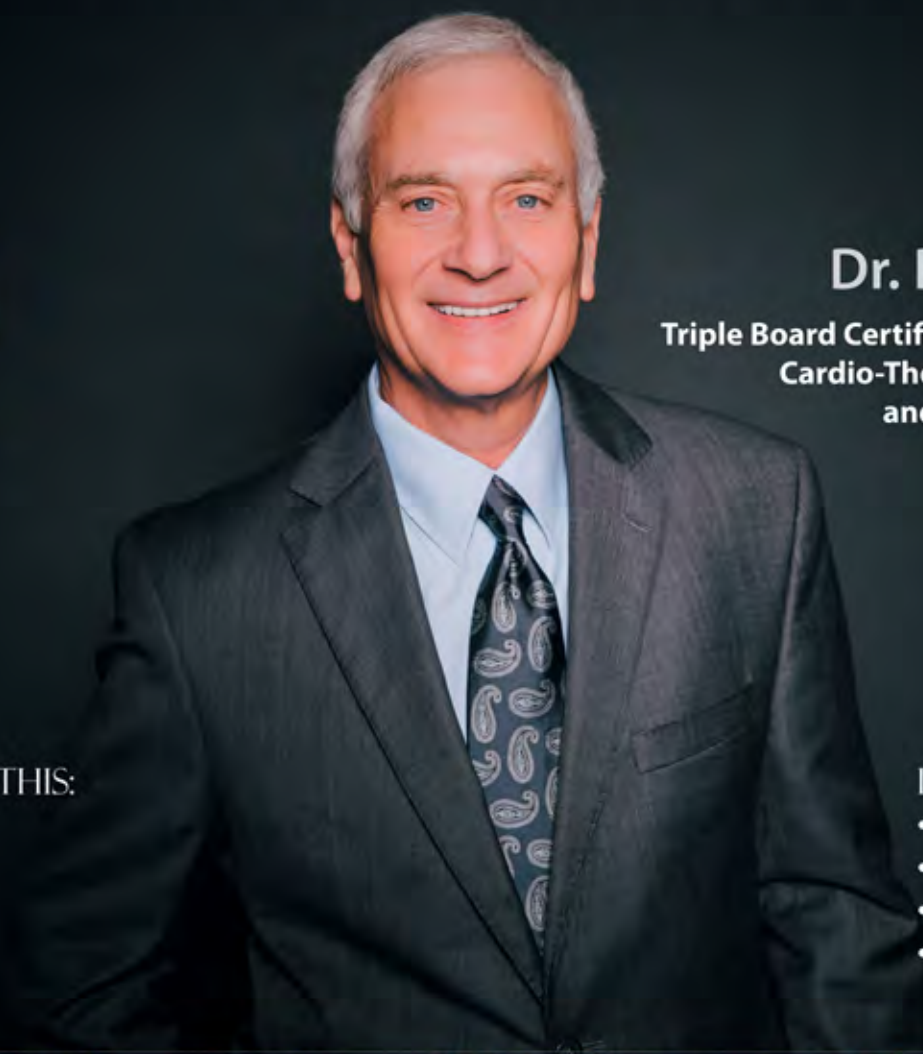
Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



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