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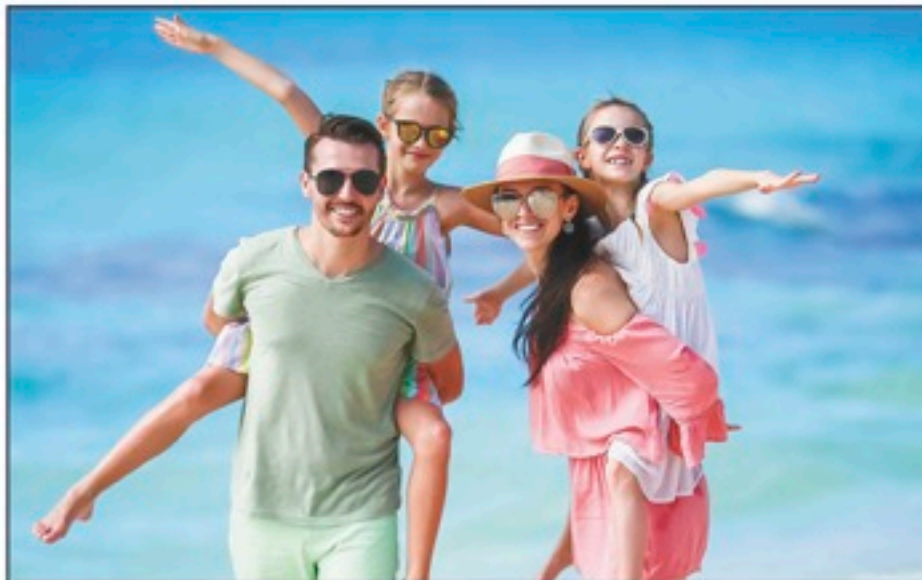


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†AFRA 2019-2020 data, retrieved 10/10/21



# FALLS CAN BE DUE TO BLURRED EYESIGHT

By Elizabeth Schwartz, O.D. - Quigley Eye Specialists

**F**alling is one of the greatest health risks older adults face. Each year, one in four Americans 65 and older experiences a fall, the leading cause of injury among older adults, and impaired vision more than doubles the risk, according to the National Academies of Sciences.

Every second, an older adult falls and every year there are 36 million falls among those age 65 and older, according to the Centers for Disease Control and Prevention. One out of five falls cause serious injury such as broken bones or a head injury.

Vision impairment may be to blame in many of these cases. Blurred vision may cause you to not see objects in your path as clearly as you once did, which will increase your chances of falling. In some cases, other eye conditions such as undiagnosed near-sightedness, an out-of-date eyeglass prescription, eye infections, glaucoma or macular degeneration can increase the risk of falling.

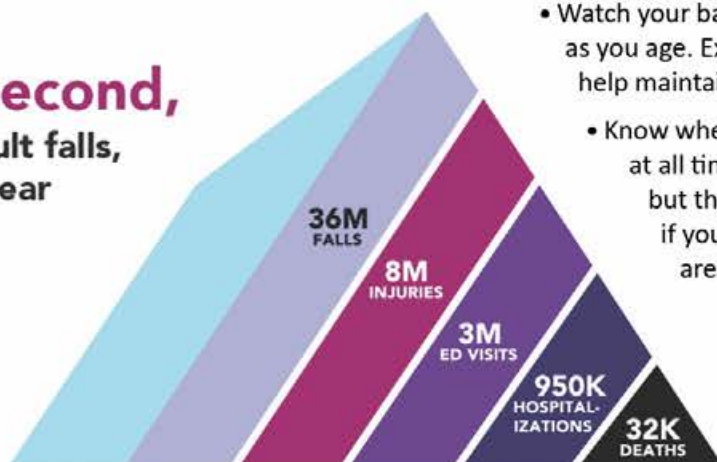
That's why the ophthalmologists at Quigley Eye Specialists recommend that all people, but especially those 65 and older, receive a comprehensive eye exam every year. Changes in your vision can be monitored and treatment can be started as soon as the first signs appear. We also assess your risk of falling and make recommendations on how you can make your home safer.



## Here are some tips to help:

- Small throw rugs are a tripping hazard and should be rolled up and put away.
- Clear the clutter. Random items left on the floor make it more difficult to have a clear path for walking.
- Use bright bulbs where they are needed most, but especially at room entrances and the top and bottom of stairs.
- Wear rubber-soled shoes around the house to gain traction.
- Use hand rails in the shower since slippery surfaces make you more prone to falling;
- Watch your balance, which decreases as you age. Exercises are available to help maintain and improve balance.
- Know where your pets are located at all times. We all love our pets, but they can be tripping hazards if you're not aware that they are running across your path.

**Every second,  
an older adult falls,  
and every year  
there are...**



Data sources: National Vital Statistics System, National Electronic Injury Surveillance System--All Injury Program, and Behavioral Risk Factor System.

- Review your medications with your doctor. Some medications for arthritis, high blood pressure, heart disease and sleeping can cause dizziness. Your doctor can recommend alternatives.
- Consider a fall detection device that will alert help should you need it.
- Limit alcohol consumption. Older adults cannot process alcohol as easily as they did when they were younger which can produce dizziness and light-headedness even 24 hours later.

Your primary care physician also should be consulted. Blurred vision can be a sign of diabetes, high blood pressure, and arthritis. One of the first things that an arthritis flare-up might affect is the eyes. Impaired sight can be a direct result of the inflammation that comes from arthritis and affects the rest of the body from there.

The important thing to remember is that falls are preventable. Quigley Eye Specialists is here to work with you to gain the best vision possible and keep you safe from falling.

## Elizabeth Schwartz, O.D.

*Dr. Elizabeth Schwartz is an optometrist with Quigley Eye Specialists with locations throughout Florida. Quigley Eye Specialists specializes in cataracts, laser cataract surgery, glaucoma, LASIK, dry eye, eyelid surgery, facial plastic surgery, retina, cornea conditions, optical and routine eye care. For more information, call 239-466-2020 or visit [www.QuigleyEye.com](http://www.QuigleyEye.com).*



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# PROTECT YOUR SKIN FROM HARMFUL UV EXPOSURE

By Dr. Alan Brown

**D**id you know that exposure to ultraviolet (UV) light constitutes the greatest risk factor for melanoma? Countless studies have long established the connection between harmful UV exposure and skin cancer.

Most UV exposure originates as energy from the sun, reaching the surface of our planet as two types of UV light: UVA rays and UVB rays. Made up of varying wavelengths, each kind emits a different level of energy that affects the skin differently. UVB rays pose a greater risk of skin cancer, where UVA rays are responsible for visual changes such as aging, wrinkling and loss of elasticity.

As any Florida resident knows, avoiding UV exposure entirely is nearly impossible in the Sunshine State. While invisible to the naked eye, both types of UV light will equally damage your skin and can potentially cause skin cancer. When these rays come into contact with skin, melanin in these cells work to absorb the UV light. A developing tan indicates that your skin has been injured by the sun's rays. When the amount of UV damage exceeds the amount of protection that your skin's melanin can provide, it results in a sunburn.

At a cellular level, harmful UV rays affect how skin cells appear, grow and repair over time. The good news is that there are several simple steps you can take to reduce the risk of a future skin cancer diagnosis. At Advocate Radiation Oncology, we counsel our patients to follow these five recommendations to avoid harmful UV rays and protect the body's best natural defense – your skin.

## 5 WAYS TO AVOID HARMFUL UV EXPOSURE

**1. Wear protective clothing and a hat.** According to research, clothing can be one of the most effective barriers between our skin and the sun. Try to cover as much skin as possible and choose a tightly woven fabric to maximize protection.



**2. Apply SPF 30+ sunscreen.** Reach for a broad-spectrum, water-resistant variety. Ensure your sunscreen has UVA symbol or offers a minimum four-star rating. Use a generous amount and reapply every two hours, no matter what the directions advise. Don't forget your ears, neck and lips!

**3. Avoid tanning booths.** Not all UV rays come from the sun. Manmade sources like tanning beds deliver concentrated doses of UV light that can cause melanoma and other skin cancers. Far less safe than the sun, indoor tanning increases the risk that a benign mole may progress into melanoma. Researchers estimate that UV light from tanning beds causes an estimated 400,000 cases of skin cancer each year in the United States.

**4. Accessorize with sunglasses.** Protective eyewear like sunglasses help shield your eyes from the rays that would otherwise damage your eye's cornea, lens and surface tissue. Additionally, long-term sun exposure increases the chances of developing cataracts, growths on or near your eyes, or even eye cancer.

**5. Stick to the shade.** Outside of heat-related conditions like sunstroke, shade helps to reduce your exposure to solar UV radiation. Head for shade during the hottest portions of the day, which typically fall between 10 a.m. and 4 p.m.

Keep in mind that you will likely be the first to spot signs of sun damage on your skin. That's why Advocate Radiation Oncology encourages patients to complete an annual skin check. Be sure to use a hand mirror to inspect hard-to-see areas like your back. If you find any issues or observe changes to existing moles, discuss them with your doctor right away. Skin cancer is much easier to treat when caught early.



### About the Author

Dr. Alan Brown is a board-certified radiation oncologist at Advocate Radiation Oncology, a locally owned and operated practice with convenient locations in Southwest Florida. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).



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# LET'S TALK GOUT

**G**out is a condition caused from a buildup of uric acid in the body. In the foot and ankle, it is most commonly seen in the big toe joint but can occur at nearby joints as well. Gout "attacks" or "flares up" are caused when uric acid crystallizes and deposits in a joint. Uric acid is a natural chemical in the body, that results from the breakdown of purine. Its naturally circulating in our blood and eliminated in our urine. When there is too much uric acid or the body cannot eliminate it properly it accumulates leading to a gouty attack or flare up. Some people's kidneys cannot eliminate the normal amount of gout found in the body and others make too much it.

The great toe is most often affected because uric acid is sensitive to temperature changes. At cooler temperatures, it crystallizes. The great toe is a "cool joint" as it is the far away from the heart. This cooler temperature environment allows the uric acid to crystallize and deposit in the joint. Although, it's important to remember gout cannot occur in other joints as well.

Gout has a genetic component and is often inherited. Other risk factors include high blood pressure, diabetes, obesity, chemotherapy, surgery, stress and certain medications and vitamins. For example, aspirin, diuretics and niacin can affect the body's ability to remove uric acid leading to gouty attacks. It can affect both men and women of all ages, but is more often seen in older men aged 40-60. Certain foods with high levels of purines can also increase your risk of gout. These foods include shellfish, organ meat, red wine, beer and red meat.



Symptoms of gout include a sudden intense pain, redness, swelling and warmth over a joint. If you think you are suffering from gout contact your local foot and ankle specialist. Your doctor will order blood work and x-rays to ensure correct diagnosis of your symptoms. Once it has been determined you are suffering from gout treatment

can be initiated right away. Treatment may include one or more of the following: NSAID's, corticosteroids, injections, diet modifications, increased fluids and medications that can help your body eliminate uric acid. Without proper treatment, recurrent episodes of gout can lead to permanent damage of the affected joint.

**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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# Put Parkinson's on the Ropes with Boxing Exercise programs

By Scott Miller

While every individual has a unique game plan for living with Parkinson's disease (PD), exercise is an important part of the management strategy. Not only is it good for general health, but certain forms of activity can target specific Parkinson's symptoms. Although one distinct type of exercise isn't universally recommended for all people with PD, many have gotten hooked on non-contact boxing. A boxing program designed for people with Parkinson's is sweeping the nation.

This full-body workout focuses on balance, agility, and hand-eye coordination, all of which can be affected by Parkinson's. It also can build muscle strength, potentially help speech (some say grunting or yelling while punching aids with vocal projection), and even offer an outlet for frustration toward symptoms or the disease.

Like many types of exercise, boxing can ease a range of PD symptoms. Research suggests, however, that it might be doing even more with participants consistently showing improvements in walking, balance, performance of daily activities and quality of life in people who boxed regularly. Researchers are working to learn more about how exercise benefits people with Parkinson's and which symptoms respond to which types and levels of activity.

## What is boxing for Parkinson's?

Parkinson's boxing classes are non-combat workouts, meaning you won't be fighting another person. Classes typically include exercises that help you improve hand-eye coordination, agility, speed, endurance, and strength. It can be modified for all levels of ability from high-active to low-passive such as sitting in a chair vs standing. It's really about the motion rather than donning boxing gloves and taping the wrists. The reach, the stretch, the rapid flexion and extension.

## Benefits of boxing...

Boxing has received a lot of attention as a form of high intensity exercise with the potential to be engaging and accessible for people with chronic diseases.

A recent study compared boxing training to traditional group exercise on function and quality of life in a group of 31 adults with Parkinson's disease. The researchers found both groups had improvements in:

- balance
- mobility
- quality of life

While **ONLY** the boxing group had improvements in gait, velocity, and endurance

While we continue to learn more about Parkinson's disease and exercise, we do know that living an active lifestyle supports overall health. No matter what kind of exercise you choose -- boxing, biking or swimming -- if you enjoy it, you'll be more likely to make it a habit!

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# DO YOU KNOW UNTREATED SLEEP APNEA CAN LEAD TO HEART DISEASE?

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

## Why do apnea and sleep disorders lead to heart problems?

According to the National Sleep Foundation, researchers aren't entirely sure why we need sleep to maintain a healthy heart. However, they have been able to observe that certain biological functions are disrupted when we awaken frequently in the night or experience sleep deprivation on a regular basis.

When these disruptions happen (for example, if you stop breathing while sleeping), hormonal and chemical imbalances occur that trigger inflammation, high blood pressure, reduction in blood oxygen levels, and changes in how you metabolize sugar. Together, these changes lay the groundwork for heart disease to take hold.

Inflammation, for example, is associated with a dysfunction of the lining of blood vessels. This condition can then turn into atherosclerosis (plaque buildup in artery walls). Left unchecked, these plaque-clogged arteries can cause atherothrombosis (a blood clot that forms in a vessel, cutting off blood and oxygen flow). This can result in a stroke or acute coronary syndrome a decrease of blood flow to the heart muscle, which leads the heart to malfunction or die. This is how lack of sleep turns into heart disease: by creating a chain of events that culminate in potentially serious damage, or even death.

### Some specific dangers to your heart stemming from untreated Obstructed Sleep Apnea include:

- **Coronary artery disease.** Inflammation, combined with cholesterol-heavy plaque deposits in the arteries, damages the arteries' ability to carry nutrients to the heart. Over time the heart becomes diseased and weakened.
- **Congestive heart failure.** The heart weakens and cannot pump and fill with blood effectively. When it fails to circulate nutrients like it should, the kidneys respond by creating fluid buildup in the organs and throughout the body.
- **Cardiac arrhythmia.** This electrical signal malfunction creates an irregular heart rhythm, either too fast or too slow. Arrhythmias can be mild, but they can also lead to fainting or cardiac arrest (a stopping of the heart).

- **Cardiac arrest.** Cardiac arrest is an abrupt electrical malfunction of the heart that leads to a loss of function (the heart stops). It's often linked to ventricular fibrillation (v-fib), a type of arrhythmia where chambers of the heartbeat rapidly without pumping blood. It can be reversed with emergency medicine, but without treatment it is often fatal within minutes.

- **Myocardial infarction (heart attack).** Sometimes, a piece of plaque in an artery can break off from the vessel walls. If a clot forms around it, it become large enough to block the flow of blood to the heart. The heart can't get enough oxygen and the muscle begins to die. Heart attacks can cause permanent damage to the heart, but they are not necessarily fatal if you seek treatment right away.

- **High blood pressure (hypertension).** When the force of the blood flowing through your vessels is consistently too high, your circulatory system can sustain damage that can lead to heart attack and stroke (and many other conditions). High blood pressure is a silent killer affecting about 85 million Americans over the age of 20.

- **Pulmonary Hypertension.** Pulmonary hypertension is a condition when pressure in the lung gets high. It can cause significant morbidity and mortality. Pulmonary hypertension is present in approximately 20 percent of patients with moderate to severe OSA (obstructive sleep apnea) and may be associated with decreased survival.

Untreated Obstructed Sleep Apnea can also lead to related conditions like metabolic syndrome, obesity, diabetes, pre-diabetes, and stroke. Only a sleep specialist can diagnose you for Obstructed Sleep Apnea or Central Sleep Apnea. If you wake up tired and have the symptoms in combination with one or more of the following risk factors, you

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may want to see a specialist. Remember, the high cost of untreated sleep apnea is not worth putting off a doctor's visit or beginning treatment.

### Risk factors for Central Apnea:

- Older (over 40)
- Congestive heart failure
- Stroke
- Narcotics use (for example, opioids/pain medications)

### Risk factors for Obstructed Sleep Apnea:

- Male (any age)
- Female, post-menopausal
- Older (over 40)
- Heavy/obese
- Narrow airway
- Thicker neck circumference (more than 17 inches in men or 15 inches in women)
- Family history of sleep apnea
- Smoking
- Drug or alcohol use
- Nasal congestion (from allergies or anatomical issues)



**Dr. Aneley Yegezu Hundae, M.D., FACC**  
INVASIVE CARDIOLOGY  
AND ADVANCED HEART  
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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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# PROTECT THE SKIN YOU'RE IN

**S**unscreen. Sun Hat. Sun Shirt. How much is enough to protect the skin you are in? A day in the sun isn't as much fun when you learn the damaging affects of UV rays. If you work outdoors or play outdoors, sun protection is a must. If you have endured sun damage already in your life then you need to be even more diligent. The older our skin, the thinner our skin, and the more easy to damage.

The amount of UV radiation from the sun that hits the Earth's surface can impact your health. Increased UV exposure can cause more than pain, UV damage can be long term. Prolonged exposure can cause skin cancers, cataracts, and immune system damage. The sun's UV rays cause damage to your epidermal cells. Your body will try to counter this by increasing blood flow to the area where the cells are being damaged. While your body is trying to get rid of the damaged cells, you may also experience an itch around the area. These symptoms get worse over the year as older individuals are affected quicker making their appearance even more aged. Simply stated, it is best to protect your skin from the sun's UV rays.

Small amounts of ultraviolet (UV) radiation are essential to produce vitamin D in people, yet over-exposure to sunlight may result in acute and chronic health effects on the skin, eye, and immune system. The rise in the incidence of skin cancers over the past decades is strongly related to increasingly popular outdoor activities and recreational exposure. Experts believe that 4 out of 5 cases of skin cancer could be prevented through protecting against overexposure to sunlight.

According to a study published in the *British Journal of Dermatology*, consuming alcoholic beverages on a regular basis increases the risk of developing melanoma, a dangerous form of skin cancer, by up to 55 percent. Having more than one drink per day (considered heavy drinking) increases your risk for melanoma by 20 percent, and drinking poolside only increases your risk.

Ethanol, the form of alcohol found in alcoholic beverages, metabolizes in your body turning into a compound called acetaldehyde. Acetaldehyde heightens the skin's sensitivity to UV rays, increasing the likelihood for cell damage and cancer. Sipping margaritas at the beach just turned into a bad idea.

Can wearing more clothing keep you cool and prevent sun damage? Getting a sunburn is never fun, but there are plenty of ways to prevent sunburn. Rash guard clothing provides a physical barrier from the sun and comes with the added benefit of having UPF protection built into the fabric. Unlike wetsuits, rash guards are not meant to keep your body warm. They are not as thick as wetsuits, so they do not trap body heat as well. They can have a cooling effect on the body because of their material and how tight they lay on your skin.

Since the purpose of rash guard shirts is to prevent rashes and protect you from the sun, they are generally made of athletic fabrics like polyester, nylon, lycra, and spandex. These materials are soft, durable, and lightweight while allowing for breathability and stretch to maximize your comfort. Add a UV blocking hat to maximum sun protection. If you work outdoors, clothing that keeps you cool, and blocks UV rays is a must.

Chemical sun protection involves sun blocks and sunscreens applied to the skin. Sun block prevents UV radiation from penetrating your skin by creating a chemical barrier that reflects UV rays. Zinc oxide and titanium dioxide are two of the most common minerals that provide sun block protection, and these ingredients are more commonly being incorporated into mineral makeup to provide some SPF protection.

Sunscreen limits the oxidative damage UV radiation can wreak on skin cells and components of the extracellular matrix by trapping UV radiation at the skin's surface and neutralizing free radicals. To provide effective sun protection, chemical blocks and screens must be applied in adequate amounts approximately an ounce (golf ball-sized amount) to cover exposed parts of your body. You must also get sunblock/sunscreen that provides an adequate level of protection, meaning SPF 15 or higher.

Melanoma and skin cancer prevention should not make you afraid to get out and enjoy the sunshine. Hiding from the sun can result in or exacerbate a vitamin D deficiency, which comes with a host of adverse health effects all its own. The key is to responsibly enjoy your sunshine. When you know you're going to be outside, seek shade cover up, and apply and re-apply sunblock/sunscreen liberally.



If you didn't adequately protect yourself and you're left red and raw, treat your sunburn, and nourish sun-damaged skin with an antioxidant-rich moisturizer. You can always eat your sun protection, too. Dark, colorful foods are rich in phytonutrients that protect plants from UV radiation, and they deliver antioxidants that can help your body do the same. If you discover any suspicious-looking spots on your skin, see your healthcare provider. Early detection leads to the best prognosis for melanoma and skin cancer.

At IntuneHealth we provide proactive, preventive care designed to keep you healthy. With virtual, in-office, and in-home appointments, access to care is conveniently available when and where you need it. IntuneHealth takes the hassle out of health care giving you direct access to your primary care physician, a personal care team coordinating all aspects of your care, and an all-in-one app to manage your health. Schedule an appointment today to meet your new partner in health.

#### References:

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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](http://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

**P**rotecting 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.

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

Providing advanced meticulous orthopedic care is what Dr. Christopher Sforzo envisioned when he opened the doors to Sforzo | Dillingham | Stewart Orthopedics + Sports Medicine in 2006. And that is just what you can expect today when you choose the practice for your orthopedic and sports medicine needs.

## Treating All Generations

Dr. Sforzo, Dr. Christopher Dillingham, Dr. Charles Stewart, and Dr. Philip Meinhardt specialize in both

non-surgical and surgical treatment for the shoulders, hand, wrists, elbows, hips, knees, ankles, spine and neck. This includes unparalleled

expertise in fracture care, sports injuries, tendonitis, arthritis, bursitis, joint replacement, rotator cuff repair, carpal tunnel syndrome, reverse shoulder replacement, ACL reconstruction, reconstruction of spinal deformities, fusion procedures, knee replacement, total hip replacement both traditional and anterior approach. Additionally, the doctors offer the latest in regenerative treatments helping many patients eliminate the need for surgery.

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

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

## You Have a Choice

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



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

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

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

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

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

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





# A New Way to Treat Treatment-Resistant Depression

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

**F**or 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. SPRAYATO® 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.



**Dr. S. Mann, M.D.**  
Chief Medical Officer



**Lyndsay Henry, PhD**  
VP of Clinical Services



**Dr. H. Layman**  
Psychiatrist



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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://whitesandtreatment.com>





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# Leg Pain?

## It May Be Peripheral Artery Disease or PAD

### Do you happen to have these symptoms?

- Painful cramping in your hip, thigh or calf muscles after certain activities, such as walking or climbing stairs (claudication)
- Leg numbness or weakness
- Coldness in your lower leg or foot, especially when compared with the other side
- Sores on your toes, feet or legs that won't heal
- A change in the color of your legs
- Hair loss or slower hair growth on your feet and legs
- Slower growth of your toenails
- Shiny skin on your legs
- No pulse or a weak pulse in your legs or feet
- Erectile dysfunction in men

Then you may have Peripheral Artery Disease or PAD. If peripheral artery disease progresses, pain may even occur when you're at rest or when you're lying down (ischemic rest pain). It may be intense enough to disrupt sleep. Hanging your legs over the edge of your bed or walking around your room may temporarily relieve the pain.

### What are the causes and Risk factors?

Atherosclerosis is a process in which blood, fats such as cholesterol, and other substances build up on your artery walls. Eventually, deposits called plaques may form. The deposits may narrow — or block — your arteries. These plaques can also rupture, causing a blood clot.

Peripheral artery disease is often caused by atherosclerosis. In atherosclerosis, fatty deposits (plaques) build up in your artery walls and reduce blood flow.

Although the heart is usually the focus of discussion of atherosclerosis, this disease can and usually does affect arteries throughout your body. When it occurs in the arteries supplying blood to your limbs, it causes peripheral artery disease.



### Risk factors of PAD

- Smoking
- Diabetes
- Obesity (a body mass index over 30)
- High blood pressure
- High cholesterol
- Increasing age, especially after reaching 50 years of age
- A family history of peripheral artery disease, heart disease or stroke
- High levels of homocysteine, a protein component that helps build and maintain tissue

People who smoke or have diabetes have the greatest risk of developing peripheral artery disease due to reduced blood flow.

### When should I see my doctor?

If you have leg pain, numbness or other symptoms, don't dismiss them as a normal part of aging. Call your doctor and make an appointment.

Even if you don't have symptoms of peripheral artery disease, you may need to be screened if you are:

- Over age 70
- Over age 50 and have a history of diabetes or smoking
- Under age 50, but have diabetes and other peripheral artery disease risk factors, such as obesity or high blood pressure

While many people with peripheral artery disease have mild or no symptoms, some people have leg pain when walking (claudication). Claudication symptoms include muscle pain or cramping in your legs or arms that's triggered by activity, such as walking, but disappears after a few minutes of rest. The location of the pain depends on the location of the clogged or narrowed artery. Calf pain is the most common location.

### The Good News is RAVE can help

Our Physicians Dr. Craig Reiheld and Dr. Charles Gordon are able to provide an outpatient minimally invasive surgery that can have you in and out our facility within a few hours. Our state of the art outpatient surgical suite allows us to give you the best treatment option if you suffer with Peripheral Artery Disease (PAD).

### If left untreated it could lead to:

- **Critical limb ischemia.** This condition begins as open sores that don't heal, an injury, or an infection of your feet or legs. Critical limb ischemia occurs when such injuries or infections progress and can cause tissue death (gangrene), sometimes requiring amputation of the affected limb.

- **Stroke and heart attack.** The atherosclerosis that causes the signs and symptoms of peripheral artery disease isn't limited to your legs. Fat deposits also build up in arteries supplying your heart and brain

If you feel that you have or have been diagnosed with PAD have your physicians set up a consultation with our Board Certified Interventional Radiologists to review your treatment options.



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941-342-RAVE (7283)  
Hours: 8:00am-5:00pm



# 9 TIPS TO PREVENT ALZHEIMER'S DISEASE

By Nasser Razack, MD, JD

**A**lzheimer'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](http://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".

<b>P</b>	Purpose and life direction
<b>R</b>	Relax and rejuvenate
<b>E</b>	Exercise daily
<b>V</b>	Very positive outlook
<b>E</b>	Engage in social interactions
<b>N</b>	No head injuries
<b>T</b>	Toxin avoidance
<b>A</b>	Activities that stimulate your mind
<b>D</b>	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](http://Neurcumin.com). You may also call 727-289-7139 or email us at [strokenerd@gmail.com](mailto:strokenerd@gmail.com) for more information.*

available at **amazon**



## 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.



# All in one Dental Visit with CEREC

By Dr. Joseph Farag

**N**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 fraction of the time it used to take.



## Here's how it works.

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

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

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

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



**CALL TODAY: 941-764-9555**

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







# The Link Between Hearing Loss and the Increased Risk of Dementia is Significant:

Advanced Hearing Solutions Provides an Innovative Cognitive Screening to Measure Results

By Dr. Noël Crosby, Au.D.

**C**ognitive decline and dementia can have a large impact on an individual, on caregivers and society, and the financial costs of cognitive decline and dementia are a major source of concern; however, there is cause for optimism because of potentially modifiable risks for cognitive decline. The recently published Lancet Commission report suggests that the treatment of hearing loss in midlife is the number one modifiable risk factor for reducing the onset of cognitive decline. Because cognitive decline precedes dementia, an understanding of how to curb this decline could help reduce the risk of dementia.

Studies that measured hearing, found an increased risk of dementia per 10 dB of the worsening of a hearing loss. One further possibility is that hearing impairment results in increased compensatory mental effort to perform cognitive tasks such as remembering sequences of spoken digits. This compensatory effort may use up limited cognitive resources resulting in an apparent decrease in cognition (the cognitive load effect). It takes the average person 7 – 10 years from when they begin experiencing hearing loss to seeking treatment. That is 7 -10 years of a brain working overtime, no wonder hearing loss is linked to cognitive decline.

The great news is the increasing evidence that treatment in the form of hearing aids will improve quality of life, increase social engagement and also more evidence that hearing aid use may have a positive impact on the performance of cognitive measures. Wearing a hearing aid might not prevent dementia, but if the onset of functional impairment could even be delayed by only a few years for some people, this would be a significant achievement.

If treating hearing loss can improve cognition or at the very least stabilize the rate of cognitive decline, why would anyone with any type of hearing loss not seek treatment. Now that the world knows that hearing loss can contribute to decreased cognition, it follows that in my office I now use Cognivue. this is an FDA cleared computerized test that can screen



for early signs of Alzheimer's and other cognitive impairments. I am finding that information provided by the Cognivue screening device provides me with valuable information that allows me to better treat hearing loss.

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- 2. Testing different aspects of cognition** – Cognivue tests various parts of cognition to give you an idea of exactly what effects are happening and what are the best ways to counteract them. Cognivue tests Motor Control, Visual Processing, Perception, and Memory.
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# GLUTATHIONE FOR ALZHEIMER'S AND PARKINSON'S

By Amanda Tezyk, APRN, BSN, RN

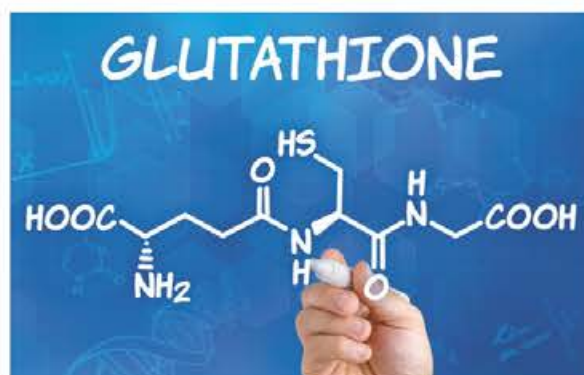
**G**lutathione supplementation has been evaluated in clinical trials in various formulations (eg, oral, intravenous [IV], topical, intranasal, nebulized) for its effects on HIV, Parkinson disease, Alzheimer disease, autism, cystic fibrosis, and cardiovascular diseases, among other conditions. N-acetylcysteine, as the precursor to glutathione, has demonstrated efficacy in raising glutathione levels and is frequently chosen for this purpose.

Glutathione is a tripeptide that can be synthesized in all cells of the body from its constituent amino acids L-cysteine, L-glutamic acid, and glycine. It is found in lower concentrations in plasma and extracellular fluid, except in bile where concentrations are higher. Lower levels are found in the brain; this is considered a protective mechanism because glutathione precursor molecules may be toxic in high concentrations.

Glutathione is a tripeptide that can be synthesized in all cells of the body. Glutathione is involved in many biological processes such as free radical neutralization, detoxification, transport and storage of cysteine, maintenance of cellular redox, ascorbic acid and vitamin E regeneration, transport of mercury out of cells and brain, and serving as a coenzyme.

Glutathione is important for supporting functions of both the innate and adaptive immune systems, including T-lymphocyte proliferation, phagocytic activity of polymorphonuclear neutrophils, dendritic cell function, and antigen presentation by antigen-presenting cells.

A study of community-based elderly patients found that increased glutathione levels were associated with higher levels of self-rated health, fewer illnesses, and reduced cholesterol, body mass index, and blood pressure. Depletion of glutathione has been linked to neuroinflammation; neurodegeneration; infection; cancer; and diseases such as Alzheimer disease, Parkinson disease, HIV, cystic fibrosis, periodontitis, diabetes, schizophrenia, and bipolar disorder, among others. Levels of glutathione are often reported to be low in neurodegenerative diseases. Depletion of glutathione is also a part of the aging process.



In general, antioxidants are important in the prevention of Alzheimer disease based on evidence suggesting an association between increasing signs of oxidative stress and progression of the disease. The main endogenous antioxidant glutathione has been shown to decline in Alzheimer disease. However, there is debate regarding an association between cognitive status and declining glutathione levels. Clinical trials with glutathione supplementation are lacking, primarily because of the poor uptake of supplemental glutathione via the blood-brain barrier. Limited studies focusing on N-acetylcysteine as a precursor to glutathione reported improvement in cognition; further study is needed to evaluate effects on disease progression.

Decreased levels of glutathione in the substantia nigra (a basal ganglia structure located in the midbrain that plays an important role in reward and movement) of patients with Parkinson disease have been described, and some researchers consider glutathione depletion to be a precursor to and potential marker of the disease. A case report describes improvements in mental function and speech quality in a patient receiving supplemental IV glutathione 1,400 mg 2 to 3 times weekly in addition to a standard treatment regimen for Parkinson disease. Symptom improvement was not noted until after 3 weeks of treatment. The patient described these improvements as being maintained for 24 hours, with a decline to baseline function within 36 hours of receiving the injections. In another small study of patients with Parkinson disease of twenty-one patients randomized to receive IV glutathione 1,400 mg or placebo administered 3 times

weekly for 4 weeks, the possibility of a mild symptomatic effect was suggested based on improvement in Unified Parkinson Disease Rating Scale (UPDRS) scores with glutathione.

As an antioxidant, glutathione helps your body balance free radicals and stay healthy. It works at the cellular level to prevent inflammation and other cell damage that can make you sick. Glutathione is an antioxidant that fights free radicals, molecules that cause cellular damage. Glutathione also helps to break down nutrients, activate enzymes, produce proteins, repair DNA, inactivate toxins, and regulate the immune system.

In some cases, healthcare professionals administer glutathione through use of an IV to treat atherosclerosis, diabetes, Parkinson's disease, and side effects of chemotherapy. If you're considering the use of glutathione for a condition, make sure to consult your healthcare provider before starting your supplement regimen. Self-treating a chronic condition and avoiding or delaying standard care may have serious consequences.

BR Rejuvenation and Hydration offers two IV drips containing Glutathione. The Glutathione drip encourage cell revitalization and regeneration, while you detoxify the liver and drastically improve how your skin looks and feels. Achieve a brighter skin complexion and a youthful appearance after a series of treatments. The Fountain of Youth Drip detoxifies the body and promotes noticeably healthier skin, hair, and nails because it contains glutathione, B vitamins and vitamin C.



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Fibroblast plasma is a new revolutionary nonsurgical lift treatment and is a highly effective, remarkable lower-cost alternative to surgery conditions such as:

- Eyelid lifting/tightening,
- Wrinkle reduction,
- Neck tightening,
- Reduction of the upper lip wrinkles, and
- Stretch marks and scars

During the procedure, a tiny plasma flash is being discharged from the tip of the handpiece. The tool itself never touches the skin; however, the plasma flash creates a tiny dot upon the contact. This innovative technology uses a sublimation process, turning solid directly to gas to tighten skin tissue. The targeted tissue sublimate causes no damage to the surrounding areas or deeper skin layers.

Further points are applied, creating a symmetrical grid over the treatment area. Effects are noticeable right away, with full results becoming visible after 2-4 weeks. Patients can resume regular activities right away with minimal discomfort.



### Does it Hurt?

Fibroblast is a non-surgical treatment with no pain or minimal discomfort reported by patients. A topical cream is applied to numb the treated area prior to the procedure.

### What areas can be treated with Fibroblast plasma?

Fibroblast plasma can be used for many different skin conditions, such as eyelid tightening, body lifting, acne treatment, thread vein, scar correction, tattoo removal, and stretch marks. If you suffer from any of the above conditions but have hesitated with traditional surgical procedures, then non-invasive Fibroblast plasma treatment may be the right solution for you.

### What results can I expect?

After the procedure, your eyelids and/or under-eye will look and feel a lot smoother, and excess skin will be clearly reduced, leaving your eyelids feeling lighter.

### What happens after treatment?

You can carry on with your day as normal; however, it is very important to follow our after-care recommendations. Carbon crusts CANNOT be scratched or removed. Drying skin by dabbing with a clean, lint-free cloth is allowed. Healing skin should be protected from direct sun with SPF50 cream. Sports, swimming, and sauna are not permitted until crusts fall off. This should happen within seven days of the procedure.

### What are the possible side effects?

Fibroblast plasma is very safe, and side effects are rare, but infection, scarring, and temporary change of skin pigmentation may occur. Carbon crusts, which are tiny superficial dots that form directly on the skin, are part of the normal healing process and, when correctly treated with after-care, will cause no threat and fall off 5-7 days after treatment. Swelling is expected during the first three days and is usually entirely gone by day 5. The majority of our patients do not report any of those after a week.

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**Omar Henriquez MD**

Double Board-Certified in Anesthesiology & Interventional Pain Management





# DON'T LET SCIATICA NERVE PAIN GET IN THE WAY OF YOUR LIFE

By Omar Henriquez, M.D.

Anyone who has suffered from sciatica, a symptom referring to the pain that starts in the low back and radiates into one or both hips, buttocks and legs, knows how miserable it can be. Sciatica can manifest itself as anything from a stabbing, shooting pain to a burning ache that makes it difficult to get comfortable to a tingly sensation or weakness in the legs, or a combination of all of these sensations. Sciatica isn't a disease, but rather the symptom of a mechanical dysfunction affecting the nerves in the lower part of the spine.

When there is disorder or inflammation in the low back, the spinal nerves that pass into the legs can become irritated or pinched. The most common cause of sciatica is a herniated or "slipped" disc, where two adjacent vertebrae undergo enough pressure that the cushioning gel between them is forced outward. This "gel" can press against the nerves running from the low back into the legs.

Other common causes of sciatica are injury or inflammation of the piriformis muscle that sits within the buttocks, and can radiate pain into the hips and legs; spondylolisthesis, a condition wherein two vertebrae are pushed out of line and impinge a nerve; and spinal stenosis, which is a narrowing of the spaces within the spine that can cause friction against nerve roots. "A physical exam and appropriate diagnostic tests can help us determine the specific cause of sciatica pain so that an effective course of treatment can be developed," says double board certified Anesthesiologist and Interventional Pain Management, **Omar Henriquez, M.D.** from Family Spine and Pain Care Institute. "Luckily we have tremendous success with non-invasive treatments for sciatica, making surgery unnecessary for most sufferers."

Treatment for sciatica includes a change in resting platforms and/or postures, **Epidural Injections**, and medication to relieve pain and reduce inflammation. "We outline a series of stretching and strengthening exercises and corrections of bad habits that can reduce pressure on low back nerves and eliminate sciatica pain now and help prevent its recurrence," says Dr. Henriquez. "With a little commitment, these methods can have a remarkably positive impact."



In some cases, your doctor might recommend Spinal cord stimulator to manage various types of chronic back pain, including sciatica. It consists in an implanted device on the lower back placed in the epidural space around the spinal cord. The electrodes are connected to a small generator or batteries, and allow you to send the electrical impulses into the spinal cord yourself. Electrical stimulation is a more modern way to effectively treat sciatica pain.

Whatever the cause, sciatica pain can drastically impact one's quality of life. If you suffer from chronic or recurring sciatica pain, schedule your appointment today. It could mean saying goodbye to sciatica and hello to more comfortable and active living.

**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.

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."*

— Omar H. Henriquez, M.D.

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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# A PAINFUL BLADDER CONDITION

## What You Need to Know About Interstitial Cystitis

Interstitial Cystitis (IC/BPS) is a bladder condition that often gets misdiagnosed as a urinary tract infection (UTI) in the early stages. Interstitial Cystitis lingers and unlike a UTI, there is no infection present; however, it is a very painful disorder that causes pressure, discomfort, frequency, and an urgency to urinate. IC/BPS inflames and irritates the bladder and can cause scarring and stiffness. This disorder can affect both men and women. With interstitial cystitis, these pelvic nerves miscommunicate with the brain, and patients may feel the need to urinate more often and with smaller volumes of urine than normal.

It is estimated that approximately 12 million people have IC/BPS. It disrupts daily living activities and sleep, and it is a relentless disorder that is often gets underdiagnosed.

**The following is information provided by the Urology Foundation:**

### Causes of Interstitial Cystitis

Experts do not know exactly what causes IC/BPS, but there are many theories, such as:

- A defect in the bladder tissue, which may allow irritating substances in the urine to penetrate the bladder.
- A specific type of inflammatory cell, called a mast cell. This cell releases histamine and other chemicals that lead to IC/BPS symptoms.
- Something in the urine that damages the bladder.
- Changes in the nerves that carry bladder sensations, so pain is caused by events that are not normally painful (such as bladder filling).
- The body's immune system attacks the bladder. This is similar to other autoimmune conditions.

No specific behaviors (such as smoking) are known to increase your risk of IC. Having a family member with IC/BPS may increase your risk of getting IC/BPS. Patients with IC/BPS may have a substance in the urine that inhibits the growth of cells in the bladder tissue. So, some people may be more likely to get IC/BPS after an injury to the bladder, such as an infection.

There are ways to alleviate the pain, but the treatment options are done through phases to best treat the patient's individual symptoms and thresholds.

### These phases of treatment include:

#### Lifestyle Changes

- Pelvic Floor Physical Therapy
- Diet and Exercise
- Stress Reduction

#### Medications

- Oral and intravesical drugs can be administered. Intravesical drugs are administered directly into the bladder via a catheter.

#### Neuromodulation, Ulcer Cauterization, and Injections

- Neuromodulation delivers safe and harmless electrical currents to the damaged areas and nerves.
- Ulcer Cauterization-If there is an ulcer present, a urologist can cauterize it to remove and alleviate the issue.
- Injections can include steroid injections to alleviate pain, pressure and urgency or Botox injections to paralyze the muscles temporarily, which helps with urgency.

### Cyclosporine

- Cyclosporine is an immunosuppressant and is reserved for only advanced cases that are not responding to other treatment.

### Surgery

- Most patients do not require surgery. If necessary, a urologist will perform surgery to try and repair or strengthen the functions of the bladder.

### Source:

<https://www.urologyhealth.org/urology-a-z/i/interstitial-cystitis>


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.

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

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



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# HEALTHY AGING: WHAT DOES IT REALLY REQUIRE?

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

By Physicians Rehabilitation

**W**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.



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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.



# PRE-NUPTIAL AGREEMENTS

By James W. Mallonee

**W**hat happens if prior to getting married, one of the future spouses comes to the other and requests a pre-nuptial agreement because they want to protect their personal assets that they have worked so hard to earn. This is especially daunting when the request for the pre-nuptial agreement is made the day of or day before the wedding. But that is exactly what happened in the Williams-Paris v. Joseph case.

The husband demanded from the future spouse the day of the wedding to find a pre-nuptial agreement on-line and have it signed. She did so, printed it out and the pair got a notary to acknowledge their signatures. The signing took place in the State of Massachusetts, even though the pair were citizens of the State of Florida.

Florida law requires that each party disclose to the other what their assets and liabilities are prior to getting married. Massachusetts law does not provide for such disclosure. Presumably, the parties did expose their assets and liabilities. The pre-nuptial agreement included the standard language concerning the homestead where the future spouse was to give-up any right she had to the homestead of the husband.

The future spouse was 58 years old and the future husband was 83 years of age at the time of the wedding. As expected, the husband died four years following the marriage. The next thing was to determine the validity of the pre-nuptial agreement.



The surviving spouse filed for probate and requested the court to invalidate the pre-nuptial agreement based on fraud, deceit, duress, coercion, misrepresentation and overreaching among other things. The children of the decedent moved for summary judgment validating the agreement but left open the possibility of a defense called mistake. The court ruled in favor of the children including that Florida law applied even though the agreement was signed in Massachusetts. The spouse then appealed her loss.

The appellate court reviewed the holding by finding that one section of the pre-nuptial agreement excluded the homestead while in another section it

read that each party waived any rights to the homestead. As is well known in Florida, the homestead is an asset founded on public policy to protect a spouse and children under age 18. The court ruled that the surviving spouse's interest in the homestead was not waived because of the ambiguity contained in the two sections concerning whether it was waived or not.

The court based its conclusion that the wife and children stood to benefit from the decedent's homestead. In addition, Florida has specific statutes addressing the requirements for waiving homestead protection and the pre-nuptial agreement did not provide those specific requirements. In the final analysis, the wife received her homestead protection simply because Florida law was the one applied and not Massachusetts.

The message to be learned from this case is not to rush into a pre-nuptial agreement without getting counselling from a lawyer and make certain everyone agrees as to the law that will be applied. The selection of the law in this case made all the difference in protecting the spouse. If you are involved in a demand to sign a pre-nuptial agreement the day before the wedding, talk to the attorney of your choice and be sure you understand what you are about to sign. It could best advice you receive.

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

**P**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.**

## Luminary Medical Group Trust an Experienced Provider Team

Luminary Medical Group features an experienced team of providers dedicated to giving you total confidence in your skin and your health. Our team includes Doctors, Physician Assistants and Nurse Practitioners who work together to care for you from head to toe.

## Look and Feel Your Very Best

No matter your concern, you can trust our team to provide the treatment and guidance you need to look and feel radiant. At Luminary Medical Group, you will find services including:

- Medical Dermatology
- Medical Spa Treatments
- Primary Care
- 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.

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

**To schedule your appointment please call 941-926-6553 or visit [luminarydermatology.com](http://luminarydermatology.com).**



Cary L. Dunn, M.D.



Shauntell Solomon, D.O.



Harib Ezaldein, M.D.



Michael Van Vliet, M.D.



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# Failure is a Part of Growth

By Pastor Timothy L. Neptune

**T**he Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.

Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.



Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

*Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL. For church times and other information, visit [www.venturenaples.com](http://www.venturenaples.com).*

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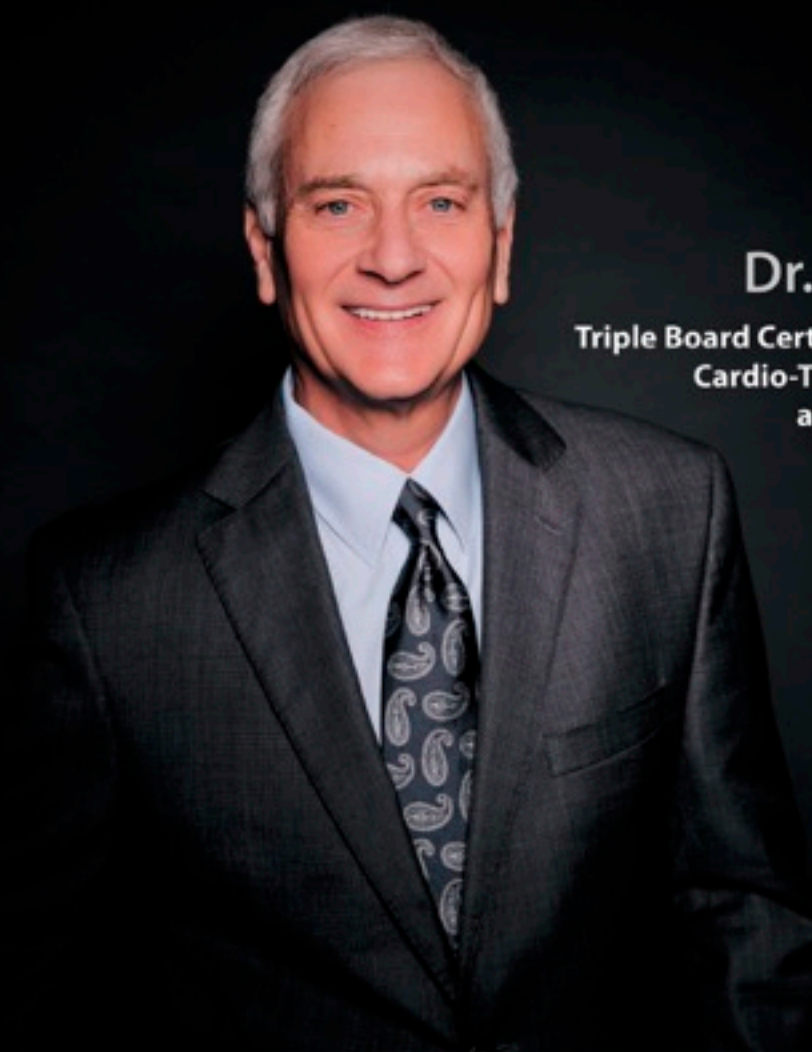




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