



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

Health & Wellness[®] MAGAZINE

November 2021
Charlotte/South Sarasota Edition - Monthly

www.swfhealthandwellness.com

FREE  

**REDUCE
YOUR RISK
OF LUNG
CANCER**

**WOMEN'S
HEALTH**

**Bayfront Health's
Grand Opening
in Punta Gorda**

**TIS' THE SEASON
FOR GIVING**

**DIABETIC
RETINOPATHY**

**You May Not Know
You Have It**

**ADVANCED
URINARY
INCONTINENCE
PROCEDURES**

November is National
Alzheimer's Disease
Awareness Month

**ALZHEIMER'S
MYTHS**

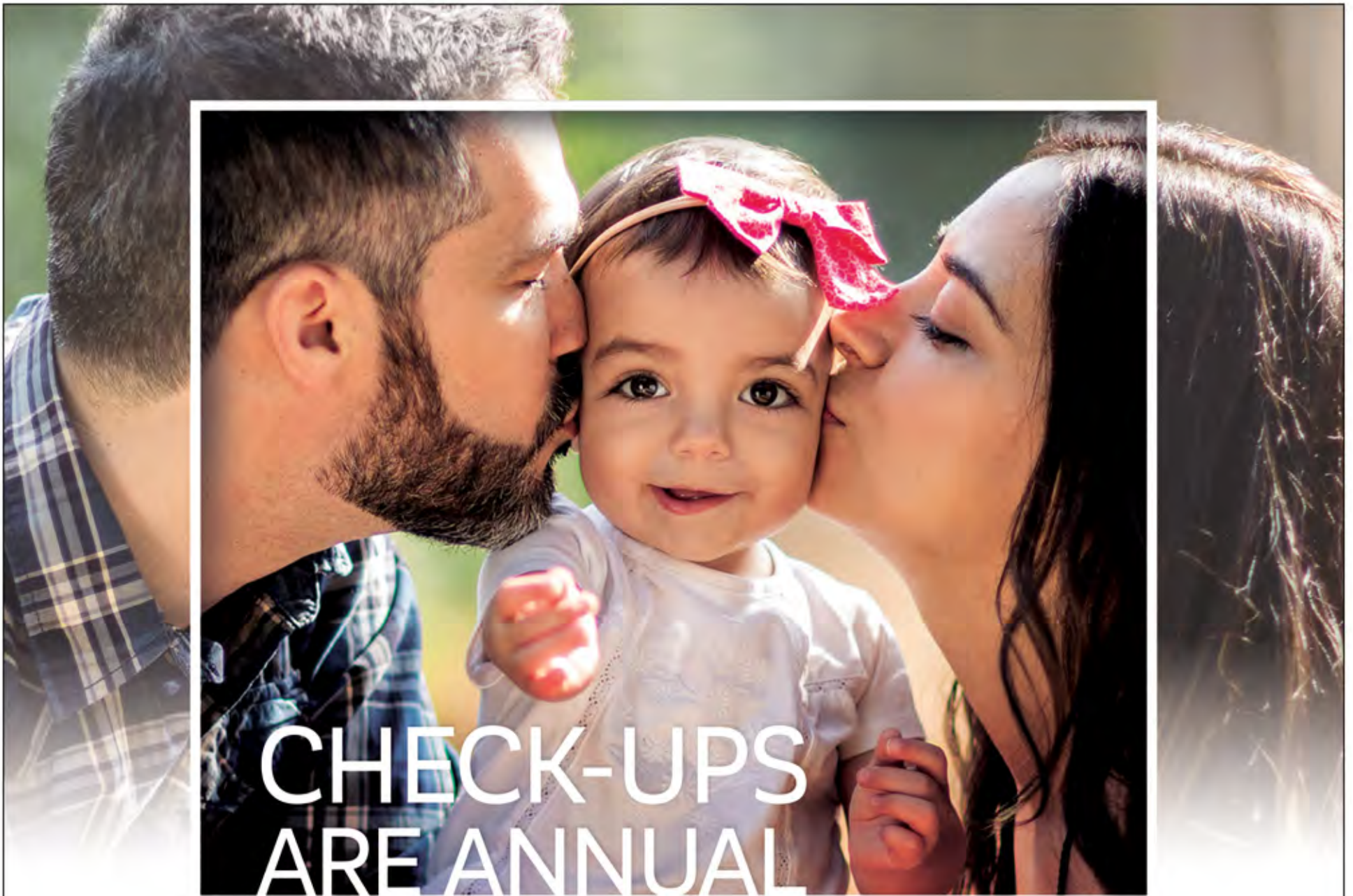
**What You Should Know About
Prevention and Treatment**

Robert F. Baumann, D.O.
Board Certified Neurologist

**MILLENNIUM[®]
PHYSICIAN GROUP**

Your Connection to a Healthier Life





CHECK-UPS ARE ANNUAL 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.

BayfrontCharlottePCP.com



**Bayfront Health
Medical Group**



Serving Florida since 2008

Our patients are **WHY** we strive to deliver the **BEST** care in the country.



With **600+ providers** and **150+ locations** across Florida, we are near you. **Visit us today!**

MillenniumPhysician.com



LUNG CANCER AWARENESS MONTH



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.

Cape Coral Office
909 Del Prado Blvd. S
Cape Coral, FL 33990
(239) 217-8070

Fort Myers Office
15681 New Hampshire Ct.
Fort Myers, FL 33908
(239) 437-1977

Bonita Springs Office
25243 Elementary Way
Bonita Springs, FL 34135
(239) 317-2772

Port Charlotte Office
3080 Harbor Blvd.
Port Charlotte, FL 33952
(941) 883-2199

Spanish-fluent doctors
and care staff



ADVOCATE

Radiation Oncology, LLC

www.AdvocateRO.com



Recognized Amongst
**American Top
Podiatrists
2010-2020**



Dr. Isin A. Mustafa,
Foot & Ankle Surgeon
DPM, MSHS, AACFAS
3161 Harbor Blvd, Suite B
Port Charlotte, FL 33952

(833) 366-8534 (FOOT LEG)



www.NaplesPodiatrist.com

SAME DAY / NEXT DAY
APPOINTMENTS

HOURS: Mon-Fri 8am-5pm



HOME OF THE 3D LAPIPLASTY - SCARLESS BUNIONECTOMY



4 New Facts About Your Feet & Ankles

*Moving
Forward*

- 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.

MEDICARE AND MOST PPO'S ACCEPCTED

contents NOVEMBER

- 6** COVER STORY
Alzheimer's Myths:
What You Should Know About
Prevention and Treatment
- 7** Reduce Your Risk of
Lung Cancer
- 8** Women's Health: Bayfront
Health's Grand Opening
in Punta Gorda
- 9** Diabetic Foot Infections and
Preventing Amputation
- 10** Diabetic Retinopathy:
You May Not Know You Have It
- 11** Gaining Control When
Diagnosed with Lung Cancer
- 12** Ever Wonder Why...
Your Get Up and Go, Got Up
and Went?
- 13** Great American
Smokeout® 2021
- 14** Tis' the Season for Giving
- 16** Treating Venous Ulcers at
Joyce Vein & Aesthetic Institute
- 17** Lung Cancer Screenings
- 18** Mobile Treatment Services
for Lymphedema Therapy
- 19** Early Detection Saves Lives
- 20** Healthy Aging: What Does
It Really Require?
- 21** 8 Dos and Don'ts of Owning
a Vacation Rental
- 22** All-In-One Dental Visit with
CEREC
- 23** Diabetes Can Affect Your
Hearing
- 24** Advanced Urinary
Incontinence Procedures
- 25** Adopted Children and
Right to Heirship
- 26** Spiritual Wellness:
What's Your Diet?

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

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals', doctors', chiropractors' and dentist offices. Find a copy of your FREE Southwest Florida's Health&Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

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

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2021. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

#1 Choice

for cataract treatment in Southwest Florida*



FREE CATARACT SCREENING*

Are you over 50 and...

Suffering with blurry vision?
Having trouble driving at night?
Having difficulty reading small print?

Schedule your **FREE** cataract screening
today and mention this ad!

855-734-2020

*Free cataract screening conducted by a technician and not a doctor. Depending on outcome, we will schedule a follow-up exam or cataract evaluation with a surgeon.

 **Quigley Eye**
SPECIALISTS

See The Life You Love

Convenient Locations throughout Southwest Florida ► QuigleyEye.com

*A screening does not replace an exam with an optometrist or ophthalmologist. Evaluations are not free. Free screenings are limited to one per person. THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT. *Offer expires 30 days from date of publication.

*AHCA 2019-2020 data, retrieved 10-09-21

Alzheimer's Myths:

What You Should Know About Prevention and Treatment

By Dr. Robert F. Baumann, Board-Certified Neurologist

Alzheimer's disease is unfortunately on the rise and is expected to triple by 2050. Currently, more than six million Americans have the disease. Unfortunately, there is a lot of confusion and misinformation about the disorder. When we think about the misconceptions associated with Alzheimer's disease, the number one issue that comes to mind is the use of the term "Alzheimer's." People seem to confuse Alzheimer's and label it for all cognitive disorders.

Myth: Alzheimer's disease is the same as dementia.

Cognitive decline is classified as "dementia." Under the term dementia, are several groups, one being Alzheimer's disease. I tell my patients to think of dementia as the book title, and the causes and classifications are the book's chapters. These include frontotemporal dementia, vascular dementia, and Lewy body disease, to name a few. These have different implications and effects on the patient, primarily analytical, personality, and perception changes.

Myth: If my mom had dementia, I will too.

Many patients come to me and are scared because one of their family members had dementia, and they think they will get it as well. Just because your mom or dad had it doesn't necessarily mean you will too. However, if you have a strong family history of dementia, meaning several family members have had it, or your relatives had it at a young age, then genetics might be playing a more significant role. We can test for genetic markers to see if you have a greater risk of developing the disorder.

Myth: Aluminum causes dementia.

Years ago, people used to be overly concerned with aluminum cookware, soda cans, and deodorant. This is a common misconception that started back when kidney dialysis patients were experiencing confusion due to the aluminum-based hydroxide in the machines. Although this did cause confusion in some patients, it did not cause dementia.

Myth: Silver dental fillings cause dementia.

The same can be said about amalgam fillings as aluminum. Many people clamored to their dentist, begging to have their fillings removed and replaced



with composite resin, but this myth has also been debunked. If you prefer to have your dental filling removed for cosmetic reasons, that's fair but not necessarily essential to prevent dementia.

Myth: Medications will reverse dementia.

Treatment is an issue that many people are confused about. There is no meaningful treatment that cures dementia. There are medications that can slow the progression of the disorder. I am always upfront with patients about these medications, explaining they work for some people while not too well for others, but we always try them to see if there is any improvement. With these drugs, many patients' loved ones report improvements for several years, and the quality of life can be reasonably steady for five to eight years in some cases. However, as brain cells die, dementia will continue to progress.

What you can do to prevent or delay dementia or slow the progression

Exercise

Many patients with dementia have coexisting vascular disorders. Exercise is well known to mitigate cardiovascular conditions; therefore, we recommend exercise for dementia patients. Just 30 minutes a day of walking, swimming, or jogging, or whatever your fitness level allows is essential for cognitive health.

Manage insulin and sugar

There is a lot of speculation surrounding sugar and insulin resistance and its role in dementia. In dementia patients, the brain cells are unable to metabolize glucose. Insulin resistance plays a significant role in dementia for numerous individuals. Limiting sugar and going into mild ketosis is thought to be helpful.

Healthy lifestyle changes

The best thing we can do as a society is to take our healthcare more seriously. It begins with healthy lifestyle habits. I encourage my patients to start a Mediterranean diet and reduce sugar, alcohol, and unhealthy fats. Eating leafy greens, herbs, colorful vegetables, berries, nuts, seeds, olive oil, and cold-water fish is very effective for overall body and brain health.

Early treatment may be beneficial.

In younger people who might start to show signs of dementia early on, beginning a dose of medications to remove amyloid plaque formation might be beneficial as well.



Robert F. Baumann, D.O.

Dr. Robert F. Baumann is a board-certified neurologist with decades of experience.

- **EDUCATION:** Doctor of Osteopathic Medicine, University of Medicine and Dentistry of New Jersey, Newark, New Jersey
- **RESIDENCY:** Long Island Jewish Medical Center, Queens, New York
- **SPECIALTY:** Neurology
- **FOCUS:** Health and wellness

**MILLENNIUM
PHYSICIAN GROUP**

Your Connection to a Healthier Life

NEUROLOGY

3000 S. McCall Rd, Englewood, FL 34224

To schedule an appointment, please call
(941) 841-4200.

Reduce Your Risk of Lung Cancer

While the number of cases and the number of deaths from lung cancer have declined dramatically over the past decade, lung cancer is still the leading cause of cancer deaths in the United States in both men and women. According to the American Cancer Society, more people die of lung cancer in a year than from breast, prostate and colon cancer combined; however, there are several ways to reduce your risk of lung cancer.

AN OUNCE OF PREVENTION . . .

Approximately 85% of all lung cancer occurs in people who smoke. So it stands to reason that one of the best ways to reduce your risk of getting lung cancer is to never begin smoking, or to stop smoking as soon as possible. Tobacco in all forms increases your risk of various types of cancer; chief among them is lung cancer. There are many programs to assist with smoking cessation. Discuss these options with your doctor to determine which method is best for you.

EARLY DETECTION SAVES LIVES

Although there have been some real advances in the treatment of lung cancer, the average five-year survival rate for lung cancer in the U.S. is only 18.6%, unless it is detected early, according to the American Lung Association. However, if the disease is detected early, while it is still localized within the lungs, the five-year survival rate soars to 56%. So your chances of surviving lung cancer are three times greater when it is detected early.

Unfortunately, only about 15% of all lung cancer cases are diagnosed at an early stage. Why? Because often in the early stages there are no real symptoms. That is one of the reasons why regular screenings are so important - especially if you are a current smoker or if you have ever been a heavy smoker for longer than 15 to 20 years.

Through the use of low-dose spiral CT scans of the chest, lung cancer can often be detected in its early stages before it becomes incurable, or even before a patient is showing symptoms. This type of screening can detect early stage cancers that cannot be seen on traditional chest X-rays. Screening is recommended for people with a history of heavy smoking, defined as 30 pack years or more. A pack year



Lung cancer patients are NOT more susceptible to COVID-19, but if they get it, they are more likely to have complications because of their underlying disease. Due to this increased risk, lung cancer patients should be extremely vigilant about preventing the disease.

means smoking an average of one pack of cigarettes per day for one year (for example: one pack per day for 30 years or two packs per day for 15 years). Check with your physician to see if you could benefit from a CT lung scan.

IMPROVEMENTS IN THE TREATMENT OF LUNG CANCER

Many advances in the treatment of lung cancer have occurred in the past decade, including the development of medications known as targeted therapies, which interfere with certain processes that cancer cells use to grow and spread, and immunotherapies, a type of targeted therapy that boosts the body's immune system to fight cancer. These drugs have given oncologists many more options in treating lung cancer and have made treatment more effective and safer for patients.

LUNG CANCER RESEARCH INVESTIGATES MANY POSSIBILITIES

Many clinical trials are looking at newer combinations of chemotherapy drugs to determine which are the most effective. These are especially important for older patients who may have other health problems, and doctors are studying these combinations to discover if treatment outcomes can be further improved. Sometimes, chemotherapy is also being used in combination with some targeted therapies and has been shown to improve survival rates.

There is still much research needed to develop even more effective treatments for lung cancer; however, today many more people are surviving the disease than ever before.

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 new 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.



North Port

1390 Grand Venture Drive
North Port, Florida 34286

Port Charlotte

22395 Edgewater Drive
Port Charlotte, FL 33980

Venice Island

901 South Tamiami Trail
Venice, FL 34285

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

Women's Health:

Bayfront Health's Grand Opening in Punta Gorda

Offering a groundbreaking transvaginal procedure for hysterectomy and other conditions

Bayfront Health is proud to announce the Grand Opening of their Punta Gorda obstetrics and gynecology practice. This is the only women's health office in the area, with physicians that are highly respected in their field.

Billie Zody, MD, is a recent member of the OBGYN medical team. She looks forward to providing women the surgical care they need in the Punta Gorda community.

"All of our physicians are minimally invasive gynecologic surgeons, so the community can feel comfortable they are receiving top tier care," says Dr. Zody.



Dr. Jennifer D'Abarno is the only surgeon in the area performing an innovative procedure called vNotes, which is a minimally invasive surgery for hysterectomy and other pelvic procedures.

We caught up with Dr. D'Abarno to find out more about vNotes.

Q: What advantages does the vNote procedure offer for patients needing a hysterectomy?

A: "Traditionally, patients needing a hysterectomy had two choices: vaginal surgery or abdominal surgery with an open abdominal incision. Over the last few decades, minimally invasive techniques have been developed for hysterectomies including laparoscopic and robotic (DaVinci) assisted procedures. However, these techniques still involve 1-5 abdominal incisions, although smaller as well as a vaginal incision. The vNOTES (vaginal natural orifice transluminal endoscopic surgery) approach, allows patients who would otherwise not be candidates for vaginal surgery to have that surgery safely and with only a single vaginal incision. This results in less pain, fewer complications, shorter hospital stays, and a faster recovery.

"Patients who historically would not be able to have a vaginal procedure due to morbid obesity, large uterus, fibroids, lack of uterine prolapse, large ovarian or tubal lesion, or scar tissue from a prior surgery for example, can safely have a vNOTES hysterectomy (VANH or vaginal assisted NOTES hysterectomy) on an outpatient basis. Because the procedure is initiated from an open vaginal incision, the pelvis and upper abdomen can be clearly seen, allowing instruments to be positioned safely, which greatly reduces the risk for surgical injuries to important abdominal structures. This is particularly important for patients with complex



past surgical histories. In addition, because the uterine blood supply is secured earlier in the vNOTES procedure compared with the other approaches, very little blood loss can be achieved. Ureteral injuries (the tube connecting the kidney to the bladder) are much less likely with the vNOTES approach compared with laparoscopic or robotic approaches due to improved and direct visualization of the ureters from the vNOTES perspective. While not all patients considering a hysterectomy will be appropriate candidates for vNOTES VANH or alternative minimally invasive techniques, patients should discuss the option for a vNOTES VANH with their providers as a safer alternative to these traditional approaches. We are happy to be able to provide this amazing new approach to our patients here in Southwest Florida.

Q: Are there any other treatments that vNote is used for on or off-label?

A: "Because of just a small posterior (back wall) vaginal incision, the vNotes technique can be used to treat a variety of other gynecologic conditions that would otherwise require an abdominal incision or a minimally invasive abdominal approach. vNotes can be used to perform sterilization procedures, remove ovarian cysts, tubal lesions, remove ovaries and treat ectopic pregnancies.

Bayfront Women's Health

At Bayfront Health Punta Gorda, the staff understands that women have unique health concerns - that's why they offer a women's health program with services to address the needs of women of all ages. From preventive education and screenings to maternity care, they provide a range of services to support women's optimal health and wellness.

Bayfront Women's Health Services

- Obstetrics
- Bone Health
- Breast Care
- Gynecology
- Urogynecology
- Women's Wellness

Jennifer D'Abarno, M.D.

Dr. D'Abarno is an accomplished, board-certified obstetrician and gynecologist who has been in practice for almost 30 years and speaks both English and limited Brazilian Portuguese. Whether starting a family or preparing for a healthy menopause, she is committed to being a health care partner through all stages of a woman's life.

Dr. D'Abarno received her undergraduate degree from Duke University in North Carolina, medical degree from University of Pittsburgh and completed an internship and residency program at Magee-Womens Hospital of UPMC in Pittsburgh, PA.

Stephanie Finley, D.O.

Stephanie Finley, D.O., is board-certified in obstetrics and gynecology. She specializes in a wide range of women's health services, including laparoscopic, minimally invasive, and conservative non-surgical options. She is dedicated to the unique needs of women of all ages, including adolescents.

Dr. Finley received her medical degree from A.T. Still University Kirksville College of Osteopathic Medicine in Kirksville, MO, and completed residencies in obstetrics and gynecology at Lehigh Valley Health Network and Crozer Keystone Health Network, both in Pennsylvania.

Billie Zody, M.D.

Dr. Billie Zody is an Obstetrics and Gynecology Specialist. She graduated with honors from Indiana University School Of Medicine in 1999. Dr. Zody has more than 22 years of experience. Her philosophy in medical care is to be involved and attentive to her patients' needs and concerns. One of Dr. Zody's many strengths has always been her in-depth involvement of the patient in each step of this process including treatment options. She has completed a laparoscopic fellowship in minimally invasive gynecologic surgery and offers full obstetric and gynecologic services and procedures.

Contact Bayfront Medical Group Obstetrics and Gynecology Practice in Punta Gorda to schedule your appointment. Please call 941-766-0400.

To find out more, please visit our website at bayfrontcharlotte.com.



**Bayfront Health
Medical Group**
Obstetrics and Gynecology
713 E Marion Ave.
Punta Gorda, FL 33950

DIABETIC FOOT INFECTIONS AND PREVENTING AMPUTATION

The prevalence of diabetes in the United States continues rising at an alarming rate. According to the Centers for Disease Control and Prevention (CDC) an estimated 30.3 million people have been diagnosed with diabetes with another 7.2 million adults undiagnosed in the United States. By 2030, the CDC expects there to be over half a billion diabetics in the U.S. ("National Diabetes Statistics", 2017). An increase in the prevalence of diabetes, unfortunately, leads to a rise in lower extremity amputations. The good news, the majority of lower extremity amputations are preventable if patients take the appropriate care.

The first step: diagnosis of diabetes. Once diagnosed with diabetes, routine follow up with your PCP is imperative to get your blood sugar under control. Next, find a podiatrist for routine care who can also educate you on preventative measures. Regular foot screenings can be lifesaving and limb saving for the diabetic population. Your Podiatrist will also screen for other risk factors that can contribute to the development of diabetic foot infections and/or amputations. If the proper health and lifestyles changes are made, many of the potential health risks are preventable or controllable. Some common risk factors include high blood sugars, high blood pressure, smoking, callouses/corns, foot deformity, poor blood flow, history of ulcers or previous amputations, vision loss, kidney disease and neuropathy. Working together with you, your PCP and other medical professionals, can significantly reduce your risk of amputation.



Ulcers are a primary cause of developing complicated foot infections, hospitalization, or amputation. Many ulcers start as a simple callous. As a diabetic with some degree of neuropathy, you may not feel a callous progressing into an open wound, missing the early signs of an infection. Without prompt treatment, this unnoticed wound or infection could quickly extend to the bone or progress to a limb threatening infection that will likely require hospitalization and amputation. This is why routine foot screenings are so important for the diabetic population.

In addition to routine foot screenings, self-inspection should be performed daily. Check your feet daily for blisters, cuts, sores, redness, swelling or any other abnormal changes. Make sure to also look between your toes. Many podiatrists recommend the use of white socks to their patients. White socks make it easier to notice blood or drainage coming from the foot. Patients should wear socks that pull moisture away from the skin like cotton or special acrylic fibers, avoiding nylon.

Avoid socks with seams that irritate your skin. If you can't reach your feet, ask someone for assistance or try using a foot mirror. Do not try to remove calluses or other foot lesions yourself and avoid walking barefoot. Other suggested recommendations include: avoiding worn down shoes, shoes that are too small or too narrow for your foot, and quit smoking. If you notice any abnormalities, contact your podiatrist or medical provider right away.

Together, we can change lives by saving limbs.

Citation: Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2017. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2017.

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.

6846 International Center Blvd, Suite B
Fort Myers, FL 33912

(239) 430 - 3668 (FOOT)
www.NaplesPodiatrist.com

PUT YOUR BEST FOOT FORWARD

FAMILY FOOT & LEG CENTER

COMMON CONDITIONS

FOOT & ANKLE PAIN	WOUND CARE
INGROWN TOENAILS	SPORTS INJURY
MORTONS NEUROMA	BUNIONECTOMY
PLANTAR FASCIITIS	HEEL PAIN

SAME DAY APPOINTMENTS

Serving Southwest Florida Since 2005!

Naples. Marco Island. Estero. Cape Coral. Fort Myers. Port Charlotte.

CALL TODAY!

239-430-3668 (FOOT)
NAPLESPODIATRIST.COM

Dr. Isin Mustafa
DPM, MSHS, AACFAS
3161 Harbor Blvd, Suite B
Port Charlotte, FL 33952



WE KEEP YOU WALKING



Diabetic Retinopathy:

You May Not Know You Have It

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

All of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetics, the high blood sugar is highly involved in damaging the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.

According to the American Academy of Ophthalmology:

Diabetic Retinopathy

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms such as:¹

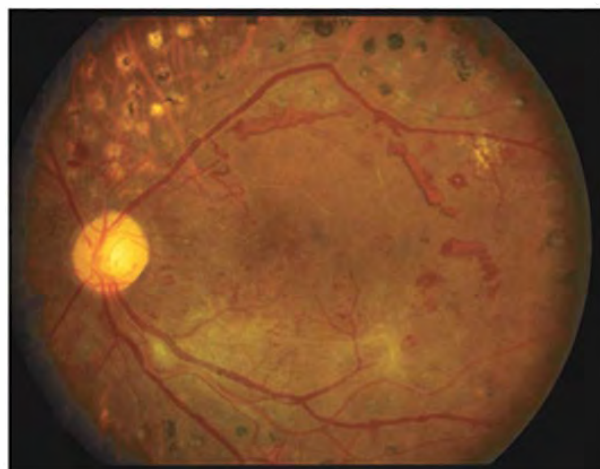
- Seeing an increasing number of floaters
- Blurry vision
- Vision that changes sometimes from blurry to clear
- Seeing blank or dark areas in your field of vision
- Having poor night vision
- Noticing colors appear faded or washed out
- Losing vision

Diabetic retinopathy symptoms usually affect both eyes

Treatment Options:

Medical control

Controlling your blood sugar and blood pressure can stop vision loss. Carefully follow the diet your nutritionist has recommended. Take the medicine



your diabetes doctor prescribed for you. Sometimes, good sugar control can even bring some of your vision back. Controlling your blood pressure keeps your eye's blood vessels healthy.¹

Medicine

One type of medication is called anti-VEGF medication. These include Avastin, Eylea, and Lucentis. Anti-VEGF medication helps to reduce swelling of the macula, slowing vision loss and perhaps improving vision. This drug is given by injections (shots) in the eye. Steroid medicine is another option to reduce macular swelling. This is also given as injections in the eye. Your doctor will recommend how many medication injections you will need over time.¹

Laser surgery

Laser surgery might be used to help seal off leaking blood vessels. This can reduce swelling of the retina. Laser surgery can also help shrink blood vessels and prevent them from growing again. Sometimes more than one treatment is needed.¹

4 Ways to Prevent Vision Loss from Diabetic Retinopathy

1. If you have diabetes, talk with your primary care doctor about controlling your blood sugar. High blood sugar damages retinal blood vessels.
2. Do you have high blood pressure or kidney problems? Ask your doctor about ways to manage and treat these problems.
3. See your ophthalmologist regularly for dilated eye exams. Diabetic retinopathy may be found before you even notice any vision problems.
4. If you notice vision changes in one or both eyes, call your ophthalmologist right away.

Get treatment for diabetic retinopathy as soon as possible. This is the best way to prevent vision loss.

Source:

1. N Gregori, M.D., *Diabetic Retinopathy: Causes, Symptoms, Treatment*, Septemebr 14, 2021, <https://www.aaopt.org/eye-health/diseases/what-is-diabetic-retinopathy>



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

2529 Tamiami Trail, Punta Gorda, FL 33950
2135 Tamiami Trail, Port Charlotte, FL 33948
20600 Veterans Blvd., Port Charlotte, FL 33954
1428 S Tamiami Trail, Sarasota, FL 34239

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.



GAINING CONTROL WHEN DIAGNOSED WITH LUNG CANCER

By Dr. Alan Brown

A lung cancer diagnosis brings a range of emotions and questions. It can feel overwhelming.

At Advocate Radiation Oncology, we recognize that coping with cancer is a journey, and it's important that you know we are walking alongside you. In fact, one of the first steps we take together is giving our patients some power over the situation, and that starts with education – for both patient and provider. First, we get to know you, not just your diagnosis. Lung cancer patients may be referred to our office in the very early stages to shrink the tumor before surgery, after surgery to destroy any cancer cells that remain, or to treat lung cancer that has spread to other areas of the body to ease symptoms of the disease. Becoming educated on your history is a priority. Advocate Radiation Oncology focuses on treating the individual, and that means we understand our patients so that we can create a comprehensive, customized treatment plan.

In getting to know you, it's also important that patients and families learn about our team. We are proud to have world-class physicians on our staff who provide innovative and compassionate care with a patient-centered approach. Many of our board-certified physicians have trained and worked at the nation's most prestigious institutions and bring decades of experience and passion to your care team as well as to the greater cancer community.

Establishing an individualized cancer treatment plan is one of the best ways we can help patients regain control. Our treatments are guided by the most up-to-date data, most appropriate evidence-based cancer care, and the very latest technologies available in the fight against lung cancer or other cancers. Lung cancer is the second most common cancer in both men and women. It's also the leading cause of cancer death, accounting for about one in four deaths, according to the American Cancer Society. These statistics are difficult to hear. That's why it's especially important to ensure patients have access to the most sophisticated, advanced technology on the market.



Patients should understand that with radiation oncology, precision is critically important. The key is destroying tumors without damaging surrounding tissue.

Our practice has made substantial investments in equipment to treat lung and other cancers, including these three state-of-the-art Varian machines:

- **Halcyon:** Using image-guided radiotherapy, the Halcyon's intelligent automation provides for faster treatment times. Patients find that the smooth motions and soft, ambient lighting helps them stay relaxed and comfortable during their treatments.
- **TrueBeam:** The Intensity-Modulated Radiation Therapy, or IMRT, linear accelerator targets and destroys tumor cells in the body using external-beam radiation.

- **Identify:** A comprehensive administrative technology system, Identify uses patient biometrics at every stage of the treatment process to ensure safe and accurate care. Identify is integrated across all machinery and devices within the practice, streamlining communication between the radiation therapists, machines and patients.

With our patient-first approach and individualized treatment plans, combined with the very latest technologies, Advocate Radiation Oncology is helping our patients gain some control over their illness.

About the Author

Dr. Alan Brown is a board-certified radiation oncologist 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.

Cape Coral Office
909 Del Prado Blvd. S
Cape Coral, FL 33990
(239) 217-8070

Fort Myers Office
15681 New Hampshire Ct.
Fort Myers, FL 33908
(239) 437-1977

Bonita Springs Office
25243 Elementary Way
Bonita Springs, FL 34135
(239) 317-2772

Port Charlotte Office
3080 Harbor Blvd.
Port Charlotte, FL 33952
(941) 883-2199

Spanish-fluent doctors
and care staff





Ever wonder why...

Your get up and go, got up and went?

By Tess Lambert, APRN, CMO

There are many potential reasons why this may happen. We are all different, and when there are changes in our energy levels, our drive, and our ambition, a whole or "holistic" look at our overall health can help us determine why.

One of the reasons can be depression. Over 17 million people suffer from depression and depression comes in many forms and varying degrees. The primary type of depression is major depressive disorder and is characterized by meeting at least 5 of 9 criteria, including decreased feelings of positive regard, decreased daily function, loss of motivation, energy, and focus, changes in appetite and sleep, and at its worst, a feeling of helplessness or hopelessness that may lead to thoughts of wanting to die. If you experience these symptoms, please seek help.

Other reasons may include hormonal imbalances. Hormones are chemical messengers in our body which travel through our blood stream to all our organs. Hormones coordinate and regulate most functions of the body. There are many types. The thyroid, located in our neck, is considered the master gland of the body. It is responsible for, or assists, in regulating many of our bodies' processes, including temperature, metabolism, heart rate, and muscle contraction. It is important in regulating our weight and our sleep. If the hormones associated with the thyroid are either deficient or over-produced, it greatly affects your get up and go.

Another important set of hormones are the sex hormones like estrogen, progesterone, and testosterone. An imbalance in any of these—and both men and women have each of these, just in different quantities—the get up and go heads south in a hurry.

Another hormone is cortisol which is an important factor in managing stress. Cortisol levels change throughout the day, but if it is more elevated than it should be, it can cause tremendous anxiety, and then when it crashes, the opposite occurs, and energy and mood are severely affected.

Vitamin and mineral imbalances can lead to loss of get up and go. In Florida, we have less concern about vitamin D because we get so much sun. In the northern states, an estimated 75% of the people have insufficient levels of vitamin D. B12 is another. If B12 is low, energy is lost. It can lead to all kinds of additional changes in the body. Some people have pernicious anemia, which is loss of red blood cells and hemoglobin due to B12 deficiency. These cells are responsible for carrying oxygen around the body, so a deficiency leads to low oxygen and therefore fatigue, while increasing anxiety. Other vitamins and minerals include biotin, zinc, and folate.

A special note about supplements: There is a big kick these days to use supplements. That is not always in our best interest. Supplements may benefit one symptom, but often cause imbalances in something else. So, before we just take something, we need to know whether we really need it! Other issues include chronic illnesses, such as allergies, high blood pressure, diabetes. These processes can make you tired, AND the medications that treat these conditions can make you tired. Concerns with inflammatory markers and autoimmune symptoms can affect our get up and go.

How about sleep? How well we sleep matters, not just quantity, but quality! Sleep apnea is a big factor too.

When it comes to keeping your get up and go, the whole person matters. Like putting puzzle pieces together in a puzzle frame, all the pieces need to be looked at and put in the right spot to make a complete picture.

HOPE & HARMONY HOLISTIC HEALTH, INC.

We believe that "everybody deserves Hope & Harmony in their lives." We are committed to working with individuals to help them live the healthiest life possible. We use a team approach to holistic and functional medicine to help you meet your healthcare goals.



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 by living the healthiest life possible as defined by each individual.

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 counseling, mental and physical health care, you deserve to have whole-patient care customized just for you. Contact Hope & Harmony Holistic Health Today at 941-979-2952 or visit www.hopeandharmonyhealth.com.

Great American Smokeout® 2021



On November 18th of this year Gulfcoast South Area Health Education Center (GSAHEC) will celebrate the Great American Smokeout® (GASO), a national holiday hosted by the American Cancer Society that provides an opportunity for people who smoke to commit to healthy, smoke-free lives: not just for a day, but year-round. The Great American Smokeout® also provides an opportunity for individuals, community groups, businesses, healthcare providers, and others to encourage people to plan to quit on the GASO date or initiate a smoking cessation plan on the day of the event. This event not only challenges people to stop smoking, but it also educates people about the many free tools they can use to help them quit and stay quit.¹

Despite what some may say, it is never too late to quit smoking! In fact, you can experience several benefits of quitting smoking within hours of quitting and can enjoy the benefits of being tobacco-free for years to come. As soon as a person quits, his or her body begins to heal:²

- **2 weeks to 3 months after quitting:** risk of heart attack begins to drop, and lung function begins to improve.
- **1 to 9 months after quitting:** coughing and shortness of breath decrease.
- **1 year after quitting:** heart attack risk drops sharply.
- **2 to 5 years after quitting:** stroke risk is reduced to that of a non-smoker's.
- **5 years after quitting:** risk of cancer of the mouth, throat, esophagus, and bladder is cut in half.
- **10 years after quitting:** risk of dying from lung cancer is about half of a smoker's, and risk of cancer of the kidney and pancreas decreases.
- **15 years after quitting:** risk of coronary heart disease is back to that of a non-smoker's.

If you or a loved one are looking to quit smoking (or all forms of tobacco), or if you want to promote the Great American Smokeout® to your business, community groups, or patients, there are many free resources available to help someone quit! GSAHEC offers free virtual and

in-person group quit sessions—sponsored by the Florida Department of Health's Tobacco Free Florida program—that are available to help someone quit all forms of tobacco. These group quit sessions 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 session attendance. Attendees will also receive a participant workbook, quit kit items, and follow up support from a trained tobacco treatment specialist. Contact us today at 866-534-7909 or visit www.tobaccofreeflorida.com/groupquitcalendar to schedule a session or learn more about the program!

References:

- 1 <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>
- 2 <https://tobaccofreeflorida.com/cost-of-smoking/tobacco-effects-quitting-benefits/>

QUIT TOBACCO with **GROUP QUIT**

There's never been a more important time to quit.

Free expert-led sessions to help you quit all forms of tobacco.



Virtual Group Sessions **OR** In-Person Group Sessions



Develop your personalized quit plan.



FREE nicotine replacement patches, gum, or lozenges.*



More than **DOUBLES** your chances of success!

* (If medically appropriate for those 18 years of age or older)

Pre-registration is required.

CALL TODAY:

866-534-7909

Sponsored by:



Florida HEALTH

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

'Tis' the Season for Giving

Naples Soap Company

It's that time of year again. Like most of us, you probably don't start your holiday shopping until around Black Friday or maybe even the middle of December. But heed this warning... 2021 is not the year to procrastinate. If you decide to wait to shop this year, you may be out of luck. Supply chain issues and shipping delays are predicted to be the bah humbug of the holidays. Don't worry though, with just a bit of planning, you can make your list, check it twice, and find something just perfect for your friends and family.

2021 Gifting Trends

After nearly two years of stress and anxiety, everyone is in the mood for wellness gifts this season. Think self-care, aromatherapy, meditation, journaling and even fitness.

The great thing about wellness gifts is that they are perfect for people of all ages. Young children will enjoy a set of fizzy bath bombs. Your best friend will appreciate a handwritten friendship note on the first page of a gorgeous leather-bound journal. Your co-workers may like an aromatic collection of soaps or essential oils. And, your spouse will love a set of new workout clothes for the gym.

Avoid the Sweets & Drinks

Traditionally, alcohol and sweets such as chocolate and cookies have been the "go to" gifts for clients and family members. They're easy to give, but often times they're eaten and forgotten. Or, they're simply trashed when New Year's Day rolls around when people are purging their kitchens of all the calorie-laden gift sets. Let's face it, many of us put on some 'lbs.' during the pandemic, so do everyone a favor and skip the sweets this year and choose health & wellness options.



Give Experiences

Another gift idea that is on trend for 2021 is experiential gifts. This could be a trip to the spa for a relaxing massage, a facial with your local esthetician, a sunset boat cruise or an art class. Experiential gifts are memorable, and they're perfect for the person in your life who already has one of everything.

Shop Local

Although it's tempting to knock-out your list by simply shopping online, consider visiting the locally-owned stores in your community. Many small businesses and restaurants have struggled for nearly two years. This holiday season could be a make-it or break-it time these business owners. By shopping local, you'll find truly unique gifts with a delightful shopping experience that you can't get online. Plus, you'll be supporting the fabric and diversity of your community by helping to keep local shops in business.

Naples Soap Company

Why not give the gift of beautiful healthy skin with the Naples Soap Company's innovative and all natural products? Who doesn't love to pamper themselves with invigorating beautiful skincare? Naples Soap Company has carefully curated an assortment of gift sets to make your gift giving a breeze this holiday season. From our coastal-inspired "Holiday Under the Sea Box" and our "Beach Box" to our "Soap Stacks," we have something for every budget and for everyone on your list.



To find out more, or to give the gift of beautiful skin, please visit naplessoap.com, or stop by one of their stores.



DEANNA WALLIN
Naples Soap Company
Founder & CEO

The Importance of Self-Care

If the idea of self-care is foreign to you, here are a few pointers.

First, forget the guilt. Self-care is not indulgent – it's imperative. It gives people the chance to rest and recharge so that they can be more productive and present.

Second, know that self-care is different for everyone. Whether it's a walk on the beach, a tough workout, or a 20-minute face mask, self-care can be experienced in many ways.

Third, self-care is something you need to schedule. Block out "me time" on your calendar. If you wait until a spare moment rolls around, it will never happen.

Fourth, put away the Facebook feed, turn off the television, and remove the distractions. Remember, self-care is about focusing on you and nothing else.

If there was ever a time to refocus your energy towards self-care, this is it! "Me time" will nourish your body and mind and the health benefits can be profound.

www.naplessoap.com



HOLIDAY GIFTING FROM THE COAST

BEACH-INSPIRED
BODY BUTTERS
BATH BOMBS
SEA SALT SCRUBS
SHAMPOO BARS
SOAPS • SELF CARE
GIFTS SETS & MORE



Tin City | 5th Ave Naples | Coconut Point | Sanibel | River District Ft Myers
Fishermen's Village | Lakewood Ranch | St. Petersburg | Mount Dora | Destin

Shop Online at NAPLESSOAP.COM
FREE standard shipping with orders \$50+

IT'S TIME FOR YOU

BREAST CANCER AWARENESS SPECIAL

September 15th - November 30th

**Radiology Regional invites YOU to receive a
3D Screening Mammogram for just \$99**



THIS IS A SPECIAL SELF-PAY RATE AVAILABLE FOR *ELIGIBLE UNINSURED PATIENTS ONLY, TO RECEIVE A 3D SCREENING MAMMOGRAM PERFORMED BETWEEN SEPTEMBER 15th - NOVEMBER 30th, 2021.

To Receive This Special Offer, Schedule Your Appointment
ONLINE at radiologyregional.com
or call 941-255-7945

*Must be one year since previous mammogram and have an established healthcare provider. Radiology Regional will obtain prior images if needed.

NO PRESCRIPTION IS NEEDED FOR A SCREENING MAMMOGRAM.

SCAN ME



Hope & Harmony
HOLISTIC HEALTH

Here to meet your physical and mental health needs.

- A Holistic and Functional Team Approach to Health
- Infant through Adult
- Comprehensive Physical Evaluations
- Comprehensive Psychiatric Evaluations
- Medication Management (to reduce medication use)
- Depression, ADHD, Anxiety, and Other Mental Health Issues
- Addiction Recovery (All Types)
- Bio-Identical Hormone Replacement (Male and Female)
- Sexual Health (Male and Female)
- Gut Health
- Weight Management
- Psychotherapy/Counseling
- Massage Therapy
- Nutrition Counseling, Education, & Coaching
- Tele-Health Options Available
- Pet Therapy Evaluations

941-979-2952

HopeAndHarmonyHealth.com

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



941-575-0123

www.jvai.com

25092 Olympia Ave., Suite 500
Punta Gorda, FL 33950



Lung Cancer Screenings:

It's Time to Stop Putting Off Your Screenings—They Save Lives

CT Lung Screening is a non-invasive CT scan that can detect abnormalities and lung cancer in earlier, more curable stages. CT Lung Screening is far more accurate in finding lung tumors than a chest x-ray, the traditional diagnostic tool. It can find lung cancers as small as a grain of rice compared to a chest x-ray, which detects them when they are roughly the size of a quarter.

What are the benefits of screening for lung cancer?

Lung cancer is widely known to be the third most common form of cancer in the United States but is also the leading cause of cancer-related deaths. In fact, Lung Cancer has claimed more lives in America than colorectal, breast, pancreatic, and prostate cancer combined.

Without early detection screening, over 95% of lung cancer patients eventually die from the disease, usually within a few years of diagnosis.

CT Lung Screening offers you and your physician the opportunity to catch any concerns at a much earlier stage. Early diagnosis gives your physician time to make informed decisions and provide you a wider variety of treatment options than what may otherwise have been available to you.

What should I expect from the exam?

There are no dyes, no needles, no fasting, and no pain. There is absolutely no advanced prep needed for this exam. After completing a brief medical history questionnaire, a technologist will assist you on the CT table. The scan will take less than 15 minutes and consists of a series of pictures taken while you hold your breath at very short intervals. The CT scanner is open, spacious, and should not be claustrophobia-inducing.

Does insurance cover this exam?

Medicare and most insurance companies are now covering this exam for ELIGIBLE, "high-risk" patients once per year as part of their preventative services offerings. Check with your insurance provider for specific coverage information.

Who is eligible?

You are eligible if you meet ALL of the following criteria:



- Between the ages of 55-77
- Show no signs or symptoms of lung cancer
- Current smokers or have quit within the past 15 years
- Smoked the equivalent of one pack per day for 30 years You will need an order from your healthcare provider.

If you are not eligible, you can still have the exam, but you must self-pay. In this instance, you do not need an order from your healthcare provider. The self-pay rate is only \$245 and is due at the time of service.

Can I still have the exam if I don't have insurance?

Yes, we offer this exam to self-pay patients for just \$245 at the time of service.

How much radiation is used for this exam?

CT Lung Screening is a low-dose procedure, using less than 3 mGy. This radiation amount is equivalent to what you receive naturally from the earth in less than six months. The National Cancer Institute assesses the risk of not having the exam is 400% greater than the radiation risk.

Why should I choose Radiology Regional?

Radiology Regional is a physician-owned, well-established imaging practice with over 45 board-certified radiologists that work closely with your doctor. You will get personalized service and expertise in a warm, comfortable environment, which is not always offered with a big group or hospital-owned organization. Radiology Regional also provides the newest technological advances. Their superior imaging equipment includes 3T wide-bore MRI, 256 Slice CT, 3D Mammography, Nuclear Medicine, PET

Scans, and Siemens ultrasound. Radiology Regional is a premier diagnostic facility that takes pride in offering the highest quality healthcare to the community.

At Radiology Regional, they take your health personally. They have a group of in-house, subspecialty, fellowship-trained radiologists that are experts in diagnosing and detecting conditions within the abdominal and pelvic areas, including the prostate. The machines they invest in are not standard; these are state-of-the-art, high-tech imaging equipment that can find even the most intricate details that would otherwise be missed.

Radiology Regional has a high-resolution prostate MRI to find small prostate cancers, a dynamic MRI to diagnose pelvic organ prolapse, MRI technique to accurately stage rectal cancer for surgical planning, specific protocol to best evaluate the ovaries and uterus and another MRI technique to focus on the bones and muscles, among several others. All imaging exams are not equal, and Radiology Regional goes above and beyond to offer high-quality studies to help guide medical management.

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.

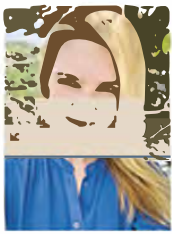
Radiology Regional has 13 locations in 3 counties, Lee, Collier and Charlotte. Ask your physician to refer you to Radiology Regional for your imaging needs.

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



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

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



Mobile Treatment Services for Lymphedema Therapy

By Kanna Shepherd, MOT, CLT-LANA, CEAS

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.

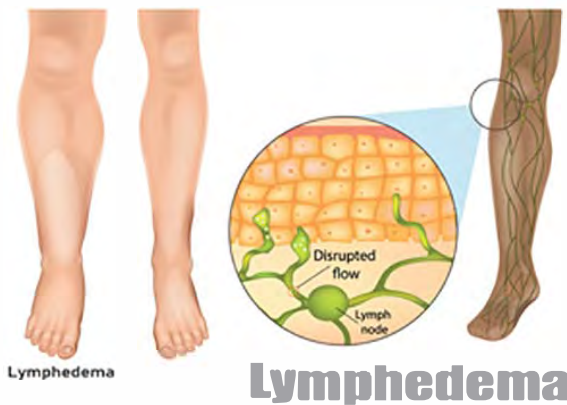
Lymphedema is a threatening disorder that needs to be treated and properly managed. The fluid must be safely guided through the body to remove the excess. Lymphedema can happen to anyone, but women are more susceptible to the disorder and often, are unfortunately underdiagnosed or misdiagnosed altogether.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

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

Mobile Outpatient Occupational Therapy Services Available

Lymphedema therapy

- Decrease lymphedema
- 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

Occupational Therapy

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

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

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.

We are Proud to Welcome Kanna Shepherd to Our Team

Kanna Shepherd, MOT, CLT-LANA, CEAS
Kanna Shepherd, holds a Master of Occupational Therapy degree from Louisiana State University as well as a Bachelor of Science in Biology from the University of Louisiana at Monroe where she graduated Magna Cum Laude. Kanna became certified as a lymphedema therapist in 2017 and has achieved the Lymphology Association of North America, CLT-LANA, certification which indicates the highest level of competency and dedication to advanced learning in the field.

A strong passion for lymphedema and oncology drives her to stay current on new research and continued education with emphasis on Complete Decongestive Therapy, cancer related dysfunction, and orthopedic issues.

Since graduation from OT school in 2013, she has practiced in a wide range of therapy environments such as stroke rehab, orthopedics, job screening, ergonomics, oncology, and chronic pain. As an avid world traveler, Kanna has volunteered as an occupational therapist in Cambodia. She enjoys spreading good energy to others and tries to live life to its fullest by participating in a variety of activities including running, nutrition, yoga, music, art and the beach.



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.

EARLY DETECTION SAVES LIVES:

WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY

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

RAVE RADIOLOGY

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

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

CRITICAL CARDIAC TESTING

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

LEADING LUNG DISEASE DIAGNOSTIC TOOLS

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

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

THE DIFFERENCE BETWEEN MRI AND CT SCANS

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

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

KNOW YOUR RISK FACTORS

CARDIAC

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

LUNG

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

ADDITIONAL RAVE DIAGNOSTIC SERVICES

- Magnetic Resonance Imaging
- 3T Wide Bore MRI (Open)
- Multi-Slice CT
- Cancer & Heart Calcium Screening
- MRA
- CTA
- P.E.T. (Positron Emission Tomography)
- Digital Mammography
- Nuclear Medicine
- Ultrasound
- Osteoporosis (Bone Density/DEXA) Evaluation
- Diagnostic Radiology/X-ray
- Non-invasive Vascular Testing



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

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



www.raverad.com

VENICE

512-516 S. Nokomis Ave
Venice, FL 34285
941-488-7781
Hours: 8:00am-5:00pm

ENGLEWOOD

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

SARASOTA

3501 Cattlemen Road
Sarasota, FL 34223
941-342-RAVE (7283)
Hours: 8:00am-5:00pm

HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

Regenerative Medicine May Play a Larger Role in Healing Than Most People Realize

By Physicians Rehabilitation

We hear so much about Blue Zone centenarians' lifestyles and thoughts on how they age so well without major disease or illness, but when it comes to healthy aging, it's not just about what we eat, exercise, and socialization, although these are definitely critical. However, it is important to mention that the medical treatment you receive is highly subjective to your outcomes, overall health and wellness.

What do we mean by that? Many doctors over prescribe medications to mask your symptoms but these usually fail to get to the root cause of your disorder. If you are injured or suffer from chronic pain, many surgeons will tell you surgical intervention is necessary, but is it? Often these treatment plans leave people sicker, with multiple other symptoms and surgery many times, doesn't relieve the problem long term.

Regenerative medicine is different because it helps the body heal from within on multiple levels. It is never a bandage approach, and it aims to treat the root cause of your condition.

If you want to age well, you might want to reconsider your thoughts on standard treatment. In the case of musculoskeletal conditions, it's always best to start with conservative approaches. Surgery is permanent; there is no going back once you have a knee or shoulder replacement. While those might be necessary in severe cases, they can be treated with regenerative therapies that offer significant optimal restoration.

Regenerative Medicine

The purpose of Regenerative medicine is it to utilize the body's own ability to regenerate cells and tissues that have been damaged back to full functionality. When used in orthopedics, the goal is to regenerate soft tissues, cartilage, muscles, and tendons. Regenerative Medicine should be the first recommendation, and in many cases, it is the only treatment necessary when dealing with muscle strains, tears. When it comes to joint dysfunction or tears such as with sports injuries, physical therapy is also extremely beneficial as an add on treatment.



AT PHYSICIANS REHABILITATION THE TWO PRIMARY REGENERATIVE MEDICAL THERAPEUTICS FOR MOST SPORTS INJURIES ARE VISCOSUPPLEMENTATION AND PLATELET RICH PLASMA (PRP) THERAPIES

Viscosupplementation

Viscosupplementation is an injectable substance that mimics the synovial fluid found naturally in the joint. Synovial fluid is a high concentration of Hyaluronic Acid (HA) and is used to help protect the joint, act as a cushion and protector against damage and most importantly acts as a lubricant to enable smooth function of the joint. As you age, your body supplements with less Hyaluronic Acid (synovial fluid) and an increasingly less viscous Hyaluronic Acid replaces your thick and very well lubricating HA. This lack of fluid creates dried out joints which leads to cartilage, tissue, muscle, and bone breakdown – leading to Osteoarthritis and making it easier to have tissue and muscle damage within and around the joint.



6150 Diamond Centre Ct Bldg.100, Fort Myers, FL 33912
413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
5668 Strand Ct., Naples, FL 34110
3417 Tamiami Trail, Unit A., Port Charlotte, FL 33952
855-276-5989 | www.PhysiciansRehab.com

The procedure can be done in our office and only takes a few minutes. After locally numbing the area of concern, the procedure is monitored under a fluoroscopic image, which is a live X-ray. This allows us to see the inside of your joint while it is in motion and during the injection process. Using the fluoroscope, the practitioner will have the ability to see exactly where the Hyaluronic Acid is being placed to make sure it is in the joint space – because if it is not, it will do NO GOOD! You'll receive approximately five injections at one week apart. The results of the cartilage enhancement will last for around six months or longer. Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

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 by spiking your body's natural ability to heal by using your own growth factors and proteins in your blood!

Research studies and clinical practice have shown PRP therapy to be 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

Physicians Rehabilitation is a patient-focused practice that provides comprehensive care to eliminate your pain non-surgically. We evaluate each patient and implement an individual care plan specifically designed to alleviate your pain and dysfunction. Trained and licensed providers, with years of clinical experience, work together to provide this plan of care that addresses the specific concerns and problems of each patient.

8 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

Contact Denise Henry Today.

Denise Henry GRI, RENE
Broker Associate

RE/MAX Hall of Fame Realtor
RE/MAX Anchor Realty

3941 Tamiami Trail #3121
Punta Gorda, FL 33950

Call or Text **941-628-0856**
denisehenry40@comcast.net
dhenry.remax.com

Welcome to Punta Gorgeous!



Denise Henry, Broker Associate | RE/MAX Anchor Realty
941.628.0856 | denisehenry40@comcast.net



No Drugs. No Surgery.
Simply Relief from Knee Pain.

Call TODAY to schedule your NO COST consultation! That may be just what you need to change your life for the better.



www.PhysiciansRehab.com

Our goal is to decrease the inflammation, promote healing, and eliminate your pain.

We are Medicare providers and accept most insurance plans.

Stem Cell Therapy | Orthopedics | Osteoarthritis Treatments | Physical Therapy | Platelet Rich Plasma | Spinal Decompression

6 LOCATIONS SERVING FLORIDA
(855) 276-5989

3417 Tamiami Trail, Unit A, Port Charlotte, FL 33952
6150 Diamond Centre Court, Bldg. 100, Fort Myers, FL 33912
413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990
5668 Strand Court, Naples, FL 34110
The Villages 733 CR 466, Lady Lake, FL 32159
The Villages 4076 E SR 44, Wildwood, FL 34785

OWN YOUR PIECE OF PARADISE!

RE/MAX

Denise Henry GRI, RENE
Broker/Associate

3941 Tamiami Trail Suite 3121
Punta Gorda, FL 33950

(941) 628-0856

dhenry.remax.com
denisehenry40@comcast.net

License #BK 3085228



All in one

Dental Visit with CEREC

By Dr. Joseph Farag

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

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

Instead of multiple dentist appointments and weeks for a complete restoration, CEREC allows the dentist to achieve the same, if not better, results in a single visit.

CEREC is an acronym for Chairside Economical Restoration of Esthetic Ceramics. Translated, it means that a dentist can economically restore damaged teeth in a single appointment using high-quality ceramic material that matches. CEREC uses the latest Computer-Aided Design and Manufacture (CAD-CAM) technology incorporating a camera, computer and milling machine in one instrument to give you perfect, white fillings, veneers or crowns, all in a fraction of the time it used to take.



Here's how it works.

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

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

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

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



CALL TODAY: 941-764-9555

3441 Conway Blvd • Port Charlotte
hours: Mon-Thurs 8am-5pm, Fri by appointment



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



DIABETES CAN AFFECT YOUR HEARING

By Dr. Noël Crosby, Au.D.

In the US nearly 30 million people have diabetes, and a vast majority of our population unknowingly has what's known as prediabetes, which quickly escalates into the disease within a short amount of time. Diabetes is a progressive disease and must be well managed to eliminate complications. Millions of people with diabetes will suffer from nerve damage to various areas of their body.

High blood sugar damages various organs within the body, but also has a severely adverse effect on nerves. This nerve damage happens when the blood supply is limited. The small blood vessels, which supply blood and nutrients to the nerves becomes impaired. When the nerves are no longer fed nutrients, they either die, or their signals to the brain are ineffective. Diabetes can cause nerve damage to all areas of the body including the inner ears.

When the inner ear nerves are damaged, hearing loss takes place. Managing your blood sugar is a critical part of your diabetic care. It can also help protect your hearing.

According to the CDC:

Signs of Hearing Loss

Hearing loss can happen slowly, so it can be hard to notice. Often, friends and family members will notice your hearing loss before you do.¹

*Signs of hearing loss include:*¹

- Often asking others to repeat themselves.
- Trouble following conversations with more than one person.

- Thinking that others are mumbling.
- Problems hearing in noisy places, such as busy restaurants.
- Trouble hearing the voices of small children and others with quiet voices.
- Turning up the TV or radio volume too loud for others who are nearby.

How To Protect Your Ears¹

You can't reverse hearing loss, but you can follow these tips to help protect your ears:

- Keep your blood sugar as close to your target levels as possible.
- Get your hearing checked every year.
- Avoid other causes of hearing loss, including loud noises.
- Ask your doctor whether any medicines you're taking can damage your hearing and what other options are available.

If you have diabetes, you should have a hearing test every year, as the level of your hearing can fluctuate or progress quickly. If you think you have hearing loss schedule a hearing test.

Why you should 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.

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.

Source:

CDC Centers for Disease Control and Prevention, Diabetes and Hearing Loss, July 22, 2021, <https://www.cdc.gov/diabetes/managing/diabetes-hearing-loss.html>

Call Advanced Hearing Solutions today at (941) 474-8393.

Beautiful Smiles Begin Here



Dr. Joseph Farag
UF Graduate

We Offer:

- Implant & Reconstructive Dentistry
- Cosmetic Dentistry
- Personal Care
- Aesthetic Dentures & Partials
- Metal Free Fillings
- Single Appointment Crowns
- Dental Cleanings
- Laser Gum Surgery

New Patients Welcome



Port Charlotte Dentalcare

CALL TODAY: 941-764-9555

3441 Conway Blvd • Port Charlotte
hours: Mon-Thurs 8am-5pm, Fri by appointment



FREE

Consultation
For Laser Gum Therapy

Limited time offer. Not valid with other offers or your services. Limited time offer.

Port Charlotte Dentalcare • 764-9555

FREE

Consultation
For Dental Implants

Limited time offer. Not valid with other offers or your services. Limited time offer.

Port Charlotte Dentalcare • 764-9555

Hearing Aids - Hearing Aid Repairs Diagnostic Hearing Services Tinnitus Evaluation & Treatment



CALL FOR A FREE
CONSULTATION!
941-474-8393

655 S. Indiana Ave., Englewood
Also Boca Grande Health Clinic Annex

ADVANCED HEARING
SOLUTIONS

AdvancedHearingSolutions.net



Noël Crosby
Doctor of Audiology



Karen Draper
Doctor of Audiology

ADVANCED URINARY INCONTINENCE PROCEDURES

Approximately 10 to 20 million people in the United States are suffering from urinary incontinence. If you have issues with leaking when coughing, jumping, or laughing, or if you have severe urgency to urinate day and night, you are not alone. Correct diagnosis of the type of incontinence is the first and most important step in developing an appropriate and effective treatment plan for incontinence.

There are several types of urinary incontinence:

- Stress incontinence
- Urge incontinence
- Mixed incontinence
- Overflow incontinence
- Functional incontinence

The good news is that you are not stuck with wearing pads or pull up for the rest of your life. There are viable treatment options from medications, Botox injections, nerve stimulators and implantable slings to name a few. Two of the more advanced innovative procedures that are noninvasive are sacral neuromodulation and urethral bulking.

Sacral Neuromodulation

Sacral neuromodulation is an advanced procedure that uses a tiny wire that is placed on the glut muscle with a quarter-size impulse device that sends messages to the brain to regulate urination. This procedure takes around 30 minutes to perform, and if the procedure does not work, or if a patient decides they want it removed, we can take it out quite easily. Other similar devices can also be placed on the sacral nerve to induce sacral neuromodulation to send small impulses to the bladder.

Bulkamid—Urethral Bulking

Bulkamid is a soft, smooth hydrogel that consists of 97.5% water and 2.5% polyacrylamide. Once injected, Bulkamid provides additional volume to the urethra and acts as a scaffold for cells to grow through helping to provide long lasting relief of stress urinary incontinence symptoms. Bulkamid is noninvasive and requires no surgery. It is injected directly into the closing mechanism of the urethra. More than 70,000 patients have been treated with Bulkamid.



What is urethral bulking?

Urethral bulking involves the injection of a soft hydrogel (the size of a pea) like Bulkamid, into 3 or 4 locations in the urethral wall using a small telescope. The total volume injected is around 2mls.

Bulkamid aims to restore the natural closing pressure of the urethra preventing urine from leaking out unintentionally during normal daily activities (e.g., when you cough, laugh, walk or exercise).

Short procedure

Urethral bulking takes around 10 – 15 minutes and is usually done in day surgery or out-patient clinic with a local anesthetic.

No Incisions

A series of small injections are used, you may feel a sting, however, no cuts are made.

Quick recovery

In most cases patients can get back to their normal activities within a day.

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.

Source: <https://bulkamid.com/us/>

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.

Center for Urogynecology and
Female Pelvic Health
John B Devine, MD
941.457.7700
www.johndevinemd.com

ADOPTED CHILDREN AND RIGHT TO HEIRSHIP

By James W. Mallonee

Do children born out of wedlock who are not adopted have standing to a decedent's estate? The answer is possibly, provided that an individual follow certain rules and procedures to prove such person has standing before requesting the courts for relief.

The primary statute that Florida law relies in these situations is Section 732.108, Fla. Stat. The statute provides a mechanism of defining what rights an adopted person has with regard to being considered kindred of the adopting parent(s). To receive recognition of being kindred, the adopting parent must acknowledge such adoption through the courts or by the person claiming paternity in writing including signing.

In the case of *White v. Marks*, a female (Ms. Marks) claimed to be the illegitimate daughter of Mr. Marks. Her basis for being such person was from a birth certificate and notation in his Will that nothing should be devised to her and some writings in his pocket planner regarding Miss Marks. Although Miss. Marks birth certificate indicated that Mr. Marks was the father, the fact was he agreed to allow his name to be placed on the certificate because of the social stigma associated with being an illegitimate child.

When Mr. Marks died, Miss. Marks attempted to show that she had standing to declare his Will (not



naming her as a beneficiary) was obtained by undue influence. The trial court granted judgment in favor of Miss. Marks right to standing and the case was appealed to the 5th circuit court of appeals.

The 5th Circuit Court of Appeals reversed the findings by finding that the birth certificate was not signed by Mr. Marks. Florida statute 732.108 Fla Stat. requires acknowledgement in writing. The assumption here is that in writing includes being signed by the person claiming to be father. Although the birth certificate would seem to be an acknowledgment of such relationship, the statute requires it to be signed. In this case the birth certificate was not signed by Mr. Marks.

The other problem was that no court proceeding naming Miss. Marks as the daughter of Mr. Marks ever occurred. Lastly, for Miss. Marks to have

standing she had to make a declaration of her relationship to Mr. Marks within 4 years after becoming 18 years of age or she would be time barred from claiming to be his daughter. None of the above things occurred.

What is the take-away to be learned from this ruling? If you believe you are a child of a particular person, check your birth certificate and see if it is signed by the individual claiming to be the natural parent. If that does not exist, check to see if there was any court proceeding where the court declared you to be the kindred of a particular person. If that also fails, look to see if there is any writing of any kind by the alleged parent concerning an admission of kindred (signed) by the parent. Lastly, if all else fails, get a blood or DNA test. If any one of these actions is positive, make certain you make the claim within 4 years of turning 18 years of age. Failure to do so may cause you to lose your right to a person's estate.

If you believe you may be a descendant of an individual, seek out an attorney of your choice and ask for help in determining if you have a right to a person's estate. Do not wait until the alleged parent passes before taking action otherwise it may be too late.

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.

946 Tamiami Trail, #206, Port Charlotte, FL 33953
(941) 206-2223

871 Venetia Bay Blvd., #225, Venice, FL 34285
(941) 207-2223



Center for Urogynecology and Female Pelvic Health

John B Devine, MD

Urogynecologist & Female Pelvic Medicine and Reconstructive Surgeon located in Venice, FL

941-457-7700

www.johndevinemd.com

375 Commercial Court, Ste. E
Venice, FL 34292

The Center for Urogynecology and Female Pelvic Health accepts most major insurance plans.



Services:

- Urogynecology
- Gynecology
- Urinary Incontinence
- Menopause
- Pelvic Prolapse
- Complications from mesh
- Fecal Incontinence
- Interstitial Cystitis

LAW OFFICES OF
JAMES W. MALLONEE, P.A.



**WILLS, TRUSTS, PROBATE,
GUARDIANSHIP AND REAL ESTATE**

SERVING SARASOTA, CHARLOTTE, DESOTO AND LEE COUNTIES

LOCATIONS

946 Tamiami Trail, #206, Port Charlotte, FL 33953

871 Venetia Bay Blvd., #225, Venice, FL 34285

Phone Number: 941-207-2223 Sarasota County

941-206-2223 Charlotte County

www.jameswmallonee.com

What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living

longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.



McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



VENTURECHURCH
Naples

www.venturenaples.com

Functional Transformation
Mobile Rehab

Manually Restoring Functional Independence

- Occupational Therapy
- Lymphedema Therapy
- L5VT BIG® for Parkinson's

James Fawcett
Occupational Therapist and
Certified Lymphedema Therapist

941-830-3749

Functional Transformation
MOBILE REHAB

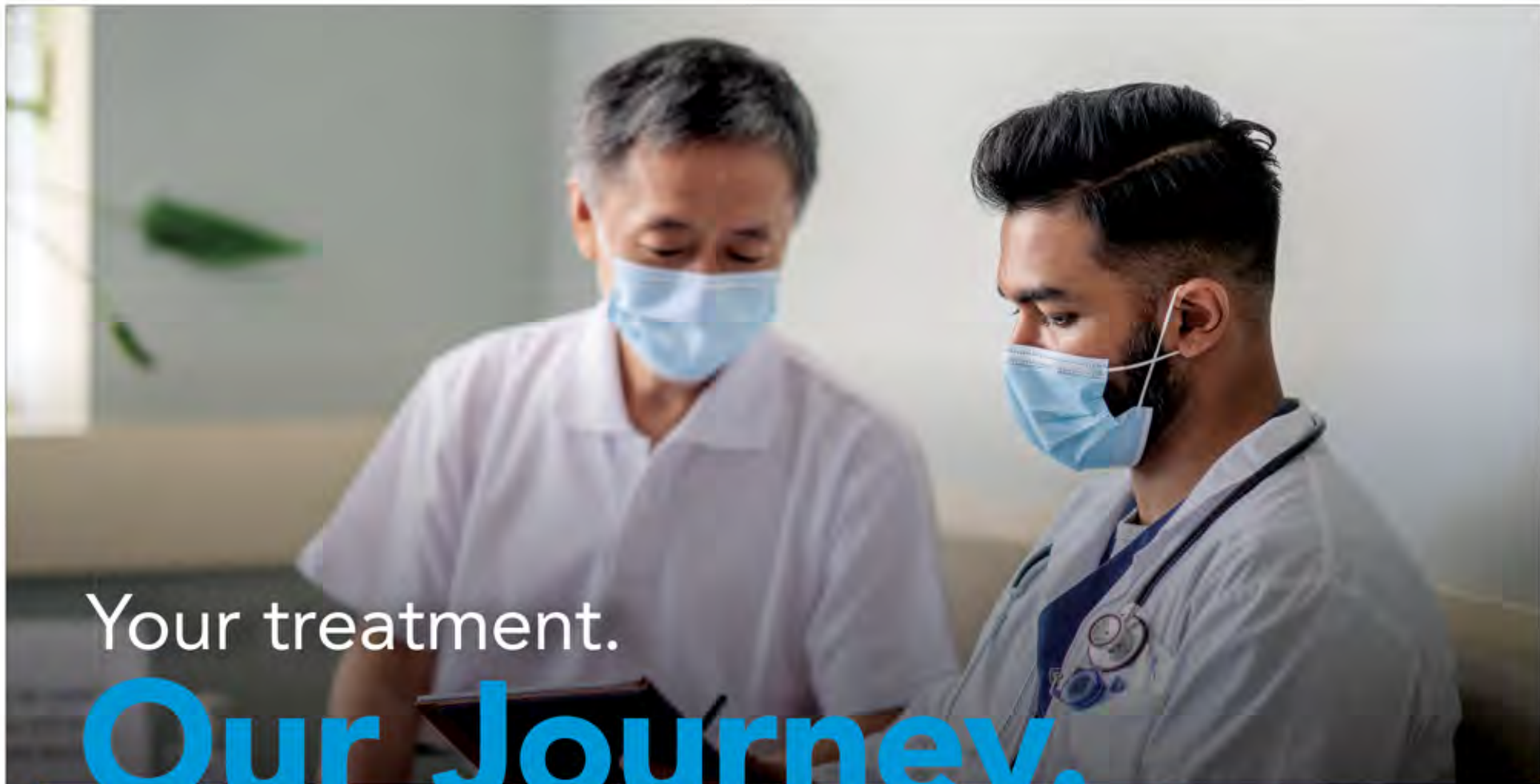
It's your Choice.

3D Mammography

Radiology Associates of
Venice, Englewood
and Sarasota

RA
V&E
IMAGING
VENICE • ENGLEWOOD • SARASOTA

Call to schedule **941-488-7781**



Your treatment. **Our Journey.**

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 utilize modern radiation therapy techniques as well as 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.

By your side – every step of the way.

Caring for patients at our five North Port, Port Charlotte, Venice & Englewood locations.

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

Christopher Lobo, MD
Noel A. Maun, MD, PhD
Ivor Percent, MD
Arsh Singh, MD
Andres O. Soriano, MD
Stephen Vara, MD
Vance M. Wright-Browne, MD

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

ACCESS TO
85+
NATIONAL
CLINICAL TRIALS



 **FLORIDA CANCER**
SPECIALISTS
& Research Institute

FLCancer.com

CHANGE YOUR LEGS, CHANGE YOUR LIFE!

“I KNOW THIS DISEASE, LET ME HELP YOU REMOVE IT FROM YOUR LIFE.”

CALL JOYCE VEIN & AESTHETIC INSTITUTE TO SCHEDULE A CONSULTATION



Dr. Douglas Joyce

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

IF YOUR LEGS LOOK LIKE THIS:

- VARICOSE VEINS
- SORES/ULCERS
- DISCOLORATION
- SPIDER VEINS

IF YOUR LEGS FEEL LIKE THIS:

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

Varicose Veins



Swelling



Skin Changes



Ulcer



(941) 575-0123

JVAI.COM

25092 OLYMPIA AVE
PUNTA GORDA FL 33950