

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

Health & Wellness[®] MAGAZINE

December 2021

Charlotte/South Sarasota Edition - Monthly

www.swfhealthandwellness.com

FREE

DEANNA WALLIN
Naples Soap Company
Founder & CEO

**NATURAL
STRESS RELIEF**





Connect with Your Best Life.

Connection. We all crave it. Especially in moments of joy or in the most challenging times. We strive for relationships that are honest and true.

ShorePoint Health strives for this, too. For us, this means building – and nurturing – relationships with our patients and communities. This means loyalty and a commitment to delivering quality care so that you can be the healthiest version of yourself.

With ShorePoint Health's three hospitals, convenient medical group locations, online scheduling, and telehealth options for many patients, we stand ready to meet your healthcare needs and help you connect with your best life.

ShorePointHealthCharlotte.com



ShorePoint
H E A L T H
PORT CHARLOTTE · PUNTA GORDA

Formerly Bayfront Health



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 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

ACCESS TO
85+
NATIONAL
CLINICAL TRIALS



FLORIDA CANCER
SPECIALISTS
& Research Institute

FLCancer.com

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



**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




Moving Forward

HOME OF THE 3D LAPIPLASTY - SCARLESS BUNIONECTOMY

4 New Facts About Your Feet & Ankles

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

MEDICARE AND MOST PPO'S ACCEPCTED



Southwest Florida's Health & Wellness Magazine



On the Web
SwfHealthAndWellness.com



On Facebook
facebook.com/healthandwellnessmagazine




On Twitter
twitter.com/SWFHealthMag



In Your Inbox
Receive our monthly newsletter. Sign up online

Providing information that will promote living a healthy, well-balanced lifestyle.


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




(941) 926-6553


BOOK ONLINE!
LUMINARYDERMATOLOGY.COM

**Mohs Surgery
Acne & Rashes
Skin Cancer Screenings
Skin Disorders
Botox & Fillers**







CARY L. DUNN, MD



HARIB EZALDEIN, MD



SHAUNTELL SOLOMON, DO



ELIZABETH REISINGER, DO

OFFICES IN SARASOTA, BRADENTON, LONGBOAT KEY, VENICE, NORTH FORT & ARCADIA

contents DECEMBER

- | | |
|---|---|
| 6 Pelvic Floor Disorders:
Understanding Your Treatment
Options | 17 A Quick Procedure Checks
Liver Function In 5 Minutes Flat |
| 8 Reducing Your Risk of
Cancer for Healthier Holidays | 18 Arthritic Knee Pain:
Do You Really Need Surgery? |
| 9 Let's Talk Ankle Sprain | 19 3D Mammography |
| 10 Cataracts: Your Treatment
Options | 20 Estate Litigation
(Is It Worth It?) |
| 11 Advocate Radiation
Oncology Expands Footprint
to Serve Cancer Patients
Across Florida | 21 9 Ways to Prepare for a
Virtual Showing |
| 12 Multiple Healthcare
Services in One Office? | 22 Can CBD Help with Tinnitus? |
| 13 Staying Smokefree During
the Holidays | 23 The Daily "Grind" |
| 14 Natural Stress Relief | 24 Your Foot Shape Affects
Your Entire Posture |
| 16 Treating Venous Ulcers at
Joyce Vein & Aesthetic Institute | 25 The Season's Most Perfect
Gift: A Subscription Box to Help
You Relax |
| | 26 All About RMDs |
| | 26 Spiritual Wellness:
It's A Wonderful Life |

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 10-01-21



Pelvic Floor Disorders: Understanding Your Treatment Options

By Ruben Guzman, M.D., FACOG

The pelvic floor is the facial and muscular support system of the female pelvic organs, which includes the uterus, cervix, vagina, bladder, and rectum. Pelvic Floor Disorders, or PFD, encompass pelvic muscle and fascia weakness that develop, which then may allow any of the pelvic organs to prolapse or herniation down and through the Vagina.

Pelvic Floor Prolapse and Incontinence

During a woman's lifetime, there are natural events that can cause weakness of the pelvic floor support and risk development of pelvic organ prolapse (POP) such as vaginal deliveries and aging. In addition, there are surgical and medical disorders that can promote POP like hysterectomy, pelvic tumors, chronic constipation and COPD to name a few.

POP is a form of prolapse or hernia of the pelvic organs that may cause symptoms of vaginal pain or pressure, urinary frequency, urinary or fecal incontinence, vaginal bulge and even discomfort with sexual intercourse. Any of these symptoms can affect, to varying degrees, a woman's quality of life.

With a vaginal delivery, the bigger the baby, the more damage can be caused to the pelvic support. Also, an extended second stage of labor, which is when a patient is pushing, can cause damage to the supportive tissue. However, the pelvic organ prolapse which consists of uterine prolapse, cystocele, rectocele, enterocele or vaginal prolapse, most commonly manifest themselves later in life during a woman's 50s, 60s, 70s or 80s.

Diagnostics

In the process of identifying POP or incontinence issues, a physical examination is essential to help identify pelvic floor weakness and prolapse of the specific organ. During the exam, the patient may be asked to cough or perform a Valsalva maneuver, which can help to further identify the pelvic organ prolapse and its severity. Laboratory tests, like a Urinalysis, are routinely done to rule out bladder infection which can have symptoms also found in POP. More advanced testing, like Urodynamic testing, which evaluates bladder function, may be needed and can be done in the office.

Correcting the problem

Conservative treatment, such as Behavioral Modification, which may involve a change in diet or fluid consumption and Kegel exercises, may help diminish or relieve symptoms of POP. Women can do Kegel exercises or contractions of the pelvic floor muscles in the privacy of their homes. If women have difficulty identifying the pelvic floor muscle they can undergo a trial of Biofeedback or Pelvic Floor Rehabilitation which can also be done in the office and is simply a form of physical therapy for the pelvic muscles.

Pelvic floor rehabilitation sessions are approximately 20 to 30 minutes long. It may help to strengthen the pelvic muscle and add support to the uterus, vagina, bladder, and rectum, lessening or relieving the symptoms of POP.

Pessary devices are also a conservative option for women. These are prosthetic devices fitted for the vagina to artificially add support to the vagina and reposition the pelvic organs back in their place. There are several pessary types, the ring, dish or doughnut-shaped are types of pessaries. They are

fitted and inserted by the medical professional, but can be easily removed if the patient no longer wants to rely on them or decides they are not working.

Surgical procedures are available for patients who do not respond to conservative measures. Most surgeries are aimed to restore support and anatomical positions of organs affected. They can be done transvaginally where there are no external incisions or scars. Transvaginal procedures also allow for a quicker recovery with less pain.

Nowadays, these procedures are normally done using the patient's own tissue as opposed to synthetic mesh. For incontinence, we still use suburethral slings with a mesh, which have been around for many years and are safe and effective.

Other surgical approaches to Pelvic Floor Disorders are via Laparoscopy or Open Abdomen. The Laparoscopic approach can now be performed with assistance of robotic surgery. The Robotic sacrocolpopexy, a more advanced procedure to restore vaginal position and support to bladder and rectum can be done during a hysterectomy or after years of a hysterectomy being done. After a hysterectomy, patients may develop vaginal vault prolapse. This is when the top part of the vagina folds down into the lower part or can prolapse outside of the vaginal opening. In most cases, the vagina can be repositioned and supported via a ligament from the sacrum (tailbone).



In short, robotic surgery is a minimally invasive method that typically utilizes a few small ports, as opposed to a full incision. The 3D video technology is magnified to the highest definition. The surgeon controls the robotic arms through finger instruments that utilizes the natural wrist movements helping surgeons be more precise and efficient in their surgery. The physician can visualize the field at a greater magnification and has unprecedented control from the console monitor to move the tools with ease. It is by far one of the most significant advancements to affect the medical world over the past century.

The Benefits of Robotic Surgery

- Quicker recovery times
- Improved visual magnification for the surgeon
- Precision
- Minor scarring
- Minimal discomfort
- Proven results
- Advanced outcomes

What Women Should Know

Pelvic organ prolapse and urinary incontinence are often brushed aside as a normal part of aging, but it is actually abnormal. Although countless women suffer from these disorders, they often are too embarrassed to mention to their medical provider. Patients do not have to live with the embarrassment, pain, incontinence, and anxiety any longer. Patients have choices, and they should understand that there are available options to restore their pelvic organ prolapse and optimize their quality of life. Ultimately, the patient decides what is best for them and what they think they would feel most comfortable trying.

Dr. Ruben Guzman, M.D., FACOG - OB-GYN, Urogynecology

Dr. Ruben Guzman is a board-certified obstetrician and gynecologist with subspecialty training in Urogynecology who offers a wide range of services, including well-woman gynecological care, woman with Gynecologic disorders as well as woman with Pelvic Floor Disorders. He is committed to providing high quality care to women through every stage in life. Before completing medical school, Dr. Guzman obtained a Bachelor of Science degree in biology from Wagner College in Staten, NY, where he graduated with honors. He received his medical degree from the State University of New York in Buffalo, NY, and completed his residency in obstetrics and gynecology at the Maimonides Medical Center in Brooklyn, NY. He then did a year of subspecialty training at St Lukes-Roosevelt Hospital in Manhattan working with Urology in developing his expertise in treating Pelvic Floor Disorders.



ShorePoint Health Obstetrics and Gynecology
3067 Tamiami Trail | Unit 1
Port Charlotte, FL 33952
(941) 766-0400

THE MOST TRUSTED IMAGING PROVIDER IN
SOUTHWEST FLORIDA FOR 50 YEARS



Your Best Choice for Women's Imaging

OUR DEDICATED TEAM

The most skilled, board-certified and fellowship-trained women's radiologists, and certified technologists

OUR EQUIPMENT

The most advanced imaging technology, including Abbreviated Breast MRI and 3D Mammography

AT YOUR CONVENIENCE

Easy online scheduling available 24/7 at radiologyregional.com

OUR COMPREHENSIVE women's imaging services



- 3D Mammography
- 3T Breast MRI and Abbreviated Breast MRI (AB-MRI) Screening for Dense Breasts
- Breast Ultrasound
- Breast Biopsies: Stereotactic, Ultrasound and MRI
- DEXA (Bone Density)
- OB Ultrasound
- DVT Ultrasound
- Sonohysterography
- Cardiac Imaging: CT, MRI, US
- Pelvic MRI
- Hysterosalpingography

13 CONVENIENT LOCATIONS IN LEE, COLLIER AND CHARLOTTE COUNTIES

To Schedule an Appointment, call: 239-936-4068 or 941-255-7945

For more information, go to www.radiologyregional.com



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

MENTION THAT YOU SAW US IN
THE HEALTH & WELLNESS MAGAZINE
FOR YOUR **\$50 DISCOUNT**.
NEW PATIENTS ONLY.

Reducing Your Risk of Cancer for Healthier Holidays

Diet, exercise and getting recommended screenings are some of the ways to lessen your risk of getting cancer.

As we close out 2021, many of us will be making resolutions to get healthier in the coming year. Even though most Americans know that we should make healthy choices, such as quitting smoking, protecting skin from sun damage, eating a healthy diet, exercising more and getting the recommended screenings, following these recommendations can often be difficult. Getting healthy is definitely worth the effort because, according to the National Institutes of Health, certain lifestyle choices can lessen the chances an individual has of developing cancer.

Each year, over half a million Americans die of cancer; the startling news is that about one-third to one-half of these deaths are linked to lifestyle choices and, potentially, could have been prevented. Start reducing your risk of cancer by making these choices in your life:

- Get recommended screenings such as colonoscopies, Pap smears and mammograms.
- Maintain a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.
- Stop smoking - or better yet, never start.
- Wear sunscreen with an SPF of at least 30.
- Let your doctor know if there is a family history of cancer.

CANCER SCREENINGS ARE MORE IMPORTANT THAN EVER

Throughout the pandemic, many people have chosen to postpone or even skip recommended cancer screenings, such as mammograms, prostate exams, PSA testing or colonoscopies, among others, for various types of cancer, causing a substantial delay in diagnosis and treatment for senior adults and Medicare beneficiaries. Because of this, some patients are being diagnosed with more advanced stages of cancer, and there have been delays in beginning treatment, resulting in poorer outcomes for patients. Early diagnosis and treatment is a substantial factor in surviving cancer; please do not skip or delay your recommended screenings.

SKIN CANCER AFFECTS 1 IN 5 AMERICANS - TAKE IT SERIOUSLY

Skin cancer is the most common form of cancer in the United States. The two most common types of skin cancer, basal cell carcinoma and squamous cell carcinoma, are highly curable. Melanoma, the third most common skin cancer, is much more dangerous.

By now, most people know a sunscreen should be used when you are going to be outdoors, even for a short period of time. However, not all sunscreens are created equally. For maximum protection, oncologists recommend a sun protection factor (SPF) of 30 or greater, regardless of skin color or ethnicity. Other recommendations include avoiding tanning beds or sunlamps and examining your skin, head to toe, every month for any changes. You should also have a doctor examine your skin annually.

SMOKING AND CANCER

According to the Centers for Disease Control and Prevention (CDC), cigarette smoking is the number one risk factor for lung cancer. It's estimated that in the United States smoking causes about 90% of lung cancers; smokers are 15-20% more likely to get lung cancer than nonsmokers. Tobacco products such as cigars or pipes also increase the risk for lung cancer, as well as throat and mouth cancers. Even smokeless tobacco has been proven to increase the risk of oral cancer, throat cancer, stomach cancer and pancreatic cancer.

THE ROLE OF DIET IN PREVENTING CANCER

Although no particular food or diet product can prevent cancer, there is growing evidence that diet can play a significant role in some types of cancer. For example, studies have found a higher incidence of prostate cancer in men whose diets are high in fats, particularly animal fats, and low in vegetables. Likewise, 30-40% of certain types of breast cancer have been linked to what we eat, especially if our diet is a contributing factor to obesity. A diet that is high in fruits, vegetables, legumes and whole grains, and low in animal fat, processed foods and sugar, is generally considered healthier and can boost your immune system to help fight diseases such as cancer.

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

LET'S TALK ANKLE SPRAIN

A nkle sprains are common injuries that can affect people of all ages or fitness levels. The majority of the population has likely experienced an ankle sprain at one point. When a sprain occurs, most think "no big deal" and prematurely return to their usual routine only to sprain it again. This is a common phenomenon as most people do not seek treatment for ankle sprains, resulting in recurrent sprains or "weak ankles". Hopefully, understanding the potential consequences of ankle injuries will prompt more people to seek medical treatment sooner and prevent the long term consequence such as chronic ankle instability.

An ankle sprain is defined as an injury to one or more of the ankle ligaments. Ligaments are band like structures that connect one bone to another and hold joints together. Anyone can be affected including adults, children, athletes and non-athletes. A sprain can be a result of physical activity, tripping/stepping wrong, direct or indirect trauma. They often occur after a fall, sudden twist or trauma that forces the ankle joint out of its normal position. This commonly occurs during sports, wearing inappropriate shoes, walking or running on uneven surfaces.

The severity of the sprain depends on whether the ankle ligament is stretched, partially torn or completely torn as well as how many ankle ligaments were damaged. It's important to note, that ankle sprains are not the same as strains, which affect muscles rather than ligaments.

Symptoms

Symptoms may include localized pain, ankle swelling, bruising, stiffness and difficulty walking.

Isin Mustafa DPM, MSHS, AACFAS

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

3161 Harbor Blvd, Suite B
Port Charlotte, FL 33952

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



Risk Factors/Prevention

Prevention is always better than dealing with an injury. There are many preventative measures one can take to reduce the risk an ankle sprain. When beginning a new exercise program, you want to always increase your activity gradually. Do not be a "weekend warrior". When engaging in physical activity, listen to your body. Muscles and ligaments become fatigued at or near the end of a vigorous activity. If you "push through" the fatigue rather than resting, you are more likely to experience injury. Always warm up prior to physical activity. Athletes who go right into vigorous activity without warming up, run a higher risk of

ankle sprains and strains. Muscles and ligaments will remain tight, less flexibility and more prone to injury without a warm up period. Appropriate shoe gear is also essential. Shoe gear should be tailored to the specific sport you are engaging in and should not be worn down. Sports like basket, soccer and tennis involve jumping, quick changes in direction, side to side movement. These movements run a high risk of sprains, therefore you may consider taping or bracing the ankles to increase their stability if you engage in activities such as these.

Prompt Medical Attention

If you suffer an ankle injury, it is best to seek medical treatment early. Sometimes ankle fractures can be mistaken for a sprain. Ankle fractures require immediate treatment and can only be diagnosed with radiographs. Additionally, untreated ankle sprains can lead to the development of chronic conditions such as ankle instability. A condition marked by chronic pain, weakness/instability of the ankle and a sense of the ankle "giving out". An appropriate rehabilitation program will need to started right away after the injury to prevent long term complications and possible requirement of surgery.

For more information, please contact your local foot and ankle specialist.

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



CATARACTS: YOUR TREATMENT OPTIONS

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

Your eyes have a natural lens. The lens bends or refracts light rays that come into your eye to help you see. This lens should be clear. As we age, most of us will develop cataracts, which is when our lens becomes cloudy. Seeing through a cloudy lens is a bit like looking through a frosted or foggy window.

What are the symptoms?

Most cataracts develop slowly and don't disturb your eyesight early on. You may not even know you have a cataract. But with time, cataracts can interfere with your vision and can negatively affect your quality of life. Symptoms may include:

- Blurry vision
- Light sensitivity
- Bright colors are faded
- Difficulty seeing at night
- Double vision

How did I get Cataracts?

If you have been diagnosed with cataracts, you're not alone. Cataracts affect more than 24 million Americans aged 40 and older. By age 75, approximately half of all Americans have cataracts.¹

The most common reason people develop cataracts is age. According to Johns Hopkins Medicine, age-related cataracts may begin to develop as early as 40 years old.

Over time, cataracts become worse and start to interfere with vision. This can affect your overall quality of life in many ways including reading, working, hobbies and sports. If left untreated, cataracts can cause total blindness.

How do I treat my Cataracts?

If cataracts are impacting your quality of life or you're experiencing symptoms that interfere with daily tasks, your ophthalmologist may recommend treatment.

The only way to treat cataracts is to remove the cloudy lens and replace it with a clear, artificial lens, called an intraocular lens or IOL.



The procedure is about 15 to 20 minutes. It's very safe and painless with little downtime. Although you're awake, you're given a "twilight" anesthesia so you're comfortable.

What is an IOL?

An intraocular lens or IOL is a tiny, artificial lens for the eye. It replaces the eye's natural lens that is removed during cataract surgery.

IOLs come in different focusing powers, just like prescription eyeglasses or contact lenses. For example, a basic IOL has only one focusing power, which means you will need glasses for all tasks. On the other hand, a multifocal IOL gives you focusing powers at various focal points, so you may not need glasses after your procedure.

Many patients with multifocal IOL implants enjoy reading again or playing golf without worrying about glasses or contacts. Many of them also report seeing more clearly with brighter colors.

Which IOL is Best for Me?

Based on your lifestyle and the health of your eyes, your ophthalmologist will recommend a cataract vision package customized for you. For example, if you have cataracts with astigmatism, your ophthalmologist may recommend a Toric lens with laser cataract surgery.

References:

1. National Institute of Health, 2021
2. In addition to the 2018 study noted above, a 2016 study showed that when compared to another leading laser, the other laser showed significantly higher cumulative dissipated energy and phacoemulsification power needed in comparison to the Catalys group. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5077266/>

Cataracts with Astigmatism

Astigmatism is an imperfection in the curvature of your eye's cornea or lens and can impact your vision. When combined with cataracts, your vision may be even more impacted. During your evaluation, your eye specialist will let you know if you have cataracts with astigmatism. If so, your eye surgeon can correct your astigmatism during your cataract procedure to help you achieve your best possible vision.

Laser Cataract Surgery

Technology Leaders in Eye Care, Quigley Eye Specialists offers patients the Catalys® Laser System. Compared to another leading laser, the Catalys was found to use less energy and demonstrated superior patient outcomes (Khodabakhsh & Hobauer, 2018).² Built specifically for cataract surgery, the Catalys is more gentle on the eye and opens the door to laser cataract surgery for patients with glaucoma.

If you suffer from cataracts or any other eye condition, Quigley Eye Specialists can help you see the life you love.

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



(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.

ADVOCATE RADIATION ONCOLOGY EXPANDS FOOTPRINT TO SERVE CANCER PATIENTS ACROSS FLORIDA

By Dr. Arie Dosoretz

A cancer diagnosis is typically a life-changing event for a patient and their family. Naturally, one asks questions around their diagnosis, treatment, and prognosis. Additionally, the everyday logistics of treatment and financial aspects have to be considered as well.

During this challenging time, cancer patients need a care team that is both compassionate and skilled. Every patient deserves physicians who are able to communicate well, listen to their concerns, and use the most advanced technology available to effectively treat their cancer.

That's what led our team of experienced doctors to create Advocate Radiation Oncology. Residents of Southwest Florida needed a radiation oncology practice that offered world-class cancer care close to home and in 2019, we opened our first location in the Port Charlotte. This was followed shortly thereafter by the opening of our locations in Fort Myers and Cape Coral. We have since added a conveniently located office in Bonita Springs as well.

Our internal mantra is that "we put patients first." We hire truly committed staff and work together as a team so that every single patient feels like they are extraordinarily well-taken care of at all times. A critical aspect of our service is that patients can stay at home during their treatment journey. In this context, we are proud and excited to open our sixth and seventh West Coast locations – Naples and Bradenton.

Our mission and motivation remain unwavering. Advocate physicians have trained at the nation's leading institutions including Yale, Michigan, Harvard, Duke, and the Mayo Clinic. They are widely published researchers who continue to contribute towards furthering our knowledge within oncology. More importantly, they have an unparalleled dedication to providing cancer patients with compassionate care.

Advocate is the region's only locally owned and operated radiation oncology practice. This is a critical distinction for patients. We are part of your community and will always be by your side. Each



Advocate patient receives a personalized treatment plan that aims to minimize the impact on his or her daily life while providing innovative treatment options using the newest technology available. This includes Varian's Halcyon, Identify and TrueBeam systems, which are extremely precise in destroying tumors while minimizing the dose to the surrounding healthy tissues.

The patients of Southwest Florida have come to trust the physicians and medical team at Advocate, and we will continue to always put them first.

Cancer can indeed be an overwhelming diagnosis, but Advocate's team is here to guide and make certain that each and every patient is well-taken care of in their own backyard.



About the Author

Dr. Arie Dosoretz is a board-certified radiation oncologist and founding partner at Advocate Radiation Oncology. 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

 **ADVOCATE**
Radiation Oncology
www.AdvocateRO.com



MULTIPLE HEALTHCARE SERVICES IN ONE OFFICE?

By Tess Lambert, APRN, CMO

"Time is Money."

"Convenience has value."

"Teamwork makes everything work better."

We tend to believe that these statements are true, yet we seldom think about our medical providers using these assumptions. Imagine the convenience of having your primary healthcare provider, your counselor, your massage therapist, and your psychiatric care provider in the same office working as a team.

Hope & Harmony Holistic Health is based on the philosophy that offering multiple services in one office not only provides benefits to you as a patient, but results in better care due to our work as a team.

When Arthur (not his real name) first came to see us, he met with Tess, our psychiatric provider. While she was able to diagnose him and help him get started with a medication to help, she also recognized that he would benefit from psychotherapy, so she recommended that he see Kelli, our counselor. Tess and Kelli agreed that they should sit down with him together and discuss his diagnosis and treatment plan.

Arthur was grateful to have them both together to answer questions and clarify the work he needed to do to live a healthier, happier life.

This is the approach Hope & Harmony Holistic Health takes with every patient. When Dr. Melissa, our general medicine provider, has a patient see her for muscle pain, she'll refer her for a massage with Angie, who uses Dr. Melissa's notes to provide the perfect therapeutic massage.

As we look for new and innovative ways to provide holistic medical services to the Charlotte County area, this team approach is always foremost in our mind. 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.

Our mission is to provide a holistic approach to overall health in order to reduce medication use and help each person become the healthiest version of themselves. Using a team approach and offering multiple services under one roof helps us accomplish this mission.

**MENTION THAT YOU SAW US IN
THE HEALTH & WELLNESS MAGAZINE
FOR YOUR \$50 DISCOUNT.
NEW PATIENTS ONLY.**



Hope & Harmony
HOLISTIC HEALTH

941-979-2952

HopeAndHarmonyHealth.com

Staying Smokefree During the Holidays



While the holidays are an exciting time of the year, they can also be a stressful time of the year. With get-togethers to attend, food items to bake, gifts to shop for, and parties to host, the holidays can be quite overwhelming, especially for someone who has recently quit or is working to quit smoking.

If you have committed to smokefree living, managing that extra holiday stress can be a challenge; however, these helpful tips will help you manage the stress and remain smokefree:

- 1. Get enough sleep.** When we are tired or run-down, cravings feel stronger while we feel less able to manage them. Be sure to get plenty of sleep at night or, if possible, carve out some time during the day for power nap.¹
- 2. Replace caffeine with more water.** Many times, when we are feeling tired, we run to another cup of coffee for a quick energy boost. While this may help you to stay awake, too much caffeine can make you feel jittery and more stressed. Instead of reaching for another cup of coffee, grab a glass of water! Drinking water is great for lessening cravings and staying well-hydrated will make you feel better in general which will, in turn, help you manage the holiday stress more easily.¹
- 3. Go for a walk.** Walking not only reduces stress, but it also improves circulation and releases endorphins, the “feel good” hormones. Take a quick walk whenever you feel stressed; instead of caving in to the urge to smoke, you’ll come back feeling energized, refreshed, and relaxed.¹
- 4. Breathe deeply.** Deep breathing is a quick way to reduce stress and release tension in your body.¹ Take a few moments to slowly inhale through your nose, then exhale through your mouth. You will start to feel the stress melt away after repeating this process just a few times.

If you or someone you know needs extra support to quit smoking for good, help is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Group Quit option of Tobacco Free Florida’s Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions, held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (*if medically appropriate and while supplies last*) are provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at 866-534-7909 or visit www.tobaccofreeflorida.com/groupquitcalendar to schedule a class or learn more about the program!

References:

1 <https://www.verywellmind.com/smoke-free-holiday-tips-2824909>

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.

Sponsored by:

CALL TODAY:

866-534-7909



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

Natural Stress Relief

Naples Soap Company

Another crazy year has almost come to a close, thank goodness. Just like last year, 2021 was another stressful one for the record books. Between the Delta variant, inflationary pressures, and global inventory shortages, it seems that normalcy continues to be out of everyone's reach.

Although we can't control most of what is happening in the world around us, we can take time to focus on our mental health and wellness. It's time to shut off our televisions, computers and phones, and get back to healthy habits and moments of self-care.

Controlling Stress

There are various things we can easily do to help control stress such as breathing techniques, meditation, exercise, reading, or journaling. You can even see a therapist online in the privacy of your home through telehealth services.



Modify Your Surroundings

Perhaps it's been a while since you went on a vacation, so you may be feeling cooped up with wanderlust. Until you can get out and explore again, try a few small tricks around your home to help relax your mind and make things look or feel different. For example, aromatherapy is a simple, convenient, and non-invasive way to change your mood. Natural oils derived from plants such as lavender, lemongrass, and patchouli have been used for thousands of years to help reduce stress and tension. You may also try rearranging your room or adding houseplants.

Massage

Some may consider massage an indulgence; However, there are many health benefits to this age-old practice. Massage is an important part of integrative medicine and benefits can include stress reduction, reduced muscle soreness, improved circulation, immune function improvement and increased feelings of relaxation.



Self-Care

Taking time to enjoy mini moments of self-care can do wonders for your health and mental clarity. Soaking in a warm tub, enjoying an aromatic steamy shower, or performing a home pedicure, can help you re-center and refocus your thoughts and divert your attention away from the negative.

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

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+

Caring for cancer patients is our privilege.

WE PUT OUR PATIENTS FIRST

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

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



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



A Quick Procedure Checks Liver Function In 5 Minutes Flat

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

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

Liver Diseases and Disorders:

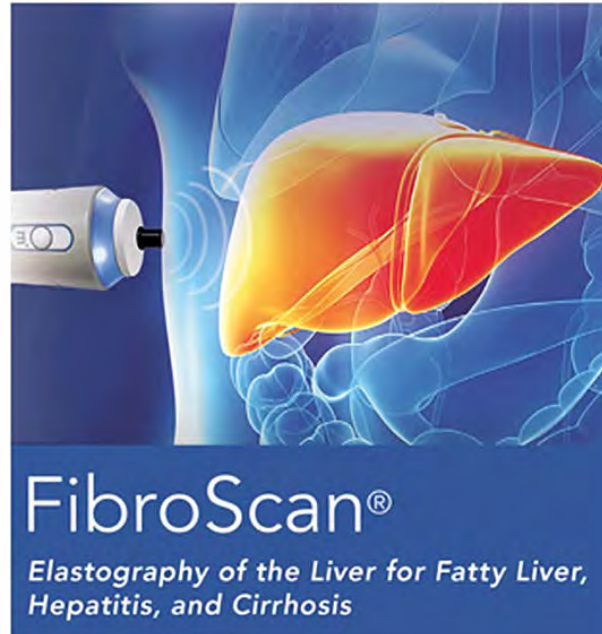
- Viral Hepatitis
- Mononucleosis (Epstein Barr)
- Fatty Liver disease (Non-Alcoholic)
- Cirrhosis
- Heavy Alcohol Use
- Excessive Iron Intake
- Excessive Acetaminophen (OTC pain relievers)
- Cancer

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

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

Fibroscan

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



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

How it works

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

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

Test Preparation

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

Is the exam covered by insurance?

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

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

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

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

Why Radiology Regional?

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

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

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!

ARTHRITIC KNEE PAIN: DO YOU REALLY NEED SURGERY?

By Physicians Rehabilitation

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

What is Osteoarthritis (OA) of the Knee?

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

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

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

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



Knee Replacement Surgery is Permanent

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

Physicians Rehabilitation's Knee Therapy Program Includes:

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



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

Viscosupplementation

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

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

3D MAMMOGRAPHY

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

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

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

What is 3D Mammography?

3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images known as "slices" of the breast are acquired at different angles. With 3D technology, the radiologist can view a mammogram in a way never before possible.

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

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

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

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



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

What are the benefits?

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

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

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

How long will it take?

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

How much radiation will I be exposed to?

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

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

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

Why is RAVE Radiology offering 3D Mammography?

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

How can I schedule an appointment for 3D Mammography?

Schedule your appointment by calling (941) 488-7781 (Venice Office). Coming to Sarasota in 2019. We will have 3D Mammography and Xray.



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



ESTATE LITIGATION (IS IT WORTH IT?)

By James W. Mallonee

Is litigation involving Estate Administration worth it? The short answer is probably not. This is especially true if one of the main characters needed to prove the source of litigation is deceased. The reason for this is that the main character who can state whether they consented to certain activities involving the distribution of their estate agreed or did not agree to the ultimate distribution outcome of their estate is deceased.

How a person's assets are to be distributed is always decided by their Will or Trust if one exists, and if there is none, the intestate laws of the State where the decedent was domiciled. The Will or Trust directs how the Testator or Grantor wanted their assets to be directed following their death. The problem comes in when suggestions are made to the Testator or Grantor by outsiders who have managed to convince such Grantor or Testator to give it to someone they ordinarily would not. On the surface this would seem easy to determine, except that the person who can provide evidence of what they would do may be dead and can't speak for themselves. Worse yet, they may be alive, but their mind is diminished to the point that they have no recollection of who is the target of their bounty.

In this author's experience, to fully litigate an estate involving outside influences will cost approximately \$100,000.00; all payable to the attorney and experts who will be making conclusions about the Testator or Grantor's ability to make rational decisions when deciding on who gets what from the decedent's estate.

The author's office receives calls from individuals who claim that one sibling is getting an unfair amount of the parents' estate. Sadly, this may be true, but unless Mom or Dad are still alive and able to communicate, there is little that can be done except to reach out to the person who published the Will or Trust and find out what were the circumstances under which the Will or Trust were created. Most times the representing attorney will not discuss the situation because of confidentiality. What makes it worse is that no litigation can take place prior to Mom or Dad's death because the law does not provide for estate litigation prior to death. The reason for this is that Mom or Dad could revoke or change their testamentary documents prior to death.



What are the primary markers used to establish if someone has evidence of undue influence by an outsider or family member? The classic cases involve, a testator's Will has been in place for multiple years and suddenly changes are made when a new person has entered into the daily life of the decedent. Other cases involve limiting a testator's access to family members such as telephone calls, visits and letters with claims from an outsider that they have been abandoned. Additional signs of influence involve the gifting of tangible property (e.g. car) or suspicious withdrawals of cash from their financial accounts.

Thus, it would be a good idea to consider adding someone to a financial account, but only for copies of statements so that the person receiving copies of the statements cannot have access to the account, but can watch to make certain no strange withdrawals are being done without a third party's notice. The down side of doing this is the Testator or Grantor may feel intimidated that someone is looking over their shoulder due to their infirmity; which is a difficult thing for an older adult to accept.

Florida has put in place new legislation to protect exploitation of the elderly. The new legislation increases the ability of an outsider or law enforcement personnel to determine if exploitation has

occurred to a vulnerable adult (e.g. elderly or disabled person). There are also new laws on the books giving a financial institution the ability to prevent giving money away from a person's account if it suspects exploitation.

If you suspect that a person is being exploited you should contact the nearest law enforcement organization's economic crimes division and explain what is going on (this is not a 911 type call). Be sure to have some form of evidence available to prove your point. Alternatively, contact the elder adult's children and let them know as well.

So, is it worth litigating an estate? Sadly, there is no right answer to that question, but you should have that discussion with the attorney of your choice before jumping into a lawsuit.

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

9 Ways to Prepare for a Virtual Showing

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

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

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

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

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

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



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

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

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

9: Clean up the front entrance.

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

BOMBAERT / GETTYIMAGES.COM
Source: Florida Realtors®

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



CAN CBD HELP WITH TINNITUS?

By Dr. Noël Crosby, Au.D.

Ringing in the ears is called tinnitus, which can be a challenging condition to live with as it can create incredibly uncomfortable sensations and pain known as hyperacusis in many individuals. It can also cause communication issues that can affect social and work-related problems, as well as withdrawal.

If you have ringing in the ears, it's important to seek a proper diagnosis and treatment. Tinnitus can cause balance issues. If you suffer from hearing or balance disorders, seeking treatment can help relieve ringing in the ears, pain, dizziness, and other adverse effects that are damaging to your overall health. Although there is no cure, there are multiple ways to manage tinnitus.

CBD for Tinnitus Treatment

Within the brain, two receptors respond to CBD; these are CB1 and CB2. Studies show that the same receptors are involved in the roll of hearing and balance. The results are torn, and more human trials are needed to show in-depth results for larger groups. However, many individuals report that CBD is effective for them personally when it comes to improving balance and reducing tinnitus symptoms. All CBD use and results tracking should be considered by each individual and their personal results. Due to its safety, many patients feel like it's worth it to try CBD and judge the results for themselves.

How CBD Works

Hemp Derived CBD has significantly helped numerous individuals with numerous conditions. CBD is free of THC, which is the psychoactive component of marijuana, and CBD is thought to be very safe and well tolerated. CBD has been used for thousands of years in ancient medicine to modern day. Our brain and nerve cells have cannabinoid receptors, so our bodies naturally react to CBD. The structure of cannabis interacts directly with our cells. Our natural endocannabinoid system works synergistically with CBD, creating a multitude of beneficial reactions in the body. The endocannabinoid cells have tiny receptors that take in chemicals and produce responses. This natural system in our bodies regulates things like pain-reception, mood, sleeping, immunity, pleasure, memory and much more.



More on Tinnitus

Common Causes of Tinnitus include:

- Hearing loss
- Exposure to loud noises
- Earwax buildup or blockages
- Abnormal bone growth in the ear
- Meniere's disease
- Head or neck injuries
- Benign tumor of the cranial nerve
- Medication
- Aging
- Vascular disorders
- Stress or depression

In order to find out the root cause of your tinnitus, your hearing specialist will conduct a complete medical history, as well as a complete examination.

What Other Treatments Are Available?

Tinnitus can be caused by many things and is usually a symptom of an underlying condition. The treatment for your tinnitus will depend on the condition that is causing it, the severity, any accompanying issues such as hearing loss, and the impact the tinnitus has on daily activities.

Common causes of tinnitus include:

- Stress and depression
- Hearing loss
- Exposure to loud noises
- Earwax buildup or blockages
- Abnormal bone growth in the ear
- Meniere's disease
- Head or neck injuries
- Benign tumor of the cranial nerve

Sound Therapy

Depending on the cause of your tinnitus and other factors, several treatments are available, including medical options as well as alternative therapies.

A common treatment is acoustic therapy or sound therapy. Sound therapy makes use of sounds to help the brain re-focus and diminish the emotional impact of the tinnitus.

Tinnitus Retraining Therapy (TRT)

One treatment that incorporates sound therapy is called Tinnitus Retraining Therapy (TRT), also known as habituation therapy. This therapy attempts to retrain your brain into perceiving the tinnitus in a different way.

About 75% of people with tinnitus are not bothered by it because their brains process it and file it as another everyday noise. TRT tries to teach your brain how to process the noise so that it doesn't bother you anymore (or not as much).

Medications may be an option, especially if they are to treat an underlying condition and relieve its symptoms. However, no medications have been approved specifically for the treatment of tinnitus.

Your physician or hearing specialist will also be able to refer you to psychological treatment or support, as tinnitus can be life-changing and hard to deal with, especially when it is a chronic problem. A tinnitus support group may also be of help.

ABOUT ADVANCED HEARING SOLUTIONS

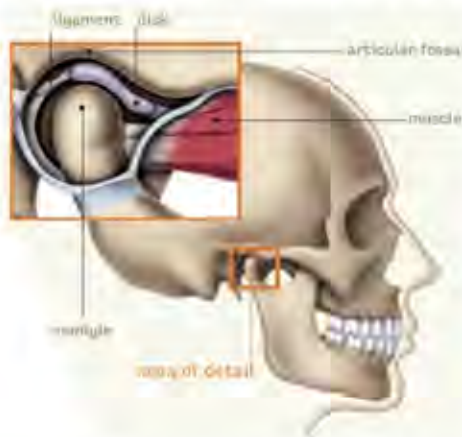
Using the latest and most sophisticated technology, we determine if you have hearing loss--and, if you do, we determine the degree and type of hearing loss. If your hearing loss requires medical or surgical intervention, we can refer you to a physician (otologist or neurologist) for appropriate treatment. 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.

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

The Daily "Grind"

By Dr. Joseph Farag

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



Treatment Options

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

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

Patients who present with TMD should also have an occlusal analysis

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

Relaxation Techniques May Help Alleviate TMJ Symptoms

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

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



Beautiful smiles begin here

CALL TODAY: 941-764-9555

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

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

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**

By request of our Aesthetic & Laser Department. Limited time offer. New patients only.
Port Charlotte Dentalcare • 764-9555
With this coupon. Not valid with other offers or prior services. Limited time offer.

**FREE
Consultation
For Dental Implants**

Limited time offer. New patients only.
Port Charlotte Dentalcare • 764-9555
With this coupon. Not valid with other offers or prior services. Limited time offer.

FOOTXPERTS

Your Foot Shape Affects Your Entire Posture

By Marek Zajac, FootXperts CEO

The majority of people may not have pain in their feet, but further up the anatomical chain. Many studies, including those in the Orthopedic Physical Assessment, state that 80 percent of people have foot dysfunctions which don't necessarily cause foot pain, but are responsible for their back pain, sciatica, sacral joint pain, hip joint pain, posture problems, knee pain, osteoarthritis, pelvic imbalance and other painful conditions.

The reason and explanation for that is simple: Your body works as a chain of muscles and bones and your foot shape has an immediate effect on our entire posture. Differences in shape between the right and left foot (which can be discovered with a 3D foot scan) cause a shift in your pelvis. Hip and lower back pain are typical symptoms. Furthermore, the foot shape directly affects your leg axis. Flat feet and pronating ankle, or high arches and supinating ankle cause a rotation of your legs with negative effects on knees and hips. Untreated, this conditions can lead to permanent damages and chronic pain in muscles, ligaments and joints.

And there is even more about your feet and their importance for a healthy and happy life. As the foundation of your body your feet are sending impulses to your brain. Based on those impulses you have a postural awareness, you can stand, walk, run, jump and maintain balance. The information your feet provide to your brain can become weaker when we get older (balance issues occur) or certain conditions can disturb this system, such as Neuropathy, Parkinson's and different types of physical and cognitive disabilities.

Often underestimated, custom foot orthotics can help with structural problems and balance issues. They can help you with foot pain, knee pain, hip and back pain, prevent injuries, support your entire posture, help with balance and muscular problems.



YOUR FOOT SHAPE AND YOUR LEG AXIS AFFECT YOUR POSTURE.

FOOT PAIN, KNEE PAIN, HIP PAIN AND BACK PAIN ARE TYPICAL SYMPTOMS.

In over 20 years of work in the field of biomechanics and orthopedics we could help countless clients with pain relief and more quality of life. We've equipped people of all ages, walker, runner and top athletes. We work with podiatrists, orthopedic clinics, physical therapists and chiropractors. There are no limitations in age or grade of mobility.

In two current cases we helped toe walking kids (4 and 5 years old) to change their gait and to walk normally. Yes, we're even able to change the muscular tension in your calf muscles in order to bring the heel back to the ground, which avoided unnecessary surgery.

We use state-of-the-art 3D scanning systems, we check your posture and we analyze your gait as well. We take measurements of your shoes to ensure a perfect fit and we can even design custom foot orthotics for your sandals. There are huge difference in quality and knowledge in the market. Make sure the foot orthotics you decide on are really designed and produce to address your individual needs and differences on the left and right side. Don't buy overpriced, hard and rigid mass produced plastic insoles. When you receive them right away then it's an over-the-counter product and not custom made for you!



FOOTXPERTS LOCATED IN CAPE CORAL

Marek Zajac, Founder and CEO

20 years of experience in the field of biomechanics and orthopedics combined with state of the art German engineering. Our vision is it to provide the best possible custom foot orthotics for patients and clinics.

Who we are and how we work:

Our clients (from top athletes to people of all ages and kids) all suffer from different painful symptoms or will develop them over time because of misaligned feet and legs, joint problems, bad posture and balance issues.

We help them through a special type of Custom Made Foot Orthotics that goes beyond the typical arch supports. We design and produce every pair (even the left and the right side) 100% individually.

Our solutions help with

- Foot Pain - Knee Pain - Hip Pain - Back Pain (related to foot shape and leg axis)
- Balance and Perception Issues (Neuropathy, Parkinson's, Kids with special needs)
- Muscle- and Joint Problems (muscular over tension, muscular dystrophy)
- Posture and Stability (Poor posture, bad gait)

**ARE YOU EXPERIENCING ANY OF
THE ABOVE MENTIONED
CONDITIONS? VISIT US!**

**FOR ALL HEALTH PROFESSIONALS:
WE OFFER PODIATRIC LAB
SOLUTIONS FOR YOUR CLINIC**

FOOTXPERTS

1407 Cape Coral Pkwy E, Cape Coral, FL 33904
(INSIDE THE RUN SHOPPE)

phone: +1 (239) 888-0510
email: info@footxperts.com
web: www.footxperts.com



THE SEASON'S MOST PERFECT GIFT A SUBSCRIPTION BOX TO HELP YOU RELAX

By Stacy Roberts, Founder of Hempra

The benefits of hemp-derived CBD products have escalated in popularity. People are interested in CBD to relieve pain, help them sleep, increase overall health and wellness, and to simply chill. Without the psychoactive component of THC, CBD is the safer alternative that promotes many of the same benefits of its sister product without the altered-conscious effect. Plus along with tinctures, gummies and candies, there are numerous other products that people love like bath soaks, face serums, topical creams, and pet products to name a few.

Subscription boxes are all the rage, and CBD boxes are a great choice due to the many advantages. We all want to live healthier, lives, so this is a great gift for almost anyone on your list—including yourself!

How it Works:

Fill out the survey online.

Tell us about yourself and your needs and we'll use them to find the right box for you.

Review Your CBD Box:

A certified Hemptender will handpick items for you based on your answers. Try them out for yourself and see what works.

Update Your Selection:

Keep receiving the products you love and swap out any item to try something new. Hemptenders are always there to help you with your selections.

What is in the Box?

We have many boxes to choose from.

Here is an example: Seasonal Favorites Box

The Seasonal Quarterly CBD Box provides you with the experience of six (6) full-sized CBD products delivered directly to your door every three months. This is our personal favorite box as each seasonal box is unique for that season and contains the products, we use ourselves. This box not only offers the most products, it also offers the most bang for your buck with the highest level of discount when compared to the individual pricing of the products. Scroll down to see the exact product offering for this season's box:

- Spring, Summer, Fall, Winter
- Hemptender's choice! (Our faves of the season)
- Box items go with season
- Contains the most products out of all the boxes
- A convenient & enjoyable way to experience CBD
- CBD formulas with natural & ethically-sourced ingredients
- Stay stocked up with our auto-ship feature
- Huge discounts for the products you already love as opposed to buying individually
- 6 full-size products every 3 months

Hempira Subscription Boxes Details

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

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

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

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

To find out more about Color Up Therapeutics or to learn about our Subscription boxes, please visit, **Hempira.com**. In-person consultations are also available; please call or email at **239-778-8738** or email **Info@Hempira.com**.

It's your Choice.
3D Mammography

Radiology Associates of
Venice, Englewood
and Sarasota

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

**RA
V&E
IMAGING**
VENICE • ENGLEWOOD • SARASOTA

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



All About RMDs

By Adam Bruno, Certified Financial Fiduciary®

There really is a purpose behind required minimum distributions (RMD) of tax-advantaged retirement accounts. IRAs and employer-sponsored retirement plans feature tax-deferred income contributions and earnings growth throughout the lifetime of the account. There's just one catch — when you take money out of that account, it then gets taxed at ordinary income tax rates. Some retirees use that money to pay for their expenses, but others may not need it and would rather let it continue growing, untaxed, and then leave it to heirs.

That means that retirees who need the money are taxed and those who don't could avoid the tax. Those tax revenues are used to fund government programs, but we are fortunate to have decades of a tax reprieve so gains can accumulate faster.

Retirement investing, and RMDs in particular, can be rather confusing. But just because something is difficult — and ever changing — doesn't mean we shouldn't take advantage of the options available. Quite the opposite — tax-deferred investing is a way to optimize the accumulation of wealth, so it's worth the time and effort to understand how these accounts work.

You can tap the advice of a financial professional to help you manage your retirement accounts, even those that fall under an employer plan. After all, your employer isn't going to help you manage the rest of your portfolio, so feel free to call us if you have questions about your tax-advantaged accounts and their distribution options.

In 2019, Congress passed the Setting Every Community Up for Retirement Enhancement (SECURE) Act, with several changes regarding RMDs. Prior to the legislation, retirement account owners had to start RMDs at age 70½; the law increased that age to 72 for anyone born after June 30, 1949. Those with a traditional IRA must take their first RMD by April 1 of the year after which they turn age 72, even if they haven't retired yet. Each year thereafter, they must take an RMD by Dec. 31. Investors with multiple IRAs must calculate the appropriate RMD for each one, but they can take that total amount from just one of the accounts they own. That's easier to do with traditional IRAs than with multiple prior employer retirement accounts, which require contacting former employers to calculate and send the distributions.¹

There is a penalty for not taking the appropriate RMD: The account owner must pay a 50% excise tax on the amount not distributed each year. Also note that you cannot withdraw a couple's total RMD from just one spouse's account or a different type of qualified account.²

The rules for an inherited IRA can be confusing, and they also changed with the recent SECURE Act. Specifically, it is now prohibited for a non-spouse IRA beneficiary to "stretch" out taxable distributions throughout his life expectancy. Starting in January 2020, the named beneficiary is required to withdraw all funds within 10 years of inheriting the account. However, unlike before, the heir can wait the full 10 years before taking distributions, meaning there are no RMDs each year.³

The inherited IRA rules didn't change for a spouse who inherits a wife's or husband's IRA upon death. She also has more options for withdrawals, such as the ability to designate herself as the new account owner, roll it over to her existing IRA or take distributions as a beneficiary.

Be aware that these distribution rules do not apply to a Roth IRA, either directly owned or inherited. Since the Roth is funded with already-taxed income, withdrawals are tax-free in retirement — even the gains accrued over time. The only caveat is that the owner (or original owner, if inherited) must have owned the account for at least five years (the clock starts on Jan. 1 of the year of the first contribution). Contributions withdrawn before that five-year holding period may be taken tax free, but any withdrawn interest is taxable.⁴

Annuities also benefit from tax-deferred growth, but the account owner takes RMDs only if it is classified as a qualified annuity, meaning that it was funded with pre-tax money. Non-qualified annuity contracts are

funded with after-tax income and feature tax-deferred earnings, so they do not mandate RMDs and are taxed upon distribution.⁵

If you have questions, please call my office at (239) 771-8696 and schedule your confidential visit with me.

For more information go to taxfreefortmyers.com to see my upcoming webinar schedule.

Content prepared by Kara Stefan Communications.

1 Judith Ward, T. Rowe Price, May 11, 2021. "Five Important Things You Should Know About RMDs." <https://www.troweprice.com/personal-investing/resources/insights/five-things-you-should-know-about-rmds.html>. Accessed May 21, 2021.

2 Denise Appleby, Investopedia, April 21, 2020. "Required Minimum Distributions: Avoid These 4 Mistakes." <https://www.investopedia.com/articles/retirement/04/120604.asp>. Accessed May 21, 2021.

3 Fidelity, June 1, 2020. "SECURE Act rewrites the rules on stretch IRAs." <https://www.fidelity.com/learning-center/personal-finance/retirement/secure-act-inherited-iras>. Accessed May 21, 2021.

4 Barbara Weltman, Investopedia, Feb. 15, 2021. "The Rules on RMDs for Inherited IRA Beneficiaries." <https://www.investopedia.com/articles/personal-finance/102815/rules-rmds-ira-beneficiaries.asp>. Accessed May 21, 2021.

5 FINRA, 2021. "Required Minimum Distributions—Common Questions About IRA Accounts." <https://www.finra.org/investors/learn-to-invest/types-investments/retirement/rmds-questions-about-ira-accounts>. Accessed May 21, 2021.

Evolution Disclosure:

Investment advisory services are offered through Evolution Wealth Management Inc., an investment advisor registered with the State of Florida. Registration does not imply any level of skill or training. Evolution Wealth Management's unique CRD number is 307644. You can obtain a copy of Evolution Wealth Management's firm brochure (Form ADV Part 2A) free of charge by visiting <https://adviserinfo.sec.gov/firm/summary/307644>. Evolution Wealth Management offers investment advisory services only where it is appropriately registered or exempt from registration and only after clients have entered into an investment advisory agreement confirming the terms of engagement and have been provided a copy of the firm's ADV Part 2A. Insurance services provided by Evolution Retirement Services. Any guarantees mentioned are backed by the financial strength and claims-paying ability of the issuing insurance company and may be subject to restrictions, limitations, or early withdrawal fees, which vary by the issuer. They do not refer, in any way to securities or investment advisory products. You should consider the charges, risks, expenses, and investment objectives carefully before entering a contract. This material has been prepared for informational purposes only and should not be construed as a solicitation to effect, or attempt to effect, either transactions in securities or the rendering of personalized investment advice. This material is not intended to provide, and should not be relied on for tax, legal, accounting, or other financial advice. Evolution Wealth Management and Evolution Retirement Services do not provide tax, legal or accounting advice. You should consult your own tax, legal, and accounting advisors before engaging in any transaction. Evolution Wealth Management and Evolution Retirement Services are affiliated entities.



12500 Brantley Commons Court, Suite 3
Fort Myers, FL 33907

(239) 771-8696

www.evolutionretirementservices.com

info@evolutionretirementservices.com

It's A Wonderful Life

By Pastor Timothy Neptune

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine **what you are going to love**. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... **how am I going to live?** To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is...**who are you going to help?** If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.



When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



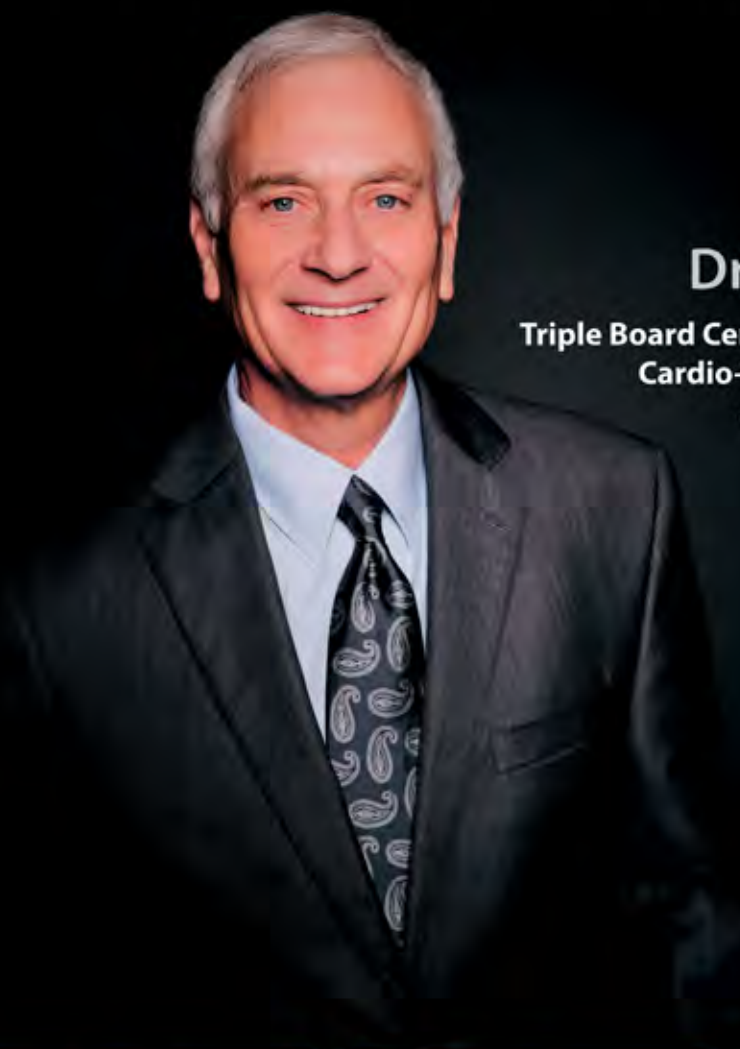
Tim Neptune is the lead pastor of Venture Church Naples, located on the campus of Florida South Western State College in Naples, FL.

For church times and other information, visit www.venturenaples.com or call (239) 775-5323.

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