



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

Health & Wellness MAGAZINE

October 2021

Charlotte/South Sarasota Edition - Monthly

www.swfhealthandwellness.com

FREE  

**BREATHE
EASIER**

**OCTOBER IS
HEALTHY
LUNG MONTH**

**ADVANCED
MAMMOGRAPHY**

**DETECTS SMALLER
MALFORMATIONS**

**ENCOURAGING
SIGNS IN THE
FIGHT AGAINST
BREAST CANCER**

**AUDIOLOGY
AWARENESS
MONTH**

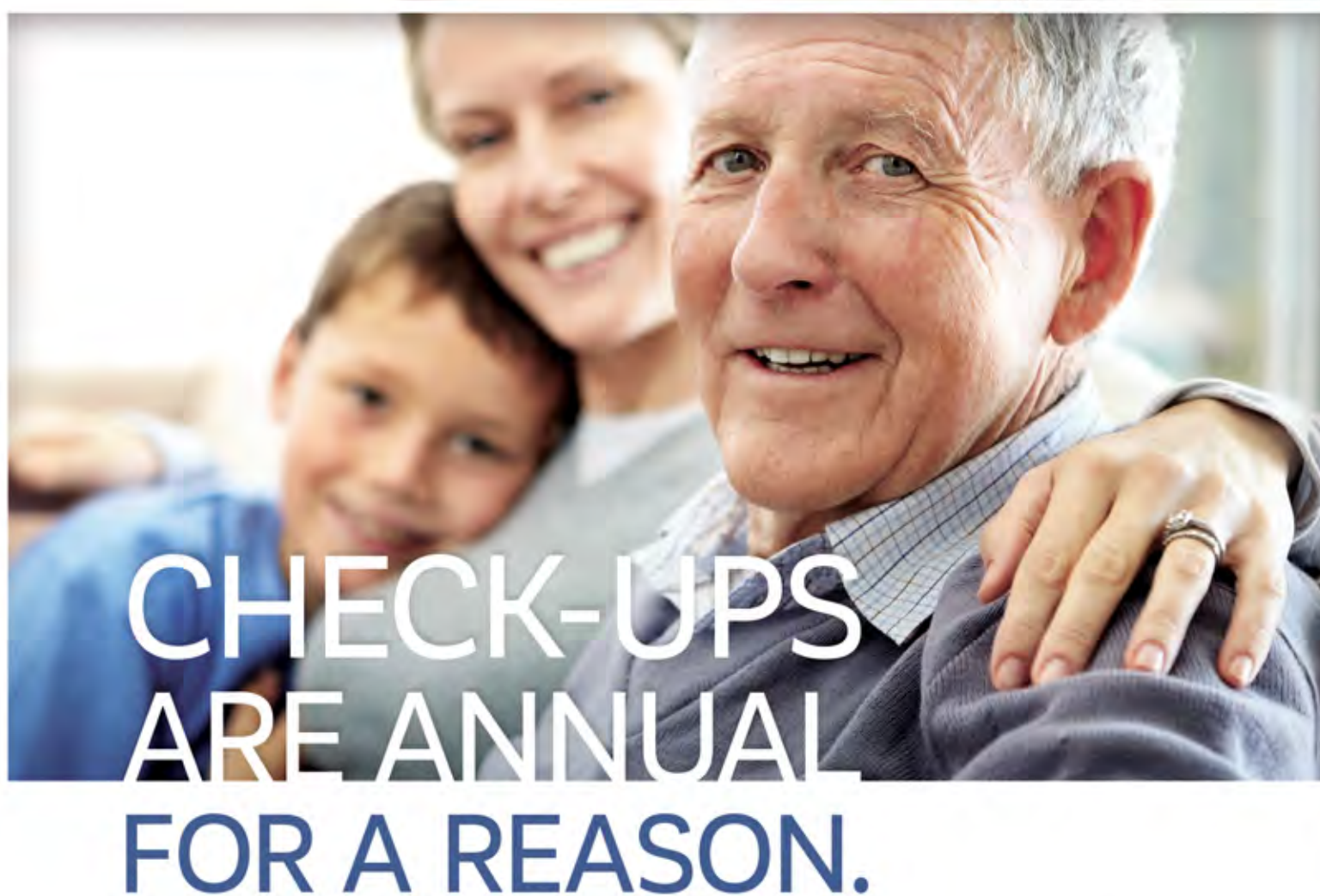
**BREAST
CANCER &
LYMPHATIC
DRAINING**

BREAST & CANCER

AWARENESS MONTH

**EARLY DETECTION
OF BREAST CANCER
CAN BE A LIFE-SAVER**





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.

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We celebrate Breast Cancer Awareness Month by honoring the strength of breast cancer patients. We are with you, every step of the way.

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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com

EDITOR - Lisa Minic



Publishing • Advertising • Web Design • Graphic Design

239.588.1200

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

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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 (laser) irradiation power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5071266/>

DR. YANDRO LEAL JOINS BAYFRONT HEALTH MEDICAL GROUP IN PORT CHARLOTTE

Board-certified in Family Medicine, Yandro Leal, M.D., has joined Bayfront Health Medical Group, bringing his personalized approach to Bayfront Health Port Charlotte.



"My passion is driven by the bonds I build with my patients over the course of their lives," says Dr. Leal. "I enjoy keeping them healthy and well over time."

Dr. Leal has a particular interest in all aspects of preventive care, along with the care of medically complex adults and adolescent's chronic diseases. His services include annual preventive care visits; pediatric and adult wellness checks; pediatric and adult acute illness (cold, flu, viral illness) care; and chronic disease management, including care for HTN, diabetes, asthma/COPD, seasonal allergies, mood disorders and arthritis.

After earning his medical degree from the Universidad Iberomericana Santo Domingo School of Medicine in the Dominican Republic, Dr. Leal completed his residency training at Houston Methodist Hospital in Texas.

Dr. Leal is originally from Havana, Cuba and is fluent in Spanish. He sees patients at Bayfront Health Medical Group, 1912 Kings Hwy, Suite 700, in Port Charlotte.

To schedule an appointment, call **941-255-0032** or visit **BayfrontMedicalGroup.com**.



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



Early Detection of Breast Cancer Can Be a Life-Saver

Identifying any type of cancer at an early stage, before it has spread extensively (metastasis), provides a much better outcome for patients.

That is certainly the case when it comes to breast cancer. The earlier cancer is detected, the easier it is to treat - and patients likely will have a more positive prognosis. In its earliest stages, where the cancer is localized and has not spread outside of the breast, the 5-year relative survival rate is 99%, according to the American Cancer Society. Sixty-one percent (61%) of cases are diagnosed at this stage.

Florida Cancer Specialists' physicians concur with the American Cancer Society's recommendation that women over 40, with no family history of breast cancer, should get a mammogram once a year; for women under 40, a clinical breast exam is recommended at least once every three years. In addition, monthly breast self-examinations can be an effective way of discovering any changes in the normal look and feel of the breasts. Since 2007, breast cancer death rates have continued to decrease in women older than 50; rates have remained steady for women under 50. Researchers believe these decreases are the result of several factors, including increased awareness, better screening technologies and improvements in treatments.

Know Your Risk Factors for Breast Cancer

Regardless of age, race, or family history, all women - and about 1% of men - have some level of risk for breast cancer. Primary risk factors include age and gender, along with a number of other factors, such as obesity and alcohol use, which can be moderated through healthy lifestyle choices, awareness, finding breast cancer earlier through better screening technologies and improved treatments. The risk of breast cancer nearly doubles if a woman has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. This is one reason why you should discuss genetic testing with your doctor, if you have a family history of breast cancer.

Impact of COVID-19 on Breast Cancer Screenings

Breast cancer is one of the few types of cancer for which there is an effective screening (mammography); however, during the coronavirus crisis, many women have wondered if it is safe to go to certain



medical appointments, including getting scheduled mammograms. Screening mammograms - at every age - are one of the best ways to diagnose breast cancer early, when it's most treatable. Women will need to make an informed decision with their physician as to whether or not to get a mammogram during COVID-19.

Remember - even if you are diagnosed with breast cancer, it does not necessarily increase your risk of having more serious complications if you do get COVID-19; however, for people in active treatment for breast or any type of cancer, there may be a higher risk for serious complications from COVID-19 if their treatments cause them to become immunocompromised (have a weakened immune system) or have lung problems.

Screening Guidelines for Women 55 to 75

The American Cancer Society (ACS) screening guidelines recommend that women ages 55 to 75 at average risk of breast cancer, with no family history, can be screened every one to two years. If you are between 55 and 75 and had a normal mammogram within the past year, you could choose to have your next mammogram up to 24 months after your last one, so that you don't have to be screened during the pandemic.

Are Mammograms Necessary for Women Over 75?

Considering that older people have a higher risk for COVID-19, some are questioning whether mammograms are even necessary after the age of 75 for women with no family history of breast cancer, and

a record of normal mammograms. The ACS recommends, "Women should continue screening mammography as long as their overall health is good and they have a life expectancy of 10 years or longer."

One study, cited by *BreastCancer.org*, confirmed the benefits of regular mammograms and emphasized that there is no upper age limit for mammograms. Again, every woman should discuss with their physician whether or not to get a mammogram during COVID-19.

Florida Cancer Specialists treats patients with all types of cancer, and offers a number of services, such as an in-house specialty pharmacy, an in-house pathology lab and financial counselors at every location, which deliver the most advanced and personalized care in your local community.



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Venice, FL 34292

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For more information, visit FLCancer.com

Many People Feel Their Mental Health Medications Don't Work: There is a Better Way

If you have depression, ADHD, anxiety, PTSD, or other mental health issues, you may have tried countless drugs and still feel they don't work. You're not alone.

There are several reasons that medications do not work for individuals and a lot of it comes down to genetics. There is an advanced technology that allows your practitioner to understand your DNA and which medications will and will not work for you specifically. Although this form of genetic testing is still considered theoretical, for the professional team at Hope & Harmony Holistic Health, it's an important tool to determine what is best for their patients, and they believe it's helped their patients tremendously.

You no longer have to try numerous medications to find what works best for you. The guesswork is taken out of the equation, and that is due to the innovation of GeneSight®.

The GeneSight® Test

GeneSight® Psychotropic is a pharmacogenomic test which means that it analyzes how your genes may affect medication outcomes. The GeneSight® test analyzes clinically important genetic variations in your DNA. Results can inform your provider about how you may break down or respond to certain medications commonly prescribed to treat depression, anxiety, ADHD, and other psychiatric conditions.¹

The GeneSight® test must be ordered by your healthcare provider and it is conveniently done in their office with a simple cheek swab.¹

Over 1,500,000 individuals have taken GeneSight®, and many clinical studies have published efficacy reports in peer-reviewed journals. GeneSight® Psychotropic is the only psychiatric pharmacogenomic test backed by such extensive research.¹

The genetic testing tells your practitioner if you are a low, medium or high responder to certain medications.

MTHFR Gene has a high incidence of depression

GeneSight® MTHFR, has added the latest addition to its pharmacogenomic test panel. GeneSight® MTHFR determines the alleles at the C677T polymorphism in the MTHFR gene to predict effects on folic acid conversion. An individual's genetic inability to convert folic acid into L-methylfolate has been linked to higher incidence of depression.¹ Patients with the MTHFR gene are particularly challenging to treat. This test is ideal for helping them receive



viable care quickly. So if you struggle with your response to medications or just haven't noticed improvement in your symptoms, this genetic alteration may be a factor. We can help you find out.

Treating the whole person matters.

Hope & Harmony Holistic Health, Inc.

You deserve hope and harmony in your life. At Hope & Harmony, the providers are committed to working with each person to live the healthiest life possible as defined by each individual. We use a team approach to holistic and functional health care to help you meet your goals, including reducing use of prescription medications. We have a variety of practitioners, working together under one roof, to provide you with assistance in general and functional medicine, psychiatry, psychotherapy, and nutrition coaching and counseling.

At Hope and Harmony Holistic Health, our core values are reflected by how. . .

- We treat every person as an individual with inherent worth and dignity.
- We provide holistic treatment choices rather than using medications as the first or only options.
- We prioritize the optimum quality of life for each and every client.
- We help every person achieve optimum health by becoming the best they can be in body, heart, spirit, and mind.
- We provide a safe space in a warm and welcoming environment.
- We, as providers, work collaboratively with each other and the client, to reach optimum health as defined by the client.

Because every person deserves to be the healthiest version of themselves, our purpose at Hope & Harmony Holistic Health is to help our patients discover what that means for them as individuals, and to make a plan for how to achieve their health goals.

We are committed to working with each person to reduce dependence on medications when possible and to design an individualized treatment plan to assist you in living the healthiest life possible as you define it.

Each of us at Hope & Harmony Holistic Health has struggled through mental and physical challenges that left us frustrated and hopeless at times — until we discovered the healing and nurturing strategies that are part of holistic health care. Now it's time for us to give back to the community by helping everyone who comes to us to discover, or to rediscover, the hope that comes with living a healthy life that allows our bodies, minds, and emotions to live in harmony every day.

Hope & Harmony Holistic Health, Inc., is a safe and welcoming practice no matter who you are or where you are on life's journey.

If you are in need of a fresh new approach to your best health in general, functional, and psychiatric care, including psychotherapy or nutritional counseling, please contact Hope & Harmony Holistic Health today at 941-979-2952.

Source: <https://genesight.com>

SPOTLIGHT ON OUR PSYCHIATRIC PROVIDER



Tess Lambert, APRN, CMO

Tess Lambert, Psychiatric Nurse Practitioner, is our co-founder and serves as Chief Medical Officer. She began her medical career as a certified surgical technologist, then worked as a hospital floor nurse and an auto-

transfusionist for several years. She has been a Psychiatric Nurse Practitioner since 2009, and has worked in Michigan, Ohio, and Florida in a variety of settings, including inpatient and outpatient practices, extended care and rehab facilities, community mental health centers, and prisons. Tess' passion is working closely with patients to help them live the healthiest life possible using a minimum of medications. She believes good care takes understanding, a willingness to listen and the need to think "outside the box" that we as providers can easily get stuck in.

Tess received an Associate's Degree in Nursing from Owens Community College, a BA from the College of Mount St Joseph, and a Master's Degree in Nursing from the University of Toledo. In addition, Tess holds a Master's of Theology from Trinity Lutheran Seminary in Columbus, Ohio. She refers to herself as a chronic student and never stops learning because she knows her patients' health and happiness depends on it.

INGROWN TOENAIL

An ingrown toenail is defined by a nail growing into the skin. Typically, the sides of the nail begin to curve or grown into the skin at one or both sides of the nail border. Mostly commonly seen in the big toe, but it can occur in other toes as well. Once the nail begins to dig into the skin pain, swelling and redness will soon follow. These are early symptoms of an ingrown that should be aware of. Other symptoms include worsening pain when in closed toed shoes. Overtime, the nail can pierce the skin creating an open wound and possible infection if not treated. Signs of infection are worsening pain, redness, swelling and foul smelling drainage or pus.

Ingrown toe nails can be genetic meaning it runs in your family (hereditary). Trauma can also be a cause. An example of trauma includes stubbing your toe, having something fall on it, and activities that cause repeated pressure on the toes like kicking or running. One of the most common causes is improper trimming of the toe nails. You don't want to cut your nails too short as this allows the skin next to the nail to fold over the nail. Another common cause is improper shoe size or socks that are too small/tight. Furthermore, nail fungus can also contribute to the development of ingrown nails.

If you develop pain at the sides of the nail with redness, swelling and drainage you should seek treatment. The ingrown nail can progress into an infection if the ingrown nail is not removed. If you have diabetes, nerve damage or poor circulation you should not attempt to self-treat and seek professional treatment right away.



If you are not high risk or do not have an infection you can try to soak the foot in room-temp water with Epsom salt. Do not attempt to cut the nail yourself as repeated cutting of the nail can cause it become worse over time. If you pain continues, than seek treatment by a foot and ankle specialist. Your physicians will exam your toe and determine the best treatment based on the severity of your condition. If an infection is present you will require oral antibiotics. A minor procedure is often required for treatment of an ingrown nail. The procedure is performed in the office. First local

anesthetic will be used, followed by cleaning the toe and removal of the portion of the nail that has become ingrown. In order to prevent recurrence a chemical may be used to kill the root of the nail so the ingrown portion of the nail does not return. The entire nail is not removed but only the corner that has become ingrown. A bandage will then be applied that will remain in place for 24 hours. You may experience mild soreness on the 2nd or 3rd day but you are able to walk right away.

Some methods for prevention include proper trimming. Cut your nails straight across and do not cut them too short. Make sure to wear properly fitting shoes and socks. Do not use shoes that are too big/loose as this can cause pressure to the toe when engaging in physical activity as well. Avoid trying to trim the nail border or having a pedicurist trim the border as this can make the condition worse and does not change how the nail grown. Over the counter treatments do not typically work as they do not address the underlying cause. If you have sings of ingrown nail, contact your local foot and ankle specialist who can treat the underlying issue.

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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WE KEEP YOU WALKING



Eye Injury Prevention: Facts & Tips to Keep You Safe

By Eric Liss, M.D.
Board Certified Ophthalmologist with Quigley Eye Specialists

Almost all eye injuries could have been prevented if the individual wore protective eye wear. How many times have you worked on a project at home or at work that you knew could potentially harm your eyes and you didn't wear safety goggles or glasses?

When things get stuck or poke you in the eye, more often than not, wearing protective eye wear could have prevented the injury.

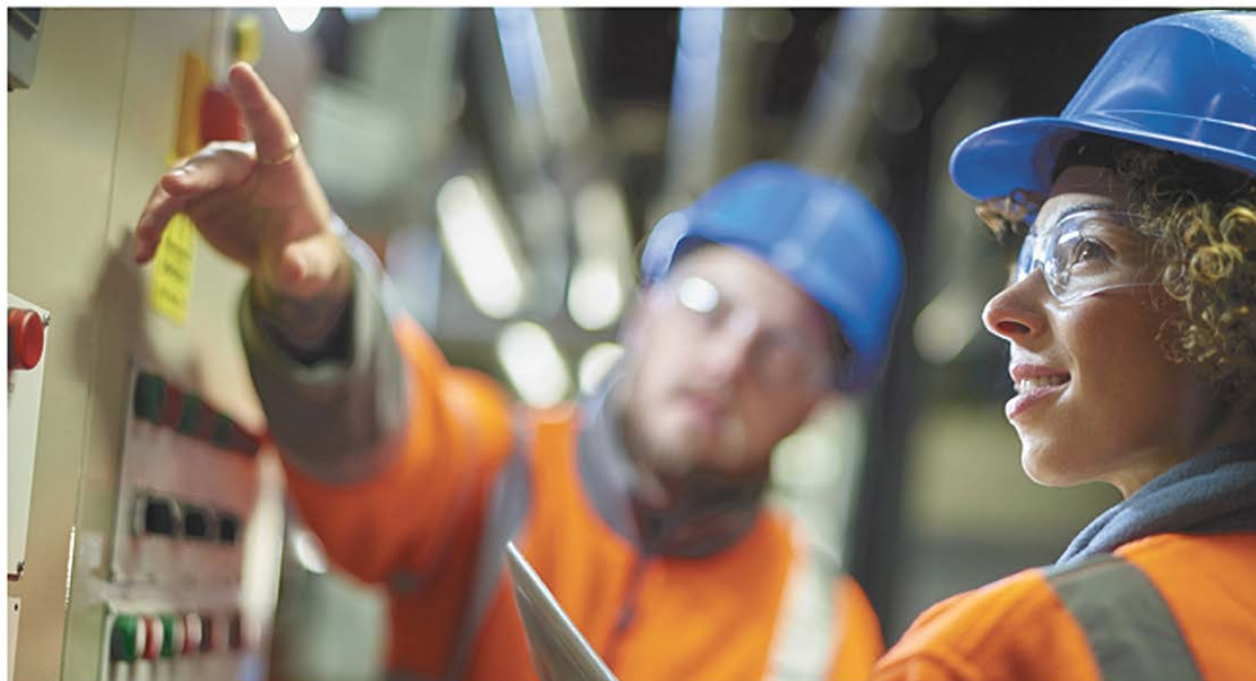
Eye injuries often occur from trimming hedges, carpentry, crafting, yard work, crazy gluing an item, bleach or chemical splatter, and cooking oils to name a few.

Additionally, sports outdoor activities, and falling contribute to a majority of eye injuries. When you're at home, preventing falls is critical, but they normally take one by surprise, so falling and hitting your eye on the corner of the end table may not be something you know will happen in advance. However, keeping area rugs and cords out of the way can help to prevent such issues from happening. If you are someone that has balance issues, using a walker or cane can help immensely.

Sports and outdoor activities may also result in unexpected eye injuries. Getting hit in the eye with a ball is common or getting jabbed in the eye by an elbow or fist is unfortunately also widespread when it comes to sports.

Surprising Facts About Eye Injuries

The fifth-annual Eye Injury Snapshot conducted by the American Academy of Ophthalmology and the American Society of Ocular Trauma found that:



Most people believe that eye injuries are most common on the job — especially in factories and on construction sites. But in fact, nearly half of all eye injuries occurred in the home. Home repairs, yard work, cleaning and cooking caused more than 40% of eye injuries. More than a third of those injuries in the home happened in the kitchen, bedroom, bathroom, living room or family room.

More than 40% of eye injuries every year are related to sports or recreational activities.

More than 78% of people were not wearing eyewear at the time of injury. Only about 5% of those who were wearing eyewear (including glasses or contact lenses), were wearing safety or sports glasses.

Source:
<https://www.aaa.org/eye-health/tips-prevention/preventing-injuries>

Protecting Your Eyes Prevents Injury

Whether you're exercising, playing sports, doing home maintenance, or suffer from balance issues, wearing protective eyewear can present numerous eye injuries and save your vision.



(855) 734-2020 | www.QuigleyEye.com

2529 Tamiami Trail, Punta Gorda, FL 33950
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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.

About Quigley Eye Specialists

Dr. Liss is a board-certified Ophthalmologist with Quigley Eye Specialists, a world-class eye care practice specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, facial plastic surgery and routine eye care. Quigley Eye Specialists has served the region for more than 30 years with locations throughout Florida including Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.



ENCOURAGING SIGNS IN THE FIGHT AGAINST BREAST CANCER

By Dr. Arie Dosoretz

Every October, National Breast Cancer Awareness Month represents an opportunity to reassess the impact of breast cancer in our lives and the lives of those we love, as well as our community.

The average risk of a woman in the U.S. developing breast cancer during her lifetime is about 13%, or one in eight women. In recent years, the incidence rates have increased slightly by .5% per year. And in 2021, the American Cancer Society estimates 281,550 new cases of invasive breast cancer will be diagnosed in women in the U.S.

These statistics demand our full attention, as do the weapons that we have in our fight against breast cancer.

To continue making progress, we must focus on advancing access to care as well as providing the most advanced treatment and technologies available.

Breast cancer treatment usually involves a combination of surgery, radiation therapy and systemic treatment in the forms of chemotherapy and hormone therapy. Surgical approaches include a breast-conservation approach, often called a lumpectomy, in which the tumor is removed and the rest of the breast is preserved. The other common surgery is a mastectomy, a surgery in which the entire breast is removed.

Radiation therapy uses targeted doses of radiation to kill cancer cells. It works by damaging the genetic material inside cancer cells. Once this happens, they are not able to grow and spread. Radiation therapy is prescribed for several reasons. The most common goal is to cure a patient's cancer, but even when this is not possible, radiation can be used to shrink tumors and reduce their associated symptoms. The phrase "radiation oncology" covers all aspects of radiation treatment. As each patient is different, it is critical to create an individualized plan based on all the relevant factors in a given patient's case.

Modern radiation technology can target cancer cells with extreme accuracy while preserving as much of the healthy surrounding tissue as possible.



Recognizing that each patient is different, doctors at Advocate Radiation Oncology create an individualized treatment plan using the latest techniques available. The practice offers the following treatments:

- External Beam Radiotherapy (EBRT) and Intensity-Modulated Radiation Therapy (IMRT)
- High-dose Rate Brachytherapy (HDR)
- Stereotactic Radiosurgery (SRS)
- Stereotactic Body Radiation Therapy (SBRT)
- Surface-Guided Radiation Therapy (SGRT) and Deep-Inspiration Breath Hold (DIBH)

Advocate Radiation Oncology is also proud to bring a powerful treatment option in the fight against cancer as it establishes the first proton therapy center along Florida's west coast. An advanced form of radiation that uses proton beams to target tumors precisely, proton therapy has proven effective for the treatment of many common cancers.

Proton therapy uniquely spares significant dose to normal tissue, while delivering powerful treatment to areas of disease. This treatment option can lead to improved outcomes in combination with reduced toxicity and side effects in patients. The entire team at Advocate Radiation Oncology is honored to bring world-class cancer care close to home.

Early detection, effective treatment options and continued research are our best allies in the battle against breast cancer. We will continue to stand proudly with our patients and loved ones in their fight against this disease.

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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Advanced Mammography Detects Smaller Malformations

Mammograms have helped diagnose breast cancer early and eliminate metastasizing cancer and deaths; however, not all breast cancer is detected with traditional mammography. 3D advanced mammography is critical for detecting small tumors that often get overlooked.

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.

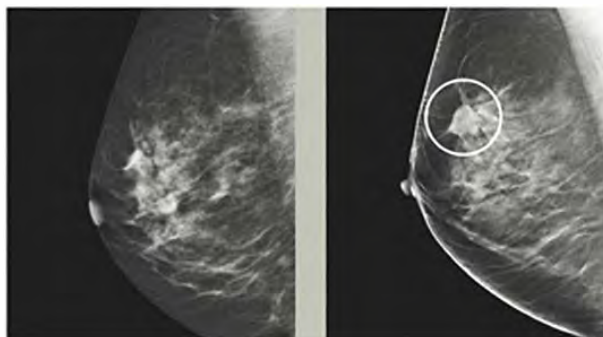
Why 3D Mammography is Superior

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.

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)

What if I need a 3D Mammogram, but I don't have health insurance? Radiology Regional is offering a special program to help the uninsured:

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or call 941-255-7945**

SCAN ME



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Breathe Easier

October is Healthy Lung Month!

Our lungs are vital to our health. They filter the air we breathe, provide us with the oxygen we need to exist, and allow us to speak to one another.² Quite simply, without healthy, functioning lungs, one's quality of life is substantially and adversely impacted.



Healthy Lung month is an opportunity to be more conscientious about your lung health, to take steps to improve your lung health and, ultimately, to improve your quality of life!

Implementing the following steps is a great way to prioritize your lung health:

1) Prevent illness. In the middle of a worldwide pandemic, this is now more important than ever. Lung illnesses put a strain on your entire respiratory system, not just your lungs. Prevent infections that lead to illnesses by washing your hands regularly, practicing good hygiene, and eating a healthy, nutrient-dense diet are essential in protecting your lungs from pathogens that can devastate your immune system.¹

2) Exercise regularly. Physical exercise doesn't just make your muscles stronger; it makes your lungs stronger too! Healthy adults should be moderately exercising approximately 30 minutes a day, five days a week. Moderate exercise can be enjoying a brisk walk, playing with your children or pets at the park, or even cleaning your house! Improving your lung strength doesn't need to be intense; it just needs to be consistent.¹

3) Quit smoking. Smoking is a major cause of heart disease and lung disease. In fact, smoking and tobacco-related illnesses are the leading cause of preventable death in the United States.^{3,4} While the stress of the pandemic can make it difficult to quit smoking, and even more difficult to stay quit, it is the single-best thing you can do to improve the health of your lungs.^{1,3}

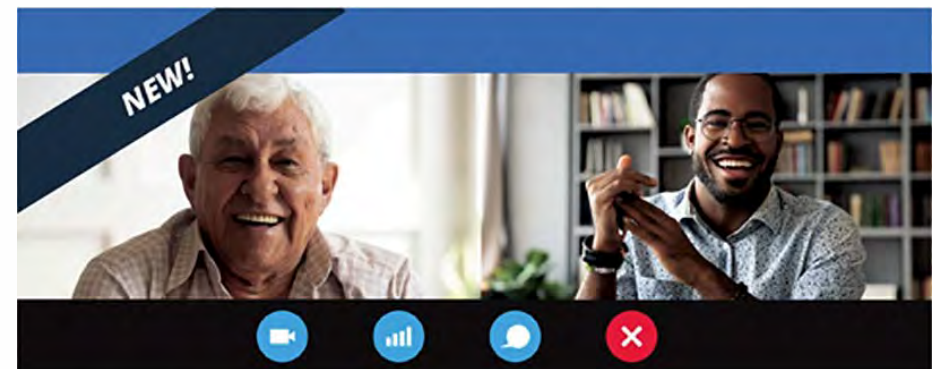
Fortunately, help to quit smoking is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program—offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (*if medically appropriate and while supplies last*) are provided with the session. Contact us today at 866-534-7909 or visit www.tobaccofreeflorida.com/groupquitcalendar to schedule a class or learn more about the program!

4) Get screened. Early detection is crucial in identifying lung cancer and establishing a favorable prognosis. In fact, screening for lung cancer using low-dose CT scans can lower the chance of dying from lung cancer by 20 percent, according to the National Lung Cancer Screening Trial.¹

If you are between the ages of 55 and 77, have a 30 pack-year history of smoking (smoking an average of a pack of cigarettes a day for 30 years), are a current smoker or have quit smoking in the last 15 years, you should be screened for lung cancer. Contact your local hospitals and lung care clinics to learn more about screenings available to the community.

References:

- 1) <https://www.inspirahealthnetwork.org/news/national-healthy-lung-month>
- 2) <https://my.clevelandclinic.org/health/articles/21205-respiratory-system>
- 3) *Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit*. Area Health Education Centers. 2018.
- 4) U.S. Department of Health and Human Services. *The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014. Accessed April 3, 2020.



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Treating Venous Ulcers at Joyce Vein & Aesthetic Institute

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

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

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



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

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

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

PATIENT TESTIMONIAL

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

Michael C.



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

SPECIALITY

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

DEGREES

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

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

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

TRAINING

Internship and Surgical Residency Lansing General Hospital, MI

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

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



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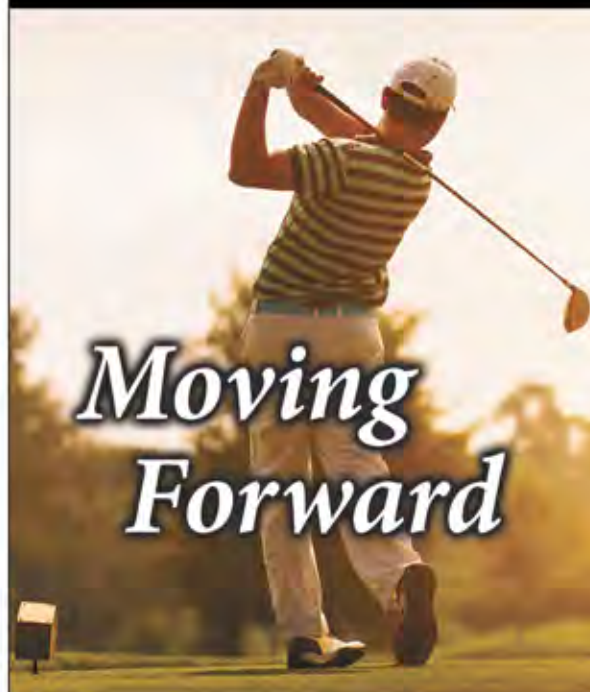
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4 New Facts About Your Feet & Ankles

- 1** Heel pain in the morning can be easily resolved.
- 2** Diabetic infections kill more people than breast cancer and AIDS. If diabetic, must see us now.
- 3** Ingrown toenails can lead to bone infection; we treat them fast.
- 4** Top pickleball injuries seen include foot fractures from ankle sprains.

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- Clarify the **facts** surrounding buy and hold versus timing the market.



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Stuart Dickson
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Physical Therapy & CBD in Combination to Relieve Pain

Chronic Pain can lead to depression, addictions, anxiety, stress, isolation, and even suicide. Finding relief from pain is critical to having the quality life you deserve. Avoiding surgery and being over medicated should be at the forefront of most people's minds when dealing with chronic pain. However, many of these individuals would do almost anything to relieve their agony.

The most common treatment for chronic pain is to mask it with narcotic prescription pain medications. Narcotics like Opioids are highly addictive, and our state is currently leading the country in abusing the drug and overdose episodes.

Physical Therapy

Physical therapists are trained to administer flexibility and strengthening tactics along with body mechanics and awareness techniques to get your body moving and creating a much less painful range-of-motion. With ongoing therapy, most people see remarkable outcomes and lasting results. The CDC (Centers for Disease Control and Prevention) also launched new guidelines recently, recommending the use of physical therapy for chronic pain over painkillers like opioids.

CBD for Chronic Pain

Hemp Derived CBD has significantly helped numerous individuals with chronic pain. Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD. The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial

reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like pain-reception, mood, sleeping, immunity, pleasure, memory and much more.

The advantage of CBD in treating a wide array of conditions from multiple disorders is hard to dispute. Many patients who have suffered for years with chronic pain and have become dependent on narcotics have not only had improvement in their pain but have also been able to stop narcotic use altogether.

CBD and PT combinations are optimal ways to relieve pain.

CBD & and Physical Therapy Win Combination

Although CBD can alleviate pain, if the underlying issues are not dealt with in a more synergistic approach through combining physical therapy, the chronic pain and musculoskeletal issues will lessen, but might still be aggravating. In combination, CBD and PT address the actual complications or disorders associated with pain and discomfort. Whether you are seeing a physical therapist or taking CBD for acute pain or chronic pain issues, combined therapies are proven to be the most beneficial. When physical therapy is performed on a relaxed, less painful body, the overall therapy penetrates deeper into the muscles, and the joints are less inflamed. This synergistic approach is much more beneficial to the patient's pain relief and improved condition.



Hempira Subscription Boxes Stacy Roberts, Founder & CEO

A CBD subscription box is a retail service that charges you a monthly fee to receive a variety of CBD products of your choice to your liking delivered to your door. As you may have noticed, CBD boxes are the latest trend in self-pampering.

Our CBD subscription boxes are ideal for those looking for the highest-quality CBD products customized to their needs delivered to their doorstep monthly. There's a wide selection of boxes to fit your needs, some come monthly with 3 full-sized products, and some come seasonally with 6 full-sized products curated to bring relevant and useful products every time. Plus, at any time you can pause or cancel your subscription so there's no need to worry about the lengthy agreements.

CBD boxes are a radical change in your lifestyle since they are about trying products from brands you may not have previously heard of, allowing you to find quality products for a constant regimen so that you can really feel the benefits of CBD in the long term without the negatives of lower quality items. If you're worried about trying products you may not like and wasting them, Hempira even offers a monthly sample CBD subscription box with 6 sample-sized products to test new and unique products at a fraction of the cost!

Plus, if you're ever feeling overwhelmed with selecting products for your CBD subscription box or are unsure of anything to do with CBD Hempira has Hemptenders standing by to assist you with any questions you may have or suggestions you may need! From creams and rubs for pain, discomfort, and skin conditions to tinctures and edibles to relax and focus on your day to day, Hempira offers you the best quality of CBD products on the market. Hempira subscription boxes offer customization, savings, quality, and access to CBD products, and a longer-term solution for your CBD needs.



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Breast Cancer & Lymphatic Draining

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

The American Cancer Society purports that in 2021, an estimated 281,550 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 49,290 new cases of non-invasive (in situ) breast cancer.

We put a lot of attention and focus on celebrating awareness and survivorship throughout the year, and while that is admirable and helps educate the public on the importance of screenings, for those that are in the midst of fighting cancer, the surgical procedures, chemotherapy, radiation, or immunotherapy, can often make them feel very sick and lethargic. One of the most widespread issues with cancer treatment is lymphedema.

WHAT IS LYMPHEDEMA?

Lymphedema is a build-up of lymphatic fluid throughout the body, and it is usually a secondary issue that arises after cancer treatment or lymph node removal; it can also be a critical indicator for individuals that an illness or adverse reaction is occurring in their bodies.

Lymphedema is a threatening disorder that needs to be treated and properly managed. The fluid must be safely guided through the body to remove the excess. Lymphedema can happen to anyone, but women are more susceptible to the disorder and often, are unfortunately underdiagnosed or misdiagnosed altogether. Lymphedema can cause physical debilitations and physiological distress.

Lymphedema disposes the affected area to an ongoing inflammatory process that, if untreated, can progress to skin fibrosis, adipose tissue accumulation, and further accumulation of fluid, causing disfiguring swelling, disability, and infections such as cellulitis.¹

LYMPHEDEMA TREATMENT

Complete Decongestive Therapy

- 1. Manual Lymphatic Drainage (MLD)** — A manual technique to mobilize fluid in the lymph system that is very light and gentle.
- 2. Compression** — Low stretch compression bandages that help increase lymph flow by increasing resting and working pressures to decrease the lymphedema in the limb; this also assists the efficiency of the muscle pump to decrease lymphedema and prevents fluid from returning.



3. Skin Care — Reduces the risk for infection and helps prevent dry skin from cracking.

4. Exercises — Improves lymph flow and improves venous return.

5. Self-Care Management and Training — Allows the patient to minimize spikes in fluid retention.

YOU CAN GET TREATMENTS IN THE COMFORT OF YOUR HOME

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Lymphedema therapy

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- Promote wound healing
- Decrease fibrotic tissue hardening
- Increase functional mobility and quality of life
- Decrease swelling due to acute trauma
- Help reduce edema from chronic venous insufficiency

Source:

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5665410/>

Occupational Therapy

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- Work on ADL's
- Home Safety Evaluations
- Work On IADL's
- Strengthening
- Patient Education
- Functional Balance
- Transfer Training

Fluid and inflammation, whether lymphatic or venous, can be life-threatening. It's critical to speak to your doctor if you are experiencing any fluid retention in your body.



IF YOU ARE IN NEED OF LYMPHATIC THERAPY, CONTACT JAMES FERRARA - FUNCTIONAL TRANSFORMATION MOBILE REHAB TODAY AT 941-830-3749. TO FIND OUT MORE, PLEASE VISIT SUNCOASTFTMREHAB.COM.

3D MAMMOGRAPHY

As technology advances, understanding medical exams and procedures becomes more complex. The quality of services provided is an important consideration.

The American Cancer Society endorses mammography, along with yearly physical examinations and monthly self-examinations, as the most effective means of detecting breast cancer at its earliest and most treatable stage. Generally, mammography can reveal benign and cancerous growths before you or your physician can feel them. If detected at the earliest stage, breast cancer has a five-year survival rate of over 95 percent, as small breast cancers are more treatable and can be removed before they spread to other parts of the body.

Breast cancer is the most common form of cancer in American women. Unfortunately, 70% of women have no identifying risk factors. The American Cancer Society recommends mammography as a life saving tool for screening women without symptoms for breast cancer. And 3D Mammography specifically is becoming the preferred choice for physicians in Southwest Florida. With over 30 years of experience and 10 Board Certified Radiologists, Radiology Associates of Venice & Englewood (RAVE) is proud to offer 3D Mammography to our patients.

What is 3D Mammography?

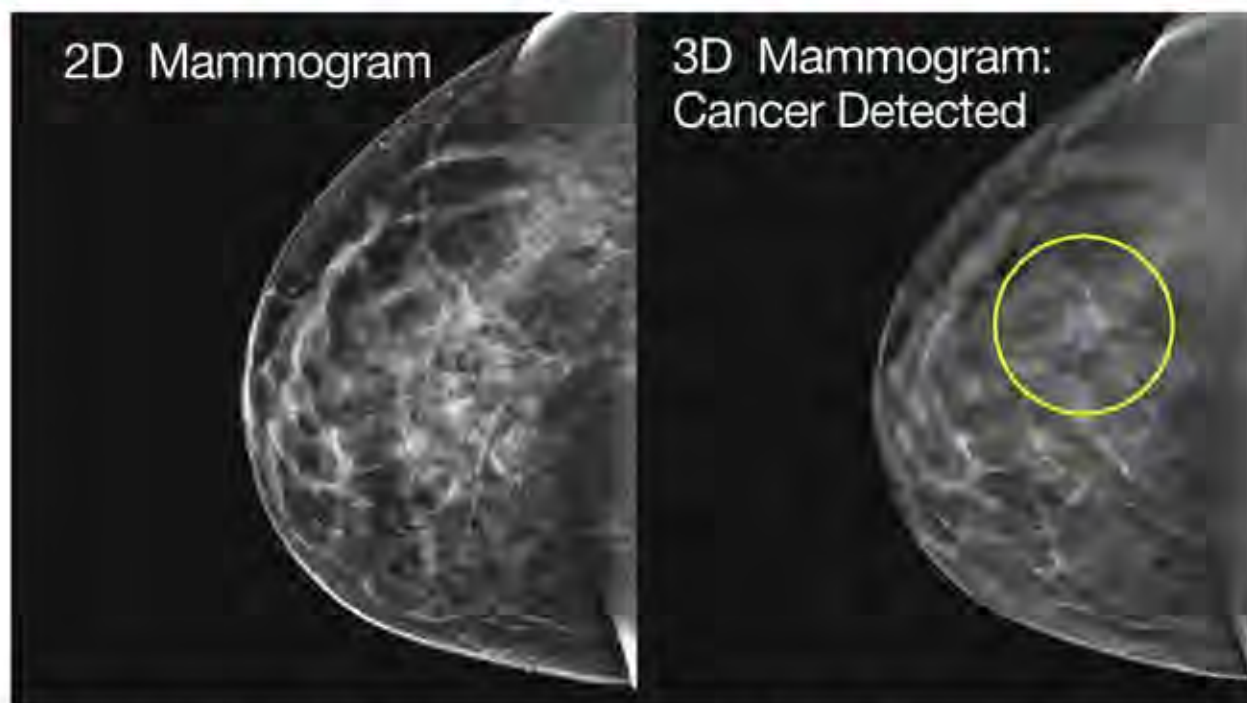
3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images 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.

Is 3D a separate exam or part of my usual mammogram?

The 3D exam is a separate procedure that is performed at the same time as your regular mammogram.

What is the cost and will my insurance cover the 3D exam?

Medicare does cover 3D mammography. Even though 3D mammography is FDA approved and covered by Medicare, most private insurance companies are not yet reimbursing for this exam. However, RAVE has never charged the patient the additional 3D portion of the exam if their insurance doesn't cover it.



"The Radiologists of RAVE include the additional 3D imaging regardless of payment because it's in the best interest of patient care, so there is never an additional charge." (Philip Mihm, M.D. RAVE Radiologist)

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, RAVE 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.

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast

imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

How long will it take?

The exam will take about 4 seconds longer per view while in compression than the 2D mammography.

How much radiation will I be exposed to?

It varies from person to person and is roughly equivalent to film/screen mammography. The amount of radiation is below government safety standards.

What if my doctor did not mention 3D Mammography to me?

3D is an optional service at this time and elected by the patient. Many physicians know about our new 3D technology and the feedback we have received has been very positive. If you need additional information to help you make this decision, please visit www.RaveRad.com.

Why is RAVE Radiology offering 3D Mammography?

RAVE prides itself on offering the highest quality care for our patients. Our radiologists believe strongly that 3D mammography will benefit our patients.



Travis Carter, M.D., M.S.
RAVE Imaging's Moffitt Cancer Center
Fellowship Trained in Breast Imaging
Specialist

We are approaching our 2nd Breast Cancer Awareness month since the COVID pandemic began. Breast Imaging, usually fairly insulated from worldly events, has shared in the challenges over the past few years. Initially concerns regarding post vaccination lymphadenopathy made its way to the nightly news. Confusion set in about whether and when to get a mammogram following vaccination. Luckily this was never a diagnostic dilemma for us at RAVE and we were able to encourage most women to stick to their annual screening schedule. Unfortunately, and for understandable reasons, several women have not come in for mammographic screening since the pandemic began. Because breast cancer detection and management are a primary mission at RAVE, we have risen to the challenge of ensuring safe access to breast cancer screening exams and any additional/follow-up care needed. Please be reassured that we are providing our standard high level of imaging care while maintaining/exceeding current CDC guidelines to ensure patient safety.

Furthermore, it's worth noting that RAVE offers the cutting edge in imaging technology unsurpassed in our region. We utilize the newest mammographic machines, each equipped with 3D Intelligent HD Clarity from Hologic. Tradename aside, the image quality is unparalleled, akin to the highest end Ultra HD television. This is important not only because it allows us to diagnose smaller cancers but also facilitate accurate characterization of benign findings other radiology groups mistake for malignancy.

Our ultrasound equipment is also the highest quality available in the industry which has implications for our breast cancer mission as well as our other imaging services. Finally, our 3 Tesla MRI also generates extremely high-quality breast images which facilitate screening in our high-risk patients and important staging information in our women diagnosed with breast cancer. Equipped with these tools we recently identified a 3mm cancer via mammography! I would argue this tiny cancer is the earliest and smallest lesion a screening examination could hope to accurately identify.

We do not stop at the detection of breast cancer! Currently we are providing ultrasound breast biopsies at our Venice and Sarasota offices. At RAVE we know biopsy procedures are a scary process. We work hard to inform our patients beforehand regarding what to expect during the procedure. Professional, personalized, warm, and caring treatment is provided during the procedure. Lastly, follow up afterwards ensures nothing falls through the cracks. Most women leave our biopsy suite much more informed and prepared regarding their individual case and the forthcoming steps. For our referring physicians we provide critical radiology pathology concordance following all biopsies to help manage pathological results they may not be familiar with. This ensures suspicious lesions are pursued even if pathology results are not as expected and offers reassurance when benign results match less suspicious findings. We have recently begun offering stereotactic biopsies of calcifications at our Venice Health Park affiliate site. In the not-too-distant future we will be offering the newest biopsy method which allows sampling of "3D" or tomosynthetic findings. This system is the final piece in the definitive management of the lesions we can detect and complements our current ability to perform MRI

guided breast biopsies. I am very proud to be a part of the comprehensive breast program we offer at RAVE and am very grateful for the opportunity to serve our area's patients and referring physicians.

**RAVE is offering an \$89.00
Cash Pay price for a
Screening 3D Mammogram
during the month of October.**
This is intended for uninsured patients.



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ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

Walking, 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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Viscosupplementation

Viscosupplementation is an FDA approved, guided, hyaluronic acid injection. It is a gel like substance that is very similar to the synovial fluid in our joints, which reduces inflammation and increases cushioning and lubrication of your knees immediately. This treatment protocol is used to treat the symptoms associated with arthritis.

Viscosupplementation (also known as hyaluronic acid injection) involves injecting a lubricating fluid into the knee joint to promote more comfortable knee movement, reduce friction in the joint, and slow the progression of arthritis. This treatment is also commonly paired with physical therapy to help strengthen the joint and improve range of motion. At Physicians Rehabilitation, we perform viscosupplementation with the guidance of advanced fluoroscopic technology to achieve enhanced precision and provide our patients with optimal results. Viscosupplementation is considered to be a safe procedure, and is covered by Medicare and most insurances.

PRP (Platelet-Rich Plasma)

Fortunately for our patients today, advances in science have allowed us to find new and targeted approaches to treating degeneration and injuries. Platelet-rich plasma or PRP is an "autologous blood therapy" that uses a patient's own blood components to stimulate a healing response in damaged tissues. PRP provides an alternative to surgery by promoting safe and natural healing.

Research studies and clinical practice have shown PRP therapy is very effective at relieving pain and returning patients to their normal lives. Both ultrasound and MRI images have shown definitive tissue repair after PRP therapy, confirming the healing process. The need for surgery can also be greatly reduced by treating injured tissues before the damage progresses and the condition is irreversible.

Physicians Rehabilitation

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

AUDIOLOGY AWARENESS MONTH: WHAT IS AN AUDIOLOGIST & WHAT CAN THEY TREAT?

By Dr. Noël Crosby, Au.D.

An audiologist is a specialist in hearing. They have studied for many years and are required to have a master's degree or doctorate in the field of hearing. While they do not perform ear surgery, they are experts in diagnosing and finding solutions for children and adults that are experiencing hearing loss.

Audiologists examine, diagnose, and treat hearing loss and balance disorder. Most audiologists earn a doctor of audiology (AuD) degree, while others may earn a PhD or ScD in hearing and balance sciences. All audiologists are required to be licensed or registered in Florida, as well as throughout all of the United States. Many audiologists receive American Boards of Audiology certifications, and all are required to maintain continued education classes and programs.

REASONS TO SEE AN AUDIOLOGIST

If you are experiencing hearing loss, it's important to seek a qualified audiologist, because they are trained to get you the best outcome and resolution for your specific issue. If you've noticed that it's difficult to hear conversations in a noisy atmosphere, or you feel the need to adjust your television volume much higher than before, it's vital for you to have your hearing checked.

Perhaps you or your loved one keeps asking for people to repeat themselves, or you can't quite pick up where sounds are coming from; if this is the case,



don't wait until your hearing loss gets any worse, schedule your appointment as soon as you possibly can.

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- Live Speech Mapping
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HEARING AIDS

A wide range of technology and a host of features are available in each hearing aid style. The cost of hearing aids generally depends on the technology and the number of features the instrument has and

not necessarily on the style selected. Today's digital hearing aids are typically offered in various technology levels, such as basic, entry, advanced or premium level.

Basic digital hearing aids generally require the wearer to make some manual adjustments in certain listening environments, such as turning a volume control up or down, or pushing a button to change listening programs. In contrast, a premium or more advanced hearing aid responds automatically to changes in the listener's environment, making changes based on the signals being detected by the hearing aid. The hearing aid wearer is not required to make any manual changes. As the level of the technology increases in hearing aids, so does the availability of advanced features.

ABOUT ADVANCED HEARING SOLUTIONS —

Using the latest and most sophisticated technology, we determine if you have hearing loss—and, if you do, we determine the degree and type of hearing loss. If your hearing loss requires medical or surgical intervention, we can refer you to a physician (otologist or neurologist) for appropriate treatment. If your type of hearing loss can best be treated with the use of hearing aids and/or other assistive listening devices (which is true in the great majority of cases), we can select any of a wide range of hearing devices and custom fit them to your ear, programmed to augment your hearing at those frequency levels where your hearing loss is greatest.

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Noël Crosby
Doctor of Audiology

Karen Draper
Doctor of Audiology

Defeat Gum Disease

There 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 (LANAP™) 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. LANAP™ is much less invasive than traditional surgery, allowing patients to return to work the next day if desired.

Even with the benefits of LANAP™ 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 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
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www.Drfarag.com

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

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

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

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

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



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

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

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

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

Contact Denise Henry Today.

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A PAINFUL BLADDER CONDITION

What You Need to Know About Interstitial Cystitis

Interstitial Cystitis (IC/BPS) is a bladder condition that often gets misdiagnosed as a urinary tract infection (UTI) in the early stages. Interstitial Cystitis lingers and unlike a UTI, there is no infection present; however, it is a very painful disorder that causes pressure, discomfort, frequency, and an urgency to urinate. IC/BPS inflames and irritates the bladder and can cause scarring and stiffness. This disorder can affect both men and women. With interstitial cystitis, these pelvic nerves miscommunicate with the brain, and patients may feel the need to urinate more often and with smaller volumes of urine than normal.

It is estimated that approximately 12 million people have IC/BPS. It disrupts daily living activities and sleep, and it is a relentless disorder that is often gets underdiagnosed.

The following is information provided by the Urology Foundation:

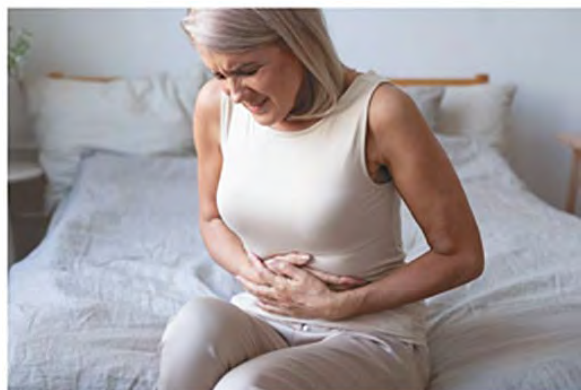
Causes of Interstitial Cystitis

Experts do not know exactly what causes IC/BPS, but there are many theories, such as:

- A defect in the bladder tissue, which may allow irritating substances in the urine to penetrate the bladder.
- A specific type of inflammatory cell, called a mast cell. This cell releases histamine and other chemicals that lead to IC/BPS symptoms.
- Something in the urine that damages the bladder.
- Changes in the nerves that carry bladder sensations, so pain is caused by events that are not normally painful (such as bladder filling).
- The body's immune system attacks the bladder. This is similar to other autoimmune conditions.

No specific behaviors (such as smoking) are known to increase your risk of IC. Having a family member with IC/BPS may increase your risk of getting IC/BPS. Patients with IC/BPS may have a substance in the urine that inhibits the growth of cells in the bladder tissue. So, some people may be more likely to get IC/BPS after an injury to the bladder, such as an infection.

There are ways to alleviate the pain, but the treatment options are done through phases to best treat the patient's individual symptoms and thresholds.



These phases of treatment include:

Lifestyle Changes

- Pelvic Floor Physical Therapy
- Diet and Exercise
- Stress Reduction

Medications

- Oral and intravesical drugs can be administered. Intravesical drugs are administered directly into the bladder via a catheter.

Neuromodulation, Ulcer Cauterization, and Injections

- Neuromodulation delivers safe and harmless electrical currents to the damaged areas and nerves.
- Ulcer Cauterization-If there is an ulcer present, a urologist can cauterize it to remove and alleviate the issue.
- Injections can include steroid injections to alleviate pain, pressure and urgency or Botox injections to paralyze the muscles temporarily, which helps with urgency.

Cyclosporine

- Cyclosporine is an immunosuppressant and is reserved for only advanced cases that are not responding to other treatment.

Surgery

- Most patients do not require surgery. If necessary, a urologist will perform surgery to try and repair or strengthen the functions of the bladder.

Source:
<https://www.urologyhealth.org/urology-a-z/i/interstitial-cystitis>

If you have pain, pressure, urgency, or frequent urination, don't put off seeing a urologist, as these conditions only progress with time. Getting a proper diagnosis and early treatment is critical.

The Center for Urogynecology and Female Pelvic Health in Venice, Florida, provides comprehensive and personalized care in a relaxed, spa-like office. Under the care of John Devine, MD, a fellowship-trained urogynecologist, the practice specializes in women's pelvic health and urogynecology, providing care for women of all ages, from adolescents to adults.

Taking a patient-centric approach to care, Dr. Devine schedules ample time for patient appointments. He also makes himself directly available to his patients to answer any clinical questions.

The Center for Urogynecology and Female Pelvic Health provides comprehensive evaluations of female pelvic health concerns. Services include gynecology care to manage general health and wellness, as well as the evaluation and treatment of conditions and symptoms arising from menopause.

The practice also specializes in urogynecology, which is an OB/GYN subspecialty that focuses on the diagnosis and treatment of female urinary incontinence and pelvic floor disorders, like pelvic organ prolapse.

The Center for Urogynecology and Female Pelvic Health also provides care to women struggling with interstitial cystitis or fecal incontinence. Additionally, Dr. Devine offers consultations and surgical treatment for women experiencing complications from mesh.

For patient-centric care from an experienced physician with friendly and accommodating staff, call The Center for Urogynecology and Female Pelvic Health, or request an appointment today. Please call 941-457-7700.

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TO BE CREMATED OR BURIED, THAT IS THE QUESTION

By James W. Mallonee

William Shakespeare's statement of "to be or not to be, that is the question" fits when it comes to determining what is to be done with a person's remains at death. Such decisions can generate a great deal of fodder and questions among family relationships. Much of those decisions will depend on the interrelationships of a person's religious beliefs, cost and family desires. This problem has been the subject matter of questions among families whose loved one dies and leaves no writing or directions to the family on what to do with their remains once they have passed.

Florida attempted to resolve this issue by creating a set of laws known as Chapter 497 Fla Stat., which gives guidance to a funeral home and cemeteries regarding the services they offer to the public. It does not provide direction on who has authority to sign and make decisions for the disposition of a person's remains. That decision is left up to the courts should such a question come up.

Consider the following: In the case of *Giat v. SCI Funeral Serv. of Fla, LLC*, where Mr. Giat, while living in another State, indicated orally that he wished to be buried in accordance with the Jewish religion. Mr. Giat then moved to Florida, only now he expressed a desire to be cremated. It is unknown as to what changed his mind but the oral expression was allegedly made to his wife. Upon his death, his

wife made it known to the funeral home that he was to be cremated. The decedent's son objected stating that his father was to be buried in the Jewish tradition.

Mrs. Giat claimed that she had authority to make the decision based on the Chapter 497 of the Fla. Statutes. The statute does state who has authority to sign for a decedent's body. The statute states the spouse has first priority followed by the decedent's children. It does not state who has the authority to determine the disposition of a person's body (cremation or burial).

A hearing was held in the lower court where it reasoned in the absence of any written statement showing the intention of the decedent that the spouse has priority in deciding disposition of her husband's body. The law does state in the absence of any intentions expressed by the decedent, the determining factor of how a person's body should be disposed requires an evidentiary hearing with the court. In this case, lacking any evidentiary writing the trial court determined the spouse had the right to decide what to do with the husband's remains. But that is not what the statute states and the son appealed. Lacking an evidentiary hearing the appellate court reversed returning the case back to the trial court to determine what were the intentions of the decedent.

The message to be learned from this case and those proceeding it is to have something in writing from the decedent stating what their intentions are when it comes to the disposal of their body (cremated or buried). Placing such intention in a person's Will does not guarantee that it will be carried out. Such direction in a Will provides the court evidence of intention, but to be sure, it is suggested a decedent include a secondary writing expressing the disposition desired by the decedent.

What happens if there is no Will or other writing to draw from? In that case, the evidence can come from oral statements as well as written directions by the decedent. What has been learned from the Giat case is an objection as to the disposition of a person's body can be made by any interested person. If an objection is made the court will hold an evidentiary hearing to learn by clear and convincing evidence what the decedent's intention was concerning the disposition of their remains.

If you are involved in an argument with family members about the disposition of a loved one's remains, you should seek out the attorney of your choice and have a discussion regarding the intentions expressed by the decedent. Writings are ideal, but not always perfect.

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, P.A.

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The Secure Act's 10-Year Rule for IRA Heirs

The Setting Every Community Up for Retirement Enhancement (Secure) Act fundamentally changed the rules governing distributions from inherited retirement accounts. Inheriting an IRA or 401(k) under the new administration could create several adverse tax consequences for the beneficiary—and it's never too early to take actions designed to ensure the best possible outcome from a tax perspective.

Under the Secure Act, *nearly* every beneficiary who inherits a retirement account (IRAs, 401(k)s, etc.) in 2020 and beyond will have to empty the account within ten years—and pay income tax on the distribution at ordinary income tax rates. (NOTE: Eligible designated beneficiaries (EDBs) include spouses, disabled and chronically ill beneficiaries, minor children of the account owner, and beneficiaries less than ten years younger than the owner). EDBs are exempt from the new rules and can continue to withdrawal from the inherited account and pay the taxes over their own life expectancy.

Consequences of the 10-Year Rule

1. The penalty for noncompliance. Although the beneficiary can use discretion in determining when to take distributions within the 10-year time frame, if the beneficiary fails to empty the account within ten years, the IRS imposes a 50% penalty on the amount remaining in the account.

2. The increased tax bracket. Every distribution will increase the beneficiary's taxable income for the year. This creates the possibility that the beneficiary could jump into a higher tax bracket.

3. Increased taxable income affects Medicare premiums. Income-based surcharges are added onto the base Medicare premium for taxpayers with higher incomes. Because an inherited account distribution increases taxable income, it can also cause the recipient to become subject to the surcharges.

Potential Solutions

1. Every beneficiary should examine their tax picture in determining the best course of action when it comes to distributions within the 10-year window.



2. Current account owners should take action to minimize the tax implications for their beneficiaries. Owners with multiple heirs may wish to leave the traditional retirement account to someone who qualifies as an EDB or who's in a lower income tax bracket.

3. For many account owners, executing a Roth conversion strategy can add flexibility and minimize the amounts in traditional retirement

accounts. Roth IRAs aren't subject to the new 10-year distribution rule and distributions aren't counted as taxable income when the beneficiary eventually withdraws the funds.

Planning is complex under the Secure Act but shouldn't get in the way of your retirement and investment planning. We're here to help, so call us today at 941-925-2121 and let's review your options.

Adapted from Think Advisor¹

<https://www.thinkadvisor.com/2021/06/28/how-secure-acts-10-year-rule-creates-tax-headaches-for-ira-heirs/>

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Margaret Hixon
Founder & President

Stuart Dickson
Managing Partner

Cancer.

By Paula Swift, CHTP

Just one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best thing that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were



repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving

others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!

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Paula Swift, CHTP

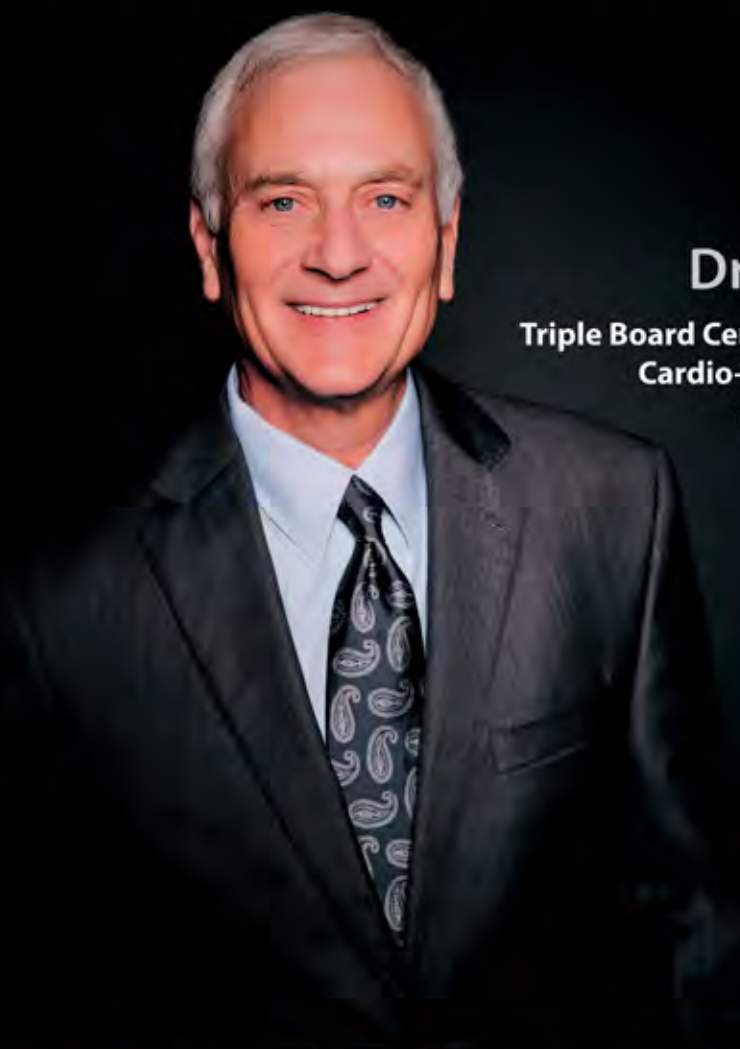
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- SORES/ULCERS
- DISCOLORATION
- SPIDER VEINS

IF YOUR LEGS FEEL LIKE THIS:

- TIRED, HEAVY, RESTLESS
- ITCHY
- ACHY
- SWOLLEN

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