FLORIDA'S SOUTHWEST

Heath MAGAZINE August 2021 Charlotte/South Sarasota Edition - Monthly

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BEACH DAYS & HEALTHY FEET

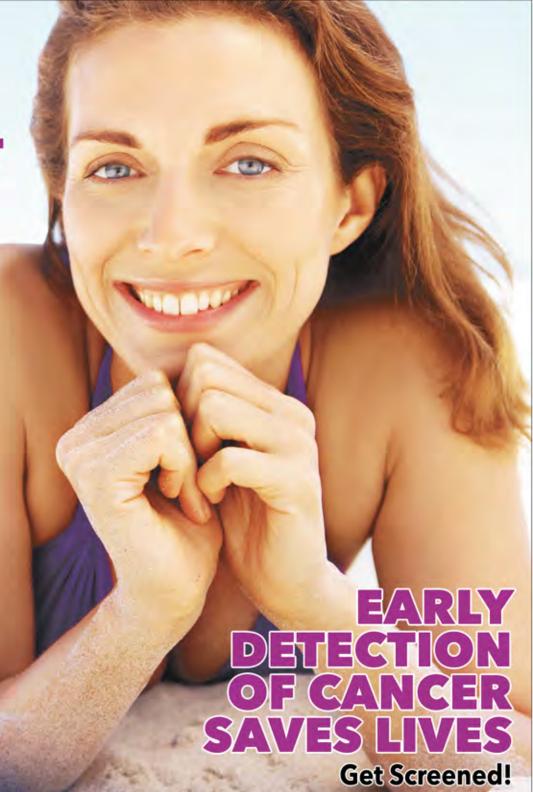
WHAT DOES **GOOD SLEEP HYGIENE REALLY MEAN**

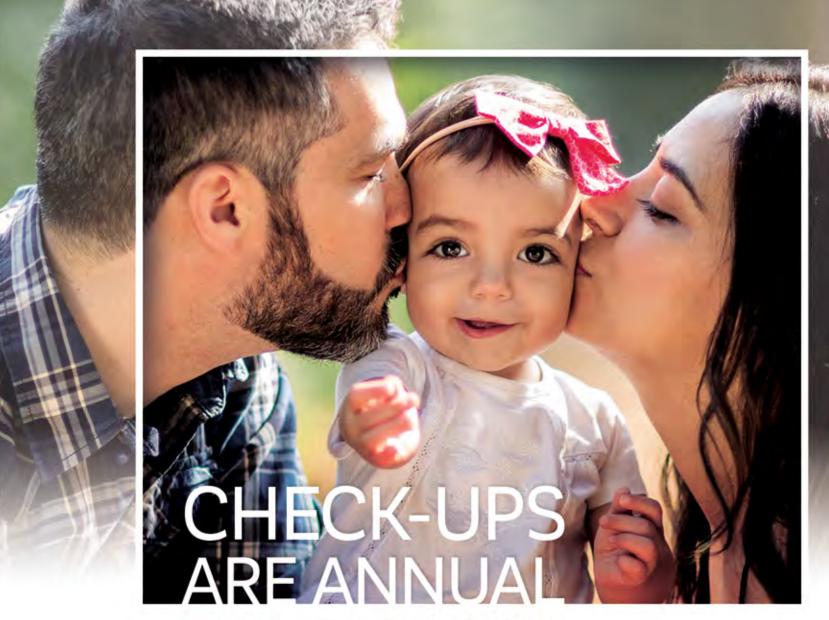
And Why is it so Important?

EXPERIENCE RELIEF Without Medication!

NON-INVASIVE TREATMENT

for Chronic Pain, Weight Loss and Hair Loss Restoration





FOR A REASON.

There's a good reason to keep your health care on schedule. Your family.

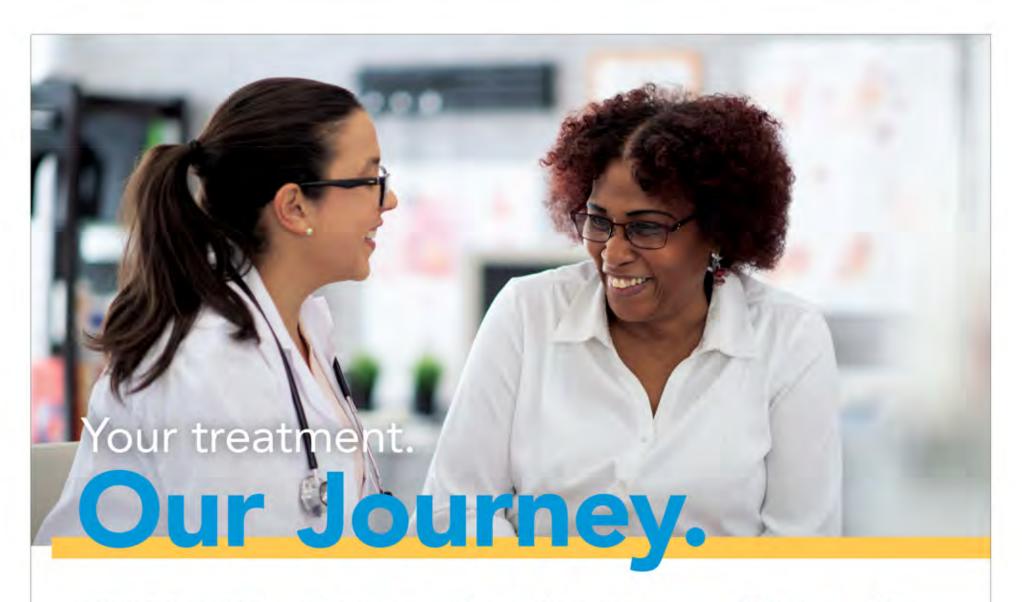
When it comes to keeping your family healthy, annual wellness visits with a health care provider are key. Routine exams and screenings can identify potential health issues early, when they are most treatable. And if you or a loved one gets sick, seeing a doctor is even more important.

We've implemented strict safety standards so that you can come to us confidently – knowing we are providing a safe place with quality care.

Make your appointment today. In-person and telehealth visits are available.

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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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^{*}All required paperwork must be provided at time of referral.





Caring for cancer patients is our privilege.

WE PUT OUR PATIENTS FIRST

Advocate Radiation Oncology is Southwest Florida's local partner in the fight against cancer, bringing world-class radiation treatment closer to home. We are the region's leading locally-owned and operated radiation oncology practice. Our team of board-certified radiation oncologists has decades of experience and is dedicated to working with each patient to develop a compassionate, personalized treatment plan.





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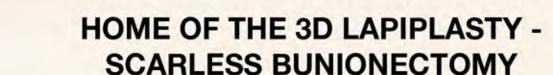


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4 New Facts About Your Feet & Ankles



Ingrown toenails can lead to bone infection; we treat them fast.

Diabetic infections kill more people than breast cancer and AIDS.

If diabetic, must see us now.

Top pickleball injuries seen include foot fractures from ankle sprains.

MEDICARE AND MOST PPO'S ACCECPTED



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Glaucoma Cornea

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Retina Routine Eye care

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A 2018 study that compared the Cataly, with another leading laser concluded that the Catalys demonstrated superior outcomes in forms of the
patient experience, completeness of capsulotomy and ease of cortox removal. https://www.nctu.nim.nih.gov/pmc/articles/PMC6087026/
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Bayfront Health Medical Group Welcomes Vascular Surgeon

hose with arterial and venous disease now have a new health care resource in Charlotte County. Board-certified vascular surgeon Michelle DesChamplain, M.D., FACS, has joined the Bayfront Health team and is now seeing patients.



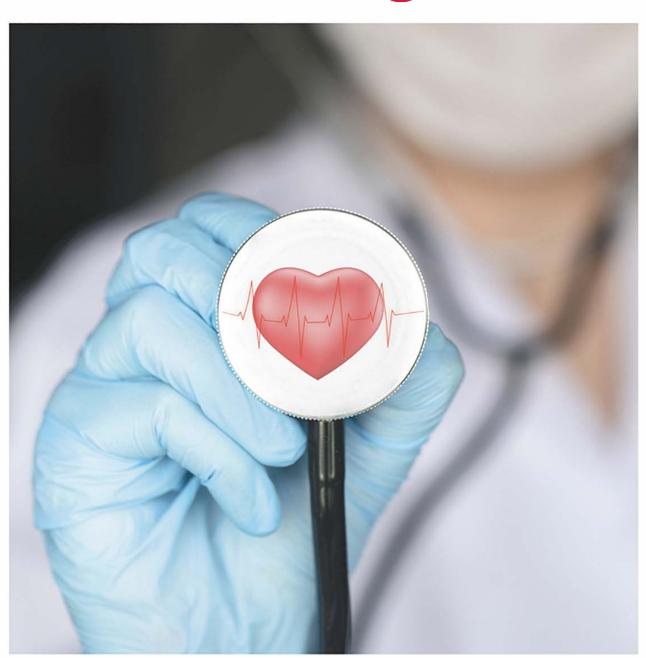
Originally from Virginia, Dr. DesChamplain practiced vascular surgery in Georgia, Pennsylvania and Virginia before moving to the area. She earned a Bachelor of Arts degree from the University of Virginia and Master of Science

degree from Old Dominion University before completing her medical education at the Medical College of Virginia.

Dr. DesChamplain completed both her Residency in General Surgery and Fellowship in Vascular Surgery with the Medical College of Virginia in Richmond, VA.

"The addition of Dr. DesChamplain underscores Bayfront Health's commitment to provide our community with more convenient access to specialty services," said Tara McCoy, Chief Executive Officer of Bayfront Health Port Charlotte and Punta Gorda. "In addition to traditional treatments for vascular issues, she has a special interest in minimally invasive approaches, offering multiple benefits to patients including shorter recovery times."

Dr. DesChamplain offers a wide variety of services for the treatment of arterial and venous disease, including peripheral arterial disease, carotid disease, aneurysmal disease, dialysis access, deep vein thrombosis, varicose veins and spider veins.



Dr. DesChamplain sees patients Monday through Friday at 2400 Harbor Blvd., Suite 7, in Port Charlotte. Patients can request a referral from their primary care physician, or schedule an appointment directly with Dr. DesChamplain at (941) 766-5099.



For more information about Dr. DesChamplain or other Bayfront Health Medical Group providers and locations, visit www.BayfrontMedicalGroup.com.

Early Detection of Cancer Saves Lives: Get Screened

cancer diagnosis changes everything; it is, perhaps, the most feared diagnosis a doctor can deliver. Every cancer patient wants to be assured they have access to the most advanced treatments, delivered by a physician who is both experienced and compassionate ... and it helps tremendously if treatment can be administered in a community setting, close to home, so the patient can be surrounded by family and friends. However, no matter what type of cancer or what the cause of cancer, the earlier it is detected, the more treatable it usually is and the better the outcome for the patient.

Cancer Screenings Decreased During COVID-19

A recent study conducted for the Community Oncology Alliance (COA) showed a substantial decrease in the number of cancer screenings, diagnosis and treatment for senior adults and Medicare beneficiaries because, during the early months of the pandemic, many people chose to delay or even skip regular screenings, such as mammograms, prostate exams, PSA testing or colonoscopies, among others, for various types of cancer. This has resulted in later diagnoses for some patients and delays in beginning treatment.

Florida Cancer Specialists (FCS) urges everyone to talk with their physician about cancer screenings and follow recommended guidelines, so that an early diagnosis is possible. Here are some of the most common cancer screenings for people at an average risk for cancer and with no family history: Skin Cancer: Screening for skin cancer involves checking your skin and any moles for changes that could be signs of cancer. An annual skin check by a dermatologist or your regular physician is recommended for those with a family history of skin cancer.

Breast Cancer: In addition to monthly self-examinations, the American Cancer Society (ACS) recommends that, starting at age 40, all women should have annual screening mammograms. Talk to your doctor about what is right for you, based on your own family health history and your risk factors.



Cervical Cancer: A Pap test is advised for all women, beginning at age 21. Women from 21 to 29 should have a Pap test every three years. Beginning at age 30, ACS recommends a Pap test combined with human papillomavirus (HPV) testing every five years. Testing should continue until the age of 65.

Colorectal Cancer: Colonoscopy screening for colorectal cancer should start at age 45 and be done every 10 years, unless recommended more often by your doctor, up until age 75. This type of screening not only detects cancer early, but, in many cases, it can prevent cancer from developing by identifying and removing polyps (abnormal, precancerous growths within the colon).

Lung Cancer: Low-dose CT scanning is recommended for some people who are at higher risk for lung cancer. This group includes adults, ages 55 to 80, who have a 30 pack-year smoking history and who currently smoke or have quit within the past 15 years. To determine a pack-year score, multiply the number of packs smoked per day by the number of years smoked. So, if you smoked two packs a day for 20 years, your pack-year score would be 40.

Oral Cancer: Screening for oral cavity and oropharyngeal cancer may be done during a routine checkup by a dentist or medical doctor. The exam will include looking for lesions or abnormal-looking areas in the mouth and throat. 75% of all head and neck cancers begin in the oral cavity.

Prostate Cancer: The PSA test is used to screen men for prostate cancer; however, it is not clear if the benefits of testing all men outweigh the risks, such as finding and treating slow-growing cancers that do not require treatment. It is important to talk with your doctor about the risks and potential benefits, based on your personal and family history.

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, both 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 treatments.

Florida Cancer Specialists treats patients with all types of cancer and offers a number of services, including an in-house specialty pharmacy, an in-house pathology lab, financial counselors at every location and 24/7 access to Care Managers, who help deliver the most advanced and personalized care in your local community.



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Venice Island

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Venice Healthpark

836 Sunset Lake Blvd, Suite 101 Venice, FL 34292

Englewood

714 Doctors Drive Englewood, FL 34223-3992

For more information, visit FLCancer.com



The Benefits of Patient-Centered Care

By Dr. Arie Dosoretz

n 2020, an estimated 1.8 million people in the U.S. received a cancer diagnosis. This experience can be difficult and naturally comes along with feelings of shock, sadness and fear for the road ahead.

The majority of patients with a cancer diagnosis receive radiation therapy, which uses high-energy beams to target and destroy harmful cancer cells.

Modern radiation therapy techniques offer safe and effective treatment options that are aimed at maximizing treatment efficacy while minimizing side effects. A typical treatment plan is combined with chemotherapy and surgery in order to provide the best chance of controlling the disease.

A well-organized and focused radiation oncology team should work closely with each patient, their caregivers, and the other physicians involved in a patient's fight against cancer.

Putting Patients First

Patients are always the top priority at Advocate Radiation Oncology. Our goal is to develop a highly personalized treatment plan that caters to each individual's needs. This process begins by first learning the important details about each patient and their given circumstances.

A patient-first approach requires that the physician and surrounding staff thoroughly commit themselves to understanding a patient's goals and providing a compassionate and comfortable experience throughout the treatment process.

Patients deserve to feel that their care team is a source of strength and support from the moment they walk through the door.

Patient-Centered Care

Radiation therapy is a proven cancer treatment that has been used for many decades. Radiation technology has continuously evolved and can be deliver efficient treatment that allows you to live your life with minimal disruption.

While outlining a patient's treatment plan, Advocate Radiation Oncology's expert team uses the most



up-to-date data to ensure to ensure that every patient receives the most evidence-based cancer care.

Lastly, we review that plan with you so that you and your loved ones know what to expect and are comfortable moving forward together. As your advocates, a devoted team stays by your side throughout your treatment journey, every step of the way.

About the Author

Dr. Arie Dosoretz is a board-certified radiation oncologist and founding partner at Advocate Radiation Oncology, a locally owned and operated practice with offices in Fort Myers, Cape Coral, Port Charlotte, Bonita Springs and Tamarac. For more information, please visit AdvocateRO.com.

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BEACH DAYS AND HEALTHY FEET

s temperatures rise in SWF, millions of Americans will be heading to our beautiful beaches. Beach days translate into watersports, playing or walking in the sand, and lots of sunshine. However, there are risks associated with beach days that can affect the health of your feet. Here are some tips to protect the health of your feet so you can enjoy many more beach days.

First, make sure you wear shoes to the beach. Shoes will reduce your risk of puncture wounds or other cuts/sores that can occurs from stepping on seashells, broken glass or other sharp objects that may be hiding in the sand. If you have any open wounds or other injuries to your skin skip going into the ocean until they heal fully. Bacteria in the ocean, lakes or other bodies of water can lead to infections. If you do experience any injuries like a puncture wound make sure to get treated right away by a foot and ankle specialist.

Another common beach injury includes being stung by a jelly fish. It's important to remember that a jelly fish washed up on shore can still sting you. If you do get stung, and their tentacles are stuck on your foot or ankle, make sure to remove them. Be cautious to protect your hands from getting stung as well when removing the tentacles. Vinegar or baking soda can help reduce the pain and swelling. Most injuries will heal within a few days, but if they don't seek medical attention.

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.

> 3161 Harbor Blvd., Suite B Port Charlotte, FL 33952

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Everyone knows to apply sunscreen, however many forget to protect their feet from the sun as well. Make sure to apply sunscreen to your feet and toes. Don't forget the soles as well. Skin cancer can occur on the foot and ankle. It also important to remember sidewalks and sand can become very hot during these hot summer days. Wear shoes to protect the soles of your feet from burning, especially if you have numbness of the feet or any type of neuropathy.

Beach days also include engaging in different activities on the sand or in the ocean. Walking, jogging or engaging in athletic activities on soft uneven surfaces like the sand can cause heel pain, ankle sprains and other foot and ankle injuries. Continue to use supportive shoes while engaging in these types of activities while at the beach to reduce your risk of injury.

People with diabetes should be extra cautious while at the beach. Diabetics are at a greater risk as many have poor blood flow and/or numbness of the feet. If you have diabetic related neuropathy (numbness) you will not feel the pain from cuts, puncture wounds or burns. Any type of skin break down in a diabetic can cause an infection that can rapidly progress leading to hospitalization and or amputation. Diabetics should always wear shoes to the beach and perform frequent foot checks to look for cuts, wounds or ulcerations. If any skin breakdown occurs, they should see their foot and ankle specialist immediately.

Remember these tips so you can enjoy many more beach days. If you do experience any injuries make sure to schedule an appointment with your local foot and ankle specialist.



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At Family Foot & Leg Center, we specialize in the treatment of wounds that are difficult to heal. We use advanced wound healing technologies to help keep patients out of the hospital and onto healing.

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Better results

· Improved long-term outlook

· Optimal quality of life

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Eyeglasses and Sunglasses:

Both Important—Both Somewhat Challenging to Jostle Between

etting regular eye exams is very important to make sure that you do not develop any new chronic conditions. Wearing your glasses is something that we take more advantage of as we age, as the majority of adults require glasses for reading, for driving or for seeing at a distance.

In Florida, we are overly exposed to the sun on a daily basis. Protecting your vision with sunglasses is critical. If you have glasses, juggling between your regular glasses and your sunglasses can be challenging.

Transition lenses have come a long way in the past decade.

Today's photochromic glasses are available in a rainbow of lens colors and are made with various materials. These lenses contain proprietary dyes that undergo chemical changes and darken when exposed to UV light. Photochromic technology has come a long way since the very first transition lenses, which darkened when silver chloride or silver halide in the glass lens reacted with UV light.¹

Pros of transition lenses¹

- They are convenient. You can use these glasses under most circumstances, whether indoors or outside.
- They offer continuous UV protection. You will no longer forget your sunglasses or not bother to put them on for a trip outside.
- They won't get lost as easily. You and your children are less likely to lose glasses when you don't have two pairs to keep track of.
- They are available in many styles and colors and can meet the prescription needs of most people.
 If you need shatter-resistant lenses, bifocals, progressives or have other specific needs, there's almost certainly a photochromic lens for you.
- They can save you money. You may not need to buy prescription eyeglasses and prescription sunglasses as well.

More on Eye Melanoma and Protecting Your Vision

It's a rare diagnosis, but if your eyes are constantly exposed to UV radiation, your chances of getting a melanoma in the eye are greatly increased. Ocular melanoma tumor cases are uncommon,



but about 2,000 new cases are diagnosed each year. Living in Florida, we need to be especially conscientious about preventing this form of cancer, due to our excessive exposure to the sun.

Ocular Melanoma (eye tumor/cancer)

Your eye is made up of three stratums, the outer, inner and middle layers. The middle layer is where most melanomas form. They typically occur in the uveal tract, which houses the iris, pupil, muscle fibers and layer of blood vessels that provides nutrients to reach the retina. This layer of blood vessels is called the choroid and is where most intraocular melanomas are found.

During your regular dilated eye exam, an ophthalmologist can usually detect the tumors if they are present. Some of the symptoms of ocular melanoma are a dark spot on the iris (color portioned eye), blurry vision, changes in the size of pupils or their shape, pain, redness, or consistent irritation.

Reference

 The American Academy of Ophthalmology, Sunglasses with Transition Lenses: Pros and Cons, https://www.aao.org/eye-health/ glasses-contacts/pros-cons-of-transitions-lenses

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.

If you or a loved one have any eye symptoms or are in need of your yearly eye exam, please schedule an appointment with an ophthalmologist immediately. Problems with sight, such as macular degeneration, retinal disorders or melanoma need to be addressed and treated as soon as possible. Although the treatment options for ocular melanoma are limited, if caught early on, a resection (removal) of the tumor is the standard of care.

A comprehensive dilated eye exam is critical for all patients. In high-risk patients, they may need the dilated exam several times per year. Don't delay! The first step is to schedule the examination because early diagnosis can reduce vision loss significantly.

Quigley Eye Specialists, founded in 1988, consists of more than 100 medical professionals, including surgeons, optometrists, retina specialists and technicians. Offices are conveniently located throughout Southwest Florida in Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.

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



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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.

Why Should You Be Concerned About The Type of **Diagnostic Breast Cancer Screening You Are Offered**

reast cancer affects both men and women. In Florida, 16,000 new breast cancer cases are diagnosed each year. 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.

Mammograms have helped diagnose breast cancer early and eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. Additional breast cancer symptoms 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.

Early diagnosis saves lives, and it is critical for treating any cancer effectively. Regular screenings are imperative, as are self-diagnoses. If you notice any changes, making an appointment with your physician is vital.

2D Breast mammograms are standards, but they often miss the early stages of breast cancer.

Why 3D Mammography is Superior

3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details 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. This new technology increases breast cancer detection by 38%.

3D mammography helps distinguish harmless abnormalities from real cancers, leading to fewer callbacks for additional mammography and less anxiety for women. With 3D mammography, Radiology Regional radiologists have reduced patient callback rates by 20-30 percent.

3D Biopsy Testing

Radiology Regional offers the latest, advanced testing for their patients when there is an abnormality that calls for biopsy of the breast tissue. With Hologic Affirm® 3D Biopsy testing, the patient is comfortably seated in a comprehensive machine that provides the most precise biopsy procedure. Additionally, this system allows the fusion of both imaging and interventional purposes.

About the 3D Affirm® Breast Biopsy Guidance System

This innovative interventional tool provides advanced breast health via the Affirm breast biopsy guidance system. This system enables 3D™ breast biopsies using the same imaging equipment as for mammography exams. It also includes a lateral arm upright biopsy accessory that allows for even more flexibility to access challenging lesion locations.

Advanced Imaging

With the 3D™ biopsy option, Radiology Regional practitioners can pinpoint subtle, tiny lesions and faint calcifications.

The use of this groundbreaking 3D™ imaging technology to perform breast biopsies offers these key advantages:

- Target lesions, including those visible only in tomosynthesis images.
- Streamlines procedure steps and speeds targeting, resulting in shorter patient procedure time.
- Reduces patient dose, as fewer exposures are required.

Interventional Biopsy

The system transitions from screening to interventional procedures to biopsy a wide spectrum of patients in a comfortable, seated position.

https://www.hologic.com/hologic-products/breast-skeletal/affirmbreast-blopsy-guidance-system



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 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.

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

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 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

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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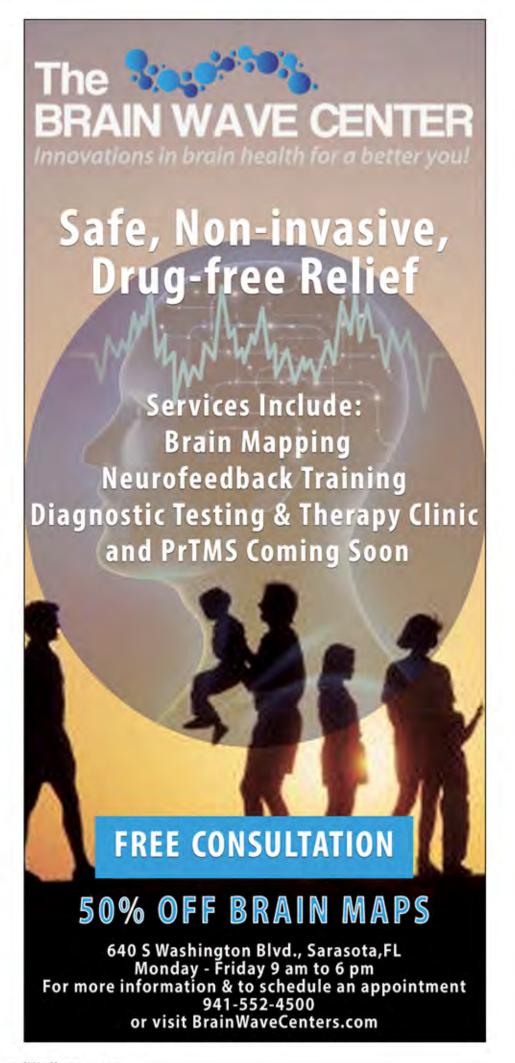


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NON-INVASIVE TREATMENT FOR CHRONIC PAIN, WEIGHT LOSS AND HAIR LOSS RESTORATION

REGENERATIVE MEDICINE

Regenerative Medicine is a growing field of interest because it gives real results that patients can see and feel! It is a proven approach to enhancing your overall health and will greatly eliminate most painful joint and soft tissue disorders.

Sounds impressive but confusing, right? Well in layman's terms it means our bodies were designed to heal themselves! Makes sense ... you cut yourself, it heals.

Imagine if pain medication was no longer needed. Imagine if the need for a surgical procedure was prolonged or no longer necessary. Through new technologies in regenerative medicine, there are now treatments available that may enhance your own body's natural ability to heal.

Regenerative medicine is used for the management of pain, sports injuries, to expedite the healing from surgery, hair loss, sexual health and even to combat the signs of aging.

The regenerative medicine healing process replaces, creates and regenerates human cells and tissues to maintain- normal function, meaning these treatments kickstart the body's ability to build diminished tissue, improve damaged tissue and restore function that has otherwise deteriorated. When injured or invaded by disease, our bodies have the innate response to heal and defend. Harnessing and enhancing the body's own healing powers with the utilization of regenerative medicine is the new frontier of medicine, with results that may be miraculous.



We are excited to announce that regenerative medicine has been endorsed as a new field of academic rank at Mayo Clinic - the first addition to academic rank at Mayo in three years.





AESTHETICS NONSURGICAL FACELIFT

When you think of lifting and sculpting the face, does your mind immediately conjure up notions of incisions and sutures via plastic surgery? The truth is, face lifts are not as popular as they used to be, and that's mostly due to the viable alternative options that are readily available.

We can do so many things that are much less invasive and more cost effective that will give us those augmented results that make us look younger and can help to restore our confidence level.

WHAT ARE FACIAL FILLERS?

Cheek fillers are injections that raise the volume of the area above and around your cheekbones. This provides the illusion of a more defined bone structure. By injecting volume under your skin layer, cheek fillers can also smooth out wrinkles and fine lines.

HOW LONG THEY LAST

Depending on the type that you choose, cheek fillers can last anywhere from 6 months to 2 years before results are no longer noticeable. The dermal filler material eventually dissolves and metabolizes into your skin tissue.

SANEXAS

A Revolutionary Electronic Cell Signaling Treatment



SANEXAS Electric Cell Signaling Machine uses electrical signals to treat pain and cir-

culatory conditions. This electric cell signaling device is much like a traditional TENS unit, but it is larger in size and penetrates deeper which is more effective in reducing pain. The pharmaceutical strength, frequencies, and associated harmonics are greater than the typical TENS unit, which is why trained medical professionals are present when it is in use.

WHAT IT TREATS

The SANEXAS Electric Cell Signaling Treatment treats (but is not limited to) the following:

- · Neuropathy/radiculopathy pain
- Improve nerve health and regeneration
- · Neuromuscular reeducation and training
- Creates relief of chronic intractable pain (osteoarthritis)
- Muscle spasms relaxation
- · Increased local blood circulation
- · Prevents the retardation of disuse atrophy
- · Acute/chronic pain conditions
- · Post-traumatic pain syndromes
- Aids in treatment in post-surgical pain conditions
- Improved tissue/organ function

HOW MANY TREATMENTS

The average person will start noticing changes after 6-15 treatments. Some may notice changes earlier than later depending on the person and area receiving treatment, but it is necessary to receive a series (multiple) treatments for the SANEXAS treatment to be effective. Not all symptoms will be treated with the same number of treatments or the same amount of time per treatment.

Covered by Medicare and most insurances.



Patient Testimonial:

I cannot say enough about this procedure. It's safe, it's effective, and best of all, IT WORKS! In 12 sessions I lost 10 pounds and an overall total of 12 inches. A huge thank you to Dr. Johnson and his wonderful staff. —Sherry L.

SPOT FAT REDUCTION

Our clinic has treated more than 100 satisfied patients for spot fat reduction for over 3 years. A cutting-edge new Light Therapy made in the United States is the first machine of its kind with a new microchip technology that is the latest and most advanced method for immediate fat loss. An alternative to invasive liposuction, the Laser Light Therapy is in the forefront of the aesthetics industry for one simple reason—It Works!

HOW DOES IT WORK?

By using red and near-infrared light therapy, the treatment penetrates the layers of the dermis and is absorbed directly by the fat cells. It immediately shrinks the fat cells down in a rapid rate, and the excess fat is distributed into the bloodstream and metabolized by the body's natural detox system and eliminated as waste.

SHOCKWAVE THERAPY FOR CHRONIC JOINT PAIN / ED

With Shockwave Therapy, there are no side effects from the treatment. More importantly, it is completely painless, and non-invasive as well. Patients can resume their normal activities, including sexual activity following each treatment session. Shockwave Therapy offers regenerative treatment and on average, patients will start noticing results after the third or fourth treatment.

Erectile Dysfunction

More than half of all men 40 to 70 years of age have experienced erectile dysfunction — "an inability to attain or maintain an erection sufficient for sexual performance" — according to the Massachusetts Male Aging Study.

HAIR LOSS RESTORATION

Hair loss is a quite common condition observed in both men and women. Pattern hair loss is the most common form of hair loss that affects up to 80% of men and up to 40% of women by age of 70, and it can have quite devastating consequences on one's well-being, including lower self-esteem, depression and lower quality of life.

Hair loss occurs when the scalp stops receiving chemical signals that tell it to grow new hair from existing follicles. Up until now, there haven't been many things physicians could do to stop hair loss on a permanent basis, at least, none that looked natural. Hair plugs made their entrance onto the scene decades ago, but even with modern updates to the process, they often still look unnatural – especially on balding men. Other solutions, which include hair restoration products such as Rogaine and others stop producing results shortly after stopping the process. This means it isn't a long-term solution.

There is increasing evidence that stem cells help by re-triggering the growth and reproduction of cells in an area of the body that was formerly too old or damaged to do so on its own. By reintroducing such cells to the scalp, physicians and aestheticians help clients naturally rediscover their formerly thick, lustrous hair. Regenerative Medicine therapies includes PRP, MSC Stem Cells and Wharton's Jelly.





CHIROPRACTIC TREATMENT

The Activator Method Chiropractic Technique is a *gentle, low-force approach* to chiropractic care. Used safely on patients of all ages since the late 1960s, it brings relief for a variety of health concerns.

Because of its effectiveness and gentle nature, the Activator Method has grown to become the world's most widely used instrument adjusting technique.

The Activator Method is an especially good choice for older patients, or those with arthritis, osteoporosis or other boneweakening conditions. The low-force thrust of the Activator Adjusting Instrument, along with the doctor's ability to pinpoint the exact location of the problem can relieve a patient's pain without added discomfort.

Patient Testimonial:

Dr. Johnson came highly recommended to me by a friend due to the terrible amount of back pain I was having. I had overworked myself and had a hard time even walking upright. After my very first visit, I was able to stand and walk normally and with much less pain. By the end of week one of treatment with Dr. Johnson, I am virtual back to normal and pain free! I would recommend Dr. Johnson's office to anyone I know. Very professional, and caring people there! Plus his use of The Activator makes the whole process painless.

— Rebecca M.



Providing multi-disciplinary treatments for various painful conditions as well as weight loss, body contouring, neuropathy and hair loss.

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Diagnostic Imaging Saves Lives

edical imaging technology has revolutionized health care over the past 30 years, allowing doctors to find disease earlier and improve patient outcomes. Whether you are a young child with cancer or a grandmother who just wants to make sure she's in good health, medical imaging helps you detect and diagnose disease at its earliest, most treatable stages and guides physicians and patients in determining the most appropriate and effective care.

Radiology Associates physicians are board certified radiologists with training in all aspects of diagnostic imaging, including CT, Mammography, MRI, Ultrasound, X-ray, and Nuclear Medicine. Additionally, each has advanced subspecialty training in one or more areas of medical imaging or interventional radiology that we believe provides the basis for providing the highest level of patient care.

Our goal is to provide high quality patient care in a comfortable environment, using the latest imaging and interventional technology and working in close collaboration with referring physicians.

Radiology Associates of Venice and Englewood is pleased to offer the following diagnostic imaging services:

MRI Scan

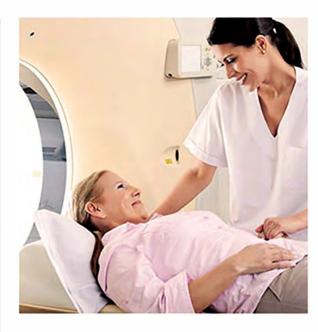
Magnetic resonance imaging, commonly known as MRI is a medical test that aids physicians in diagnosis and treating medical conditions. This is a noninvasive and typically painless test.

Breast MR

Breast MRI uses Magnetic Resonance Imaging (MRI) to look specifically at the breast. It is a non-invasive procedure that doctors can use to determine what the inside of the breast looks like without having to do surgery or flatten the breast (as in a mammogram).

MRA

Magnetic Resonance Angiography - Magnetic Resonance Angiography (MRA) uses the same MRI scanner to get its images, however it is a special type of MRI scan that looks at blood vessels and blood flow. MRA can help diagnose aneurysms, and also detect narrowing or blockages of blood vessels. If there is decreased or blocked flow leading to the



brain this can be the cause of a stroke. Additionally, it can be an ideal aid to the physician for surgical planning. Some MRA's, as with MRI's, require a contrast medium.

CT Scan

CT Scan sometimes called CAT scanning is a painless and a non-invasive medical test that helps physicians diagnose and treat medical conditions.

Ultrasound

A process that uses high-frequency sound waves to produce pictures of the inside of the body. Because ultrasound images are captured in real time, they are able to show blood flowing through the blood vessels, as well as the movement of the body's organs and its structure.

Nuclear Medicine

Nuclear medicine is a specialized form of radiology. Patients are given a radioactive substance either by mouth or intravenously that collects in specific body organs. Then the gamma camera detects the energy being emitted from that substance and an image can then be captured.

Digital X- Ray & Fluoroscopy

An X - ray is a painless and quick test for the patient to endure. It involves exposing the part of the body that is being examined to a small dose of ionizing radiation to produce pictures of the inside of the body.

3D Mammography

3D mammography is a new technology in the fight against breast cancer that allows doctors to examine your breast tissue one layer at a time. 3D mammography uses high-powered computing to convert digital breast images into a stack of very thin layers or "slices"- building what Is essentially a "3-dimensional mammogram".

Bone Density DEXA

Bone density scanning, also called dual-energy x-ray absorptiometry (DXA) or bone densitometry, is an enhanced form of x-ray technology that is used to measure bone loss.

PET Scan

Positron emission tomography, also called PET imaging or a PET scan, is a type of nuclear medicine imaging.

For more information about the diagnostic imaging services available at Radiology Associates of Venice, Englewood and Sarasota. Call the Venice office at 941-488-7781 or the Englewood office at 941-475-5471 or the Sarasota office at 941-342-7283.



VENICE

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ENGLEWOOD

900 Pine Street Englewood, FL 34223 941-475-5471 Hours: 8:00am-5:00pm

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A BETTER BRAIN MEANS A BETTER YOU!

Neurofeedback Offers Safe, Noninvasive, and Drug-free Relief from Chronic Issues Such as: Anxiety, Depression, Attention Deficits, PTSD, Autism and more.

Neurofeedback is a measured learning process that takes advantage of the brain's ability to self-regulate and seek balance. By re-training irregular brainwave patterns, we are assisting the brain to function better. In addition, adding other proven modalities, such as psychotherapy, better nutrition & sleep, and more exercise, the outcomes could be superior. Sometimes the missing piece is simply the brain; how it is managing, processing, and responding.

Neurofeedback Can Improve These Imbalances

Remember when you learned to ride a bicycle? Or maybe how to swim for the first time? When you first started, your brain didn't know how to do it. However, with practice, and repetition, you soon mastered it. This process of learning with repetition and feedback is known as operant conditioning. It's a natural learning activity everyone uses when developing new skills.

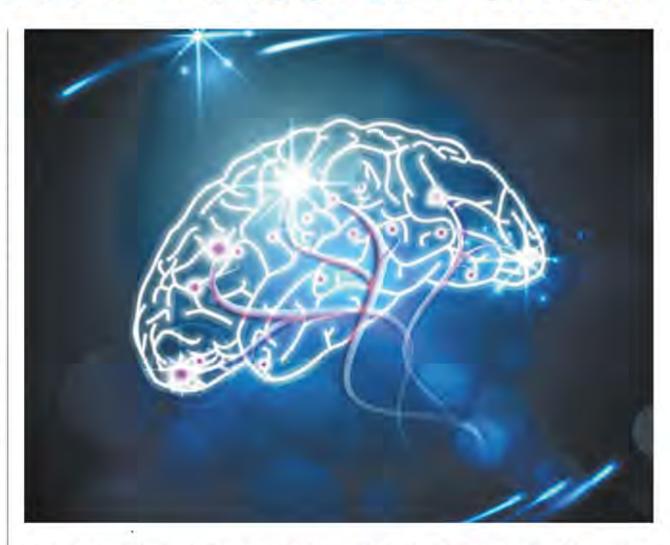
Neurofeedback uses the same safe, natural approach in improving your brain function.

How does neurofeedback work?

First, the actual imbalances are measured. This is done using a time-tested technology known as an electroencephalogram (EEG). It's a painless, easy test - a cap is placed on the head that allows the computer to measure your actual brainwaves. A report or Brain Map is generated containing a detailed analysis of the brain. The report also gives a detailed plan for neurofeedback training options. The Brain Map gives the data needed to create a customized training program to correct the imbalances that are likely the cause of the symptoms in the first place.

The training is fun and easy.

All the patient needs to do (child or adult) is come in, sit down in a comfortable chair, and watch a movie or video that they pick. A normal training session is 30 minutes long. During that time, two small sensors are placed on the scalp that measures brainwave output in real time. Just like in real life, if your brain speeds up while you watch



the movie (you get fidgety, or anxious) - this is too much Beta energy. When this excess is detected, the movie dims, and the sound decreases.

This is a signal to your brain to slow down. Over time, the brain creates new, more efficient neural pathways that allow you to think in a calmer, healthier manner. The result- No More Symptoms!

Long term results.

Just like learning to swim, or ride a bike, these skills remain for a lifetime, even if you don't use them often. That's because the brainwave pathways remain in place permanently. Neurofeedback helps your brain to create the same long-term improvements in your brain activity. Once completed, the improved focus, concentration are yours to keep!

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.

If you or someone you know could benefit from the multiple therapeutic treatments that the Brain Wave Center offers, please contact them at (941) 552-4500. or visit BrainWaveCenters.com for more information.



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Defeat Gum Disease

here is a silent oral disease affecting more than 80% of adults. Chances are you either have had or are currently battling periodontal (gum) disease. Unfortunately, in many cases, the disease goes undetected until painful symptoms begin occurring. At which time the disease and any adverse conditions have already set in. Because there are no early signs of periodontal disease, it often goes untreated until the physical symptoms surface and by then the concern is treatment not prevention. It is extremely important for everyone to have regular dental check ups at the recommended six month interval. Without these check ups and proper oral care, periodontal disease can silently cause not only oral health problems but can also contribute to other major health concerns.

Periodontal disease, also known as gum disease, is the chronic infection of the soft tissue around the teeth caused by plaque producing bacteria. The gums hold the teeth in place. As the gums become infected, they loosen their hold on the teeth and pockets are formed. These pockets collect debris and cause more infection and bone loss to the tooth. Gum disease is infectious and contagious. It can spread from tooth to tooth in the mouth and from one person's mouth to another through saliva.

As with other diseases, prevention is key to good oral health. It is important for everyone to practice diligent, thorough, and proper oral care by scheduling check ups every six months. At which time, your dentist will be able to detect and treat any signs of periodontal disease before symptoms begin to show and the damage is done. As mentioned earlier, most people do not know they have periodontal disease until they begin suffering from any combination of the following signs:

- · Chronic bad breath
- · Red or swollen gums
- · Bleeding gums especially after tooth brushing
- Tender or sore gums
- · Loose or shifting teeth
- · Receding gums
- · Sensitive teeth



If you have been diagnosed with periodontal disease, there are various treatment plans your dentist may recommend depending on the severity of your case. The most important action is meticulous at home daily oral care. Teeth must be brushed twice or more times each day for at least two minutes and flossed at least once per day. Other treatments include oral rinses, periodontal cleanings, and sometimes surgery.

Traditional periodontal surgery involves cutting and suturing of the gums and recovery time can be long and painful. With the advancement of modern laser technology, there is an alternative. Joseph H. Farag, DMD offers a better alternative for patients battling periodontal disease. Dr. Farag offers patients laser-assisted new attachment procedure (LANAPTM) which is a no-cut, no-sew procedure to treat mild to advanced periodontal disease. The advancements in laser surgery techniques, have made treating periodontal faster and less painful. LANAPTM is much less invasive than traditional surgery, allowing patients to return to work the next day if desired.

Even with the benefits of LANAPTM it is obviously best to practice good oral care. The most important preventative measure to avoid the insidious gum disease is to take excellent care of your teeth. Proper cleaning at least twice a day is imperative. The goal is to keep the bacteria that cause the plaque at very low levels.

If your gums are painful, red, or swollen don't ignore the signs; make an appointment today that may save your teeth and gums. Treating periodontal disease sooner is always better than later.

Benefits of LANAP™

EASY – LANAP™ is about as EASY as erasing a blackboard – unlike older techniques, there is no cutting and no suturing of the gums.

MINIMAL DISCOMFORT – Both during and post procedure, the patient experiences very minimal discomfort with LANAP™ than with prior standard surgery techniques.

SHORTER PROCEDURE TIME – It takes less time to complete LANAP™ than traditional surgery. Typically it takes is two 2-hour visits to the office and two follow up visits. Traditional surgery requires four sessions of about one hour each, with subsequent visits for suture removal and additional check-ups.

LESS GUM LOSS – LANAP™ minimizes the loss of gum tissue, traditional surgery often involves involves removing a significant amount of gum tissue. This tissue loss can lead to sensitive teeth since your roots are exposed. Also, if the treatment needs to be performed again in the future, you have not removed the bone and gums during the first LANAP™ treatment. Typically with LANAP™, any gum tissue shrinkage is actually due to reduced swelling of the area that was previously diseased and inflamed.

SHORT RECOVERY - Many patients fully recover from LANAP™ within 24 hours. In most cases, patients feel just fine post surgery and daily activities are not interrupted. On the other hand, recovery after traditional surgery can take up to 4 weeks during which patients can experience considerable pain and swelling.

SAFE – LANAP™ with the PerioLase is SAFE for patients with health concerns such as diabetes, heart disease, high blood pressure or those taking medications such as Coumadin or Cyclosporine.

Dr. Joseph Farag - Port Charlotte Dentalcare 941.764.9555

> 3441 Conway Blvd, Port Charlotte www.Drfarag.com

The Amethyst BioMat is The World's Foremost Technology in Infrared and Negative Ion Therapies

athe your body in the warm energy of the sun and the cool cleansing energetics of ocean waves all projected through a matrix of Amethyst Crystals.

If it is an Infrared Sau nathat is your prescription for detox, the BioMat will provide the environment you are looking for at a fraction of the cost and space.



The Amethyst BioMat is an FDA Approved Durable Medical Device. The BioMat is a 17 layer "pad" which lies on top of a massage table, your home mattress or even the floor. Using non-invasive thermo-therapy, it converts electricity through a computerized control panel produced by Texas Instruments, through Kurare super fabrics and Amethyst Quartz Crystals to produce Far Infrared Rays (FIR) & Negatively Charged Ions.

The BioMat delivers the highest vibrational resonance deep into all tissues of the human body. The combination of far infrared light, negative ions and amethyst quartz opens the channels for intelligent cellular communication leading to DNA repair and total body wellness.

Science and medicine have come together to develop this medically approved device for home and professional use. The BioMat's state-of-the-art light technology reverses degenerative disease cycles and



speeds cellular renewal. This allows post traumatic and surgical healing processes to occur much faster. The BioMat provides negative ion therapy, which stimulates serotonin, allowing the body and mind to go into a state of deep relaxation, assisting in therapeutic sleep. Negative ions are generated within the BioMat and enter the body through conduction.

The BioMat also provides the benefits of amethyst crystal healing. During a BioMat session you are lying on a bed of gemstone quality amethyst crystals in addition to the FIR & Negative Ion Therapy. The BioMat is a unique delivery system for infrared therapy because the FIR is modulated by the amethyst crystals which optimizes and increases the bioavailability of the infrared.

A unique feature of the BioMat is that it produces a 100 milligauss magnetic Field to assist circulation in the body.

The BioMat is also designed to shield your body from harmful EMFs whereas a FIR sauna has no such protection; these saunas surround you in harmful EMF's.



Benefits of the BioMat

Enhances Mental Well-Being Stimulates Calorie Burning Provides Gentle Detoxification Improves the Cardiovascular System Nutrition Is More Fully Absorbed Wastes Are More Easily Expelled Speeds Cellular Renewal Low Electrical Usage NON-INVASIVE thermo-therapy Increases Vitality Reduces Stress and Fatigue Strengthens Immune Function Relieves Pain & Soreness Improves Lymphatic Flow Regulates pH & Enzyme Activity Induces Delta States of Rest Blocks harmful EMF's

Technical Info

The BioMat is a state-of-the art FDA-approved Durable Medical Device (U.F.D.A Medical Device No. 2954299) Created over 15 years ago by a highly skilled group of scientist, medical professionals and engineers, it is continually improved & updated as research evolves. Much of the research and development of the technologies used in the BioMat are originally from NASA. Texas Instruments makes many of the layers contained within the BioMat including the control unit. Low electrical consumption:

This unique combination of components is what allows the Amethyst Quartz BioMat to deliver professional therapeutic results. The BioMat combines ancient traditional therapies with modern space-age technologies to promote regeneration at the cellular level

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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

alking, standing and exercising put a lot of strain on our knees. For example, a person that weighs 150 lbs. walking up a flight of stairs will put approximately 500 lbs. of pressure on their knees with each step. Not only is the knee one of the most intricate of all the joints in the body, but they are also the most susceptible to arthritis. Multiple types of arthritis affect the knees, but osteoarthritis is by far the number one type that surpasses all others.

What is Osteoarthritis (OA) of the Knee?

Positioned between the three bones of the knee (the femur, tibia, and patella) the articular cartilage provides a smooth gliding surface and acts as a shock absorber. This cartilage is smooth and resilient but susceptible to wear and tear. Once the cartilage begins to break down it is difficult to stop and often the cartilage breaks down completely and wears away. This can cause soreness, swelling, and stiffness, and it is the beginning stages of osteoarthritis, or bone rubbing against bone, which in turn causes bone spurs and a great deal of discomfort.

Articular cartilage has no blood supply. The cells that make the cartilage are nourished by the synovial fluid, and hydrostatic pressure of the joint influences the health and pathological condition of arthritis. The wear and tear process can be slowed often by weight reduction, strengthening the muscles surrounding the joints, and by minimizing or reducing activities that put excessive weight on the knee joints. However, there are well-known non-invasive treatments that have helped numerous people regenerate knee joint function and tissue.

Osteoarthritis develops slowly, and the often the pain becomes worse with time. This type of arthritis is also known as degenerative joint disease, because it is often associated with the aging process. But occasionally, this process can also affect younger people too. The pain can be debilitating and interfere with daily activities, affect your ability to work and create limited range of motion in your life.

MANY PHYSICIANS WILL RECOMMEND SURGERY, BUT DO YOU REALLY NEED IT?



Knee Replacement Surgery is Permanent

Starting with a more conservative approach is a better choice. Knee replacement is a very extreme measure to take without considering all of your options for a condition as common as knee arthritis. Physicians Rehabilitation has an effective knee program that entails several non-invasive treatments that can alleviate pain, increase weight bearing and strength, and regenerate tissue.

Physicians Rehabilitation's Knee Therapy Program Includes:

- · PRP (Platelet Rich Plasma)
- · Physical therapy
- · Bracing
- Rehabilitation
- Supplementation and more



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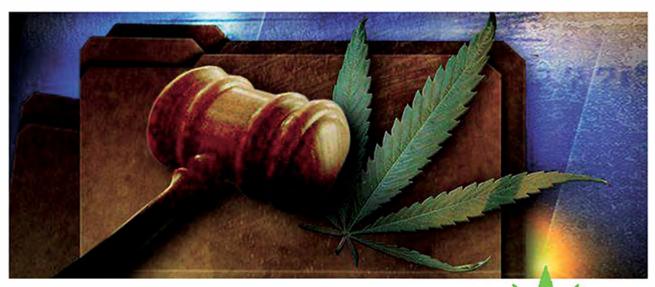
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We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find 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.

New Bill to Protect Medical Marijuana **Patients from Employers**

ith SB 962 and HB 595 having been filed back in early November, this bill could change the outlook for those afraid to make the jump towards becoming a licensed medical marijuana patient by further protecting them from being discriminated against by their employers. Unfortunately, this issue has become all too common with Florida's medical marijuana patients. As our current law stands, patients have zero protections against their rights as MMJ patients. Having a pool of over a quarter million people exposed like this has also let a new wave of attorney's flood in to prospect the early stages of MMJ patient protection.

The bill will introduce a new set of procedures for employers to follow shall an employee test positive for marijuana. This is a huge step in the right direction for the State as it prohibits employers from taking action against employees who are also qualified medical marijuana patients (in most situations). Many Floridians are not open to medical marijuana solely due to the reality of possibly losing their main source of income due to speed bumps such as corporate policies or random drug testing.



Thankfully this mindset is slowly shifting in favor of Cannabis advocates and with new bills on the horizon, us Floridians have an optimistic future as far as patient rights goes. If other states and their marijuana laws are to go by, we should have no problem introducing safety nets to those still being discriminated against.

Come this election we will see a shift in focus on these specific issues as more and more people join the already massive 300,000 card holders in Florida. Join the movement and help shift our states policies in the right direction and become a cardholder today!



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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.

or 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**

Stcp #1:

Recognize and understand the signs and symptoms of hearing loss.

Stcp #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

Stop enabling the hearing impaired listener.

Stcp #2:

Support and encourage all efforts to get treatment.

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

Stcp #4:

Learn to understand and use body language.

Remove physical barriers to speech.

Stcp #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 nonhearing 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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Dos and Don'ts of Owning a Vacation Rental

Are you considering a vacation home purchase that will produce valuable rental income when you're not using the property? If so, check out these dos and don'ts to get the most out of your financial investment.



DO: Create a financial plan.

This will help you predict the potential revenue and expense of owning a rental property.

DO: Work with a knowledgeable Realtor® when buying. A good agent can help you find a property in a good location with the best rental potential.

DO: Get to know your home.

Carefully check all parts of the home and repair and replace items that need it.

DO: Choose a property manager carefully.

Check their reputation in the area, then ask how they'll: Maintain the home so it stays in good condition, communicate with you and maximize your revenue.

DON'T: Ignore preventive maintenance.

It's better to fix or replace that aging water heater or HVAC system now than have it break during a renter's stay.

DO: Be strategic about using the home yourself. If your goal is to maximize rental income, stick to planning your stay during the off season.

DO: Plan to reinvest in the home.

Figure you may have to spend 1% of the property value each year on maintenance.

DO: Be realistic about pricing.

Research area rental rates and don't overprice. Your ultimate goal is to make a reasonable profit and that will require a high occupancy rate.

Sources: entrepreneur.com, sfgate.com, Morris Invest, blogs.netintegrity.net

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AVOIDING OUT OF STATE TAXATION WHEN MOVING TO FLORIDA

By James W. Mallonee

often get asked from individuals who move from the North to Florida what will be the tax implications when Florida becomes their permanent domicile. Under ordinary circumstances the impact is none, but there are always surprises which can be avoided provided you know how a change in domicile is viewed by your old State.

As it is well known, Florida has no income or estate tax making it a virtual haven for retirement. In some circles the loss of paying state income taxes is like getting a pay raise. The locale where an individual moves from was their domicile with the new Florida residence as the new domicile. It is the idea of domicile that the State losing its tax paying citizen is interested in continuing and not losing.

Domicile is generally defined as one's permanent living locality with intent to make it a fixed and permanent home. This requires an individual to have the intent to return to the same locality whenever such individual is absent. The difficulty with this definition is how subjective it can be interpreted. The key word is intent and proving intent is almost always determined by a person's conduct. As a result, any determination of one's intent will be very fact intensive. It is possible that the facts may show (by means of conduct) that a person's domicile is in two States. Thus giving the State you are leaving the ability to establish that you continue to make it your domicile for purposes of collecting taxes.

For example, case law in New York established the motives of the individual when changing one's domicile are immaterial except as they may indicate intentions provided they are genuine. In addition, the New York courts have consistently held that a change in domicile may be made through caprice, whim, fancy, business, health, pleasure, securing a change of climate, change of laws, or for any reason whatever, provided there is an absolute and fixed intention to abandon one and acquire another where the acts of the person confirm such intention to change their domicile.



Based on New York's view, two elements must be established to prove a change of domicile: 1) abandonment of the old domicile and acquisition of a new domicile; and, 2) actual change or residence. This means you must actually reside in the new location, not intend to reside there while continuing to live in the old residence. New York also uses a set of statutory resident factors to determine if a person remains obligated to pay income taxes even though they reside elsewhere.

New York's Statutory Resident law requires individuals to report income from all sources and pay the State of New York taxes thereon regardless of where the income is generated or the nature of such income. New York looks to two factors to assess if a person falls under its Statutory Residency law by measuring the amount of time such person is in New York. The measure is based on the number of days spent in New York which is established as more than 183 days a year. What is interesting is being in New York for 1 minute constitutes a day under the law. However, if traveling through New York (e.g. changing planes) does not count toward the 183-day threshold. The second factor is whether a person maintains a permanent place of abode (e.g. summer home or apartment) in New York. Just paying the rent or mortgage (even if you are not there) is considered a form of maintenance. Unfortunately, only one of the two referenced factors need be met to have the threshold for the Statutory Resident law triggered.

To prove a change of domicile you must prove by clear and convincing evidence your establishment of a permanent residence elsewhere. The difficulty

in proving a change in domicile by clear and convincing evidence is not relied upon by any one single factor, but a set of facts and circumstances that must be reviewed in each case. Some of those factors are:

The recording of a "Declaration of Domicile" in the county recorders office where you permanently reside; 2) The recording of a "Declaration of Non-Domicile" with recorder of the out of State county you left; 3) Sign a new Will and other estate planning documents within the State where you are permanently residing; 4) Register to vote in your new locality; 5) if you purchase property in Florida, apply for your homestead exemption (be sure to terminate your homestead exemption in the State you left by contacting both the Property Appraiser AND the Tax Collector); 6) Open bank accounts in the locality where you will be permanently residing; 7) Register all of your vehicles, airplanes and boats in the locality where you will be permanently residing; 8) change billing addresses for insurance or credit cards including social, religious or other affiliations to name a few; and, 9) spend as much time as possible in Florida (at least 6 months) and if necessary keep a log of the days spent in and out of Florida.

As you can see, undesired results can occur if affirmative steps are not taken to clearly make it known that your affiliation with the old State is no longer viable. So do yourself a favor and review the factors needed to assure you do not fall into the trap of the unwary who move into Florida and think you no longer have to worry about those pesky out of State income taxes.

About the Author:

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

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

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

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WHAT DOES GOOD SLEEP HYGIENE REALLY MEAN, AND WHY IS IT SO IMPORTANT?

he term "Good Sleep hygiene," might seem strange; it's concerning the critical importance of high-quality sleep without disruptions. When we sleep, we promote healing properties throughout the body. A good night's sleep is critical, especially as we age.

Getting a good night's sleep is critical for optimal health. The side effects and complications associated with sleep disorders are irritability, fatigue, high blood pressure, cardiovascular disorders, chronic disease, diabetes, depression, behavioral issues, stroke, and brain function impairment. If not rectified, over time, sleep deprivation can lead to heart attacks, stroke, diabetes, and other serious complications.

What Disrupts our Sleep?

Many things can interfere with good quality sleep such as caffeine, alcohol, heavy meals, pain, depression, anxiety, and medications to name a few.

On top of these disturbances, lies the most common issue that interferes with circadian rhythm, which is blue light. Pathways of brainwave activity and wavelengths lie in various regions of the brain, and they can be affected by stimuli and blue light: Delta waves promote deep sleep and regeneration, beta make us sleep lighter with emotional dreaming, alpha promotes faster activity in a relaxed state, and theta causes stress and anxiety.

Blue light emits wavelengths that contribute to sleep disturbances within our brains. Blue light comes from artificial lighting and electronics like fluorescent and LED lightbulbs, laptops, mobile phones, iPad, television, some alarm clocks, fiber-optic cable boxes, and other devices that use blue light. The issue is that blue light makes your brain think that it's still daytime, which makes it difficult to fall and stay asleep.

Tips for a better night's sleep

Setting a schedule is helpful. If you plan to go to sleep each night at the same time, this can help to reregulate your circadian rhythm. Winding down with the sun is also essential. Once the sun sets, that is your cue to dim the lights and start to relax. You can increase your relaxation by not watching anything action-packed on television, not eating or



drinking anything three hours before bed, especially sugar or caffeine. It can help to take a relaxing bath, read a book or drink some herbal tea before bedtime.

Exercise is also critical for increasing sleep hygiene. Exercise should be done earlier in the day. This is also known to increase the circadian rhythm and relax the body and mind. In saying this, many people find it helpful to take a leisurely walk in the evening after dinner, but it's not recommended to do intense exercise. Mediation is also a great way to relax the mind. Today, it's easy to find free meditation apps or videos online.

Sleep apnea disrupts sleep because of the lack of oxygen to the brain.

If you suspect you have sleep apnea, it's critical to seek medical attention. If you find yourself gasping for air in the middle of the night or snoring, you may be at risk. Sleep apnea can cause strokes, cognitive decline, and other serious issues.

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Dealing With Life's Painful Situations

By Pastor Timothy Neptune

n Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸ The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, "I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.



David went on to say in Psalm 142:3 that ³"When my spirit grows faint within me, it is you who knows my way..." God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit www.venturenaples.com or call (239) 775-5323.



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