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# Heath Style Magazine Magazine May 2022 Charlotte/South Sarasota Edition - Monthly

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ARTHRITIS PAIN
DO'S AND DON'TS

EARLY DETECTION
SAVIES LIMES

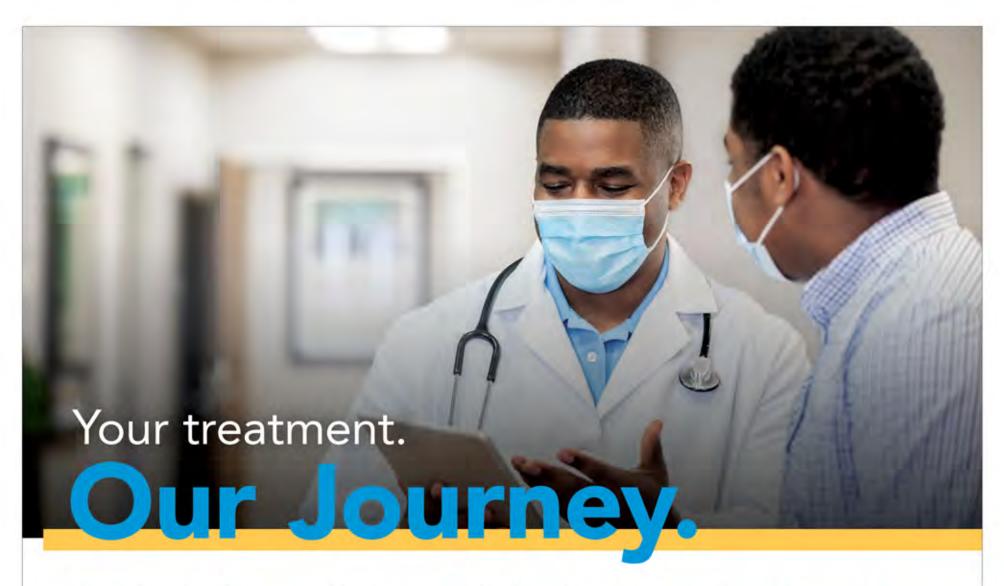
WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY A NEW WAY
TO TREAT

TREATMENT-RESISTANT DEPRESSION

YOUR TREATMENT OPTIONS

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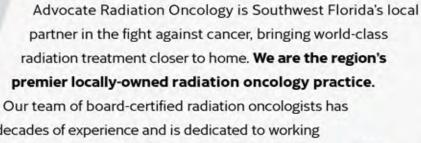












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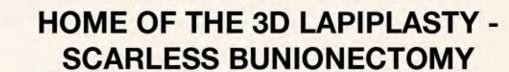
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- Diabetic infections kill more people than breast cancer and AIDS. If diabetic, must see us now.
- Top pickleball injuries seen include foot fractures from ankle sprains.

MEDICARE AND MOST PPO'S ACCECPTED

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# **Complete Urology Care**

Urological disorders can cause you stress, pain and embarrassment making it difficult to do and enjoy the things you love. Urology specialists in the GenesisCare network can help improve your health and quality of life.

Urological disorders can develop in men, women and children of all ages—some as early as birth—and interfere with your urinary tract or reproductive system. Although it's not often talked about, these conditions are widespread: millians of Americans develop one within their lifetime.

#### What is a urologist?

A urologist is a physician who specializes in diagnosing and treating diseases of the urinary system. This system keeps the body clean by filtering out wastes and toxins and taking them out of the body. The urinary tract includes:

- Bladder
- Kidneys
- Ureters
- Urethra

#### **Urological conditions**

Urology specialists provide comprehensive and compassionate care that starts with advanced diagnostic tests to identify the source of your disorder and culminates in an effective treatment plan to help you begin to heal.

#### Common problems that we treat include:

- Concers
- Chronic cystitis
- Enlarged prostate (benign prostatic hyperplasia or BPH)
- **Erectile dysfunction**
- Kidney and urinary stones
- Lower urinary tract symptoms such as urinating more often or at night. weak urine flow or urine retention
- Urinary incontinence
- Vasectomy, vasectomy pain or vasectomy reversal



GenesisCare's mission is to deliver exceptional treatment and care that enhances every aspect of your cancer journey.

#### Integrated care

GenesisCare urology centers are affiliated with nearby surgery centers or hospitals. They have relationships with other physicians in the community to provide a full spectrum of care to support you throughout your treatment journey.

GenesisCare urologist-led clinics comprise nationally recognized surgeons supported by a dedicated an-site team. Their clinics offer stateof-the-art technology, including:

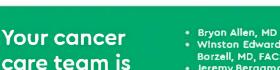
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Our dedicated healthcare professionals are committed to finding new and innovative ways to provide attentive care. Care that's designed to fit around you and your life—care that treats you, not just your condition.

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# PROACTIVE SKIN CANCER AWARENESS SAVES LIVES

By Dr. Graciela Garton

ccording to the American Cancer Society, 1 in 5 Americans will develop skin cancer by the age of 70. With more than 5 million cases diagnosed annually, skin cancer is the most common type of cancer in the U.S.

Even more sobering is the widespread misconception that breast, prostate, lung, brain and bone cancers are the deadliest cancer diagnoses. Instead, that distinction belongs to melanoma, an aggressive form of skin cancer that accounts for most skin cancer deaths. In 2022, the American Cancer Society estimates 197,700 new cases of melanoma will be diagnosed across the country.

May is designated as National Skin Cancer and Melanoma Awareness Month. As the summer sun heats up, this serves as a timely opportunity to educate men and women of all ages about the dangers of skin cancer.

#### **Risk Factors**

About 90% of skin cancers, including 85% of melanoma cases, are primarily caused by exposure to ultraviolet (UV) radiation from the sun. Studies also show men are at a greater risk of developing and dying from melanoma than women. Researchers believe that is because a higher percentage of men work outdoors than women. Additionally, women's skin care products, such as moisturizers, often contain SPF and provide low-level daily protection.

Skin cancer is also prevalent among individuals with fair complexions. Other risk factors include:

- · Longterm, unprotected exposure to natural sunlight
- · Exposure to artificial sunlight, such as tanning beds
- · Unusual or rapidly growing moles
- . Dry, pre-cancerous patches of skin
- · Family health history
- Previous diagnosis of skin cancer
- · Weakened immune system or related conditions



#### Types of Skin Cancer

No two skin cancers look alike, but all share a common symptom: a new or changing freckle, growth, lesion, bump, mole or rough, dry patch of skin.

Although there are multiple types of skin cancer, most are curable when caught early.

- . Basal cell carcinoma: This type of cancer starts in the basal cells, which is where the skin produces new cells while older skin cells die. It presents as a transparent bump in areas that are exposed to the sun, such as the arms, legs, neck and head.
- · Squamous cell carcinoma: Developing on areas of the body where sun exposure occurs, this type of skin cancer can appear as firm, red nodules or flat lesions with a crust-like surface.



. Melanoma: This forms within skin cells that manufacture a pigment called melatonin, forming large, brownish spots like freckles. This can occur anywhere on the human body in the form of moles or lesions that change in size, shape, color and texture. Melanoma can also form in the mucous membranes surrounding the lips, nose and eyes.

#### Screening

Proactive screening can detect skin cancer and precancerous patches that may one day develop into a diagnosis. Use the ABCDE Rule to check for moles. Contact your doctor right away if you notice any of these signs:

- Asymmetric The mole is not symmetrical.
- · Border The edges of the mole are jagged, rough or blurry.
- · Color Changes occur to the mole, such as spreading or multiple colors, darkening or loss
- Diameter The mole grows to more than one-fourth of an inch in diameter.
- . Evolving The mole changes in shape, size or color.

Other signs of cancer include a scaly or crusted growth on the skin, or a sore that just won't heal.

#### Treatment at Advocate Radiation Oncology

Advocate Radiation Oncology's board-certified radiation oncologists specialize in the treatment of all types of skin cancers, in addition to breast, prostate, lung, liver and bone, brain, rectal, and head and neck cancer. Treatment varies greatly and depends on each patient's individual needs. Options include freezing, medicated creams, laser therapy, radiation, chemotherapy, biotherapies and more.

If you are concerned about skin cancer, contact Advocate Radiation Oncology. Our experienced team is happy to work with you to develop a comprehensive plan to defeat cancer.



About the Author

Dr. Graciela Garton is a boardcertified radiation oncologist at Advocate Radiation Oncology. For more information, please visit AdvocateRO.com.

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# LET'S TALK ANKLE SPRAIN

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

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

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

#### Symptoms

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

#### Isin Mustafa DPM, MSHS, AACFAS

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

3161 Harbor Blvd, Suite B Port Charlotte, FL 33952

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#### Risk Factors/Prevention

Prevention is always better than dealing with an injury. There are many preventative measures one can take to reduce the risk an ankle sprain. When beginning a new exercise program, you want to always increase your activity gradually. Do not be a "weekend warrior". When engaging in physical activity, listen to your body. Muscles and ligaments become fatigued at or near the end of a vigorous activity. If you "push through" the fatigue rather than resting, you are more likely to experience injury. Always warm up prior to physical activity. Athletes who go right into vigorous activity without warming up, run a higher risk of ankle sprains and strains. Muscles and ligaments will remain tight, less flexibility and more prone to injury without a warm up period. Appropriate shoe gear is also essential. Shoe gear should be tailored to the specific sport you are engaging in and should not be worn down. Sports like basketball, soccer, tennis, and pickleball involve jumping, quick changes in direction, side to side movement. These movements run a high risk of sprains, therefore you may consider taping or bracing the ankles to increase their stability if you engage in activities such as these.



#### **Prompt Medical Attention**

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

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



### ø

# **TESTICULAR CANCER**

esticular cancer is rarely in the news, but it's a health topic that all men, especially younger men, need to be aware of. Like many cancers, the sooner testicular cancer is detected, the easier it is to treat, and the cure rate for this form of cancer is extremely high -- greater than 95 percent.

The American Cancer Society estimates that nearly 10,000 males will be diagnosed with testicular cancer in the United States this year. About 1 in 260 American men will develop testicular cancer in their lifetimes. While it can occur at any age, including during childhood, it is the most common cancer in men between ages 20 and 35. White males are more likely to develop this form of cancer than black or Asian-American males.

#### A closer look

The testicles are two walnut-shaped glands inside the scrotum (the sac of skin that lies below the penis) that produce sperm and the hormone testosterone.

Cancer occurs when healthy germ cells in a testicle develop abnormalities that continue dividing and accumulate until they form a mass. Little is known about what causes this to occur. Although cancerous cells can develop in both testicles, it is rare.

#### Symptoms & Risk Factors

Most often, a lump or swelling on the testicle is the first symptom; however, some testicular cancers might not cause symptoms until they've reached an advanced stage. Other signs to look for include:

- · Swelling or a sudden build-up of fluid in the scrotum
- · Feeling of heaviness in the scrotum
- Dull ache, pain or discomfort in the groin, lower abdomen, scrotum or a testicle
- · A change in testicle size

Scientists aren't sure what causes testicular cancer and have found few risk factors that make someone more likely to develop it.

However, the American Cancer Society advises that one of the main risk factors is an undescended testicle. This condition occurs when one or both testicles fail to move from the abdomen into the scrotum before birth. In about three percent of boys, the testicles do not descend all the way into the scrotum before birth; sometimes, one or both testicles remain in the abdomen. Other times, the testicles start to descend, but stay in the groin. If the testicle hasn't descended by the child's first birthday, it probably isn't going to do it on its own, and surgery may be recommended to move it. Physicians have concluded that there is likely another factor that leads to both testicular cancer and abnormal position of the testicles, but the condition alone doesn't actually cause testicular cancer.



A prior germ cell tumor in one or both testicles, an HIV infection or a family history may also increase the chances of developing testicular cancer.

#### Diagnosis & Treatment

Testicular cancer is usually diagnosed after a lump or other change in a testicle is detected. An ultrasound will more clearly show whether cancer is evident. (Biopsies, which remove small amounts of tissue using a needle or medical tool, are not performed on testicles because the procedure could penetrate the testicle, making it more difficult to treat a cancer, if found.)

Surgery to remove the testicle, called orchiectomy, is the most common and successful initial treatment. Some patients may need additional treatment with chemotherapy or radiation to kill any remaining cancer cells, or if tumors have spread to other areas of the body.

#### **Detection the Best Prevention**

Because there is no way to prevent testicular cancer, early detection is important.

Examination of the testicles is often performed during annual physicals and routine wellness checks. Many doctors agree that regular self-checks after puberty are a good idea to help individuals become familiar with their own anatomy, so they will be better able to recognize any changes. Talk with your health care provider for guidance. Instructions for performing a self-examination of testicles can be found on the American Cancer Society website at www.cancercare.org.

Notify your doctor if you notice any changes, such as lumps, nodules or an increase or decrease in testicle size, or if you experience any persistent pain in your groin or abdomen.

Doctors report that many men delay reporting concerns with their genitalia due to fears about potential impacts on sexuality or fertility, which are largely unfounded. Health professionals emphasize that swift evaluation and diagnosis greatly increase the chances of successful treatment and the opportunity to continue living life to its fullest.

#### 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.



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For more information, visit FLCancer.com

# CATARACTS: YOUR TREATMENT OPTIONS

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

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

#### What are the symptoms?

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

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

#### How did I get Cataracts?

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

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

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

#### How do I treat my Cataracts?

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

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



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

#### What is an IOL?

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

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

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

#### Which IOL is Best for Me?

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

#### References

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

#### About Quigley Eye Specialists .....

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

#### Cataracts with Astigmatism

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

#### Laser Cataract Surgery

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

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

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



(855) 734-2020 www.QuigleyEye.com

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.

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Sarasota Senior Consulting helps seniors and their families find the best senior living solutions available that fit their unique needs. By partnering with Sarasota Senior Consulting you're not only getting the best care, you're also getting peace of mind.

# 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 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

# **Avoid Weight Gain When Quitting Tobacco**

hen tobacco users set out to quit using tobacco, they may be faced with the obstacle of weight gain. Although it is possible to gain weight when you quit, it is not inevitable. There are many things you can do to keep the weight gain in check.

When an individual quits tobacco, there may be a slight change in metabolism - how fast the body burns calories. Nicotine in tobacco products is an appetite suppressant which means individuals may feel hungrier when they quit. Food is also going to smell and taste better as the tar that coats the nasal cavity and taste buds starts to break down. Lastly, some individuals may want to eat to keep from using tobacco.



Check out these tips for managing weight gain when you quit:

#### Pay attention to your plate:

- Eat plenty of fruits and vegetables.
- Choose fat-free or low-fat snacks like pretzels.
- Use sugar-free hard candy as an alternative to tobacco.
- · Choose foods low in sodium, trans fat and added sugar. Read food labels and choose healthful options.
- Drink lots of water!

#### Incorporate physical activity:

- Physical activity helps to release stress.
- Physical activity can help control your appetite.
- Being active can improve your mood.
- Physical activity burns calories and can help you lose weight if you take in fewer calories than you use up.

#### Find other activities to stay busy or prevent boredom:

- Play with a pencil, stress ball, paper clip or marbles.
- Munch on carrots, apples, celery and sugarless gum.
- Brush your teeth often and keep a fresh taste in your mouth.
- Keep your hands busy wash the car, garden, knit, do crossword puzzles, write letters, cook.
- Try a new sport.

So, if you are avoiding guitting smoking for good because you are a fraid of weight gain, do not let it get in the way of kicking the habit to the curb once and for all! The most important thing you need to remember is that tobacco does not make you thin and quitting does not make you fat. Focus on what you will "gain" when you quit - a healthier body and outlook.

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, guit 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!

1. How can I avoid weight gain when I stop smoking? American Heart Association. http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNon-SmokingLife/ How-Can-I-Avoid-Weight-Gain-When-I-Stop-Smoking\_UCM\_307852\_Article.jsp#. V2gwNNjbJYU. Accessed June 20, 2016.



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# A New Way to Treat Treatment-Resistant Depression

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

or those who struggle with TreatmentResistant 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-ofpocket, 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.



Chief Medical Officer



Dr. S. Mann, M.D. Lyndsay Henry, PhD **VP of Clinical** Services

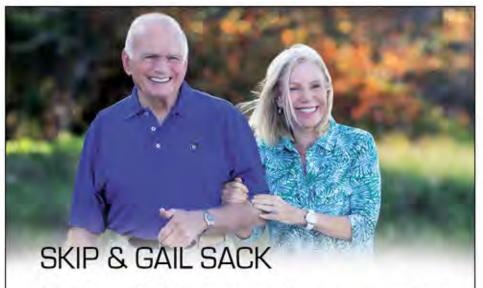


Dr. H. Lavman **Psychiatrist** 



14150 Metropolis Ave., Fort Myers, FL 33907 1-239-237-5473| https://whitesandstreatment.com/

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



#### 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





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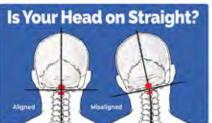
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If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.

If the first two bones in your neck are misaligned, communication between the brain and body is interrupted and can cause numerous health problems.



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- · TMJ · Lower Back Pain
- Meniere's Disease · Trigeminal Neuralgia
- · Neck Pain
- Sciatica
- Vertigo · Whiplash

"I have over 20 years of practice experience and taking care of 10,000 patients from Los Angeles to Sarasota Florida. I recovered from severe chronic health problems 30 years ago after being introduced to blair upper cervical technique. It's my lasting purpose to help as many people as possible live a life of health and happiness".

- Dr. Drew Hall

#### ACCEPTING NEW PATIENTS!

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

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

# **EARLY DETECTION SAVES LIVES:**

#### WHAT YOU SHOULD KNOW ABOUT THE LATEST LIFE-SAVING TECHNOLOGY

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

#### RAVE RADIOLOGY

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

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

#### CRITICAL CARDIAC TESTING

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

#### LEADING LUNG DISEASE DIAGNOSTIC TOOLS

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

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

#### THE DIFFERENCE BETWEEN MRI AND CT SCANS

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

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

#### KNOW YOUR RISK FACTORS

#### CARDIAC

· Smoking

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

#### LUNG

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

#### ADDITIONAL RAVE DIAGNOSTIC SERVICES

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



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

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



#### www.raverad.com

#### VENICE

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

#### **ENGLEWOOD**

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

#### SARASOTA

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



# **HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?**

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

By Physicians Rehabilitation

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

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

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

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

#### Regenerative Medicine

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



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

#### Viscosupplementation

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



6150 Diamond Centre Ct Bldg. 100, Fort Myers, FL 33912 413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990 5668 Strand Ct., Naples, FL 34110 3417 Tamiami Trail, Unit A., Port Charlotte, FL 33952 855-276-5989 | www.PhysiciansRehab.com The procedure can be done in our office and only takes a few minutes. After locally numbing the area of concern, the procedure is monitored under a fluoroscopic image, which is a live X-ray. This allows us to see the inside of your joint while it is in motion and during the injection process. Using the fluoroscope, the practitioner will have the ability to see exactly where the Hyaluronic Acid is being placed to make sure it is in the joint space - because if it is not, it will do NO GOOD! You'll receive approximately five injections at one week apart. The results of the cartilage enhancement will last for around six months or longer. Physicians Rehabilitation has become the expert on providing great results when this process is paired with physical therapy. Many of our patients report feeling pain relief immediately, while others cumulatively see results within a few short weeks.

#### PRP (Platelet-Rich Plasma)

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

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

#### Physicians Rehabilitation

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

# Natural Solution for Vertigo Sufferers Here in Sarasota

By Dr. Drew Hall

ertigo is the second most common condition why patients visit a doctor. Most who suffer, end up at their primary care physician, are told it's their inner ear and if it persists are referred out to a HEENT (head ears eyes throat) doctor. The patient is usually run through a battery of tests and diagnosed with BPPV, Meniere's disease, vestibular labyrinthitis, or cervicogenic vertigo. The mainstream health system is great at giving you a diagnosis, but rarely do they ask the question, WHAT IS THE CAUSE? In this article we will discuss a little-known procedure called Blair upper cervical technique. Blair upper cervical is a niche chiropractic technique that focuses its attention on the top two bones in the spine and their relationship to the brainstem and central nervous system. The procedure is precise, gentle, effective, and uses no twisting, popping, or pulling during the correction.

#### How is vertigo related to the neck?

The upper cervical spine is the most unstable junction of the spine. A bowling ball (your head) rests on a two-ounce bone (the atlas) and houses the most vital structure in the body, the brainstem. The brainstem is the part of the nervous system that controls and coordinates most body function you are not consciously controlling; heart function, respiratory function, postural muscle tone control, thermo-regulation (body temperature) and the vestibular nucleus, the bodies balance center.

Trauma in the past such as car accidents, slip and falls, and blunt trauma can cause the top bone in the neck to misalign off the floor of the skull. This misalignment can set the stage for a host of chronic health problems including vertigo. Misalignments at the floor of the skull interfere with brainstem function and can affect any part of the hody.

Often people who suffer with vertigo notice that certain head positions or movements trigger their vertigo. Also lying on one side versus the other may set off their symptoms. These are clues that the vertigo is coming from a misaligned neck!



3-D CBCT

When a neck joint is misaligned from its normal position, millions of nerve endings on the joint surface can send "bad" information back into the central nervous system causing disturbances within the balance system of the body. Furthermore, certain head positions can fire off these pathways and commonly are experienced by vertigo sufferers. The solution is to identify which joint has misaligned and precisely correct it to restore normal joint motion and nervous system function!

### How precision CBCT imaging allows the doctor to locate your exact misalignment pattern

In order to correct an upper cervical misalignment, it must first be viewed. In our office we take 3-d cone beam computed tomography (CBCT) that allows the doctor to view the joint misalignment. Each person has unique joint anatomy and direction of misalignment. By using precision imaging our doctors can then direct a precise gentle force into the joint to restore normal motion and function, Once corrected the body will go through postural changes and normal physiology follows - health!

#### Follow up care

The purpose of the correction is to restore normal joint motion and allow the central nervous system to improve function. Follow up visits are used to monitor the upper cervical spine. We want to know is the correction "holding" in its normal position or has it misaligned again to its bad position. The goal of blair upper cervical care is for the soft tissue around the misaligned joint to heal so the joint moves normal and the central nervous system has no interference.

# COME TO SARASOTA UPPER CERVICAL AND GET TO THE ROOT CAUSE OF YOUR VERTIGO! WE REMOVE THE CAUSE AND YOUR BODY DOES THE HEALING!

Common symptoms that accompany vertigo

- Headaches
- TMJ
- Tinnitus
- Cognitive fog
- Ear pain
- Eustachian tube dysfunction

Schedule a no obligation FREE consultation in our office today!

#### **COME TO DINNER WITH DOC**

- Free informational Lecture
- Question answer at end
- Burritos and tacos



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# STROKE NU

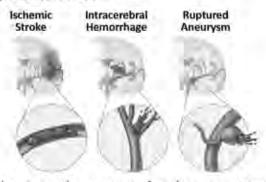
By Nasser Razack, MD, JD

ay is stroke awareness month. There are many actions we can take to impact the future of stroke but none greater than its prevention. Our emphasis must switch from the treatment of the disease to its prevention by promoting better health and well-being.

Inflammation is our immune system's response to attacks on the body by foreign substances. It is a response that enables the body to defend itself by creating a hostile environment to kill unwanted intruders. Inflammation is great when our body is under attack; however, inflammation can also be triggered to attack normal healthy tissue. In this scenario, inflammation still produces a hostile environment within the body, but damages healthy tissue instead of destroying unwanted invaders.

A stroke occurs when blood flow to the brain is interrupted, causing a deprivation of oxygen and nutrients to that section of the body. There are two types of strokes: (1) ischemic stroke caused by blocked arteries that supply oxygen to the brain and, (2) hemorrhagic stroke which results from a leaking or ruptured brain blood vessel (Figure 1).

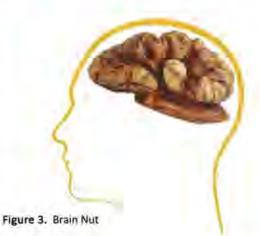
Figure 1. Types of Stroke



Ischemic stroke accounts for the vast majority (80%) of all stroke cases and can result in the following signs and symptoms: speech difficulties, confusion, vision problems, balance issues, headaches and paralysis or numbness of the face, arm, or leg (Figure 2).

Figure 2. BEFAST to stop stroke in its tracks! If you think someone is having a stroke, BEFAST and do these simple tests:





Increasing evidence demonstrates that inflammation plays an important role in the development of cardiovascular and cerebrovascular disease (stroke). A significant cause of inflammation is our diet. Specifically, diets high in red and processed meat, refined grains and sugar-sweetened beverages are all associated with increased inflammation which can heighten the subsequent risk of stroke compared to diets comprised of anti-inflammatory foods. Certain diets such as the Mediterranean diet-abundant in olive oil, nuts, whole grains, fruits, vegetables and seafood with reduced consumption of red and processed meat-can lower inflammation in the body (as measured by inflammatory biomarkers) and thus reduce the risk of stroke. Conversely, diets consisting of refined sugars and grains, fried foods, soda, red and processed meat which promote inflammation (as marked by increased inflammatory biomarkers), had a higher risk of stroke.

Research demonstrates that regular nut consumption is associated with lower cholesterol levels and a reduced risk for heart disease (including stroke). One study specifically examined whether a diet containing walnuts could lessen inflammation. This study examined 634 participants and determined that the regular consumption of walnuts (30 to 60 g per day or around 2 to 4 walnuts) showed reduced levels of inflammation in six of the 10 inflammatory biomarkers that were measured. Monserrat Cofan, PhD, lead author of this study, stated, "The anti-inflammatory effect of long-term consumption walnuts demonstrated in this study provides novel mechanistic insight for the benefit of walnuts consumption on heart disease risk beyond that of cholesterol-lowering." Other studies also demonstrate that regular walnut consumption can boost brain function and slow down cognitive decline. Walnuts are rich in omega-3 fatty acids and polyphenols, both of which reduce inflammation and fight oxidative stress which are the main causes of cognitive decline (Figure 3).

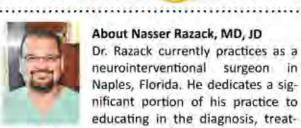
Another study published in the Journal of Nutritional Metabolism demonstrated that a single serving of Brazil nuts containing one, four or eight Brazil nuts resulted in an almost immediate improvement in bad (LDL) cholesterol levels. Elevated cholesterol is a known risk factor for stroke and other forms of cardiovascular disease. However, researchers followed up on the participants' cholesterol levels five days and then 30 days later. Note that during this period, the participants only had the initial single serving of one, four or eight Brazil nuts. Amazingly, they maintained lower cholesterol levels for a month after only eating that initial serving of Brazil nuts. The researchers also concluded that eating a single serving of four Brazil nuts was enough to maintain lower cholesterol levels for up to a month.

This sounds too good to be true and further research is definitely required. However, when the intervention is inexpensive, easy, harmless and healthy-such as eating four Brazil nuts a month-it's quite reasonable to adopt this habit until proven otherwise. In case you're wondering, the theory behind this amazing process is the selenium content of Brazil nuts. As an added benefit, the study also demonstrated these effects were achieved "without producing liver and kidney toxicity."

Stroke is an inflammatory-based disease process. Theoretically, blocking inflammation and other degenerative processes can delay the onset of inflammatory-based diseases such as stroke. Neurcumin® is an all-natural nutrient which, in addition to curcumin, contains many other polyphenols and natural agents uniquely formulated to fight inflammation.

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#### 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, treat-

ment and prevention of stroke. He completed his medical training at the University of Virginia in Charlottesville, Virginia.



# ARTHRITIS PAIN: DO'S AND DON'TS

By Omar Henriquez, M.D.

ill physical activity reduce or increase your arthritis pain? Get tips on exercise and other common concerns when coping with arthritis symptoms and arthritis pain.

Arthritis is a leading cause of pain and disability worldwide. You can find plenty of advice about easing the pain of arthritis and other conditions with exercise, medication and stress reduction. How do you know what will work for you?

Here are some do's and don'ts to help you figure it out.

#### Basics

Whatever your condition, it will be easier to stay ahead of your pain if you:

- Learn all you can about your condition, including what type of arthritis you have and whether any of your joints are already damaged
- Enlist your doctor, friends and family in managing your pain
- · Tell your doctor if your pain changes

#### **Everyday routines**

Pay attention to your joints, whether sitting, standing or engaging in activity.

- Keep your joints moving. Do daily, gentle stretches that move your joints through their full range of motion.
- Use good posture. A physical therapist can show you how to sit, stand and move correctly.
- Know your limits. Balance activity and rest, and don't overdo.

In addition, lifestyle changes are important for easing pain.

- Manage weight. Being overweight can increase complications of arthritis and contribute to arthritis pain. Making incremental, permanent lifestyle changes resulting in gradual weight loss is often the most effective method of weight management.
- Quit smoking. Smoking causes stress on connective tissues, which can increase arthritis pain.

#### Exercise

When you have arthritis, movement can decrease your pain and stiffness, improve your range of motion, strengthen your muscles, and increase your endurance.

#### What to do

Choose the right kinds of activities — those that build the muscles around your joints but don't damage the joints themselves. A physical or occupational therapist can help you develop an exercise program that's right for you.

Focus on stretching, range-of-motion exercises and gradual progressive strength training. Include low-impact aerobic exercise, such as walking, cycling or water exercises, to improve your mood and help control your weight.

#### What to avoid

Avoid activities that involve high impact and repetitive motion, such as:

- · Running
- Jumping
- Tennis
- · High-impact aerobics
- Repeating the same movement, such as a tennis serve, again and again

#### Medications

Many types of medications are available for arthritis pain relief. Most are relatively safe, but no medication is completely free of side effects. Talk with your doctor to formulate a medication plan for your specific pain symptoms.

#### What to do

For arthritis in the spine, you can start with NSAIDS such as Aleve, Ibuprofen, Advil, Naproxen if not contraindicated. If the pain persists, we can move forward to interventional procedures. Facet medial branch blocks followed by radiofrequency ablation procedure are one way to provide 6 months to 2 years of relief.

Cream containing capsaicin may be applied to skin over a painful joint to relieve pain. Use alone or with oral medication.

Consult your doctor if over-the-counter medications don't relieve your pain.

### 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



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# May is Better Hearing and Speech Month

By Dr. Noël Crosby, Au.D.

he Center for Disease Control supports Better Hearing and Speech Month, founded in 1927 by the American Speech-Language-Hearing Association. Each May, this annual event provides an opportunity to raise awareness about hearing and speech problems, and to encourage people to think about their own hearing and get their hearing checked.

Early identification and intervention for hearing loss is important. Many people live with unidentified hearing loss, often failing to realize that they are missing certain sounds and words. Checking one's hearing is the first step toward addressing the issue. Protect your hearing! And if you already have hearing loss or are experiencing pain, discomfort, or ringing in the ears, take steps to keep it from getting worse.

According to the World Health Organization's first World Report on Hearing, noise is now being acknowledged as an important public health issue and a top environmental risk faced by the world today. Over 50% of people aged 12-35 years listen to music via personal audio devices at volumes that pose a risk to their hearing. A rule of the thumb for staying safe is to keep the volume below 60%.

If you frequently use personal audio devices around loud sounds: instead of turning the volume up, consider using noise cancelling earphones or headphones. Listening through personal audio devices should not exceed 80 dB (adults) or 75 dB (sensitive



users: e.g., children) for 40 hours a week. Listeners who regularly use portable audio devices can expose themselves to the same level of sound in 15 minutes of music at 100 dB that an industrial worker would receive in an 8-hour day at 85 dB.

Did you know the average person is born with about 16,000 hair cells within their inner ear. These cells allow your brain to detect sounds. By the time you notice hearing loss, many hair cells have already been damaged or destroyed. You can lose 30% to 50% of hair cells before changes in your hearing can be measured by a hearing test. Damaged inner ear cells do not grow back. In addition to damaging hair cells, noise can also damage the auditory nerve that carries information about sounds to your brain. Early damage may not show up on your hearing test.

Although there is no treatment to restore normal hearing, you can prevent hearing loss from loud sounds. Protect your hearing! And if you already have hearing loss or are experiencing pain, discomfort, or ringing in the ears, take steps to keep it from getting worse. Get your hearing checked. Loud noises can cause hearing loss, but you can take steps to protect your ears.

#### How does one protect themselves from hearing loss?

People often voluntarily expose themselves to loud sounds through their headphones or through the stereo system in concerts, nightclubs, sporting events, and even fitness classes. Protect your hearing when shooting a firearm. Those using firearms for recreational purpose would benefit from learning about their safe use, which includes but is not limited to use of hearing protection. Is the noise too loud? If you need to shout to make yourself heard, then yes. And you need hearing protection such as earplugs or noise-cancelling earmuffs. Do not listen to headphones for a long time. Turn the volume down and take periodic breaks from the noise.

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

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# WHAT IS NAD+?

By Amanda Tezyk, APRN, BSN, RN

AD stands for nicotinamide adenine dinucleotide. It is a coenzyme found in all living cells and has even been called an antiaging molecule because of the many important roles it plays in promoting health and prolonging lifespan.

This powerful molecule has a lot of potential for new therapeutic opportunities. Studies have shown that it can help battle many effects of aging and chronic conditions on the human body and brain.

Read on to learn more about what exactly the coenzyme is responsible for in your body and how IV NAD+ supplementation can improve your overall health.

### What Is NAD+, What It Does & How It Benefits the Body?

Nicotinamide adenine dinucleotide has two forms—one active and one inactive. In its active form, it is known as NAD+, and in its inactive form, it is known as NADH.

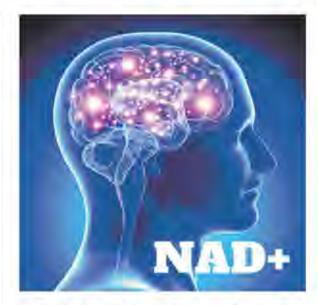
Scientists first discovered NAD+ and started studying its benefits in the early 1900s, but only in recent years are we beginning to understand its full potential.

Because of the role it plays in so many different biological processes, scientists and doctors are now looking at different ways it can be used to maintain healthy organs and neurological systems in human patients.

NAD+ is what's called a "helper molecule" because it binds to other enzymes in the body to activate them and generate molecular reactions. For example, proteins called "sirtuins," which are responsible for carrying out many biological processes within the human body, require the coenzyme to function properly.

#### Biological Processes Aided By NAD+

- Repairing and protecting DNA
- Gene expression
- · Extracting cellular energy from nutrition
- · Maintaining mitochondrial function
- · Chromosomal integrity preservation
- Calcium signaling
- · Epigenetic and posttranslational modifications



In layman's terms, we need NAD+ to live. However, as we get older, our bodies generate less and less of the coenzyme. This is one reason why we begin to feel the effects of aging and become more prone to age-related illnesses as the years pass by.

One of the ways you can supplement NAD+ in your body is through IV therapy. This is a holistic, all-natural way to help your body fight against aging and illness to feel healthier and more youthful.

#### NAD+ IV Therapy Benefits:

- Slows cognitive decline
- · Promotes healthy brain function
- Fights chronic fatigue
- Increases energy
- · Boosts metabolism
- Regenerates cells
- Slows aging
- Reduces internal inflammation

Benefits of NAD+ Infusion Therapy For Your Brain People often describe feeling like a mental fog has been lifted after undergoing NAD+ therapy. This overall improvement in mental sharpness helps guests feel better day to day and contributes to their overall feelings of wellness. Furthermore, one of the most noticeable side effects of getting old is a decline in cognitive function. Forgetting things, lack of concentration, and general mental fogginess are some of the more specific outcomes.

A simple NAD+ IV infusion can help activate your brain's neuron function by helping cells regenerate and protect them against damage. This results in increased mental cognition, including better mental clarity, higher concentration, and enhanced memory function.

This overall boost in brain function can also help guests overcome other types of mental struggles. IV therapy can help you battle against common conditions like depression, anxiety, and mood disorders.

#### REDUCE PAIN

#### Do you suffer form arthritis?

NAD+ might be able to help. As if the benefits from IV NAD therapy couldn't get any better, it might help reduce your pain and also promote healing. A 2014 study published results of IV NAD therapy and neuropathic pain. This has implications for people with arthritis and autoimmune disease. They found that administering NAD intravenously helped reduce pain up to 2 days after the last injection. Even though this study was done on mice, it's impressive nonetheless.

BR Rejuvenation & Hydration Therapy, LLC, invites you to become a part of our growing and supportive community of people who have made a change to their lifestyles and have overcome those struggles. As part of our community, you can rest assured that you will receive quality and top of the line care delivered by licensed health professionals, in the comfort of your home. At BRRHT, we consider our clients as part of our family—and family is always our top priority.

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.



239-980-4739

BRRejuvenationandhydration.com brrejuvenationandhydration@gmail.com

## All-In-One Dental Visit with CEREC

By Dr. Joseph Farag

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

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

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

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





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











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# NEW TRUST CODE ADDS PROTECTORS, DIRECTORS AND ADVISORS

By James W. Mallonee

lorida's Trust Code has added new provisions by adding new statutory sections in an effort to prevent many trusts from moving out of state. It is called the Florida Uniform Directed Trust Act. The Act is found in Chapter 736, Part XIV of the Florida's statutes. Some of the major changes are Definitions, Defaults, Rules, Co-Trustees, Limits on Proceedings Against Trustees and Certification of Trusts.

Definitions include a directed trust where the terms of the trust grant a power of direction giving a director the ability to manage its assets. The term power of direction is defined as a power over a trust granted to a person by the terms of the trust to the extent the power is exercisable by a person who is not serving as the trustee. This may include the power over an investment, distribution of property and a power to amend the trust instrument.

The principal place of administration is determined wherever the trust is moved too. Thus, a trust prepared in New York and moved to Florida will have the jurisdiction of Florida law apply once the trust is moved, but only after such move is completed. The jurisdiction over a trust can also be based on the location of a Trust Directors principal place of business.

The statute provides that certain non-trustees who hold a power over a trust can be subject to the statute. Never-the-less, one of the powers that are excluded include Powers of Appointment (excluding the ability to modify, create or terminate a power of appointment). A power appointment is a non-fiduciary power to achieve certain tax objectives and is excluded.

Trust Directors are subject to the same rules as a trustee with regard to their duties and liabilities to the beneficiaries. However, those duties can be modified under the trust instrument in an equivalent manner as a Trustee's duties can be altered by the creator of the trust. This same rule also applies to Trust Protectors but may not be applied to the Trustee.



A Directed Trustee is obligated to take reasonable action to comply with a direction received from a trust's Trustee. However, a Directed Trustee should not comply to a direction given him or her where such direction would cause engagement of willful misconduct. This is the same conduct applied when dealing with a co-trustee who is directed to purchase a security investment that is questionable. The Directed Trustee is to take reasonable action in following such direction, but not to wait too long to react. Reasonableness is the key to avoiding problems.

The Trustee and Trust Director both have a duty to provide information to each other as well as qualified beneficiaries when requested. This also applies to a duty to monitor each other (Trust Director and Trustee); but, neither is required by statute to monitor the other.

As you can see, Florida is moving in the direction of allowing additional levels of protection to its citizens ability to manage a trust instrument. The idea being, that placing too much power in the hands of one individual without checks and balances can lead to disasters. The ability to have overseers to protect a beneficiary's assets and require checks and balances when dealing with large purchases can be controlled using a Trust Director, Trust Protector and Trustee.

If you have questions about whether Florida's new Uniform Directed Trust is right for you, it is recommended to call the attorney of your choice and have that conversation.

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



James W. Mallonee (Jim Mallonee)
is a graduate with a B.A. degree
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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.

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

# **Psoriasis:** Do You Have Dry Patches of Irritated Skin?

soriasis is an outbreak that causes a "rash" on the skin, but it can also affect the nails, tendons, and joints. Some of the most common symptoms are red rashes or spots, dryness, cracking, flaking, peeling, depression, and joint pain. Depending on the severity of the disease, most people start seeing scaly skin patches on the knees, elbows, and scalp. The effects of psoriasis are both physical and emotional, as individuals are usually in a great deal of discomfort and may also be embarrassed by the way their skin appears.

Psoriasis is a common skin disorder that affects 125 million people globally; however, what many people don't realize is that it is an autoimmune disease. When the body's immune system is triggered, skin cells become overactive and produce more skin than what can naturally be sloughed off, so the end result is red, irritated skin with dry patches that eventually peel. It can affect the scalp, inner and outer ears, feet, limbs, and everywhere in between.

#### Psoriasis Symptoms:

- Red, raised, patches with siler or white scales
- Dry skin (flakes, cracks, and bleeds)
- Pain
- Itching
- Burning
- Painful, swollen joints
- Pitted finger and toenails

Psoriasis is a lifelong disorder and can, in extreme cases, turn into psoriatic arthritis, which is an inflammatory arthritis (also autoimmune) condition. The typical treatments for this disorder, as well as psoriasis, are topicals, pain medications, steroids, Goeckerman therapy (coal tar and light therapy), immunosuppressants, and in advanced cases of psoriatic arthritis, surgery to replace the affected joints.

In the United States, psoriasis affects around 7.5 million. It's commonly associated other disorders such as the following:

- Type II diabetes
- Heart disease
- Anxiety
- IBS
- Depression

Getting an accurate diagnosis and established treatment plan will help manage your psoriasis. Scheduling an appointment with an experienced dermatologist is essential.

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- GYN Services

We are here to help you live better, whether that means caring for your skin, elevating your look, or supporting your health and wellness goals now and in the future.

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.

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# **Slowing the Pace of Your Life**

By Pastor Timothy Neptune

emember the old merry-go-rounds on the playground when you were a kid? You would spin in circles until you felt like you were going to fly off. That's how life can feel if you don't make some necessary changes.

You live a much faster lifestyle than your parents did. Your children will live an even faster lifestyle than you did. As we enter a new year, perhaps it is a good time to evaluate the pace of your life and make some necessary adjustments. The Psalmist tells us:

<sup>2</sup>In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves. Psalm 127:2

If you are getting up early and staying up late but still don't feel like you can get everything done... you are probably trying to do too much.

Living at a hectic pace comes at a price. You end up feeling more stressed because you are trying to cram too many things into your day. You end up having no margin in your life. As the margins get tighter the stress goes higher.

You have to take time to recharge your batteries. Here's a lesson! learned years ago: You have just enough time to do the will of God. If you can't get everything done on your "to do" list, maybe there are things on the list you shouldn't be doing.

I want to share with you two simple strategies to help you slow down the pace of pace of your life so that you can enjoy life.

The first strategy is to learn to be content. If you're serious about slowing down, you don't start with your schedule—you start with your heart.

The Apostle Paul said this about contentment. "I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 121 know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. "I can do everything through him who gives me strength. Philippians 4:11-13

If you're going to slow down your life, you have to learn contentment. Paul also said this about contentment: 6 But godliness with contentment is great gain. 7 For we brought nothing into the world, and we can take nothing out of it. 1 Tim. 6:6-7

What he is saying in these passages is that we need to understand that life isn't about things.

Contentment means this: I don't need more in order to be happy.

I'm not waiting for *more* in order to be happy. I'm happy right now. I have dreams and I have goals but I don't need more in order to be happy. That's contentment.

Contentment will come easier when you realize two things: life is not a competition with other people and having more will not make you happier. This is not the message promoted by our culture, but it is true.

Jesus said it like this, 15 Then he said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions." Luke 12:15

If you find yourself making statements like this:

- My life is a rat race.
- I don't know how I'm going to get it all done.
- I am just so exhausted.
- I don't know how much more of this I can take.
- I just want to escape.

These phrases are all warning signs that you are on the road to burn out. You need to slow down the pace. Perhaps as we begin this new year, taking an honest evaluation of your life and determine if some changes are necessary. Are you content in your life right now?

As the merry-go-round spins faster it is only a matter of time before you either get sick, or fall off. Or, better yet, just slow down, be content, and enjoy the ride.



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