

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

Health & Wellness[®] MAGAZINE

February 2022

Charlotte/South Sarasota Edition - Monthly

www.swfhealthandwellness.com

FREE  

TREATING SKIN CANCER

On the Face Requires
Aggressive Removal,
Along with a Delicate,
Aesthetic Eye

BENEFICIARY RIGHTS

THE LONGEVITY FACTOR:

A 102 Year Old's Advice
for Living Well

HOODED EYES ARE NOT JUST A COSMETIC ISSUE

SHOW YOUR HEART SOME LOVE

This Valentine's Day
by Quitting Smoking!

CARDIAC CT TO DETERMINE HEART HEALTH

CERVICAL CANCERS ON THE DECLINE





SKIP & GAIL SACK

As a result of treatment - feeling great and enjoying life!

My wife and I consider ourselves very fortunate to have been treated by Sforzo | Dillingham | Stewart Orthopedics. Dr. Sforzo's assessment of my broken wrist and Gail's broken finger and rotator cuff damage was spot on. We both are physically as good as we were before our injuries. They are not only excellent and caring doctors, they actually see patients within minutes of the appointment time. Additionally, the staff is not only pleasant, they are cheerful and made us feel like we were among friends.
- Skip & Gail Sack



CHRISTOPHER SFORZO, M.D.



CHRISTOPHER DILLINGHAM, M.D.



CHARLES STEWART, M.D.



PHILIP MEINHARDT, M.D.

BOARD-CERTIFIED. FELLOWSHIP-TRAINED. ORTHOPEDIC SURGEONS.



5831 Bee Ridge Road
Suite 300 • Sarasota, FL 34233
941.378.5100
sforzodillingham.com



LIMITED-TIME
SAVINGS ON
RESORT-STYLE LIVING
FEATURING THE
ULTIMATE LUXURY:

Peace of Mind
WITH LIFECARE

SAVE UP TO \$45,318.50*
WHEN YOU DEPOSIT
BY FEBRUARY 28.



THE TUSCAN

New year, new chance to save thousands on **our one-bedroom El Hogar** residence or **The Tuscan, our deluxe one-bedroom with a den and laundry room** – perfect for couples!

- Tropical views
- Well-appointed and brightly lit kitchen
- Screened-in terrace
- Premier location
- Personal one-car garage
- Valet services
- Five-star services and community amenities

Resolve To Live
Luxuriously in 2022.
Call Today & Save.
239-204-3469

*5% off entrance fee on select residence styles. Call for details.

The Terraces
—at Bonita Springs
A SantaFe Senior Living Community

26455 S. Tamiami Trail | Bonita Springs, FL 34134
TheTerracesAtBonitaSprings.com

Independent Living | Assisted Living
Memory Support | Skilled Nursing | Rehabilitation



Assisted Living Facility License #12385 | COA #08075





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

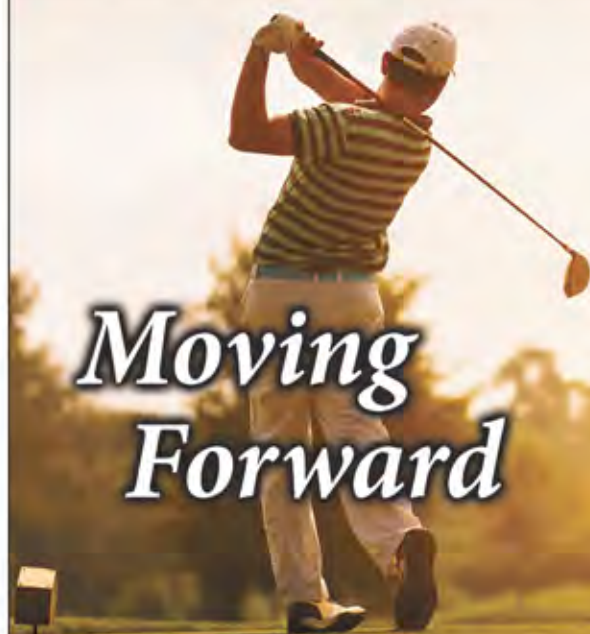
(833) 366-8534 (FOOT LEG)



www.NaplesPodiatrist.com

SAME DAY / NEXT DAY
APPOINTMENTS

HOURS: Mon-Fri 8am-5pm



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

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 premier locally-owned 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.

Spanish-fluent doctors and care staff



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

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

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

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

Naples Office
1775 Davis Blvd
Naples, FL 34102
(239) 372-2838

contents FEBRUARY

6 Cervical Cancers on the Decline

7 From Naples to Port Charlotte, Advocate Bring Cancer Care Close to Home

8 Finding the Best Orthopedic Specialist for Your Child's Injury is Critical

9 Keep Your Feet Healthy

10 Hooded Eyes Are Not Just a Cosmetic Issue

11 Strategic Philanthropy

12 Treating Venous Ulcers at Joyce Vein & Aesthetic Institute

13 Show Your Heart Some Love this Valentine's Day by Quitting Smoking!

14 New Technology to Resolve Symptoms from Neuropathy and Chronic Joint Pain

16 Cardiac CT to Determine Heart Health

17 Treating Skin Cancer on the Face Requires Aggressive Removal, Along with a Delicate, Aesthetic Eye

18 The Longevity Factor: A 102 Year Old's Advice for Living Well

19 5 Critical Interventions for Cognitive Impairment

20 Arthritic Knee Pain: Do You Really Need Surgery?

21 8 Dos and Don'ts of Owning a Vacation Rental

22 Advanced Urinary Incontinence Procedures

23 Advanced Hearing Solutions Presents: How AI is Transforming Hearing Care

24 Beneficiary Rights

25 All-In-One Dental Visit with CEREC

26 Spiritual Wellness: Whole Hearted

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 2022. 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.



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.

*ADCA 2019-2020 data, retrieved 10/01/21

Cervical Cancers on the Decline

Several advancements in recent years are helping more women beat cervical, uterine, ovarian, and other gynecologic cancers, which occur in the reproductive organs.

Each year in the United States, 13,000 women are diagnosed with cervical cancer. Once one of the most common causes of cancer deaths among women, cervical cancer's death rate has declined by more than 50 percent over the past several decades. Standard PAP test screenings and widespread acceptance of the human papillomavirus (HPV) vaccine have drastically reduced the occurrence of cervical cancers, according to the American Cancer Society.

Cervical cancer starts when cells that line the cervix - the lower part of the uterus (womb) - begin to grow out of control. While all women are at risk, cervical cancer is diagnosed most frequently in women between the ages of 35 and 44. It rarely develops in women younger than 20.

Almost all cervical cancers are caused by HPV, a group of more than 150 viruses which can weaken the immune system and put women at high risk for infection. Other factors can increase your risk, including:

- Having first sexual intercourse at an early age
- Having many sexual partners
- Giving birth to three or more children
- Smoking cigarettes (this produces chemicals that can damage cervical cells)
- Using oral contraceptives long-term

A Silent Cancer

Early-stage cervical cancer does not usually produce symptoms. As it progresses and spreads, common symptoms may include:

- Pain during sexual intercourse
- Heavy or prolonged menstrual bleeding
- Vaginal bleeding after sexual intercourse
- Persistent pelvic or low back pain

Since other conditions can cause these symptoms, it is important to see your doctor if you experience any of these symptoms.

Screenings are the best prevention

Because it can take years to develop, as it stays hidden, it is important to begin cervical cancer screening at age 21. A Pap smear can detect abnormal changes, which tend to develop gradually in cervical cells. The HPV test looks for high-risk types of HPV infection that are more likely to cause pre-cancers and cancer of the cervix. The two tests can be done alone or at the same time during a pelvic exam.

Pap tests are recommended every three years for women ages 21 to 29, and then every three to five years, in addition to an HPV test, until age 65. Nearly 20 percent of new cases are diagnosed in women over age 65, especially those who have not gotten regular screenings. Talk with your doctor for guidance. Women who have had a total hysterectomy can discontinue cervical cancer screening.

Since more than 90 percent of cervical cancers are caused by HPV, vaccines have been a tremendous addition to prevention.

HPV vaccines are recommended for girls and boys between ages 9 and 12, and for young adults ages 13 through 26 who have not been vaccinated or received all doses. These vaccines are not recommended for adults over age 26.

The science treatment continues to improve

When found early and managed effectively, cervical cancer is one of the most successfully treatable forms of cancer. Treatment options depend on the type and stage of cancer. The earliest stages of cervical cancer are most commonly treated with surgery or radiation, sometimes combined with chemotherapy. Radiation (sometimes combined with chemotherapy) is often used to treat advanced cervical cancer.

Cancer Screenings are more important than ever

The importance of screening cannot be overstated. Routine screenings can detect cancer in early stages, before a woman has symptoms, and detecting cancer early makes it easier to treat.

It's important to stay on track with cancer screenings and preventive care, even as the COVID-19 pandemic continues. Florida Cancer Specialists and other health-care professionals have protocols to keep patients safe as they get screened or seek care.

Throughout the pandemic, many people have chosen to postpone or even skip recommended screenings for various types of cancers, causing a substantial delay in diagnosis and treatment. 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 are substantial factors in surviving cancer; please do not skip or delay your recommended screenings.

A Hopeful Outlook

Ongoing medical research involving a growing number of clinical trials is expected to yield more screening tests, genomic testing, new drugs and immunotherapy treatment options for beating the various cancers of a woman's reproductive tract. Oncology experts remain upbeat, and many believe that with a continued comprehensive approach to prevention, screening and treatment, cervical cancer can be eliminated within our generation.

World-Class Cancer Treatment Close to Home

About Florida Cancer Specialists & Research Institute, LLC:
(FLCancer.com)

Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. In the past four years, the majority of new cancer drugs approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists' participation.* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

Founded in 1984, Florida Cancer Specialists has built a national reputation for excellence that is reflected in exceptional and compassionate patient care, driven by innovative clinical research, cutting-edge technologies and advanced treatments, including targeted therapies, genomic-based treatment, and immunotherapy. Our highest values are embodied by our outstanding team of highly trained and dedicated physicians, clinicians and staff.



North Port Cancer Center
1390 Grand Venture Drive
North Port, FL 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

For more information, visit FLCancer.com

FROM NAPLES TO PORT CHARLOTTE, ADVOCATE BRINGS CANCER CARE CLOSE TO HOME

By Dr. Arie Dosoretz

Every cancer patient deserves the best care possible close to home. At Advocate we believe patients should not have to travel far to receive compassionate care from world-class physicians using top-of-the-line technology.

With the opening of Advocate Radiation Oncology's new office in Naples, that vision continues to approach reality for the Southwest Florida community.

Advocate now offers conveniently located offices in Naples, Bonita Springs, Fort Myers, Cape Coral and Port Charlotte, ensuring that our residents have easy access to the care they need. Across Collier, Lee and Charlotte counties, Advocate patients are treated using industry-leading Varian technology, including the Halcyon, Identify and TrueBeam radiotherapy systems widely recognized as the most precise cancer-fighting machines on the market.

Patients receiving radiation often require daily treatment delivered over several weeks. During such a challenging time, staying close to home can help significantly decrease the stress associated with their diagnosis and throughout the recovery process.

The newest cancer treatment center, located at 1775 Davis Blvd. in Naples, is convenient for patients living in Naples, Marco Island and Golden Gate. Board-certified physicians serving patients in Naples includes Dr. Graciela Garton, who completed her residency at the Mayo Graduate School of Medicine and is known for her dedication to her patients.

The new location in Naples, just east of Fifth Avenue South, is designed to make patients and their families feel comfortable. The office features an expansive lobby and reception area punctuated by a massive skylight that brightens the interior with waves of natural light. Its color scheme blends multiple shades



of blue and light brown, complemented with wood flooring, to create a cozy, warm feeling. We hope that anyone who walks into our office can immediately sense the extraordinary care team we have to guide them through their treatment journey.

We continue to make major improvement in the efficacy associated with cancer treatment. The improvement in patient outcomes, including less toxicity, has to be offered in a convenient manner so that each and every patient receives the care they deserve. In Southwest Florida, Advocate Radiation Oncology will make sure that our exceptionally dedicated care team and innovative technology is just minutes away.



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.

Spanish-fluent doctors
and care staff



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

BONITA SPRINGS OFFICE
25243 Elementary Way
Bonita Springs, FL 34135
(239) 317-2772

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

PORT CHARLOTTE OFFICE
3080 Harbor Blvd.
Port Charlotte, FL 33952
(941) 883-2199

NAPLES OFFICE
1775 Davis Blvd.
Naples, FL 34102
(239) 372-2838

FINDING THE BEST ORTHOPEDIC SPECIALIST FOR YOUR CHILD'S INJURY IS CRITICAL

Protecting your child entails many different aspects throughout their lives, but unfortunately, you can't always control when things go wrong such as injuries and accidents. With kids back in school and playing sports, going to gymnastics, dance class, etc., stretching is important to prevent injuries during sports and other physical activity. Children should be properly warmed up before stretching, as stretching "cold" muscles can cause tears and ruptures, which are extremely painful, and can in many cases, take a significant time to heal properly.

If your child has an injury, it's important to be seen by an orthopedic specialist that is board certified, with a high-level of experience, and one that is also comfortable treating children.

At Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, they treat kids from age five and up, and their specialists are fathers themselves, so they understand parent's concerns and how to properly treat children of all ages. Additionally, the physicians are very active with youth activities and teams as professionals.

Making sure the physician you select has the credentials and experience necessary is essential, when it comes to healing your child's injury, and improving range of motion and functionality, finding the best orthopedic surgeon is critical.

You have a choice when deciding on an orthopedic surgeon. It is essential for patients to do their research, look at real reviews and patient testimonials, and most importantly, to go with a physician or group that has the experience level and training necessary to improve your child's condition and getting them back to doing the things sports and other activities they love.

Board certification and fellowship trained doctors are the elite in the orthopedic industry. Their training, skills, and experience are bar none compared to others; it is an important factor to consider when choosing an orthopedic surgeon.

**Sforzo | Dillingham | Stewart
Orthopedics + Sports Medicine**
EVERYTHING HEALTHCARE SHOULD BE

Providing advanced meticulous orthopedic care is what Dr. Christopher Sforzo envisioned when he opened the doors to Sforzo | Dillingham | Stewart



Orthopedics + Sports Medicine in 2006. And that is just what you can expect today when you choose the practice for your orthopedic and sports medicine needs.

Treating All Generations

Dr. Sforzo, Dr. Christopher Dillingham, Dr. Charles Stewart, and Dr. Philip Meinhardt specialize in both non-surgical and surgical treatment for the shoulders, hand, wrists, elbows, hips, knees, ankles spine and neck. This includes unparalleled expertise in fracture care, sports injuries, tendonitis, arthritis, bursitis, joint replacement, rotator cuff repair, carpal tunnel syndrome, reverse shoulder replacement, ACL reconstruction, reconstruction of spinal deformities, fusion procedures, knee replacement, total hip replacement both traditional and anterior approach. Additionally, the doctors offer the latest in regenerative treatments helping many patients eliminate the need for surgery.

You are more than your injury, more than your pain. And so, the true healthcare practiced at Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine offers a much more personal approach.

From the sincerity of their hand-selected staff of Sarasota's elite medical and service professionals to ample time with and full attention from Drs. Sforzo, Dillingham, Stewart, and Meinhardt provide dedicated care where a doctor, not a policy, determines your best interests.

You Have a Choice

Any physicians you choose to see are always your personal decision. It should never be mandated by policy or chosen for you without regard to your needs and best interest. When you choose Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine, you can rest assured that you will be treated with respect and given the opportunity to ask questions. Your options will be explained in detail, and you will be in the hands of experienced surgeons with the utmost integrity, receiving optimal care.



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

The Physicians at Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine

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

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

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

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



941.378.5100
SFORZODILLINGHAM.COM



KEEP YOUR FEET HEALTHY

One of the most abused and underappreciated parts of the human body is our feet. We use our feet every day without giving them a second thought. It's not until we develop some type of pain or injury causing immobility that we begin to realize what an integral role our feet play in our daily lives. In fact, good foot health is directly linked to our quality of life. This is why prevention of injury or disease is crucial. Once injury occurs, it can be a long road to recovery impacting one's mental health and overall quality of life with loss of independence or employment.

Leading an active lifestyle is key to optimizing foot health. Inactivity can lead to bone mineral loss or osteoporosis. Osteoporosis is a condition in which one's bones are porous and fragile, resulting in their ability to easily fracture. Weight-bearing exercises enhance bone strength and prevent bone loss. Having stronger bones will protect you from developing fractures, specifically stress fractures that are a very common overuse injury. Weight training, aerobic exercises, and stretching will also strengthen your muscles, tendons, and ligaments. Overtime, our muscles and tendons are prone to atrophy and shortening, preventing full motion and functionality. When our muscles and tendons don't function optimally this increases your risk of developing common foot and ankle injuries like plantar fasciitis or Achilles tendinitis.

Now that we know some of the risks of inactivity; we can take simple and easy steps to living a more active lifestyle. For example, taking daily walks outside, incorporating stretching and strengthening exercises at home or joining a local gym are all great ways to increase the amount of physical activity

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



in our lives. Remember to start out slow and build the amount of training or exercise you do gradually to prevent possible injury.

To learn more about what you can do to improve your foot health and prevent injury contact a local foot and ankle specialist near you.

PUT YOUR BEST FOOT FORWARD

FAMILY FOOT & LEG CENTER

COMMON CONDITIONS

FOOT & ANKLE PAIN
INGROWN TOENAILS
MORTONS NEUROMA
PLANTAR FASCIITIS

WOUNDCARE
SPORTS INJURY
BUNIONECTOMY
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

HOODED EYES ARE NOT JUST A COSMETIC ISSUE:

WHAT YOU SHOULD KNOW ABOUT AN ADVANCED BLADELESS TECHNIQUE

By Dr. Prabin Mishra, MD, PhD

Licensed Cosmetic and Oculoplastic Surgeon, Board Certified in Anti-Aging Medicine



Some people are genetically predisposed to a "hooded" appearance to their upper eyelids, which typically gets worse with age, while others may develop fat-pads later in life due to aging. Bagging or droopy eyelids can occur on the lower eye area as well. In some cases, it's not just an aesthetic concern, but rather a visual disturbance, as it can interfere with one's peripheral vision.

Droopy eyelids can impair your vision and can also make you look older, tired, and less alert. Bladeless eyelid surgery can correct these problems and help you look more youthful. Traditional blepharoplasty

requires cutting the eyelid skin and tissue with a scalpel and closing the skin with sutures. I perform blepharoplasties with an advanced bladeless technique, which reduces downtime, discomfort and healing significantly for my patients.

Blepharoplasty is one of the most common procedures done, with more than 200,000 cases performed nationwide every year. While in many patients it is medically necessary, as their peripheral vision is compromised by the excess skin, others may pursue eyelid surgery for cosmetic reasons to refreshen their look.

About Quigley Eye Specialists

Technology leaders in eye care, Quigley Eye Specialists is one of the nation's leading multispecialty ophthalmology practices specializing in cataracts, laser cataract surgery, glaucoma, iLASIK, dry eye, eyelid surgery, retinal issues, corneal conditions, routine eye care and facial plastic surgery. As the number one choice for cataract treatment in Southwest Florida, Quigley Eye Specialists is committed to providing the highest level of quality eye care and service to the community. For more information or a full list of locations, visit www.QuigleyEye.com.



About Dr. Mishra

Dr. Prabin Mishra received his medical degree from Michigan State University School of Medicine. He completed his Residency in Ophthalmology at Indiana University, School of Medicine, is fellowship trained in cosmetic surgery, and board certified in antiaging medicine.

Prior to medical school Dr. Mishra received his Ph.D. from Cornell University, New York and holds a faculty position (Asst. professor) at Cornell, Colorado state and Michigan state Universities.

Dr. Mishra is committed to providing you with several options of care and a completely customized treatment plan. He strives to meet your goals with results that look not only beautiful, but also natural.

Dr. Mishra offers a comprehensive array of treatments, including cosmetic and functional eye lid surgery, BOTOX, cosmetic and other options. "LESS IS MORE AND BETTER" is his mantra.



(855) 734-2020

www.QuigleyEye.com

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.



Retirement Evolved

Strategic Philanthropy

By Adam Bruno, Author of *They Lied: The Real Cost of Your Retirement*



Americans made more charitable donations in 2020 than in 2019. In fact, gifts soared to a record \$471 billion – a 5.1% increase from the prior year. This is even more remarkable given the fact that the vast number of regular charitable fundraising events, such as walks and runs, were put on hold during the pandemic.

While individual contributions typically comprise the majority of charitable donations, the biggest increase last year came from foundations, which posted a 17% increase to the tune of \$88.5 billion in contributions. That's the largest share of donations ever from foundations. By contrast, corporate contributions dropped by 6% last year, which was no surprise since those gifts typically align with pre-tax profits and the national gross domestic product – both of which declined in 2020.¹

For those seeking to make donations, consider some of the following strategies.

Windfalls

You may have received a stimulus check last year and it's been sitting in your savings account because you really didn't need that money. One good use is to donate those dollars to a charitable cause, perhaps to help out a food bank or other local organization. Note that for the 2021 tax year, single filers may donate up to \$300 in cash (\$600 for married couples filing jointly) as an above-the-line deduction. This means you don't even need to itemize to make a small but meaningful charitable contribution.

Donor-Advised Funds

A donor-advised fund (DAF) is similar to having your own personal foundation. You basically make a gift to a tax-deductible account which is administered by a public charity that permits donors to recommend gifts to eligible charities. Contributions are deductible in the year they are made, even if the money isn't dispersed that year. A DAF also enables donors to invest the money for a larger donation to the charities of your choice sometime in the future. Donor-advised funds can even accept stock donations, which is a good way to offload a highly appreciated stock in your portfolio without having to pay capital gains.



Donor-advised funds can even accept stock donations, which is a good way to offload a highly appreciated stock in your portfolio without having to pay capital gains.

¹ US News & World Report. June 15, 2021. "Charitable Giving in the U.S. Reaches All-Time High in 2020." <https://www.usnews.com/news/business/articles/2021-06-15/charitable-giving-in-the-us-reaches-alltime-high-in-2020>. Accessed Aug. 9, 2021.

² Christine Benz and Susan Dziubinski. Morningstar. May 24, 2021. "Charitable Giving Strategies in 2021." <https://www.morningstar.com/articles/1035577/charitable-giving-strategies-in-2021>. Accessed Aug. 9, 2021.

Qualified Charitable Distribution

Investors older than age 70½ can make qualified charitable distributions (QCD) of up to \$100,000 a year. By giving instructions to have assets transferred from your IRA custodian directly to the charity(s) of your choice, you can reduce your IRA tax obligation and the balance subject to subsequent required minimum distributions (RMD).²

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 or to download a complimentary copy of my book.

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

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



Show your **heart** some **love** this Valentine's Day by quitting smoking!

We only have one heart, so we need to treat it with all the love, care, and attention we can. Quitting smoking will improve the health of your heart for many years to come.

Tobacco use is the chief cause of preventable death and disease in the U.S. and can harm every organ and cell in the body. With over 7,000 toxic chemicals per cigarette, cigarette smoke damages one of the most vital parts of the body: the heart.¹



When you breathe air in, the lungs take the oxygen and deliver it to the heart, which then pumps the oxygen-rich blood to the rest of the body. When you breathe in cigarette smoke, the blood that is delivered to the rest of the body is heavily concentrated with carbon monoxide. Carbon monoxide decreases the blood's ability to carry oxygen which requires the heart to work much harder to pump oxygen through the body. The extra stress on the heart can cause damage to the heart and blood vessels and can lead to cardiovascular disease (CVD). CVD is responsible for 800,000 deaths annually and, consequently, is the leading cause of all deaths in the United States.¹

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

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

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

Although quitting smoking is difficult, it is certainly achievable, and cessation aids such as nicotine replacement therapy (NRT) may be able to help you on your quit journey. Many addicted smokers find that NRT helps them get through the hardest parts of quitting by lessening cravings and symptoms of withdrawal.¹ GSAHEC provides NRT for free to every individual who attends a tobacco cessation class (if medically appropriate and while supplies last).

References:

<https://www.fda.gov/tobacco-products/health-information/how-smoking-affects-heart-health>

If you are a smoker and you are concerned about your heart health, contact GSAHEC today! 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!

QUIT TOBACCO with **GROUP QUIT**

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

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



Virtual Group Sessions



-OR- In-Person Group Sessions



Develop your
personalized
quit plan.



FREE nicotine
replacement patches,
gum, or lozenges.*



More than
DOUBLES your
chances of success!

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

Pre-registration is required.

CALL TODAY:

866-534-7909

Sponsored by:



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

NEW TECHNOLOGY TO RESOLVE SYMPTOMS FROM NEUROPATHY AND CHRONIC JOINT PAIN

Symptoms of Peripheral Neuropathy Depend on the Peripheral Nerve Affected

Sensory nerve damage



Unusual sensations



Pain from light touch



Burning



Tingling



Numbness



Balance problems

Motor nerve damage



Muscle cramping



Twitching



Reflex abnormalities

Autonomic nerve damage



Excess sweating



Getting full quickly



Heat intolerance



Impotence



Orthostatic hypotension (dizziness or fainting after standing up)

SANEXAS

A Revolutionary Electronic Cell Signaling Treatment



SANEXAS Electric Cell Signaling Machine uses electrical signals to treat pain and circulatory conditions. This electric cell signaling device is much like a traditional TENS unit, but it is larger in size and penetrates deeper which is more effective in reducing pain. The pharmaceutical strength, frequencies, and associated harmonics are greater than the typical TENS unit, which is why trained medical professionals are present when it is in use.

WHAT IT TREATS

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

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

HOW MANY TREATMENTS

The average person will start noticing changes after 10-18 treatments. Some may notice changes earlier than later depending on the person and area receiving treatment, but it is necessary to receive a series (multiple) treatments for the SANEXAS treatment to be effective.



NEUROPATHY CAUSES

- **Overweight**
- **Smoking**
- **Diabetes**
- **Post Chemotherapy**
- **Malnutrition**
- **Herniated Discs**



SANEXAS TREATMENT

- Neuropathy Pain
- Chronic Joint Pain

Improve your everyday quality of life with long-lasting results from Sanexas Therapy

- FDA Cleared
- Drug-free
- Safe
- Non-invasive
- Painless
- Long-lasting Results



REGENERATIVE MEDICINE

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

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

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

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

WHAT IS THE TM-FLOW SYSTEM?

TM-Flow is a medical device that non-invasively tests your nerves and arteries.



SPECIFIC TEST FOR NEUROPATHY SYMPTOMS

Population that should be tested with TM-Flow



Autonomic neuropathy and vascular dysfunction risk group in the USA

50+

Population over 50 years old with cardiovascular risk factors

(Hypertensive, Overweight, Smoker, Diabetic)

70+

Everyone older than 70

OVER 45 MILLION PEOPLE

Both Treatments Covered by Medicare Plans and most commercial insurances



HANCOCK HEALTHCARE GROUP

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

DR. LARRY JOHNSON

DR. MAIRELIS DE LA CRUZ HERNANDEZ

1510 Hancock Bridge Pkwy, Unit 6
Cape Coral, FL 33990

(239) 574-5559

hancockhealthcaregroup.com

MAYO CLINIC



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

Cardiac CT to Determine Heart Health

Cardiac computed tomography (CT) for Calcium Scoring uses special x-ray equipment to produce pictures of the coronary arteries to determine if they are blocked or narrowed by the buildup of plaque – an indicator for atherosclerosis or coronary artery disease (CAD). The information obtained can help evaluate whether you are at increased risk for heart attack.

What is Cardiac CT for Calcium Scoring?

Computed tomography, more commonly known as a CT or CAT scan, is a diagnostic medical test that, like traditional x-rays, produces multiple images or pictures of the inside of the body.

CT images of internal organs, bones, soft tissue and blood vessels provide greater detail than traditional x-rays, particularly of soft tissues and blood vessels.

A cardiac CT scan for coronary calcium is a non-invasive way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries—the vessels that supply oxygen-containing blood to the heart muscle. Calcified plaque results when there is a build-up of fat and other substances under the inner layer of the artery. This material can calcify which signals the presence of atherosclerosis, a disease of the vessel wall, also called coronary artery disease (CAD). People with this disease have an increased risk for heart attacks. In addition, over time, progression of plaque buildup (CAD) can narrow the arteries or even close off blood flow to the heart. The result may be chest pain, sometimes called "angina," or a heart attack.

Because calcium is a marker of CAD, the amount of calcium detected on a cardiac CT scan is a helpful prognostic tool. The findings on cardiac CT are expressed as a calcium score. Another name for this test is coronary artery calcium scoring.

What are some common uses of the procedure?

The goal of cardiac CT scan for calcium scoring is to determine if CAD is present and to what extent, even if there are no symptoms. It is a screening study that may be recommended by a physician for patients with risk factors for CAD but no clinical symptoms.



The major risk factors for CAD are:

- high blood cholesterol levels
- family history of heart attacks
- diabetes
- high blood pressure
- cigarette smoking
- overweight or obese
- physical inactivity

How should I prepare?

There is no special preparation is needed in advance of a cardiac CT examination. You should continue to take your usual medications but should avoid caffeine and smoking for four hours prior to your exam.

You should wear comfortable, loose-fitting clothing to your exam. You may be given a gown to wear during the procedure.

Metal objects, including jewelry, eyeglasses, dentures and hairpins, may affect the CT images and should be left at home or removed prior to your exam. You may also be asked to remove hearing aids and removable dental work. Women will be asked to remove bras containing metal underwire. You may be asked to remove any piercings, if possible.

Benefits

- Cardiac CT for calcium scoring is a convenient and noninvasive way of evaluating whether you may be at increased risk for a heart attack.
- The exam takes little time, causes no pain, and does not require injection of contrast material.
- An EBCT scan takes less than 20 minutes and you can return to normal activities immediately afterward.
- We use low dose radiation CT.

Discussing results with your doctor

Your doctor will discuss the results of the heart scan with you. Depending on the outcome, he or she may recommend:

- Continuing the current course of treatment
- Changing medications
- Changing your diet and exercise routine
- Setting new weight-loss goals
- Ordering additional tests
- Planning for follow-up appointments to monitor your health and adherence to a treatment plan

RAVE is offering this non-invasive study at all three of our locations for a cash price of \$75.00 which includes the read. You owe it to yourself and your family to have this quick and painless procedure done to determine what your potential risk of coronary artery disease is. Patient must have a script from their physician in order to have the exam.



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

Treating Skin Cancer on the Face Requires Aggressive Removal, along with a Delicate, Aesthetic Eye

Skin cancer is a growing concern. Every hour a person dies of melanoma, and this year alone, over 76,000 new cases of melanoma will be diagnosed. On average skin cancer screenings take about 10 minutes, which could potentially save your life.

Skin cancers often occur on the face, around the eyes, ears, lips and on the nose. When dealing with removing cancerous tissue on the face, patients will require Mohs surgery. While removing the margins of the cancer fully is critical, making the incisions and closures as aesthetically pleasing is also a primary goal.

Mohs micrographic surgery is a safe and effective treatment for skin cancer. During Mohs surgery, cancerous tissue is removed in small sections. While the patient waits, a pathologist examines each tissue specimen for malignant cells. If malignant cells are found, more tissue is removed until the cancer is eradicated. This comprehensive microscopic examination helps to target only cancerous tissue, significantly reducing damage to healthy surrounding tissue. Developed by Frederic E. Mohs, M.D., in the 1930s, Mohs surgery excises not only the visible tumor, but any “roots” extending beneath the surface of the skin. Five-year cure rates of up to 99 percent for first-time cancers and 95 percent for recurring cancers have been documented.

Mohs surgery is primarily used to treat basal and squamous cell carcinomas, the two most common types of skin cancer, although it can be used for melanoma and other types of cancer. Mohs surgery is often recommended for recurring cancers, as well as those in difficult-to-treat areas, such as the nose, eyelids, lips, hairline, hands, feet and genitals, in which preserving as much tissue as possible is extremely important.

The Mohs Surgery Procedure

Mohs surgery is performed as an outpatient procedure in a physician’s office. It may be performed by a team of highly trained specialists, each member of which specializes in a different part of the surgery, or by one experienced surgeon capable of performing the entire procedure. During Mohs surgery, the treatment area is numbed with a local anesthetic.



Small layers of skin are removed, and each layer is examined microscopically to see if it contains malignant cells. Excision continues until the cancer is completely removed. Most Mohs procedures can be performed in three or fewer stages and take approximately 4 hours.

At Luminary Dermatology, we have three fellowship trained Mohs surgeons, Dr. Cary Dunn, Dr. Shauntell Solomon, and Dr. Harib Ezaldein, and have recently added a highly respected board-certified plastic surgeon, Dr. Michael Van Vliet, who is doing Mohs closures to close the loop on the full spectrum of services for our patients. Patients no longer need to be referred out to a plastic surgeon for closure of their excisions.

Recovery from Mohs Surgery

After Mohs surgery, patients experience mild discomfort, bleeding, bruising, and swelling. Pain medication is prescribed if needed, although most patients require only over-the-counter medication.

Mohs surgery leaves scars, although they are often smaller than those from other excision procedures. Reconstructive procedures, including skin flaps and skin grafts, can reduce the prominence of, or even eliminate, scars; they can be performed at the same time as the Mohs surgery or at a later date. If possible, surgical techniques, including placing stitches in the skin’s natural creases or out-of-sight areas, are used to make scarring less visible.

Luminary Medical Group

Luminary Medical Group began as Luminary Dermatology in Sarasota, FL, where the sun is hot, beaches are bustling, and someone always forgets to wear their sunscreen. The multi-specialty group was founded by board-certified dermatologist and fellowship-trained Mohs micrographic surgeon Dr. Cary L. Dunn. We now provide patient-centered medical care to Sarasota, Bradenton, Venice, and many other Southwest Florida communities as well as Edmond, Oklahoma.

Our mission is to provide compassionate care to the people of our community and beyond, with excellence in service, quality, and accessibility.

To schedule your appointment please call 941-926-6553 or visit luminarydermatology.com.



Cary L. Dunn, M.D.



Shauntell Solomon, D.O.



Harib Ezaldein, M.D.



Michael Van Vliet, M.D.



LUMINARY
DERMATOLOGY

941.926.6553

luminarydermatology.com

The Longevity Factor:

A 102 Year Old's Advice for Living Well

Dorothy Newberry is a delightful, petite, classy lady that thrives and looks forward to new things each day, and she just so happens to be 102 years old. To look at Dorothy, you would never know she is 102. She could easily pass for someone in their early 80's.

So, what is Dorothy's secret to living well beyond 100? Here is what she told the team at The Terraces at Bonita Springs where she currently lives:

Dorothy was born and raised in a little town in Iowa, there she met the love of her life, an electrical engineer. Dorothy was a well-educated lady—something not so common in the 1930s. She attended a business school and learned the intricacies of proofing for mistakes in business calculations and bookkeeping.

Her husband, F. Devere Newberry, had attended the University of Iowa and was an electrical engineer. They moved to other areas throughout their marriage, had three children (2 boys and 1 girl), and eventually, found themselves across the world in Malaysia, where F. Devere was transferred to for work. They lived in Malaysia for 4 years and met wonderful people and neighbors from Malaysia and other parts of the world, which had a great impact on Dorothy.

Have an Interest in Continuously Learning

Dorothy explained, "At first I was apprehensive about living in a foreign land, but the people there, Indians, Malaysians, Chinese, and other cultures were not that different from us. We made special bonds, and some of them have even come here to visit me through the years. Although, throughout the world we have different cultures and customs, we're all similar in the way we live."

Her secrets to living long and well are to find something to pique your interest. She loves reading fiction and biographies, or anything about Winston

Churchill, and her son has recently awakened her interest in nonfiction as well. "Some of these books he gives me, I would have never chosen for myself, but I love them. It's very interesting to learn something new and it's important to stay up with the times." Said Dorothy.

Physical Activity

Dorothy has always been an active person. Today at 102, she still walks 3 miles every day. If the weather is cool enough, she enjoys walking outside in nature, but when it's too hot or inclement, she walks indoors.

Recently she was walking in the facility and a few residents stopped her and asked her to join the group fitness class they were taking. Now, Dorothy also enjoys taking these classes and meeting new people on a regular basis.

Nutrition

Dorothy also learned a lot about different foods and nutrition from her travels and living abroad. She enjoys eating healthy, nutritious foods and taking care of her body and mind.

Terraces at Bonita Springs

The Terraces at Bonita Springs is a one-of-a-kind Life plan community in gorgeous Florida that offers luxury retirement in a boutique setting. Here, you'll find an intimate community with elegant surroundings and a worry-free lifestyle that allows you to take advantage of the comforts of home without the responsibility of home maintenance.

Our seamless access to amenities, events, programs, and health care are offered in one convenient location, under one roof – making it easy for you to focus on living vibrantly. Here, you can pursue new interests, enjoy friends, loved ones, and live life to its fullest.



The Terraces at Bonita Springs offers independent living, assisted living, memory support, skilled nursing and rehabilitation.

Schedule a community tour and private lunch or dinner today by calling **239-204-3469** or take a virtual tour right now!



5 CRITICAL INTERVENTIONS FOR COGNITIVE IMPAIRMENT

It's no secret that we rely on our brains for a number of important daily functions that help us navigate our world. This complex organ enables us to make reasonable decisions, focus and concentrate in our jobs, listen and communicate with others, or even remember where we placed the house keys. It's easy to take all this for granted when the brain operates as it should, but what if these cognitive functions are impaired? What challenges would this present, what risks should we be aware of—and what can we do about it?

#1 Understanding the root causes of cognitive impairment is essential.

Research indicates that cognitive decline is not a single condition, but a response to numerous catalysts such as trauma, inflammation, suboptimal nutrients levels, toxic exposure, hormone imbalances, sleep disturbances or similar issues. In many cases, research shows that emotional trauma or abuse can be significant factors leading to cognitive impairment.

Prescription drugs (such as antidepressants, sleep aids, muscle relaxants, antihistamines, nonsteroidal anti-inflammatory painkillers, or blood pressure medications) may also contribute to cognitive decline. Sleep apnea can also lead to cognitive impairment by depriving the brain of oxygen, and low thyroid function is one of the most common hormone issues associated with cognitive decline. Living or working in an environment with mold contamination can negatively impact your cognitive function as well.

Undetected low-grade urinary tract infections could exacerbate cognitive decline in the elderly, and the residual symptoms of COVID-19 have been shown to impair cognitive abilities for weeks—or even months—after being infected.

#2 Head injuries from years ago (such as a concussion from a car accident or playing contact sports in high school) can affect cognitive function in later years.

There does appear to be an association between concussive episodes from sports injuries or motor

vehicle accidents and the possibility of neurodegenerative illness, memory problems or other forms of cognitive impairment later in life.

#3 Proper cognitive testing are available to assess a person's cognitive ability and overall brain health.

Cognitive assessments fall into two main categories. The first is a Psychometric Test which, in most cases, is administered by a psychologist that measure skills, abilities, traits or mental state. The second type of assessment is called Brain Imaging.

Some imaging techniques are used to visualize brain structures (CT, MRI) while others evaluate brain function (fMRI, SPECT, PET). The brain wave imaging technologies used at the Brain Wave Center measure and map the brain's electrical activity (EEG, Brain Mapping and QEEG) to determine whether the brain operates in a state of healthy regulation, or whether it exhibits dysfunctional brain wave activity.

#4 Treating cognitive decline, traumatic brain injuries, memory loss and similar issues are available. Brain Wave Center offers innovative protocols and treatment options.

At the Brain Wave Center, our primary focus is with the brain's electrical activity because we want to both test and optimize the brain's performance. Our imaging technology (QEEG Brain Mapping) is used in conjunction with our neuropsychological assessment to evaluate a person's current functional capacity.

This combination of technologies also allows us to look for any function deficits that might exist. The results are then used to create an action plan to assist our clients in their recovery from cognitive impairments or emotional dysregulations such as depression, anxiety or post-traumatic stress disorder, to name a few.

When we combine psychological support services with direct brain training or magnetic stimulation (neurofeedback or TMS), we can enhance the results and assist our clients more effectively. These treatments help restore brain electrical activity back into a state of healthy regulation without the use of medications.



#5 Additional risk factors, and how intervention for healing can slow or mitigate the effects of the disorder.

If you notice changes in your mood or memory, please do not delay an assessment. The earlier we can evaluate and intervene, the more likely we are to see positive changes in your brain health. If there is a history of head trauma or motor vehicle accidents in your life, the effect of these injuries could manifest years later as short-term memory loss, confusion, depression or other related cognitive impairments.

Your nutritional status can also have a critical role in the onset or advancement of cognitive decline by promoting neuroinflammation and neurodegeneration. At the Brain Wave Center, we'll evaluate your nutrient intake to help you avoid neuroinflammatory foods. In addition, as you grow older, it's common to notice sleep disruption, and if this persists, it can also increase the likelihood of cognitive decline.

It's crucial to remain both physically and mentally active for as long as possible in order to preserve brain health, so challenge yourself to mind-body exercises on a regular basis. And of course, maintain positive social connections and learn how to manage your stress—we know that chronic stress is a major cause of cognitive decline in all age brackets.

Call The Brain Wave Center at 941-552-4500.

The 
BRAIN WAVE CENTER
Innovations in brain health for a better you!
941.552.4500
BRAINWAVECENTERS.COM
 640 S. Washington Blvd., Sarasota, Florida 34236

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.

8 Dos and Don'ts of Owning a Vacation Rental

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



DO: Create a financial plan.

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

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

DO: Get to know your home.

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

DO: Choose a property manager carefully. Check their reputation in the area, then ask how they'll: Maintain the home so it stays in

good condition, communicate with you and maximize your revenue.

DON'T: Ignore preventive maintenance.

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

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

DO: Plan to reinvest in the home.

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

DO: Be realistic about pricing.

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

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

Contact Denise Henry Today.

Denise Henry GRI, RENE
Broker Associate

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

3941 Tamiami Trail #3121
Punta Gorda, FL 33950

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

Welcome to Punta Gorgeous!



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



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

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



www.PhysiciansRehab.com

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

We are Medicare providers and accept most insurance plans.

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

6 LOCATIONS SERVING FLORIDA

(855) 276-5989

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

OWN YOUR PIECE OF PARADISE!



RE/MAX

Denise Henry GRI, RENE
Broker/Associate

3941 Tamiami Trail Suite 3121
Punta Gorda, FL 33950

(941) 628-0856

dhenry.remax.com
denisehenry40@comcast.net

License #BK 3085228



ADVANCED URINARY INCONTINENCE PROCEDURES

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

There are several types of urinary incontinence:

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

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

Sacral Neuromodulation

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

Bulkamid—Urethral Bulking

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



What is urethral bulking?

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

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

Short procedure

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

No Incisions

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

Quick recovery

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

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

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

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

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

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

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

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

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

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

Advanced Hearing Solutions Presents: How AI is Transforming Hearing Care

Breakthrough artificial intelligence technology has made its way to hearing care - what does that mean for you? Learn everything you need to know from the comfort of your own home during our free educational webinar.

PLEASE BE OUR GUEST!

Tuesday, February 22nd, 11:00am EST

You are invited to an educational



How AI is Transforming Hearing Care

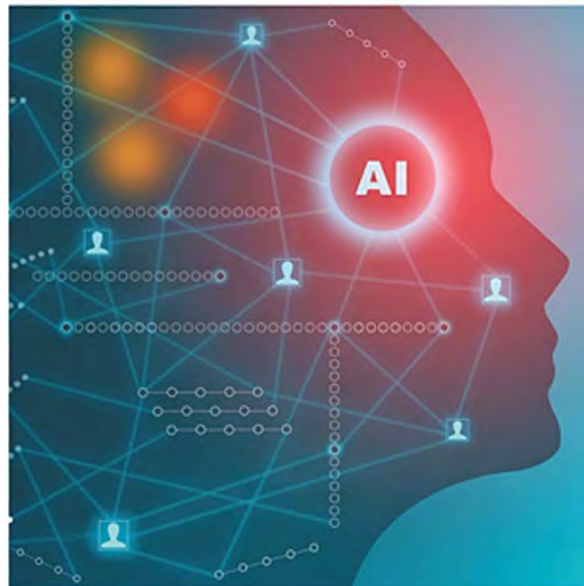
TUESDAY
FEBRUARY 22ND • 11:00AM

Register Here:

www.advancedhearingsolutions.net/webinar

We're excited to announce that our practice is one of the first to offer Whisper, the new cutting-edge hearing system that's always learning and improving.

During this free webinar, nationally known Audiologist, Dr. Noël Crosby, Au.D., and Whisper Head of Audiology, Don Schum, Ph.D., will discuss the latest innovations in hearing healthcare and artificial intelligence technology.



DURING THIS WEBINAR, YOU WILL LEARN:

- What artificial intelligence is and how it works
- How AI can be applied to hearing devices to make them more powerful than traditional hearing aids available today
- How the breakthrough Whisper Hearing System uses AI to get better over time and deliver continually improved hearing

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.

PROFESSIONAL BIO

Dr. Noël Crosby, Au.D., owner and audiologist at Advanced Hearing Solutions in Englewood, FL is a licensed professional whose 30 year career has been devoted to helping people of all ages hear and understand more clearly. Dr. Crosby received her BS and MS degrees from FSU and her Doctorate in Audiology from UF. Her credibility as an authority grew during her tenure as the Director of Audiology at the Silverstein Institute in Sarasota, FL from 1991-1998. Today, in addition to managing a successful audiology practice, Dr. Crosby is involved in creating hearing loss awareness through her jewelry and accessory company AuDBling.com. She has served and is serving on various professional boards and committees and was president of the Florida Academy of Audiology in 2000 and 2001.

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

It's your Choice. 3D Mammography

Radiology Associates of
Venice, Englewood
and Sarasota

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



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



BENEFICIARY RIGHTS

By James W. Mallonee

There continues to be confusion about what rights a beneficiary has when it comes to a trust and the information a beneficiary is entitled to receive concerning a trust. The first thing to understand is which beneficiary of a trust is entitled to receive information. The answer is every qualified beneficiary. The definition of a qualified beneficiary is found in Florida Statute 736.0103(16) which states:

“Qualified Beneficiary means a living beneficiary who, on the date the beneficiary’s, qualification is determined: (a) Is a distributee or permissible distributee of trust income or principal; (b) Would be a trust distributee of trust income or principal if the interests of the distributees described in paragraph (a) terminated on that date without causing the trust to terminate; or (c) Would be a distributee or permissible distributee of trust income or principal if the trust terminated in accordance with its terms on that date.”

Fundamentally, what the statute says is that immediate beneficiaries and those one step below the actual first line beneficiaries would fall under the above definition of a Qualified Beneficiary. You may be wondering why is this important? The answer is, you simply cannot ignore the second level beneficiaries or for that matter any beneficiaries.

Consider the following case confronting the author: Mom and Dad prepare a joint trust. Within the trust, at the death of Dad, the trust assets for Dad become irrevocable making his joint portion of the trust fixed and irrevocable. At Dad’s death, who became a Qualified Beneficiary? Dad’s daughter steps up to be a Qualified Beneficiary. Mom remains a grantor, trustee and beneficiary of Dad’s trust. The problem is that Mom has taken over the trust and refuses to provide any information about the trust to Dad’s daughter. Does this seem right and what rights does the daughter possess?

Generally speaking, the Florida Trust Code provides that a trustee may not necessarily refuse to provide information to a beneficiary. The end result is usually a vision where the blind are leading the blind (in the case mentioned above), Mom believes that she owes no responsibility to Dad’s daughter in the

form of information. It is this type of thinking that creates litigation and expensive outcomes to something that could have been avoided.

What are the types of information a trustee is required to provide to the Qualified Beneficiaries? First is the giving of notice to the Qualified Beneficiaries within 60 days of acceptance by another who is taking over the trust. This usually happens following the death of one of the Grantors to a trust or should the Grantor (who is likely serving as trustee) becomes incapacitated and is succeeded by another.

Second, is to give notice to the Qualified Beneficiaries within 60 days of the creation of an irrevocable trust, or the date a previously revocable trust became irrevocable (because of the grantor’s death). Provide information of the trust’s existence and identify the grantor. Inform the Qualified Beneficiaries of the right to request a copy of the trust instrument, trust accountings and the fiduciary lawyer-client privilege applying between the succeeding trustee and his or her attorney.

Third, is to provide an inventory and annual accountings as well as relevant information about the assets and liabilities of the trust to each Qualified Beneficiary. This requirement is not waivable, even if the trust inserts language that the accounting is waived, the trust statute does not allow such waivers. Additional requirements are taxes, where the trustee is required to prepare and file a trust’s taxes including K-1’s to the beneficiaries.

Lastly, it is the trustee’s duty to inform the beneficiaries when capital assets of the trust are going to be used for some large purchase or sale. The qualified beneficiaries have a right to object to those actions.

The message here is, that it is very important to provide the information concerning the trust assets to the beneficiaries and keep them informed. The good old days of just doing as you please are gone. This means that if you are not sure of what you are doing, it is highly recommended you obtain the lawyer of your choice and let him or her provide guidance. Failure to do so may result in litigation that will reduce the trust to no trust at all.

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

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

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

James W. Mallonee, P.A.
946 Tamiami Trail, #206
Port Charlotte, FL 33953
(941) 206-2223
Facsimile (941) 206-2224

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

This article is intended for informational use only and is not for purposes of providing legal advice or association of a lawyer – client relationship

All-In-One Dental Visit with CEREC

By Dr. Joseph Farag

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

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

Instead of multiple dentist appointments and weeks for a complete restoration, CEREC allows the dentist to achieve the same, if not better, results in a single visit. CEREC is an acronym for Chairside Economical Restoration of Esthetic Ceramics. Translated, it means that a dentist can economically restore damaged teeth in a single appointment using high-quality ceramic material that matches. CEREC uses the latest Computer-Aided Design and Manufacture (CAD-CAM)



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

technology incorporating a camera, computer and milling machine in one instrument to give you perfect, white fillings, veneers or crowns, all in a fraction of the time it used to take.

Here's how it works.

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

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

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

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

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



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

For treatment of sore & bleeding gums, loose teeth and bad breath. 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.

WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2022 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.



In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentine's Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2022.

All the Retirement Professionals you need, all in one place.



RETIREMENT

Create a sensible plan today and start thinking about the future.



INVESTMENT

Enhance your portfolio and build on your assets for years to come.



ESTATE

Account for all of your needs to be carried out exactly how you intended.



RISK MITIGATION

Ensure that you and your family are covered for the unexpected.



TAX

Gain a better understanding of tax management.

Ready to Take Control of Your Retirement Planning?

**Schedule Your Free,
No-Obligation Consultation**



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

(239) 771-8696

www.evolutionretirementservice.com



INSTANT DOWNLOAD



They Lied: The Real Cost of Your Retirement

We're here to help you find real answers.

One of the most frequent questions we hear is, "why didn't I know about this?" We can help you answer the important questions about your retirement — even the ones you didn't know to ask."

With this free book, you will learn:



Scan Barcode
to Download Book

- ✓ The difference between investment consulting and wealth management
- ✓ Mistakes to avoid with your IRA and 401(k)s
- ✓ Questions you should ask your advisor

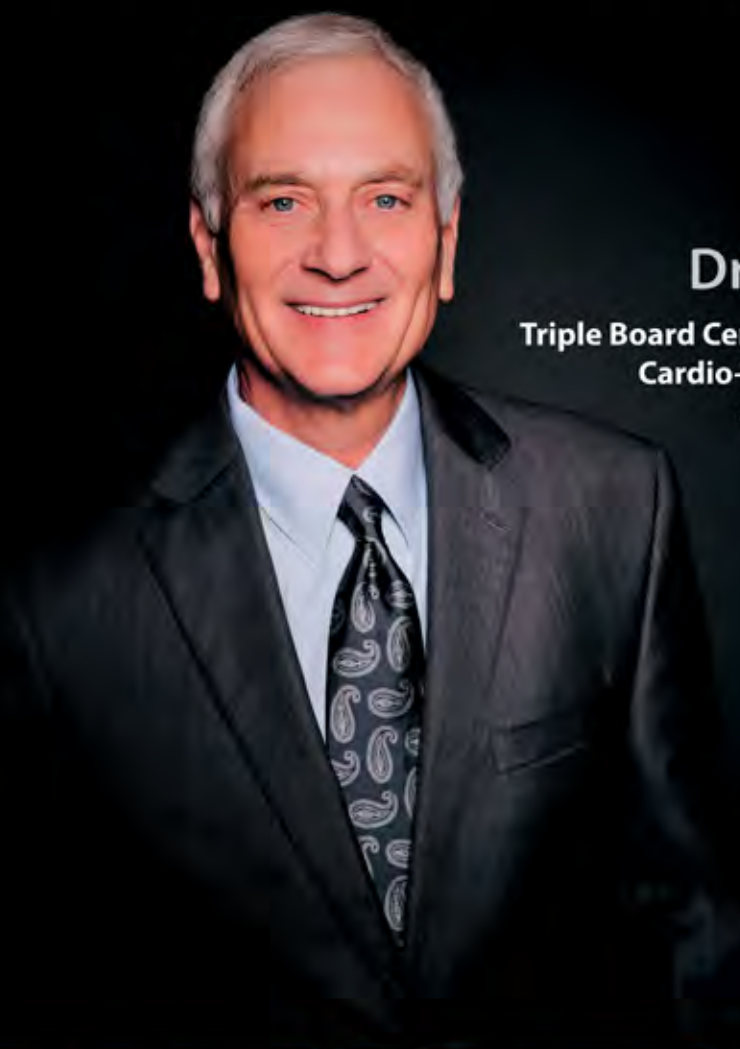
Go to **taxfreefortmyers.com** for your complimentary copy of our book!

Investment advisory services are offered through Evolution Wealth Management Inc., an investment advisor registered with the State of Florida. Not affiliated with or approved, endorsed, or authorized by the Social Security Administration or any other government agency.

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