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Health & Wellness[®] MAGAZINE

June 2022

Charlotte/South Sarasota Edition - Monthly

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**THE "SILENT"
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**TRAVELING TIPS
FOR HAPPY FEET**

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*AHCA 2019-2020 data, retrieved 10-01-21

A New Way to Treat Treatment-Resistant Depression

A New and Highly-Effective Therapy Designed to Help Those With Depressive Disorders, Anxiety, and PTSD

For those who struggle with Treatment-Resistant Depression (TRD), depressive disorders, PTSD, or clinical anxiety, ketamine therapy is a rapid and robust modality having antidepressant effects. Standard treatments for these mental health disorders do not always work, and not only do they take a long time for patients to feel its effects (up to 2 months), but they also do not stay in the system if the medication is not taken regularly. Ketamine, however, is unique in that it enables and promotes connectors in the brain to foster and regrow. Through repairing the connections in the brain responsible for depression, ketamine promotes regrowth and repair of these connections. It is this reaction that is responsible for the efficacy of ketamine, not the presence of the drug in the body as other traditional forms of medications work.

Those with depressive disorders, everyday tasks can be unbearable, affecting their overall quality of life. If the disorder is not managed at a core level, the individual will suffer the anguish that emotional and often physical symptoms can have. The introduction of ketamine in conjunction with behavioral therapy can help patients manage their condition.

What is Ketamine Therapy and What is it Used to Treat

Ketamine therapy is an evidence-based modality prescribed and recommended to those with Treatment-Resistant Depression (TRD), treatment and management of Post-Traumatic Stress Disorder (PTSD), anxiety, and/or underlying mental disorders. Ketamine-assisted treatment has proven to be highly effective in mitigating the side effects and symptoms of depressive disorders and comorbidities, whereas other pharmacological and first-line treatment methods have failed, or the patient has not responded well to the treatment.

WhiteSands Recovery & Wellness is now offering ketamine therapy at their outpatient offices for those who qualify and meet the criteria.

Offering a full continuum of care and customized treatment options means introducing the latest therapies to patients who struggle with underlying disorders. WhiteSands' inpatient programs provide the most comprehensive, all-inclusive treatment at every level of care. Being at the forefront of the newest and most advanced mental health and substance abuse treatment methods, WhiteSands is

proud to introduce ketamine therapy to help patients heal from depressive disorders like Treatment-Resistant Depression.

How Ketamine is Offered and Administered
WhiteSands Recovery & Wellness administers Ketamine therapy in two ways:

- IV Infusion Therapy
- Nasal spray - SPRAVATO® (esketamine)

Patients considering ketamine therapy are first seen and assessed by a board-certified Psychiatrist and Registered Nurse where they will complete a blood test and urinary analysis (UA). Patients must pass all requirements of these tests before beginning ketamine therapy. A ketamine therapy plan is arranged for each patient so they are aware of where and when their next session is.

Ketamine therapy is administered seven times over four weeks. The procedure, which takes approximately 45 minutes, is completed in a comfortable and quiet room at a WhiteSands outpatient office where patients are administered their dose in a controlled environment. Once the process is complete, they are monitored for the proceeding hour by a Registered Nurse to ensure they are not experiencing any adverse reactions or side effects. Since patients cannot drive once they have completed their therapy session, we arrange a ride home for them.

Efficacy of Ketamine Therapy in Treatment of Depressive Disorders

Or

How Effective is Ketamine Therapy?

With the introduction of Ketamine for a range of depressive disorders, clinical trials and research indicate that 70-80% of patients who undergo the therapy no longer experience the negative emotions, moods, and symptoms of the depressive disorder they once did.

Ketamine therapy is becoming widely considered a treatment option for TRD for its rapid action and lasting effects. After just a single ketamine therapy session, patients reported a significant improvement in their anxiety and depressive symptoms.

Ketamine has shown to:

- Mitigate chronic pain
- Alleviate depression
- Reduce suicidal ideation
- Dramatically lessen the symptoms of depression

With the COVID-19 pandemic taking a toll on mental health and exacerbating depressive disorders, the need for effective and safe therapy is crucial now more than ever. To maximize patient success in managing depressive disorders, it's important that patients are not provided with a 'band-aid' method, but with safe, non-dependency therapies. Ketamine therapy can provide that.

Pricing

Ketamine IV therapy can be funded on an out-of-pocket, self-pay basis and is not covered by health insurance. WhiteSands Recovery & Wellness offers in-house payment plans, as well as third-party financing options.

SPRAVATO® is covered by major insurance providers. We accept all major medical insurance providers. SPRAVATO® can also be paid out-of-pocket for those who do not have health insurance.

Get in touch with our admissions team to discuss your financial needs.

Location

Ketamine-assisted treatment is offered at several WhiteSands Treatment outpatient locations. The facility has 17 outpatient locations throughout Florida, having on-site licensed medical staff and registered nurses who facilitate and monitor all ketamine therapy sessions.



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If you or someone close to you is struggling with treatment resistant depression, anxiety, PTSD, mood disorders, or depressive disorders, get in touch with WhiteSands Treatment today at 239-237-5473, or visit <https://whitesandstreatment.com>

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At GenesisCare, we design personalized care experiences that get the best possible life outcomes. Prostate cancer care teams in the GenesisCare network, including urologists, and radiation oncologists, are highly experienced and actively seeking new, more effective treatments.

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Each of our urology centers are affiliated with nearby surgery centers or hospitals and have relationships with other physicians in the community to provide a full spectrum of care to support you throughout your treatment journey. Our urologists work closely with our radiation oncologists to ensure your care is close to home and timely – allowing our patients to be seen within 2–3 days of their first call.

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TRAVELING TIPS FOR HAPPY FEET

With summer around the corner, it's time to enjoy a well-deserved vacation. The last thing you or your family needs is a painful or injured foot to ruin your long-awaited vacation. Fortunately, there are a few steps you can take to prevent foot and ankle injuries while traveling.

- 1. Wear comfortable shoes while traveling, whether it's for a long car drive or to the airport.** You never know how far you may have to walk while at the airport or if you are running later for a connecting flight that might require you to walk fast or run to your terminal. Loose-fitting flip-flops and sandals increase your risk of tripping, falling and spraining your ankle. It can also lead to heel pain without a proper arch support.
- 2. Socks are your friend.** Socks protect your feet from shoe friction/rubbing that can lead to blisters and painful callosities. You may be required to remove your shoes before you enter the metal detectors at airports. Walking barefoot through an airport exposes your feet to bacteria and viruses that could cause plantar warts and athlete's foot so don't skip on the sock while traveling.
- 3. Don't bring brand new shoes on vacation.** Shoes that you have never worn can cause pain, blisters and other complications. Make sure to use shoes you know are comfortable while traveling especially if you will be on your feet for an extended period of time. It's also important to not use old or excessively worn down shoes.
- 4. Don't forget your children's shoes.** Make sure their shoes fit properly and are comfortable as well.



- 5. Flip-flops or sandals are useful during certain situations.** Use them in place of walking barefoot in locker rooms and around pools. Walking barefoot at these areas increases your risk of acquiring athlete's foot, plantar warts and toenail fungus. Today, it is also common to find ones with built-in arch supports. These are more ideal than a flat flip flop or sandal.
- 6. Pack an antifungal cream or powder.** If you're staying in a hotel or using public pools, using an antifungal product can help prevent athlete's foot.

- 7. Place a towel on the floor before entering the shower or bathtub.** This can prevent slipping.
- 8. Stretching is your friend.** If you are traveling more than two hours, be sure to stretch your legs and pump your feet. This will help circulate the blood to prevent deep vein thrombosis, aka dangerous blood clots in the legs.
- 9. Compression socks can be helpful on flights.** Compression socks can help prevent with edema or swelling of the legs while traveling. Long car rides and flying can make your swelling worse, if you suffer from lower extremity edema you should definitely use compression socks while traveling. Arriving at your destination with worsening edema can cause you pain, make it hard to fit in your shoes and make your vacation experience less desirable.
- 10. Pack a small first-aid kit.** If you develop blisters, small cuts or abrasions a first aid kit can come in handy. Clean your feet with saline (eye solution), avoid peroxide then apply a small amount of antibiotic ointment and cover with a Band-Aid or gauze. If a puncture wound occurs, see a foot and ankle surgeon within 24 hours for to prevent infections and other complications.

Isin Mustafa DPM, MSHS, AACFAS

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

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WE KEEP YOU WALKING

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



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.



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

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.

THE "SILENT" KILLER FOR MEN

By Dr. Aneley Yegezu Hundae, M.D., FACC

The term heart disease refers to several types of heart conditions, including coronary artery disease and heart attack, heart failure; arrhythmia, among others. Heart disease is the leading cause of death for men in the United States, killing 357,761 men in 2019—that's about 1 in every 4 male deaths.

Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.

About 1 in 13 (7.7%) white men and 1 in 14 (7.1%) black men have coronary heart disease. About 1 in 17 (5.9%) Hispanic men have coronary heart disease. Half of the men who die suddenly of coronary heart disease had no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.

WHAT ARE THE SYMPTOMS OF HEART DISEASE?

Sometimes heart disease may be "silent" and not diagnosed until a man experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include:

- **Heart attack:** Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.
- **Arrhythmia:** Fluttering feelings in the chest (palpitations)
- **Heart failure:** Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.

Even if you have no symptoms, you may still be at risk for heart disease.

What are the risks for heart disease?

In 2013–2016, 47% of men had hypertension, a major risk factor for heart disease and stroke. Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease, including diabetes, overweight and obesity, unhealthy diet, physical inactivity, and excessive alcohol use.



HOW CAN I REDUCE MY RISK OF HEART DISEASE?

To reduce your chances of getting heart disease, it's important to do the following:

- **Know your blood pressure.** Having uncontrolled blood pressure can result in heart disease. High blood pressure has no symptoms so it's important to have your blood pressure checked regularly. Learn more about high blood pressure.
- **Talk to your health care provider** about whether you should be tested for diabetes. Having diabetes raises your risk of heart disease.
- **Quit smoking.** If you don't smoke, don't start. If you do smoke, learn ways to quit.
- **Discuss checking your cholesterol** and triglyceride levels with your health care provider.
- **Make healthy food.** Having overweight or obesity raises your risk of heart disease.
- **Limit alcohol** intake to one drink a day.
- **Lower your stress level** and find healthy ways to cope with stress.



Dr. Aneley Yegezu Hundae, M.D., FACC

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Dr. Hundae received his Premedical and Doctor of Medicine Degree from Jimma University School of Medicine. He completed his Internal medicine Residency at Mercer University School of Medicine. His Heart Failure/Heart Transplant fellowship at the University of Miami Cardiovascular Fellowship Program. Cardiovascular fellowship at Baylor University Medical Center.

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AGING AT HOME



The vast majority of seniors prefer to “age-in-place” or continue living in their own homes or communities. According to aarp.org, “nearly 90 percent of people over age 65 want to stay in their home for as long as possible, and 80 percent believe their current residence is where they will always live.”

While it is a fantastic feat for seniors to continue to care for themselves as they age; eventually, adult children of these wildly independent baby boomers realize that their aging parents need more support – and likely are not asking for it.

Baby-boomers are stubborn about maintaining their independence and for excellent reasons. These reasons are shaking up traditional senior living and senior care programs.

They are Living Longer

Statista reports a higher life-expectancy for baby boomers. Women can look forward to a life expectancy of 81 years while men are averaging a 76-year life expectancy.

Not only are they living longer, but medical and technological advancements have promoted healthier, fuller lives for this generation, more than any generation before. These advancements are how baby boomers have more drive, ambition and desire to maintain independent living.

They are Passionate about Hobbies, Jobs, Activities and Lifestyle

Don't expect to see baby boomers sitting around knitting with NPR on the radio station. You're more likely to see this age group hiking a popular trail with friends, participating in triathlons, volunteering at their grandchildren's schools and working from the comfort of their home.

Baby boomers DO NOT sit still. They are tech-savvy, active, social and are retiring at older ages than previous generations. They are more educated and on-base with modern technology. You might see them playing games on their smartphones, taking online courses or listening to podcasts. One thing is for sure – they are not sitting around waiting for other people to tell them what the rules are, what's for dinner and what time lights are out.

With the lifestyles that baby boomers are living, it is easy to see why this age group fearlessly challenges any threat of losing it. However, just because an aging parent has lived a strongly independent life does not mean that they will be capable of living without assistance forever. When the time comes for support to step in, in-home care provides the best type of care for individuals who want to remain in their homes, participating in the community and continue to enjoy a self-reliant lifestyle.

Gone are the days where senior living facilities were the “go-to” method of support for seniors. With in-home services, your bold and active parents can rely on assistance catered to their individual needs. Suppose mom and dad enjoy decorating their homes, choosing their meals, keeping beloved pet companions and caring for their gardens, but struggle with personal hygiene and housework or have limited sight or mobility. In that case, an in-home aide can provide that extra support so that they can stay comfortable and happy.

If you have a baby boomer in your family who is adamantly guarding their self-reliance but requires day-to-day or constant support, in-home care services are an ideal option that you can mold to meet specific needs. This way, they still get to live in the home they love, do the things they love without the fear of losing their beloved independence.

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A DIFFERENT HEALTHCARE CAREER PATH

By Dr. Francis Ikeokwu

Not all healthcare careers lead to patient care. If you have a passion for numbers, hospitals and other medical facilities need controllers, auditors and senior accounting directors to oversee the financial side. These positions require the Certified Public Accountant (CPA) designation and a master's degree.

Why do these organizations want a CPA? It's a widely-recognized and respected professional standard that demonstrates you're knowledgeable and dedicated to the accounting profession. To earn this designation, you must graduate with a master's degree, which prepares you to take the CPA licensure exam.

Why become a CPA? There are plenty of reasons, ranging from opportunities to salary. If you're already working for an organization, then passing the CPA exam may mean a bonus for you. More importantly, it could mean advancement within the organization. Over the course of a career, CPAs will make, on average, \$1M more than a non-certified professional will. Public accounting is a steady and stable career choice. Having the CPA designation behind your name makes you an even more attractive candidate for any position you seek.

At Hodges University, we are offering the Masters in Accountancy degree program, and classes start in the fall. You can graduate in 14 months and it's offered 100 percent online. This allows you to continue working while earning your degree. Your professors, myself included, bring practical and real-world experience to every class, so that you build upon your foundational skills. We have a true passion for all that is accounting. Your classes are eight weeks each, and areas of study and application include forensic accounting, international accounting, government and non-profit accounting, tax practice and representation, advanced managerial accounting, and advanced independent auditing. You'll also get real-world experience with an internship.



There is a need, especially in Florida, for CPAs. According to the Bureau of Labor Statistics (BLS), Florida is in the top five of states in the country that needs CPAs. The average annual salary is

\$76,320, but a quick look on job sites shows that many of those organizations are offering even higher wages.

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Dr. Francis Ikeokwu is the lead faculty/professor for the accounting and finance programs at Hodges University.

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Nicotine's Effect on the Brain

Mark Twain once said “quitting smoking is easy. I should know, I have done it a thousand times.” Many tobacco users may be able to relate to this statement as it often requires multiple attempts to kick the habit for good.

There are several reasons quitting smoking is challenging. First, it is legal for adults to use tobacco products; therefore, there is less legal risk with tobacco than with other illegal substances. Second, nicotine is available for purchase at many convenient locations. The third and most significant reason is due to nicotine's effect on the brain. In fact, research has shown that nicotine is as addictive as alcohol, heroin, and cocaine and is often more difficult to quit.¹



When an individual smokes a cigarette, nicotine is delivered to the brain within seven seconds. Once in the brain, nicotine activates seven different neurotransmitters – many of which are responsible for pleasure, appetite suppression, reduction of tension and anxiety and increased focus. These outcomes can be perceived as positive and rewarding which strengthens the addiction to nicotine. It is important that individuals find other ways to get these same benefits without the tobacco products when quitting. Quitting tobacco involves “retraining” the brain's reward pathway as nicotine levels are reduced during the quit process.

The addiction to nicotine itself accounts for the biological component of addiction; however, addiction can happen on the psychological and cultural level as well. Tobacco can be used as a coping mechanism during challenging situations and as self-medication. Developing a dependence on tobacco during the tough times can make quitting even harder. Tobacco may also be promoted as part of social activities and norms.

Although quitting tobacco can be challenging, it can be done! According to the Center for Disease Control and Prevention, more than three out of five adults who have ever smoked cigarettes have quit. It is important to seek out support when quitting tobacco as those that attempt to quit on their own have a success rate of about 5-7%. Group sessions through Gulfcoast South AHEC and Tobacco Free Florida address all aspects of nicotine addiction, in addition to helping you develop a quit plan and identify your quit date. Studies have shown that group sessions plus the use of Nicotine Replacement Therapy can more than double your chances of quitting and staying quit.²

Quitting tobacco for good comes with many benefits to your physical and psychological health. These benefits are numerous and will greatly improve the quality of life for individuals who quit for many years to come.

References:

¹ https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/smoking-cessation-fast-facts/index.html

² Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit. Area Health Education Centers. 2018.

Help quitting tobacco is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Group Quit option of Tobacco Free Florida's Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum, or lozenges (if medically appropriate and while supplies last) is provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist.

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RECOGNIZING RESILIENCE DURING NATIONAL CANCER SURVIVOR MONTH

By Dr. Amy Fox

Every June, the country celebrates National Cancer Survivor Month. During this month, the first Sunday in June is National Cancer Survivor Day.

There are approximately 16.9 million cancer survivors in the United States. According to the National Cancer Institute, someone is considered a cancer survivor from the time of diagnosis through the rest of their life. Some patients prefer to count from their day of diagnosis while others begin counting after their first cancer-free post-treatment scan.

The National Cancer Survivor Day Foundation (NCSDF) states that National Cancer Survivor Day is a celebration for those who have survived, an inspiration for those recently diagnosed, a gathering of support for families, and an outreach to the community. It is also a time to recognize the unique challenges that cancer survivors face whether they are physical, emotional, or financial.

Each cancer survivor's journey is a unique one. The month of June gives us all an opportunity to celebrate their resilience in the face of a serious and challenging diagnosis.

This national observance also serves to increase awareness about the importance of cancer screening. Almost everyone knows someone who has been personally affected by a cancer diagnosis. The month shines a light on all forms of cancer, including the types that are most commonly diagnosed in the state of Florida:

- Breast (Female)
- Prostate
- Lung and Bronchus
- Colon and Rectum
- Melanoma of the Skin
- Uterine
- Non-Hodgkin Lymphoma
- Bladder



Your Partner in the Fight Against Cancer

As Southwest Florida's local partner in the fight against cancer, Advocate Radiation Oncology understands that every patient is different. For our team of board-certified radiation oncologists, each patient is a unique individual with his/her own cancer journey. After all, a cancer diagnosis and oncology appointments can feel overwhelming. Our team knows firsthand how important it is to provide the most comfortable experience possible during each patient's journey. We are committed to every single patient we serve, offering the support and care they need to treat and conquer their cancer.

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- Surface-Guided Radiation Therapy (SGRT)
- Deep-Inspiration Breath Hold (DIBH)

As the region's premier locally owned and operated radiation oncology practice, we are honored to offer the best cancer treatment technology available. Along with a compassionate medical staff, our conveniently located practices make it easier for many patients to begin treatment quickly and complete treatment comfortably.

Honoring National Cancer Survivor Month

Please join our team in observing National Cancer Survivor's Month. Together, we can bring critical awareness to the need for cancer screenings and advocate for those battling cancer and recovering from cancer treatment.



About the Author

Dr. Amy Fox is a board-certified radiation oncologist at Advocate Radiation Oncology.

For more information, please visit AdvocateRO.com.



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Treating Venous Ulcers at Joyce Vein & Aesthetic Institute

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

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

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



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

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

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

PATIENT TESTIMONIAL

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

Michael C.



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

SPECIALITY

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

DEGREES

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

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

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

TRAINING

Internship and Surgical Residency Lansing General Hospital, MI

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

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



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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. 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 children from age three and up, and their specialists are fathers themselves, so they understand what an injury can mean from parent's perspective. After all, it's not just an injury, it is your child. Additionally, the physicians are extremely active with youth activities, therefore they very informed about competitive team dynamics.

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 keep them active now – and for their future.

Board certification and fellowship trained doctors are the elite in the orthopedic industry. Their training, skills, and experience are without exception; it is an important factor to consider when choosing an orthopedic surgeon.

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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.

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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.



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9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

Alzheimer's has a devastating effect that many people take for granted. Let's discuss nine ways to prevent the disease and promote better brain health.

1. Engage in brisk walking for at least 30 minutes five times a week. This can reduce Alzheimer's disease risk by 33%. Vigorous aerobic exercise performed three times weekly for at least 20 minutes can also bring it down to 50%. Quite simply, exercise delivers more oxygen and nutrients to your brain, helps repair damage, and removes toxins.

2. Partake in activities that are interactive and mind-engaging. These include playing challenging games such as chess or bridge. Other activities include learning a new instrument or a new language; you can also partake in a new practice such as yoga. These new and diverse activities allow your brain to grow by forming more neural connections. In a sense, all these are also exercise for the brain.

3. Avoid toxins. For example, midlife smoking can double the rate of dementia. Smoking is a fairly obvious toxin, but we are also constantly barraged by other harmful substances throughout our life without knowing it. Please visit Cosmeticsdatabase.com to find out what toxins may be affecting your health. You can check any product you currently use to determine their toxicity.

4. Engage in social activities. A recent Harvard study demonstrated individuals with at least five strong social ties (people they enjoy spending time with) had a 50% reduced rate of cognitive decline compared to those who were more isolated.

5. Have a purpose and life direction. Researchers at Rush University Medical Center demonstrated that people with the highest level of purpose and direction in life had a 2.4-fold reduced risk of developing dementia. So find your passion, pick a cause that is meaningful to you, and work on it regularly!

6. Relax and rejuvenate. There are different ways to do this including prayer, meditation, exploring nature, reading a book, visiting the spa, getting a massage, doing yoga and other forms of exercise. This is important because the opposite of relaxation is stress which can actually damage your brain.

7. Protect your head to prevent brain injury. Patients with head injuries have 2 to 4 times the rate of developing Alzheimer's disease. For most



people, the highest risk of head injury is while driving, so always wear your seatbelt and avoid texting. People who text behind the wheel increase their risks for accidents by as much as 23 times compared to those who don't. One study demonstrated this was equivalent to driving after having four alcoholic drinks. Head injury is also believed to result in increased inflammation, another factor associated with Alzheimer's disease. Recovery from stroke can also increase brain inflammation, with approximately 30% of stroke survivors unfortunately developing dementia.

8. Reduce inflammation. You can achieve this with a non-inflammatory eating plan such as the Mediterranean diet which favors 7 to 10 servings of fruits and vegetables daily. This diet also includes wild fish twice weekly, plus lots of nuts, almonds, walnuts, beans, and legumes. Additionally, there is a significant social component to this diet as advocates typically interact with each other while they dine.

Researchers also demonstrated that natural substances can reduce inflammation. Neurcumin® is an all-natural supplement which contains many natural agents uniquely formulated to synergistically fight inflammation.

9. Have a positive outlook. A positive mindset offers tremendous protection against Alzheimer's disease. In "The Nun Study", researchers demonstrated nuns who had the highest usage of positive words and emotions in their journals aged better and lived longer, healthier lives. Even more remarkable, these incredible women donated their bodies to science. When their brains were examined after death, the researchers found biomarkers typically associated with Alzheimer's disease (neurofibrillary tangles and beta-amyloid plaques). However, these nuns did not have Alzheimer's disease symptoms. It's as if they derived a neuro-protective effect by maintaining a positive outlook. Further, this is an extremely strong message that we have to reduce any negativity in our lives. Negativity is literally toxic, even deadly.

You can remember all of these preventative measures by simply recalling the acronym, "PREVENT AD".

| | |
|----------|-------------------------------------|
| P | Purpose and life direction |
| R | Relax and rejuvenate |
| E | Exercise daily |
| V | Very positive outlook |
| E | Engage in social interactions |
| N | No head injuries |
| T | Toxin avoidance |
| A | Activities that stimulate your mind |
| D | Diet (anti-inflammatory) |

It also helps to partner with a prevention-oriented physician. Specifically, find a physician that understands the importance of exercise and nutrition in the prevention of Alzheimer's disease. Notice that this is the last item on the list because everyone must be proactive when it comes to healthcare. No one is more concerned with your health than you are. Partnering with a physician is great but you must be in control of your daily activities which, compounded over time, will either hurt you or help you.

To learn more about Neurcumin® and the prevention of inflammatory diseases such as Alzheimer's disease, stroke and heart attacks, please visit Neurcumin.com. You may also call 727-289-7139 or email us at strokenerd@gmail.com for more information.

available at 



About Nasser Razack, MD, JD
Dr. Razack currently practices as a neurointerventional surgeon in Naples, Florida. He dedicates a significant portion of his practice to educating in the diagnosis, treatment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia.

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.

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Viscosupplementation

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

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

PRP (Platelet-Rich Plasma)

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

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

Physicians Rehabilitation

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

NATURAL DEFENSE DRIP

By Amanda Tezyk, APRN, BSN, RN

If you're feeling under the weather or are already sick with the common cold or flu, this dose of Vitamin C, Zinc and other nutrients will boost the immune system, so you can bounce back quickly and live life to the fullest. If you are excited about summer travel plans, getting your immune system on track is just as important as booking a plane ticket.

What is in the "Natural Defense" drip?

B complex (b1, b2, b3, b5, b6) - The B complex consists of eight water-soluble vitamins that perform essential and closely related roles in the body's cellular function. The only other water-soluble vitamin is vitamin C; all others are fat-soluble. The vitamins that make up B complex are thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5), pyridoxine (vitamin B6), biotin, folic acid, and the cobalamins (vitamin B12). Most of the B vitamins are found in a wide range of foods because they are so important to cellular function. Some, like vitamin B12, are found mostly in meat and other animal food sources.

The **B vitamins** help enzymes in our bodies do their jobs and are important for a wide range of cellular functions, like breaking down carbohydrates and transporting nutrients throughout the body. In addition, B complex can provide health benefits like healthy brain function. The B vitamins play an inter-related role in keeping our brains running properly. Adequate amounts of B vitamins in the body are essential for optimal physiological and neurological functioning. Some data shows that vitamin B6 in particular may play a role in the prevention of the neurological disorder Parkinson's Disease.

Vitamin B-12 (cobalamin) plays an essential role in red blood cell formation, cell metabolism, nerve function and the production of DNA, the molecules inside cells that carry genetic information. Food sources of vitamin B-12 include poultry, meat, fish and dairy products. Vitamin B-12 is also added to some foods, such as fortified breakfast cereals, and is available as an oral supplement. People who follow a vegetarian or vegan diet might be prone to deficiency because plant foods don't contain vitamin B-12. Older adults and people with digestive tract conditions that affect absorption of nutrients also are susceptible to vitamin B-12 deficiency.



Magnesium is an essential mineral necessary for proper functioning and maintenance of the body. It is vital that you get adequate amounts of magnesium daily to support health and prevent deficiency. Fortunately, magnesium is naturally abundant in a variety of foods such as grains, vegetables, legumes and nuts. All bones, cells and organs in the body require magnesium for proper functioning and maintenance. The mineral is required for the contraction and relaxation of muscles and nerve function. It also necessary to produce enzymes and other proteins in the body. Magnesium is an essential mineral because it cannot be made in your body and must be abundant in your diet. It also necessary to produce enzymes and other proteins in the body.

Among all the health benefits of **calcium**, the most important ones are that it aids in maintaining bone and dental health, as well as helps in the prevention of colon cancer and the reduction of obesity. We need it from birth all the way until we reach old age. In our infant days, it is required for proper bone and tooth growth; during adolescence, as the bones develop, calcium is again essential to support the growth. When we get older, our bones tend to get porous and weak, thereby requiring ample calcium intake. With so many fancy diets around us, we often tend to avoid calcium-rich foods like whole food groups, including dairy products.

Zinc is an essential mineral that women require on a daily basis to stay healthy. Although zinc is needed in small amounts, a zinc deficiency can cause some serious and unpleasant side effects – like hair loss, problems with your sense of taste and smell or poor wound healing. Good sources of zinc include red meat, chicken, seafood, dairy products, legumes, and nuts. of a cold.

Vitamin C, or ascorbic acid, is an important nutrient found in many foods, such as oranges, red and green peppers, and kiwi. Vitamin C has many important functions in the body including synthesizing collagen, an important protein, healing wounds, repairing and maintaining cartilage, bones, and teeth and functioning as an antioxidant, (meaning it neutralizes free radicals—unstable molecules that can damage cells at the genetic level). Historically, vitamin C was used to prevent or treat scurvy, a condition caused by vitamin C deficiency. Today, vitamin C is considered an "immune booster" and is often taken as a cold remedy. There is some evidence that taking it may shorten the length and severity.

The natural defense cocktail is amazing for building up the immune system naturally without having to eat half the grocery store to get each of these nutrients naturally. Call BR Rejuvenation today to schedule your appointment. We offer on the go services for individuals or groups.

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To discuss how IV Cocktails can benefit you and your overall wellness, contact Amanda and Steven Tezyk at BR Rejuvenation and Hydration Therapy in Punta Gorda.



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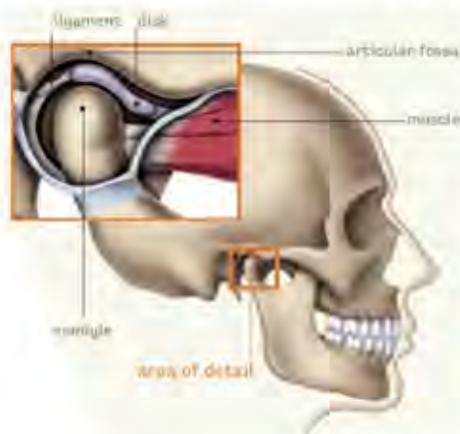
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The Daily "Grind"

By Dr. Joseph Farag

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



Treatment Options

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

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

Patients who present with TMD should also have an occlusal analysis

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

Relaxation Techniques May Help Alleviate TMJ Symptoms

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

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



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COMPRESSION BACK FRACTURES

By Omar Henriquez, M.D.

If you've had a compression fracture in one of your vertebrae, then you know how painful it can be. It can make moving difficult due to bone fragments rubbing against each other. For fractures like this, kyphoplasty may be a viable solution.

What Is Kyphoplasty?

Kyphoplasty is a minimally invasive procedure designed to stop the pain caused by a spinal fracture. The procedure works to stabilize the bone and restore some or all the lost vertebral body height.

Benefits of Kyphoplasty

Kyphoplasty can have numerous benefits. The procedure has been shown to achieve restoration of vertebral body height as well as correction of vertebral body deformity. Additional benefits include:

- Reduction in back pain
- Increased mobility
- Increased ability to perform activities of daily living
- Improved quality of life
- Kyphoplasty Procedure

Before the procedure

Before the kyphoplasty procedure, your doctor will order blood and imaging tests. This will ensure you are healthy to undergo the procedure and will help direct the surgeon to the area or areas in need of repair.

On the day of the procedure, an intravenous line (IV) will be placed in your arm to deliver anesthesia. You may also be given antibiotics to prevent infection.

During the procedure

The procedure usually takes less than one hour. Your surgeon will perform the following steps.

- A tube is inserted through a small incision on the back into the damaged vertebrae.
- A thin catheter with a balloon at the tip is guided into the vertebrae.
- The balloon is inflated which creates a cavity. In this cavity, liquid bone cement is injected.
- The balloon is deflated and removed as the bone cement is injected.
- The liquid bone cement hardens in about 10 minutes.
- The needle is removed, the area is bandaged, and your IV and monitoring equipment are removed.



After the procedure

Following the kyphoplasty procedure, you will rest in a recovery area for a short period of time. Your nurse or doctor may encourage you to get up and walk within an hour of the procedure. You will likely experience some soreness but will probably be able to go home later that day.

Some patients require additional monitoring if their procedure involves more than one vertebra, if there were complications, or if their general health is not optimal.

Kyphoplasty Recovery Time

Most patients can go home the same day as the procedure. You may experience soreness, but you should start feeling better within 48 hours. Your doctor will let you know when you can resume your normal activities. Talk to your doctor about bone-strengthening supplements.

At Family Spine and Pain Care Institute, we want our patients to feel right at home.

From our warm and friendly staff to our most advanced up-to-date medical treatments, we strive to give our patients the highest quality of comprehensive care available. We understand that pain is debilitating, and that it can lead to a vicious cycle of depression, inactivity, fear, and anxiety, which can severely affect the lives of our patients and their loved ones.

No one deserves to live a life of pain. Our goal is to help our patients break the cycle of pain, so you can take back control of your life, and start doing what you love most. Trust, compassion, communication, and care formulate the core foundations of our beliefs. Our team wants each one of our patients to feel like they are part of our family.

Omar Henriquez, M.D.

INTERVENTIONAL PAIN MANAGEMENT

Dr. Henriquez is double board certified in Anesthesiology and Interventional Pain Management by the American Board of Anesthesiology.

He is well versed in the use of fluoroscopy and ultrasound guidance to perform many spine and joint procedures such as epidurals, facet blocks, spinal cord stimulators, kyphoplasty for vertebral fractures, nerve blocks, migraine headaches, joint injections, and much more. He is very passionate about the new innovative field of regenerative medicine and has dedicated much of his time to learning and researching the best options out there for his patients.

"The one thing missing in the medical field today is being able to take the time to listen and understand our patients. It is through this process where we can formulate a comprehensive plan to produce the best possible outcomes."

– Dr. Omar H. Henriquez

Dr. Henriquez is a true Florida native having lived most of his life in Florida. When he is at home he enjoys spending time with his wife and four children, exploring their city, and playing outdoors. They are very excited to have chosen Sarasota County as their home and continue their journey as a family and helping out in the community through charities and fundraisers.



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Prostate Artery Embolization (PAE)

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- Leaking or dribbling urine
- Sudden and urgent need to urinate
- Weak urine stream
- Feeling like the bladder is not completely empty after urinating
- Occasional pain when urinating
- Having to rush to the bathroom suddenly after the urge to urinate
- Sometimes complete obstruction when severe

You may be a candidate for a new minimally invasive procedure called Prostate artery embolization or PAE. This is a new treatment option for men with benign prostatic hyperplasia (BPH), also known enlarged prostate gland. This procedure can greatly reduce BPH symptoms.

This is a new minimally invasive alternative approach for patients who are not a surgical candidate or choose not to undergo a TURP or Prostatectomy. The benefits to this state of the art procedure are:

- Outpatient Procedure many patients return home after few hours
- Low risk of complications to the patient
- No associated risks of sexual dysfunction
- No associated risk of urinary incontinence
- High success rate

Our Vascular and Interventional Radiologist Craig Reiheld, MD combines his expertise of clinical and imaging based diagnosis with minimally invasive therapy. PAE (Prostate Artery Embolization) is a safe and effective alternative to TURP, Laser and Microwave therapies.

What should I expect during my PAE consultation?

Besides a history and physical examination, you will be asked to fill out a brief questionnaire to evaluate the severity of your symptoms. After this, you will meet with Dr. Reiheld and his team who will discuss your treatment options and pre-procedure tests. It's important to note that patients will also need a referral from their urologist.

What tests may be needed prior to having the procedure?

Upon assessment, the radiologist may order a variety of diagnostic testing as deemed appropriate. A blood test is also needed to ensure a safe procedure.

How is the procedure performed?

Similar to a heart catheterization, a very small tube is placed into the arteries that supply the prostate. Tiny particles are injected into the prostate arteries to decrease blood supply to the prostate, thus reducing its size and alleviating your symptoms.

Do I need to have general anesthesia for the procedure?

Patients are given a sedative medication for the procedure, similar to that given for a colonoscopy which is often referred to as "twilight sleep." There is no need for general anesthesia. The procedure is not considered painful and some patients elect to have no sedation.



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Things to Remember.... When Traveling this Summer....

By Dr. Noël Crosby, Au.D.

The summer travel season is almost upon us. Whether for business or vacation, traveling can be as stressful as it is enjoyable, and for the more than 20 million people in the U.S. with hearing loss, travel can be especially difficult. If you are a hearing aid user there are a few things you should consider when creating your travel plans. The following list includes those items that you should bring with you when vacationing or traveling.

- Basic maintenance tools such as wax picks and brushes.
- A carrying case to protect your hearing aids anytime they're out of your ears.
- A dehumidifier to protect your hearing aids from moisture – especially if you're travelling to a humid climate.
- A stock of extra parts such as tubing and domes. Extra batteries.
- A copy of your audiogram, along with your audiologist's phone number.
- Accessories such as portable phone amplifiers, vibrating alarm clocks and devices to help with hearing the TV.
- A spare hearing aid – if you have one – but make sure it's working.
- To prevent loss, avoid storing your hearing aid equipment in checked luggage.

There are many travel arrangements that can be made that will provide less stress when you are travelling. Some of these are:

Try to make all travel arrangements in advance. Once your transportation arrangements have been made, request a written confirmation to ensure that all information is correct. Always inform whomever you are making the arrangements with that you are hearing-impaired.

If at all possible, meet with a travel agent to allow the opportunity for lip reading, or if necessary, written exchange to help confirm travel plans. Agents can then contact airlines, hotels, and attractions to make necessary reservations and also inform them that you are hearing impaired.



Travel information and reservation services are also available on the internet. Be sure to print copies of important information such as confirmation numbers, reservations, and maps. Keep copies of your travel arrangements, including confirmation numbers, easily available.

Try to arrive early at the airport, bus terminal, or train station. Inform the agent at the boarding gate that you are hearing-impaired and need to be notified in person when it's time to board.

Check the display board repeatedly while waiting in the terminal to confirm your flight destination and departure time as there may be delays or the departure gate may change. Confirm the flight number and destination before boarding.

Inform the senior flight attendant that you are hearing-impaired and request that any in-flight announcements be communicated to you in person. Requesting an aisle seats can allow easier communication with the flight staff.

Do not be afraid to ask for help from fellow travelers. Most are more than willing to offer assistance.

It is important to know that in most cases, hearing aids worn on or in the ears will not set off the alarms during security screening at airports. Keeping the hearing aids on will allow you to communicate with the security officers during screening. It is ok to ask a security officer if it would be advisable to take your hearing aids off; however, body worn hearing aids and personal listening devices may contain enough metal parts that they should be packed in your carryon bag. If the security scanner is operating correctly it will not harm your hearing aids or other related devices.

Many major airlines and transportation companies have Telecommunication Devices for the Deaf (TDD) services to assist passengers. Hand-held personal communication devices provide the ability to send and receive text messages without the need to access public resources.

Once you arrive at your hotel, notify hotel personnel of your hearing impairment and request that you be informed of any emergency. Become familiar with the "A.D.A. Requirements for Services and Aids for People Who Have Hearing impairments or Deafness". You should check in advance to find out if your hotel is in compliance with A.D.A. In advance of your trip, contact your local organization for the hearing impaired for the address of a possible counterpart agency at your travel destination. This agency will likely have a TTY and interpretation service, if one is needed.

It is important to remember, that in many cases, hearing impairment is invisible to those around you; this means that the people around you are unaware of your hearing impairment. I can't stress enough the importance, at every step of your travels, to let key personnel know about your hearing impairment so that proper arrangements can be made that will ensure your enjoyment and safety while traveling or vacationing.

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CAN I AVOID ESTATE TAX WITH AN LLC?

By James W. Mallonee

I get calls from time to time about individuals who want to avoid estate taxes and how to do it. The short answer is if you do not have greater than a \$10 million dollar estate (a single person) or \$20 million dollar estate (a married person) you do not need to be concerned with estate taxes in Florida or with the Federal Government. If you do have greater than the amounts stated then you might be open to learning about IRS Section 2036 tax planning under Florida law.

Generally speaking, upon death, all of a person's assets are grouped together to form the decedent's gross estate. It is the gross estate that needs to be reduced to avoid Federal estate taxes. The federal government looks at the estate to see who retains power over such assets as to its control or beneficial enjoyment. For example, if a house on the beach is used by both the decedent and children prior to his or her death, then the control of the residence is suspect and may be included in the decedent's estate. The reason being that the decedent maintained beneficial enjoyment.

How is the beneficial ownership of the beach property (previously mentioned) removed from the decedent's estate? In many cases it is by transferring the ownership to an LLC where the decedent had no control over the Company except for decisions involving the maintenance of the property. The decedent cannot have the LLC pay for his or her living expenses while alive, nor can any rental amounts be used to pay the decedent's spouse or



decedent while alive as income. The IRS uses the term "Substantial Present Economic Benefit" which is translated to mean benefiting from the property. Once this test is overcome, then placing the LLC into a trust is the next step.

The decedent must also not have any right to designate interests. For example, if the LLC owner designates that the beach house is to be placed into a trust for the benefit of the children then this is a form of designation interests. Which translates into the decedent designating the individuals who will benefit from the use of the property while in the trust. In addition, the person transferring the property into an LLC should not have any control over who will benefit from any of the rental or sale proceeds earned by the property. In essence, the decedent (while alive) could not have any control or benefit over the LLC.

Generally speaking, if a taxpayer desires to protect LLC assets placed into a trust from IRS scrutiny, the following suggestions are recommended:

1. A well prepared and coordinated LLC operating agreement showing the trust grantor did not retain any control over the LLC or trust instrument.
2. A well-documented control sheet showing trust administration along the lines of the trust agreement and the operating agreement of the LLC.
3. Clearly defined duties and documentation of those duties being carried out.
4. Limitations to the person who transferred the property to the LLC or trust from being able to determine any allocation of income or property to the members of the LLC or trust beneficiaries.
5. Avoidance of any conflicts of interest among the beneficiaries, trustees or members of the LLC.

In short, to take advantage of moving an estate into an LLC and the LLC placed into a trust to avoid scrutiny by the IRS takes careful planning and review on an annual basis. These types of estates require continuous assurance that the decedent had no real interest in the plan once it is set up. In essence, seek out the attorney of your choice and confer with him or her on what it is that you want to accomplish prior to death to avoid IRS scrutiny.

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

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ADVANCED URINARY INCONTINENCE PROCEDURES

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

There are several types of urinary incontinence:

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

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

Sacral Neuromodulation

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

Bulkamid—Urethral Bulking

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



What is urethral bulking?

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

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

Short procedure

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

No Incisions

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

Quick recovery

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

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

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

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

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

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

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

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

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When You Are At Your Wits End

By Pastor Timothy Neptune

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

There first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.



When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



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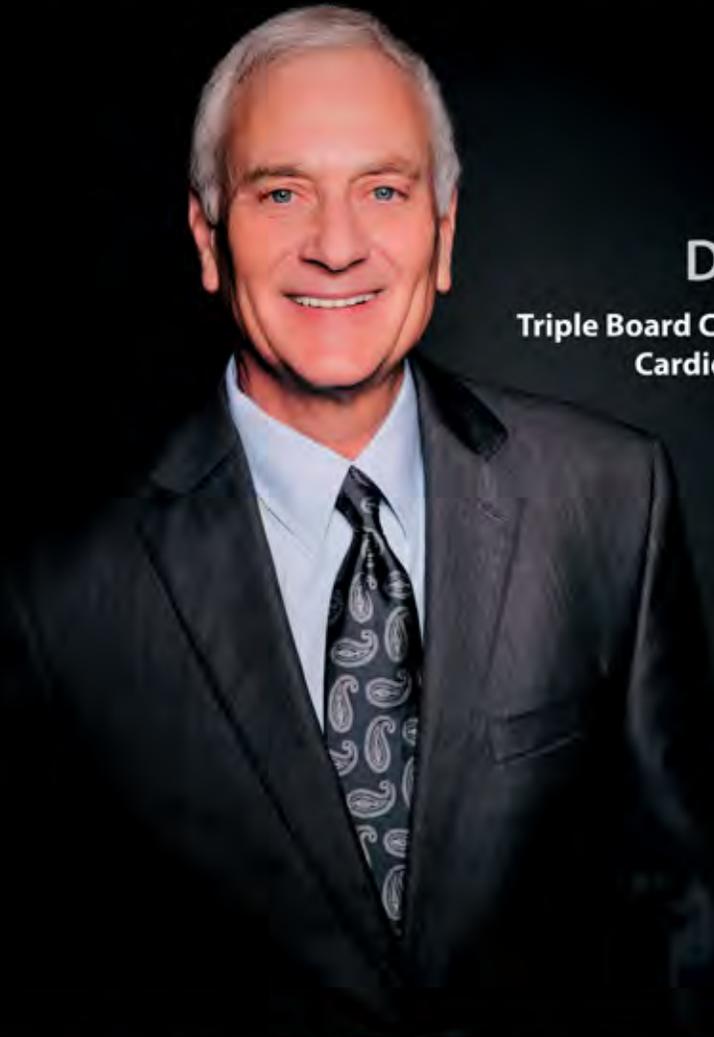
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Varicose Veins



Swelling



Skin Changes



Ulcer



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