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# **Health & Wellness** MAGAZINE<sup>®</sup>

October 2022

Charlotte/South Sarasota Edition - Monthly

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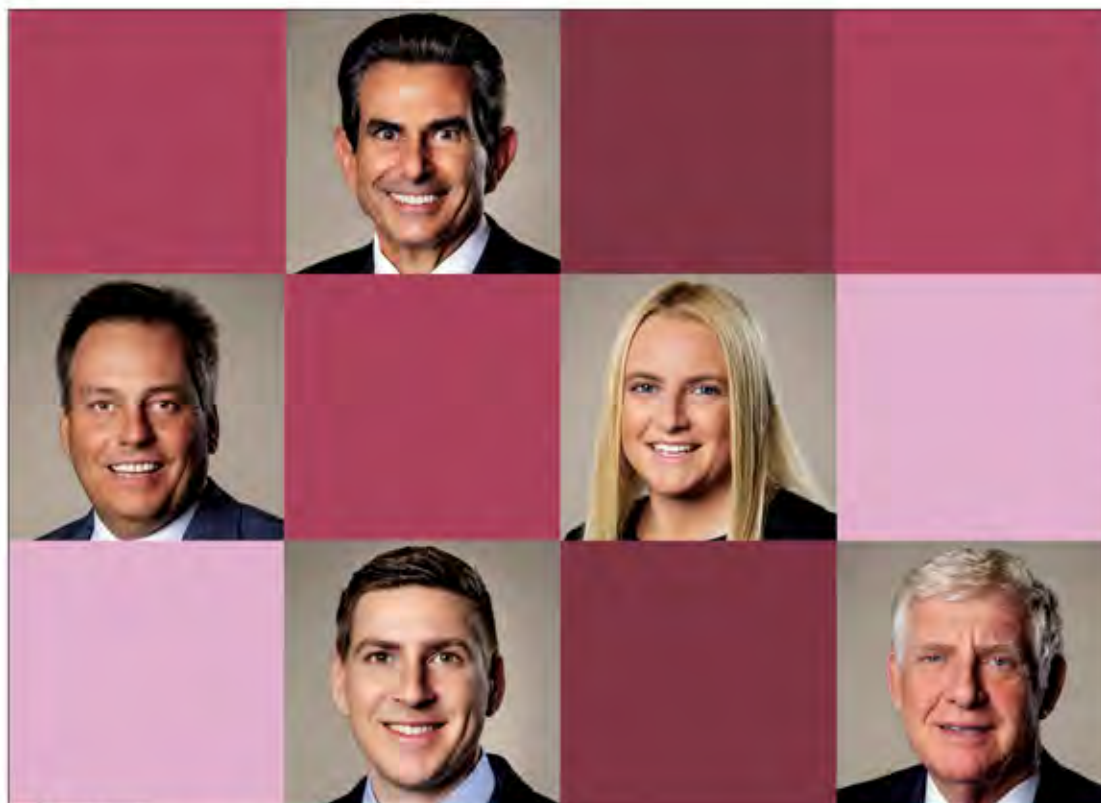


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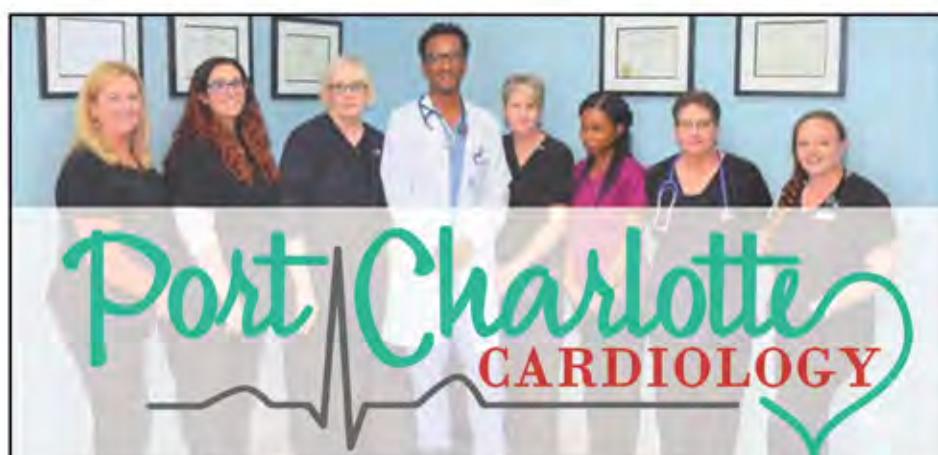
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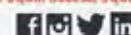
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### CONTACT US

OWNER / ACCOUNT EXECUTIVE  
**Cristan Gensing**  
[cristan@gwhizmarketing.com](mailto:cristan@gwhizmarketing.com)

OWNER / CREATIVE DIRECTOR  
**Sonny Gensing**  
[sonny@gwhizmarketing.com](mailto:sonny@gwhizmarketing.com)



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## DIABETES CLINICAL TRIAL

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Oral insulin is a novel treatment expected to manage blood glucose levels and provide a reduced risk of low blood sugars.

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- » Are diagnosed with Type 2 Diabetes
- » Are between the age of 18 and 75 years old
- » Have A1c levels between 7 and 9%
- » Are diet controlled or only take Metformin for Type 2 Diabetes

#### Lenita Hanson MD, F.A.C.E., CDCES, CPI

For more information and to see if you meet other screening criteria, please contact:

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# Bariatric Surgery Can Resolve Health Problems Related to Obesity

By Heidi Smith, Contributor

**O**besity is a preventable medical disease that is becoming more prevalent worldwide. It has the potential to shorten lifespans and is associated with a host of other potentially serious medical conditions like high blood pressure, cardiovascular disease, sleep apnea, Type 2 diabetes, and some types of cancer. Obese individuals also may suffer from psychosocial effects, including social anxiety and depression.

For many, the problem is not one of calories in and calories out. No matter how many weight-loss programs or special diets they try, some people find it very difficult to maintain a healthy weight. Their condition is often a metabolic disorder that can be resolved through bariatric/metabolic surgery, according to Matthew Tufts, M.D., and Vincent Brown, M.D. – Southwest Florida surgeons who specialize in such procedures.

Both doctors are board-certified surgeons and are fellowship trained in metabolic/bariatric surgery, which they perform at ShorePoint Health Port Charlotte and Punta Gorda hospitals. Dr. Brown also has specialized training in robotically assisted surgery. The surgeons work with a multidisciplinary team including cardiologists, pulmonologists, psychologists, nutritionists/dietitians, physical therapists, and case managers – all with a common goal to improve the health of their patients.

“We see so many patients who are frustrated and even ashamed by their inability to maintain a healthy weight and enjoy a more active lifestyle,” Dr. Tufts related. “Our first priority is compassion. Patients need to know that we care about their well-being and understand the challenges of obesity, especially given today’s body-conscious culture. We have the tools and expertise to help.”

Said Dr. Brown, “What we do is not strictly about weight-loss. It’s about resolving a metabolic disorder and providing guidance to the patient for the long-term. While individual results may vary, our patients can achieve their goals of better health and a more active lifestyle.”

For patients seeking help with obesity, the doctors conduct a comprehensive examination including



medical history; laboratory tests; physical, cardiovascular and psychological exams; and even a sleep study.

“When patients are chronically obese, they often have a host of other medical conditions,” Dr. Tufts explained. “The good news is that patients can see their conditions improve dramatically after metabolic/bariatric surgery, even before substantial weight loss occurs.”

Type 2 diabetes patients may no longer need insulin or medication, he said. Nonalcoholic fatty-liver disease can be halted or even reversed. Blood pressure medications can be reduced or even eliminated. Sleep improves. And for women, the surgery can resolve problems with conceiving and carrying a baby to term.

“If the patient is a good candidate for a surgical approach, we discuss the various procedures and help the patient determine the best option for their situation,” Dr. Brown said. “We use minimally invasive, laparoscopic surgery that requires very small incisions. With this type of procedure, the patient is up and around right away. Recovery time is generally rapid, and hospital stays are usually short – one to two days.”

The surgery changes the way the body digests food and takes up nutrients, so maintaining a healthy weight requires lifelong behavioral and nutritional changes. Patients who undergo metabolic/bariatric surgery with Drs. Tufts and Brown receive lifestyle and nutritional counseling to manage their metabolism long-term.

“We understand how challenging weight loss is for patients, but we also know how satisfying the results can be,” said Dr. Brown. “We strive to connect with our patients, educate them on different options for weight loss, and help guide them through the process to ultimately reach their goal to live a better, healthier lifestyle.”

Added Dr. Tufts, “It’s a privilege to help patients on this journey with a procedure that can be so transformative and give so much back to the patient that obesity has taken away. One of the best parts of my day as a surgeon is rejoicing with patients who are experiencing dramatic improvements in their health and lifestyle.”

## Meet the Bariatric Surgeons



**Matthew Tufts, M.D.**  
**Medical School:** University of South Florida Morsani School of Medicine  
**Residency:** Wake Forest Baptist Health  
**Bariatric Fellowship:** Dartmouth Hitchcock Medical Center  
**Board-Certified:** American Board of Surgery



**Vincent Brown, M.D.**  
**Medical School:** Ross University School of Medicine  
**Residency:** ECU Brody School of Medicine  
**Bariatric Fellowship:** Minimally Invasive Surgery at Jackson South Medical Center  
**Board-Certified:** American Board of Surgery



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By Dr. Isin Mustafa, DPM, MSHS, DABPM, FACPM

# GOT BUNIONS?

**B**unions or hallux valgus (medical term) is a "bump" on the side of the big toe. Many people have bunions or know someone with a bunion, but did you know that the root cause of a bunion is located in the middle of the foot. The bunion is caused from an unstable joint in the middle of the foot that allows your toe to become misaligned causing the painful "bump".



Traditionally, bunions were corrected by a 2-D osteotomy (cutting the bone). This procedure had a high recurrence rate meaning that the bunion would most likely return within a few years. Today, many people fear having their bunion corrected because they know people or have heard of people whose bunion returned after surgical correction. The good news is there are new and innovative ways to correct your bunion. One new method is a procedure called the Lapiplasty by Treace Medical.

## Isin Mustafa, DPM, MSHS, DABPM, FACPM

Isin Mustafa, DPM, is a Podiatrist at Family Foot & Leg Centers in Port Charlotte, FL. She is a Fellow of the American College of Foot & Ankle Surgeons. Call 239-430-3668 or visit [www.NaplesPodiatrist.com](http://www.NaplesPodiatrist.com) to make an appointment. Visit [FootHealthFacts.org](http://FootHealthFacts.org) to learn more about foot and ankle conditions.



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The 3 dimensions of your bunion problem



The Lapiplasty is a 3-D bunion correction procedure. The patented procedure is designed to permanently correct your bunion. This means your bunion will not return. A 3-D bunion correction means the procedure corrects the deformity in all 3 planes by addressing the root cause, resulting in permanent correction of the bunion. Another advantage of this procedure is the patients can resume walking with a boot in two weeks. The surgery is performed under general anesthesia, allowing patients to return home that same day. Minimal pain is associated with recovery, but everyone is different. Your experience may not always be the same as someone's else's. During the recovery period, you will be placed in a boot during your first post op appointment. Patients will avoid walking and putting pressure on the foot

for 1 – 2 weeks. Again, the patient will use a boot following the procedure for a duration of 6-8 weeks. If your right foot is the surgical foot, no driving for at least 4 weeks. Swelling and numbness are the most common complaints after surgery. Swelling is expected after any foot surgery and can last for a year. Numbness should resolve over time, but permanent numbness to areas around the surgical site or your big toe can be permanent. This should not affect your daily activities if you do develop any numbness.

To learn more about bunion correction procedures and if you are a candidate for the Lapiplasty procedure, please contact your local foot and ankle surgeon.

*Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.*





## PREVENTING DIABETES

### HANSON CLINICAL RESEARCH CENTER

By Lenita Hanson MD, F.A.C.E., CDCES, CPI

**A**ccording to the Center for Disease Control (CDC), 1 in 3 American adults (96 million) have prediabetes. Even more shocking is the fact that 8 in 10 don't even know they have it. Many, if not most, will develop type 2 diabetes within the next 5 years if no action is taken to prevent it.

#### What is prediabetes?

Having prediabetes means that your blood sugar level is higher than what is considered normal. It isn't quite high enough to be considered diabetes, but it is dangerously close and without intervention, will likely develop into type 2 diabetes. This is true for both adults and children and should be closely monitored since the long-term damage from diabetes may have already started. This damage includes damage to the heart, blood vessels, and the kidneys.

As mentioned above, as many as 8 in 10 people do not realize they have prediabetes. How can that be? Well, it is because prediabetes doesn't usually have any sign or symptoms. Sometimes certain areas of the body (neck, underarms, groin) will develop a darker shade, but by the time other symptoms begin to show up, type 2 diabetes has already developed.

#### Type 2 Diabetes

Type 2 diabetes can develop at any age. It means that your body cannot properly use insulin. Insulin is a hormone that helps glucose get into the cells of the body. It is produced by the body and in healthy individuals, the body knows how to use it and life is good. However, when the body loses this ability, diabetes is the culprit.

#### Signs and symptoms of type 2 diabetes:

- Feeling unusually thirsty and/or hungry
- Fatigue
- Blurred vision
- Frequent infections
- Frequent urination
- Numbness in the feet or hands
- Slowly healing sores
- Unexplained weight loss

#### Preventing prediabetes from becoming type 2 diabetes

If you or a loved one has been diagnosed with prediabetes, it is time to make a plan to reverse this diagnosis and prevent it from developing into type 2 diabetes. Usually, it is a question of lifestyle. Changes to your diet and activity level can go a long way to combat the onset of diabetes.



Here is a helpful list of ways that you can improve your chances of escaping a type 2 diabetes diagnosis:

#### 1. Lose excess weight

The American Diabetes Association recommends that people with prediabetes lose 7-10% of their body weight. This can reduce the risk of developing diabetes by more than half. The greater the weight loss, the higher the benefits.

#### 2. Get moving

Exercise can help you lose the weight mentioned above, lower your blood sugar, and improve your body's use of insulin. A good goal is to engage in 30 minutes of aerobic activity each day. This can be in the form of running, walking, swimming, Zumba, or any activity that gets your heart rate up for a least 30 minutes. Resistance exercise (i.e., yoga or weight lifting) is also beneficial in that it increases your strength, balance, and ability to maintain an active life.

#### 3. Eat healthy

There is a new diet in the news every week, it seems. While any or all of them may help you lose weight, we know little about the long-term effects these diets have on a person or their benefit in preventing diabetes. The goal should be to lose weight and then to maintain that healthier weight going forward.

Eating healthy should be a lifelong habit. Training your brain and body to choose healthy foods and control portions is a lifestyle, not a fad diet. One strategy that many dietitians recommend is to divide our plate in the following manner:

- Half the plate should be fruits and vegetables.
- One fourth of the plate should be whole grains.
- One fourth should be proteins such as fish or lean meat.



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Making a few changes in your lifestyle now may help you avoid the serious health complications of diabetes in the future, such as nerve, kidney and heart damage. It's never too late to start. If you or someone you love has been told that you have prediabetes or you are showing symptoms of type 2 diabetes, contact your health care professional now.

The **Hanson Diabetes Center** is your local source for Diabetes Management and Education in Charlotte, Sarasota and DeSoto counties. They are committed to providing you with the most current information and treatments for managing your diabetes. Their "Living Smart Diabetes Self-Management Program" is recognized by the American Diabetes Association.

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# MEN, LET'S TALK ABOUT PROSTATE CANCER

One in eight men will be diagnosed with prostate cancer in their lifetime, according to the American Cancer Society. Other than skin cancer, it's the most common cancer in American men.

The majority of cases (6 in 10) are diagnosed at age 65 or older, with the average age at diagnosis around age 66. Although rare, it can occur in men below the age of 50. Research indicates that African American men are 60 percent more likely to develop the disease than white, Latino, or Asian men.

The prostate, a gland found only in males, is located between the bladder and the rectum. Its primary function is to produce fluid that nourishes and transports sperm. Cancer develops when normal cells in the prostate gland become abnormal and begin to grow out of control. In many cases, prostate cancer is relatively slow-growing.

**While some men have no symptoms, warning signs of prostate cancer can include:**

- Frequent urination, often with the sudden need to urinate in the middle of the night
- Pain or burning during urination
- Blood in the urine
- Weak urine flow

Men who experience any of these symptoms should talk to their doctor sooner rather than later. Your health care provider will do a physical exam and may suggest a cancer screening test.

**Screening tests can help detect prostate cancer early**

A blood test that measures the level of prostate-specific antigen (PSA), a substance made by the prostate, is often the first step in screening for prostate cancer. As a rule, the higher the PSA level in the blood, the more likely that a prostate problem is present. A digital rectal exam can also detect abnormalities in the prostate. If the result of either test is abnormal, your doctor may recommend a biopsy to investigate further.

**The American Cancer Society recommends screening beginning at:**

- Age 50 for men who have an average risk for prostate cancer
- Age 45 for men with a high risk of prostate cancer, including African American men and any male with an immediate family member diagnosed with the disease under the age of 65

Talk with your doctor to make the best personal decision about whether and when to undergo PSA screening. Early detection can make all the difference for treating the disease before it spreads, often resulting in a better outcome.



When found early, while cancer is confined to the prostate or the region surrounding it, treatment success rates and survival rates are very high. In fact, in the U.S., the five-year survival rate for men diagnosed with early-stage prostate cancer is more than 99%.

## Treatment for prostate cancer

Many men who are diagnosed with prostate cancer are surprised when their doctor recommends watchful waiting, but this is sometimes the best plan. Because it is often slow-growing, prostate cancer can take years to become detectable and even longer to metastasize outside the prostate. In these cases, physicians may choose to closely monitor the prostate cancer with PSA testing and biopsies and begin treatment only if it grows or causes symptoms.

However, some prostate cancer cases are more aggressive and need more urgent treatment. Surgery and radiation therapy are among the most common treatments. A prostatectomy surgically removes the prostate. Radiation seeks to kill the cancer either by directing radiation at the cancer cells externally or by surgically placing seeds or pellets into or near the cancer to destroy the cancer cells, known as brachytherapy.

A urologist or oncologist will recommend the best treatment plan for your unique needs.

Thanks to ongoing advancements, many prostate cancers can be treated in very short schedules that result in optimal outcomes, decreased cost, and increased patient convenience.

## Ways to reduce your risk

While no one can control age and hereditary factors that can contribute to the development of prostate cancer, lifestyle changes can help decrease a man's risk. A healthy diet and regular exercise are important factors men can control. Following a plant-based diet, maintaining a healthy weight, and increasing exercise have all been shown to lower the risk of prostate cancer.

Knowing the risk factors, symptoms, and recommended screening guidelines is vital to early detection. The majority of prostate cancer cases are discovered in the early stages, making the disease more likely to respond to treatment.

Talk with your doctor for more information during your annual wellness check.

## 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. The majority of new cancer drugs recently 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.

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# HEART FAILURE: WHAT YOU SHOULD KNOW

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

**W**hile there are several types of heart failure, the primary concern is that the heart cannot pump blood and oxygen efficiently throughout the body. Due to this overcompensation, the heart becomes enlarged. The muscle mass of the heart thickens, and the heart tries to beat as fast as possible to keep up with its demand. Because the blood vessels narrow to try and compensate for the heart's lack of ability to supply blood, the narrowing causes severe swelling in the legs and feet.

When fluid builds up around the heart, it causes the heart to pump inefficiently. This is known as Congestive heart failure (CHF). Congestive heart failure is a progressive condition that's chronic, and it affects the heart muscles along with the entire systemic system. Heart failure affects nearly 6 million adults in the United States.

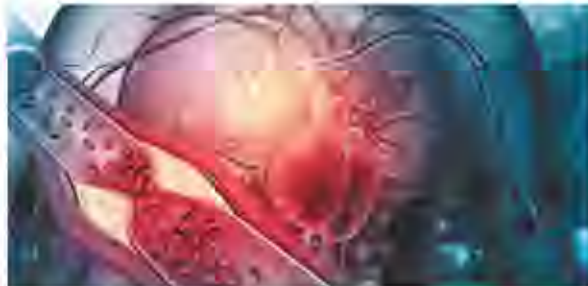
*The American Heart Association describes the various types of heart failure as the following:*

## Left-sided Heart Failure

The heart's pumping action moves oxygen-rich blood as it travels from the lungs to the left atrium, then on to the left ventricle, which pumps it to the rest of the body. The left ventricle supplies most of the heart's pumping power, so it's larger than the other chambers and essential for normal function. In left-sided or left ventricular (LV) heart failure, the left side of the heart must work harder to pump the same amount of blood.

There are two types of left-sided heart failure. Drug treatments are different for the two types.

- **Heart failure with reduced ejection fraction (HFrEF), also called systolic failure:** The left ventricle loses its ability to contract normally. The heart can't pump with enough force to push enough blood into circulation.
- **Heart failure with preserved ejection fraction (HFpEF), also called diastolic failure (or diastolic dysfunction):** The left ventricle loses its ability to relax normally (because the muscle has become stiff). The heart can't properly fill with blood during the resting period between each beat.



**A. Right-sided heart failure** (Back-ups in the area that collects "used" blood)

**B. Left-sided heart failure** (Failure to properly pump out blood to the body)

**C. Congestive heart failure** (Fluid backs up into the lungs and tissues)

## Right-sided Heart Failure

The heart's pumping action moves "used" blood that returns to the heart through the veins through the right atrium into the right ventricle. The right ventricle then pumps the blood back out of the heart into the lungs to be replenished with oxygen.

Right-sided or right ventricular (RV) heart failure usually occurs as a result of left-sided failure. When the left ventricle fails, increased fluid pressure is, in effect, transferred back through the lungs, ultimately damaging the heart's right side. When the right side loses pumping power, blood backs up in the body's veins. This usually causes swelling or congestion in the legs, ankles and swelling within the abdomen such as the GI tract and liver (causing ascites).

## Congestive Heart Failure

Congestive heart failure (CHF) is a type of heart failure which requires seeking timely medical attention, although sometimes the two terms are used interchangeably.

As blood flow out of the heart slows, blood returning to the heart through the veins backs up, causing congestion in the body's tissues. Often swelling (edema) results. Most often there's swelling in the legs and ankles, but it can happen in other parts of the body, too.

Sometimes fluid collects in the lungs and interferes with breathing, causing shortness of breath, especially when a person is lying down. This is called

pulmonary edema and if left untreated can cause respiratory distress.

Heart failure also affects the kidneys' ability to dispose of sodium and water. This retained water also increases swelling in the body's tissues (edema).<sup>1</sup>

## Treatment

Heart failure is a life-long chronic condition; however, multiple treatment modalities are available depending on the stage of the disease. Typically, cardiologists will use several combined medications like beta blockers, diuretics, and ACE inhibitors to name a few. There are also surgical procedures like heart valve replacements, implantable defibrillators, and coronary bypass surgery. In end-stage cases, inotropic medications can be given to keep a patient's heart pumping adequately and to maintain an even blood pressure.

## References:

1. The American Heart Association, "Types of Heart Failure," AHA.org, Dallas, TX, May 2017



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

**INVASIVE CARDIOLOGY  
AND ADVANCED HEART  
FAILURE MANAGEMENT**

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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# Take Back Control of your Bladder with Emsella

By Lindsay Bullman, MSN, APRN, FNP-BC

**U**rinary incontinence is a common occurrence in women. It can be caused by vaginal childbirth, changes due to menopause, or even by being overweight. There are two types of urinary incontinence.

Stress urinary incontinence is when urine escapes due to physical activities such as running or jumping, or it can be provoked by a sneeze or a cough. It is caused by weak pelvic muscles that may be a result of obesity, childbirth, or repeated strains such as lifting heavy objects or high-impact exercise. Urge incontinence is different in that it is an unusually frequent urge to urinate. The cause is unknown, but one possible contributor could be diabetes.

When a patient suffers from both of these conditions, it is known as mixed urinary incontinence. All three types are quite common, especially in older women.

No matter which type of urinary incontinence presents itself, it has been shown to increase with any or all of the following factors: age, menopause, a persistent cough, weight gain, and vaginal childbirth, among others. For some women, the increase is gradual while other women might experience a loss of control immediately after childbirth.

**Is there a solution for urinary incontinence or do I just buy stock in pads and diapers?**

In the past, the primary method for dealing with urinary incontinence has been surgery or therapies that can be both difficult and embarrassing. Today the solution is primarily physical therapy with a urinary incontinence specialist showing the patient how to do vaginal exercises to strengthen the pelvic floor muscles. This has proved itself to be an effective treatment, however, many women avoid it because of its intimate nature.

There is some great news for those who suffer from urinary incontinence (both women AND MEN) and don't want to go to physical therapy for whatever reason. Emsella is an FDA-approved device that uses high-intensity focused electromagnetic technology (HIFEM) to stimulate the muscles of the pelvic floor. It is non-surgical and is performed while the patient is fully clothed and seated in a specialized chair.

Emsella has been jokingly referred to as the "Kegel throne" because each 30-minute treatment is equivalent to doing more than 11,000 Kegals. It contracts

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the muscles by emitting HIFEM to stimulate the muscles of the pelvic floor that have become too weak to control urination. Even with physical therapy and being very disciplined in doing Kegel exercises, it would be humanly impossible to mimic this type of treatment and its results.

**What type of results can be expected from using Emsella?**

According to the company's website, [btl.aesthetics.com](http://btl.aesthetics.com), Emsella patients report a 95% improvement in their quality of life and a 75% reduction in the use of pads.

Patients often see results after just one 30-minute session. For maximum results, a minimum of 6 sessions are recommended with a minimum of 2 days between each session. Results will, of course, vary by patient and by the severity of muscle weakness.

**What can I expect in an Emsella session?**

First of all, it is important to note that patients remain fully clothed during their session. That is usually a relief to most patients. Secondly, there is no work involved on the patient's part, nor on the service provider once the device has started. The patient simply sits on the "throne" for 30 minutes while HIFEM technology contracts her (or his) muscles 10-11,000 times. Most patients report nothing more than a tingling sensation.

**Can MEN benefit from Emsella also?**

According to the Massachusetts Male Aging Study, about 40% of men are affected by erectile dysfunction at age 40 and 70% of men are affected at age 70. Enter Emsella for men.

Emsella has been approved for men suffering with incontinence and erectile dysfunction because of weakening pelvic floor muscles. These muscles support all of the pelvic organs and when weakened, they can result in incontinence, premature ejaculation, and erectile dysfunction.

Men will be pleased with the many benefits Emsella affords. The same 30-minute session as the women are sitting through will give them increased bladder control, increased penile rigidity and hardness, increased control over erection, increased time until ejaculation, reduced stress and anxiety and restored confidence.

If you are interested in learning more about Emsella from trusted professionals with years of experience, contact Joyce Vein and Aesthetic Institute in Punta Gorda. JVAI provides non-surgical solutions and skin care, always with compassion and striving for maximum patient satisfaction.

**Call 941-575-0123 Today to schedule your appointment!**

**Lindsay Bullman, MSN, APRN, FNP-BC**  
Advanced Practice Registered Nurse, Aesthetics



JVAI would like to welcome Lindsay Bullman as our new aesthetic nurse practitioner. Lindsay graduated from West Virginia University and spent her career as a registered nurse working in multiple intensive care units between West Virginia and Florida. Lindsay continued to further her education and became a master's prepared, board-certified family nurse practitioner. During her clinical rotations Lindsay fell in love with aesthetics and immediately started working in the field upon graduation. Now Lindsay brings her 7 years of nursing experience and expertise in aesthetics to JVAI where she'll specialize in injectables, RF microneedling, Hydrafacials, Esmulpt Neo, Emsella, and laser hair removal.

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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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# BREATHE EASIER

## OCTOBER IS HEALTHY LUNG MONTH!

**O**ur lungs are **vital** to our health. They filter the air we breathe, provide us with the oxygen we need to exist, and allow us to speak to one another<sup>2</sup>. Quite simply, without healthy, functioning lungs, one's quality of life is substantially and adversely impacted.

Healthy Lung month is an opportunity to be more conscientious about your lung health, to take steps to improve your lung health and, ultimately, to improve your quality of life!



Implementing the following steps is a great way to prioritize your lung health:

**1) Prevent illness.** In the middle of a worldwide pandemic, this is now more important than ever. Lung illnesses put a strain on your entire respiratory system, not just your lungs. Preventing infections that lead to illnesses by washing your hands regularly, practicing good hygiene, and eating a healthy, nutrient-dense diet are essential in protecting your lungs from pathogens that can devastate your immune system.<sup>1</sup>

**2) Exercise regularly.** Physical exercise doesn't just make your muscles stronger, it makes your lungs stronger too! Healthy adults should be moderately exercising approximately 30 minutes a day, five days a week. Moderate exercise can be enjoying a brisk walk, playing with your children or pets at the park, or even cleaning your house! Improving your lung strength doesn't need to be intense; it just needs to be consistent.<sup>1</sup>

**3) Quit smoking.** Smoking is a major cause of heart disease and lung disease. In fact, smoking and tobacco-related illnesses are the leading cause of preventable death in the United States.<sup>3,4</sup> While the stress of the pandemic can make it difficult to quit smoking, and even more difficult to stay quit, it is the single-best thing you can do to improve the health of your lungs.<sup>1,3</sup>

Fortunately, help to quit smoking is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program—offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with the session. Contact us today at **866-534-7909** or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!

**4) Get screened.** Early detection is crucial in identifying lung cancer and establishing a favorable prognosis. In fact, screening for lung cancer using low-dose CT scans can lower the chance of dying from lung cancer by 20 percent, according to the National Lung Cancer Screening Trial.<sup>1</sup>

If you are between the ages of 55 and 77, have a 30 pack-year history of smoking (smoking an average of a pack of cigarettes a day for 30 years), are a current smoker or have quit smoking in the last 15 years, you should be screened for lung cancer. Contact your local hospitals and lung care clinics to learn more about screenings available to the community.

#### References:

- 1) <https://www.inspirahealthnetwork.org/news/national-healthy-lung-month>
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- 3) Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit. Area Health Education Centers. 2018.
- 4) U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014. Accessed April 3, 2020.

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# IS PHYSICAL THERAPY FOR YOU?

By Dr. Cindy Vaccarino, DPT, PT

**H**ave you suffered an injury? Do you have a disability or an ongoing health condition? Are you between the ages of two and over 65? Then Physical Therapy may be for you.

Some of the most common reasons that a person needs physical therapy range from recovering from a sports injury, improving mobility, managing pain, recovering from a stroke, and preventing falls to treating conditions like arthritis, fibromyalgia and lymphedema. Other conditions include carpal tunnel syndrome, cystic fibrosis, back pain, multiple sclerosis, traumatic brain injuries, or spinal cord injuries.

## How can a physical therapist help?

First, a physical therapist will build a customized plan so that his or her patient can reach a goal. That goal may be a combination of pain reduction, increased mobility, range of motion and alignment. Second, this plan is built upon realistic goals. It's a collaboration between the physical therapist and the patient. This is where communication is key. Information that patients share with their physical therapists helps shape the plan and the goals.

Patients need to be consistent and committed. That means keeping appointments and be willing to do the work necessary, both at the facility and at home. That also means carefully following the directions of the physical therapist. Overdoing it or pushing too hard, too fast can set patients back in their progress.



Patients always ask how long they will need to have treatment. That depends on the extent of the injury or condition. With a plan and goals, the physical therapist and patient work together and can set a realistic timeline.

Patients also like to know what type of equipment and treatments will be needed. Common equipment patients may see and use are treatment tables, resistance bands, exercise balls, stationary bikes, and treadmills. Additionally, patients may also need heat and/or cold therapy, electrical stimulation, ultrasound, traction, light therapy, or kinesiology taping.

There are other benefits of physical therapy. Studies show that physical therapy can lower patient treatment costs by as much as 72 percent. It can also reduce the need for prescription pain drugs by 41 percent.

There are also many benefits to becoming a physical therapist or a physical therapist assistant (PTA). A physical therapist has earned a clinical degree and can examine, diagnose, determine treatments and discharge patients. A physical therapist assistant has an associate's degree and performs treatment under the direction of a physical therapist. Both must pass the national licensure exam.

The demand for physical therapist assistants in Florida through the year 2030 is expected to grow 42 percent, and the average annual salary in state is nearly \$65,000.

Selecting the right program to become a PTA is important. Hodges University offers a PTA program that is CAPTE-accredited, the gold standard for a quality program. The first-time pass rate for the PTA licensure for our students is 93 percent. Students can complete this program in less than two years. We are accepting applications for our January 2023 class, and scholarships are available. Learn more at [Hodges.edu](https://Hodges.edu).

*Cynthia Vaccarino, DPT, PT, is the Program Director for the Physical Therapist Assistant program at Hodges University.*



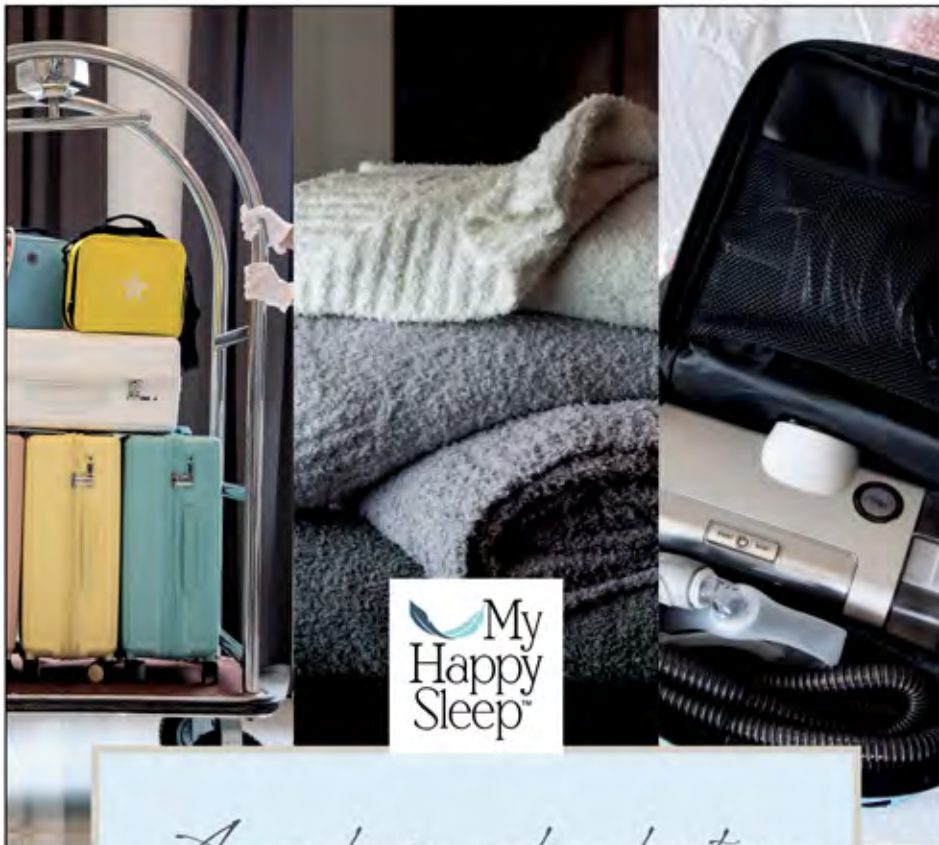
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# BREAST CANCER AWARENESS: Self-Exams Matter

By Dr. Mary Koshy

**E**xcept for skin cancer, breast cancer is the most common cancer affecting American women. Breast cancer is when cells in the breast grow out of control, and there are several different types of breast cancer. Breast cancer screenings are essential because breast cancer can spread throughout the body through blood and lymph vessels.

For most women, mammograms are the most effective screening test for breast cancer detection. If you are at average risk for breast cancer, by age 45, you should begin getting a mammogram at least every two years. While a mammogram cannot prevent breast cancer, it can help find breast cancer early when it is usually easier to treat. Another form of early screening is practicing monthly self-exams. Some symptoms of breast cancer include a change in the size and shape of a breast, pain in the breast or

under your arm, or a new lump in the breast or underarm. A monthly self-exam will help you become familiar with the look and feel of your breasts so that if you detect any potential signs of breast cancer, you can immediately consult with your doctor.

If you are diagnosed with breast cancer, your treatment plan will most likely include surgery, radiation therapy, chemotherapy, or hormone therapy. Your physician will collaborate with you on the best treatment plan based on your cancer stage, location, and overall health.

The chances of surviving breast cancer increase each year. Early screenings, innovative treatment plans, and increased awareness all play a part in your chances of surviving cancer if it occurs.



**Dr. Mary Koshy** is a physician at Advocate Radiation Oncology. Advocate Radiation Oncology's board-certified oncologists provide expert, customized patient care. With locations across Southwest Florida, patients have access to state-of-the-art cancer-fighting machines. Our individualized cancer treatment plans are guided by the most up-to-date data, appropriate evidence-based care, and the latest technologies available.

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# ANTI-AGING SECRETS OF CELEBRITIES ARE THEY AVAILABLE TO EVERYONE?

By Dr. Stephen Prendiville

**W**e've all seen photos of celebrities who we know are much older than they appear and we assume that they have had "some work done" or they have some magic potion that shaves years off their appearance.

The truth is there is no magic or secret potion. There are treatments and anti-aging options that are available to the general public as well as the Hollywood elite.

Facelifts and nose reshaping are some of the most popular procedures to rejuvenate the face, according to the American Academy of Facial Plastic and Reconstructive Surgery, but there are many other options too.

Blepharoplasty, better known as eyelid surgery, can make tired eyes look bright and youthful. Many patients tell me that their friends ask if they are tired because their eyelids are sagging when they actually feel rested. The answer may be to remove the excess skin from above or below the eyelids, a surgery that can be done with minimal downtime. If the excess skin is impacting your vision, insurance may cover the cost.

Another popular anti-aging procedure is laser resurfacing of the skin. The laser beam used in laser resurfacing removes the outer layer of skin while simultaneously heating the underlying skin, called the dermis. This action works to stimulate growth of new collagen fibers. As the treated area heals, the new skin that forms is smoother and firmer.

The two types of lasers most commonly used in laser resurfacing are carbon dioxide (CO2) and erbium. The newest version of CO2 laser resurfacing is the fractionated CO2 which uses coordinated fractionated pulses of CO2 Laser wavelengths that are delivered in a scanning pattern to remove thin layers of skin with minimal heat damage.

Erbium laser resurfacing is designed to remove surface-level and moderately deep lines and wrinkles on the face, hands, neck or chest.



A non-surgical option is Virtue RF microneedling which delivers radio frequency energy to a variety of depths, regardless of skin type, to stimulate the production of collagen. It can be used for several facial rejuvenation treatments, including skin tightening, acne scarring, stretch marks, scars and improvements in skin texture. Virtue RF is the next generation in RF microneedling technology with less downtime, faster treatment and very little discomfort.

**Younger individuals with minor to moderate wrinkles may benefit from injectable wrinkle fillers:** Botox®, Sculptra®, Juvederm®; Restylane®, Restylane Silk®, Radiesse®, Voluma®, and the newest filler on the market, Revanesse Versa, but I always let patients know that while these treatments are fast with no downtime, they will need to be repeated every six months to maintain the same effect.

To keep your skin looking healthy and youthful, regular facials at a medical spa should be a routine part of your ongoing beauty regimen. The Hydra-Facial is now available at The Q Laser & Med Spa in Fort Myers and Naples and offers customized treatments for all skin types. LED light therapy, Virtue RF microneedling and many other non-surgical treatments also are available at The Q Laser & Med Spa.

With celebrities, it's not always what procedures they have but the frequency with which they have them. The average person may wait until their filler is completely gone before they come in for their next treatment. Celebrities, however, have routine "touch-ups" before the look has a chance to fade. This approach is best because our skin is at its healthiest when maintained in its youthful positioning.



**Dr. Stephen Prendiville** is a Florida Board-certified facial plastic surgeon with Quigley Eye Specialists and is the Medical Director of The Q Laser & Med Spa in Fort Myers and north Naples. He specializes in facelifts, rhinoplasty, eyelid surgery, facial resurfacing and other facial cosmetic procedures. He conducts regular free seminars at his office in Fort Myers. To register, call 239-437-3900. Visit [www.drprendiville.com](http://www.drprendiville.com) or [www.TheQMedSpa.com](http://www.TheQMedSpa.com).

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# Breast Cancer & Lymphatic Draining

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

**T**he American Cancer Society purports that in 2021, an estimated 281,550 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S., along with 49,290 new cases of non-invasive (in situ) breast cancer.

We put a lot of attention and focus on celebrating awareness and survivorship throughout the year, and while that is admirable and helps educate the public on the importance of screenings, for those that are in the midst of fighting cancer, the surgical procedures, chemotherapy, radiation, or immunotherapy, can often make them feel very sick and lethargic. One of the most widespread issues with cancer treatment is lymphedema.

## WHAT IS LYMPHEDEMA?

Lymphedema is a build-up of lymphatic fluid throughout the body, and it is usually a secondary issue that arises after cancer treatment or lymph node removal; it can also be a critical indicator for individuals that an illness or adverse reaction is occurring in their bodies.

Lymphedema is a threatening disorder that needs to be treated and properly managed. The fluid must be safely guided through the body to remove the excess. Lymphedema can happen to anyone, but women are more susceptible to the disorder and often, are unfortunately underdiagnosed or misdiagnosed altogether. Lymphedema can cause physical debilitations and physiological distress.

Lymphedema disposes the affected area to an ongoing inflammatory process that, if untreated, can progress to skin fibrosis, adipose tissue accumulation, and further accumulation of fluid, causing disfiguring swelling, disability, and infections such as cellulitis.<sup>1</sup>

## LYMPHEDEMA TREATMENT

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- 1. Manual Lymphatic Drainage (MLD)** — A manual technique to mobilize fluid in the lymph system that is very light and gentle.
- 2. Compression** — Low stretch compression bandages that help increase lymph flow by increasing resting and working pressures to decrease the lymphedema in the limb; this also assists the efficiency of the muscle pump to decrease lymphedema and prevents fluid from returning.



- 3. Skin Care** — Reduces the risk for infection and helps prevent dry skin from cracking.
- 4. Exercises** — Improves lymph flow and improves venous return.
- 5. Self-Care Management and Training** — Allows the patient to minimize spikes in fluid retention.

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Source:  
Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5665410/>

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**Beth Daniels, OTR, CLT-LANA, ALM**

Occupational Therapist for 30 years, Lymphedema therapist for 22 years, Pelvic Floor therapist for 2 years. Specializing in cancer treatment related lymphedema, upper extremity deficits, and pelvic floor complications and diagnoses. Bachelors degree from Texas Women's University in Occupational Therapy - May 1992. Certification in Lymphedema - Judith Casley-Smith Australia - November 2000. Lymphology Association of America Certification - 2001. Advanced Lymphedema Therapy - Foldi Clinic - Germany - 2012. Advanced Lymphedema Management - Academy of Lymphatic Studies - February 2020 with emphasis on Head and Neck Lymphedema, Genital Lymphedema, and Wound Care. Herman & Wallace - Pelvic Floor Therapy - March 2021. Lindsey Vestal - Pelvic Floor for Occupational Therapists - September 2022.



**Kanna Shepherd, OTR/L, CLT-LANA**

Master of Occupational Therapy degree from Louisiana State University. Bachelor of Science in Biology from the University of Louisiana at Monroe where she graduated Magna Cum Laude. Certified as a lymphedema therapist in 2017 and has achieved the Lymphology Association of North America, CLT-LANA, certification which indicates the highest level of competency and dedication to advanced learning in the field.



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# ARTHRITIS PAIN: DO'S AND DON'TS

By Omar Henriquez, M.D.

**W**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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# Safe, Natural Pain Relief with Acupuncture

By Jessica Guerra, L. Ac, AP

**W**hile acupuncture can be used to treat virtually any health condition, by far the most commonly thought of medical issue for acupuncture is pain. And with good reason. Acupuncture is safe, natural, and has virtually no side effects. Numerous scientific studies have demonstrated acupuncture to provide effective and lasting pain relief for lower back pain, knee pain, acute sprains, herniated disks, and even nerve damage. Acupuncture has also been shown to moderate fibromyalgia symptoms in many patients. The World Health Organization officially recognizes acupuncture as an effective medical modality for the treatment of acute and chronic pain. And many insurance companies will now cover acupuncture when used to treat pain conditions.

There is a major difference between the methodology of pain relief of Western medicine and Traditional Chinese Medicine (TCM). Most Western pain management is about masking or hiding the pain, and very little is done to actually treat the cause of the pain. This is especially true in chronic pain conditions. A combination of steroid shots and painkillers is often the prescription for many patients with chronic pain. Steroid shots can lead to unwanted weight gain and often become ineffective after several administrations. Pain pills can damage the internal organs, can lead to addiction, and do absolutely nothing to address the cause of the pain in the first place. In our view using painkillers to treat chronic pain is like treating a broken water pipe by putting a bucket under it to collect the water, rather than fixing the actual leak itself.



TCM is different because we not only address the pain itself but we seek to heal the root cause of the pain. The goal for most types of chronic pain is not pain management but pain relief. That is to say we are looking to heal the body so the pain is gone and there is no residual need for pain management. Unfortunately there are certain conditions where acupuncture cannot entirely get rid of the pain. However even in those cases acupuncture can help to reduce the intensity and frequency of the pain and is a safe and natural alternative to drug therapy.

The exact mechanism, in Western terms, by which acupuncture relieves pain is still unknown though some research has shown acupuncture can block the nerve transmission of pain in affected areas. From TCM theory pain is caused by blockage of the free flow of the bodies functional energy pathways, known as channels or meridians. The blockage can be caused by many different things including trauma (both physical and emotional), stress, disease, and poor diet and lifestyle choices. Acupuncture is so effective because it can quickly remove blockages and it promotes the body heal itself so that the blockage does not return in the future.

Acupuncture is not a miracle cure for pain or any other condition. Except for some cases of acute pain a single acupuncture session is not enough to restore the body's natural flow of energy and thus remove the cause of the pain. Many acute pain cases can be resolved within 5 acupuncture sessions. For chronic pain there are several factors that determine how often one needs an acupuncture treatment. These include age, physical condition, diet and lifestyle, and other medical conditions that may be present. Generally speaking chronic pain conditions will require acupuncture treatments 2-3 times a week for the first few weeks. As each patient is different the timeline of progression for pain relief is also different.

## Jessica Guerra, L. Ac, AP

Jessica Guerra is a licensed acupuncture physician. She is licensed by the state of Florida and recognized by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). She earned a master's degree in oriental medicine and a bachelor's degree in professional health sciences at East West College of Natural Medicine. Driven by her passion for Chinese medicine, she completed an internship in Huangzhou, China in 2012. Jessica has additional certifications in Acupuncture Point Injection therapy and Cosmetic Acupuncture.

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# Physical Therapy Isn't the Only Service Your Loved One May Need at Home

By Afton Patterson

**P**hysical therapy is a service provided by a professional physical therapist (PT) who is licensed by the state in which he/she works. They are trained to assess a patient's condition and help them regain their maximum functional mobility as well as independence. Treatment is highly personalized and specific to each individual's ability.

Sometimes it isn't practical or even possible to leave home to receive physical therapy. If that is the case for you or a loved one, at-home physical therapy may be a good solution. This service is available to patients who are unable to leave home to attend therapy.

The reasons that one may need in-home PT include:

- Leaving home is a health risk
- Mobility is limited and the patient is unable to travel to get therapy
- Transportation is limited
- Convenience

Physical therapy helps to decrease the recovery time and the severity of disabilities resulting from accidents or chronic conditions such as heart failure. At-home PT sessions help patients increase their physical activity and teach them to make better lifestyle choices if weight loss or high blood pressure is an issue. The PT provides an exercise program that helps to improve mobility and decrease future risk of accidents or decrease the risk of cardiac events.

Conditions that may make in-home physical therapy a good option:

- ALS
- Parkinson's disease
- Multiple sclerosis (MS)
- Recovery from stroke
- Recovery from surgeries like hip or knee replacement
- Recovery from fractures
- Recovery from a heart attack



**How does physical therapy fit in with other home-care services?**

Your loved one may be in need of PT services at home or other health care that is specific to their needs and abilities, but they may also need help with the day-to-day tasks of life. It is important to get them the help that they need in terms of household maintenance or even grooming. Sometimes, they may even just need someone to sit and talk to or play cards with. If that is the case, home care is another option available to those who have trouble leaving the house.

Home care encompasses a wide variety of services that can be given in a patient's home following an illness, injury, or because of an on-going disease such as ALS. Home care is convenient and effective when compared to getting hospital or nursing facility care. It can also be cheaper.

Home care providers offer services like homemaking, companion care, and safeguard visits.

**Homemaking visits might include:**

- Light housekeeping
- Making the bed/changing the linens
- Laundry
- Answering the phone and door
- Preparing meals
- Taking out the trash
- Writing letters or reading mail
- Medication reminders

**Companion care might include:**

- Grocery/medication pick up/ errands
- Non-medical transportation
- Assist at doctor's appointments
- Going for walks and doing other outdoor activities
- Reading the newspaper or a book
- Playing cards or board games
- Watching movies together
- Attend social functions, church, lunch with friends

**Safeguard visits might include:**

- Checking toiletries, food supply and possible food spoilage
- Creating shopping list
- Taking out trash
- Concierge services (assist with appointment scheduling, etc.)
- Companionship - conversation, play a game of cards
- Checking and watering indoor plants
- Checking windows, locks and lights

If you have a loved one who is receiving home health care services like PT or Nursing and may be in need of the other home care services mentioned here, contact **Highest Honor Home Care** by sending an email to [info@highesthonorhomecare.com](mailto:info@highesthonorhomecare.com) or by calling **941.204.8636**. They offer service to Charlotte, DeSoto, and Sarasota counties. Their team of highly qualified professionals would be glad to talk to you and set you up with a free consultation and give you more information about how home care could work for you.



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# WHAT CAN AN AUDIOLOGIST DO FOR YOU?

By Dr. Noël Crosby, Au.D.

**A**n audiologist is a healthcare professional who identifies, assesses, and manages disorders of hearing and balance. They work with patients of all ages, from newborns to seniors. They educate their patients on the effects of noise on their hearing and help them to find the proper treatment, fitting them with protective hearing devices, hearing aids, and assistive listening devices. They also administer tests of balance to evaluate dizziness and provide hearing rehabilitation as well.

## When should you see an audiologist?

You should see an audiologist if you suspect you have hearing loss. Common signs of hearing loss include:

- Difficulty understanding words, especially in a crowd or with background noise
- Frequently asking others to repeat themselves
- Turning up the television to a level that is uncomfortable for others
- Difficulty hearing women or children
- Ringing in one or both ears

## Common MYTHS and FACTS about hearing loss

**Myth:** Newborn babies do not experience hearing loss.

**Fact:** More than 4,000 babies are born each year with hearing loss.

**Myth:** Every day loud noises do not affect hearing.

**Fact:** Hearing loss can be caused by hairdryers, fireworks, concerts, farming equipment and other noises we experience often. Excessive noise can cause permanent hearing loss.

**Myth:** Dizziness is just an inconvenient part of life for some people.

**Fact:** Untreated dizziness and balance disorders increase the risk of falls that can result in serious injuries.

## What should you expect at the audiologist?

If you are experiencing hearing loss, the audiologist will begin your visit by taking a personal and family history. She will then conduct an examination of the outer ear to see if there is any external trauma, infection in your ear, or buildup of earwax.

## The audiologist will then begin an evaluation using various tests. These may include:

- Pure-tone testing determines whether the hearing is within normal limits.
- Tympanometry measures eardrum movement and pressure variations.
- Speech recognition

If you are visiting the audiologist because of dizziness or balance related problems, the audiologist will perform an evaluation to determine the location and cause of the problem, changes in balance function, and the relationship between functional balance, vision, the inner ear, and other sensory systems.

After performing these tests, the audiologist will make recommendations for treatment and/or management of what has been determined.

## What level of education and training does an audiologist have?

Audiologists must earn a doctorate degree in audiology (AuD) from an accredited university in order to be licensed. They serve a fellowship or externship year and must pass boards to receive licensing and accreditation. Additionally, audiologists enroll in continuing education courses to fulfill licensing requirements.

## How can I prevent hearing loss?

There are steps you can take to help prevent noise-induced hearing loss and to avoid making age-related hearing loss worse. These include:

- 1. Protect your ears.** Limit your exposure to excessive noise. Use earmuffs or earplugs at work or in places where you know there will be damaging noise.
- 2. Get your hearing tested regularly** if you work in a noisy environment. If you already have some hearing loss, you can take steps to stop it from worsening.
- 3. Avoid unnecessary risks** like riding loud motorcycles, shooting guns, or going to rock concerts. If you do participate in these activities, wear protective gear.

If you feel that you or someone you love has hearing loss, make an appointment to see an audiologist to have it confirmed. It may be something as simple as removing excess earwax. However, if it is more serious, an audiologist can help you find a solution that is right for you.

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Noël Crosby  
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Doctor of Audiology



# WHAT IS NAD+?

By Amanda Tezyk, APRN, BSN, RN

**N**AD stands for nicotinamide adenine dinucleotide. It is a coenzyme found in all living cells and has even been called an anti-aging 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 foggy 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 from 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.



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# REAL ESTATE STEPPED UP IN BASIS

By James W. Mallonee

**D**id you know that when you die your permanent property (where you call home) receives a step-up in basis in an effort to avoid capital gains taxes. This avoidance prevents the decedent's estate and its beneficiaries from being taxed as a gift or income. This is also true for stocks and bonds and other property which you are passing to the beneficiaries of your estate. The exception to this rule is an IRA and 401K which receive no step-up in basis. By receiving the step-up in basis for property, the Federal capital gains tax can virtually be avoided.

Generally speaking, a step-up in basis occurs when you purchase property for \$100.00 and twenty years later that same property is worth \$500.00. At your death, that same property gets a step-up in basis as it passes to your beneficiaries. Your beneficiary receives that property with a value of \$500.00. If the property is sold immediately for \$500.00 following your death, the gain in the property is \$0.00. As a result, a capital gain does not occur and thus no taxes are paid. On the other hand, should the decedent sell the property for \$500.00 prior to his or her death, the decedent would have to pay the taxable amount due on the \$400.00 gain. By waiting until death to pass the property to a beneficiary, the "stepped-up basis loophole" is put into action.

However, there is a proposed change on the horizon to close the "step-up in basis loophole" that has been enjoyed by all American's who pay taxes or transfer their property to their beneficiaries at death. The proposed changes would affect transfers at death where the asset has appreciated and the appreciated



value is what would get taxed. Naturally, there would be some exclusions between spouses and charities. In the event that there is no surviving spouse, the decedent's estate would be responsible for the tax on the gain. (NOTE: Canada citizens have something very similar to this proposal).

So, what is the reason for changing the tax code; to remove the most expensive "gaps in the tax base." Our legislators point to: 1) lack accuracy in measuring vertical and horizontal equity of property; 2) the stepped up basis tends to create a lock in effect; and, 3) a loss of tax revenue. The lack of accuracy is directed to those individuals with a high net worth who have made investments that have gained in value as opposed to those individuals who either did not or could not afford to make such investments. Those high-net-worth individuals are simply passing the gains to the next generation without paying their share of the tax burden for the increase in an asset's value.

The lock in effect is affectionately described as keeping assets (good or bad) in order to take advantage of the step-up in basis and avoid paying capital gains. Thus, a person's decision-making is being impacted on whether to pay an increased income tax or just wait until death to pass the property and avoid the tax consequences of selling property while alive. In essence, the beneficiary can take the property and sell it immediately and avoid paying the associated income tax.

Our legislators are stating that we are losing close to 50% of the possible taxes that could be earned if the step-up in tax basis were eliminated. If the step-up in basis is so one sided, why is the elimination of the step-up in basis now becoming such an issue? The answer seems to be that there is no simple solution to the problem. Examples include family farms or closely held businesses. What about those assets which decline in value immediately following the death of the owner? These are all issues that need to be reviewed before implementing such major changes.

The real issue at hand will be the American public's willingness to accept such changes, especially given the current political and economic environment. If you find yourself at the crossroads of a parent or relative's death, you'll be glad to know of the stepped-up basis when it involves real estate that increased in value by 100 percent. You won't have to pay income taxes on the inheritance (at least not in Florida and to the IRS).

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

## INTERVENTIONAL PAIN MANAGEMENT



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# 3D MAMMOGRAPHY

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

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

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

## What is 3D Mammography?

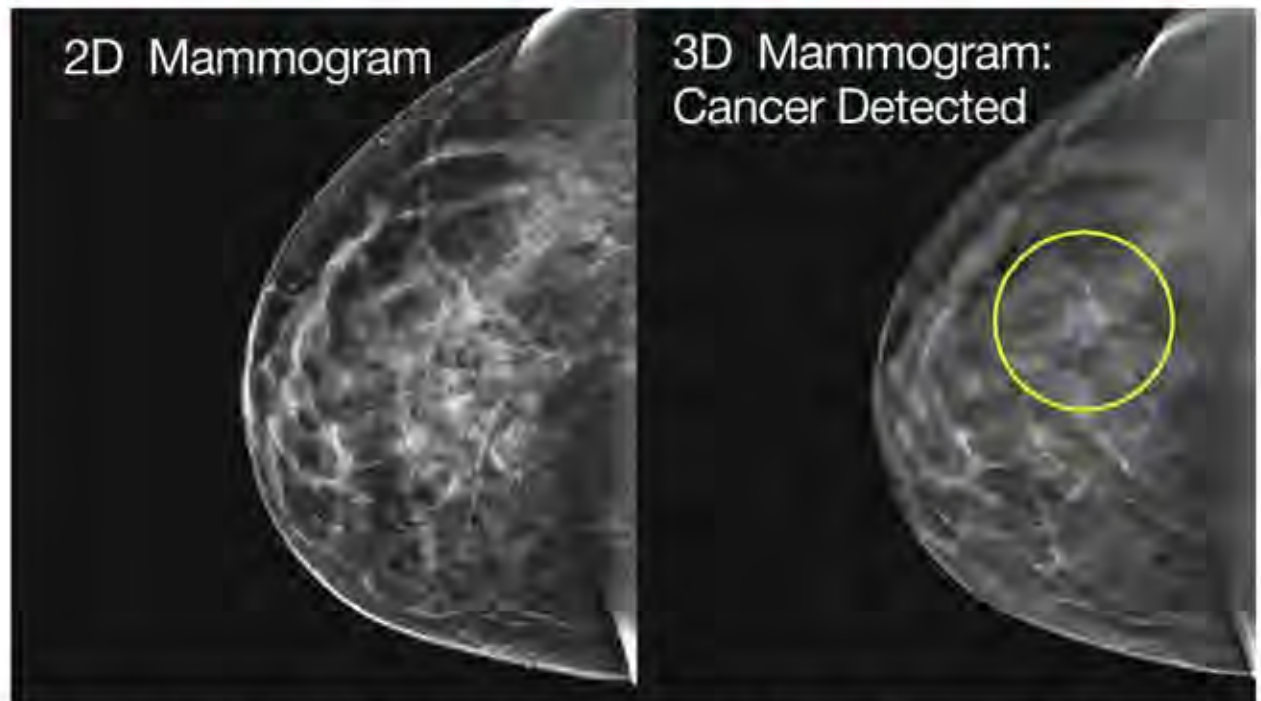
3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images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

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

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

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

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



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

## What are the benefits?

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

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

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast

imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

## How long will it take?

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

## How much radiation will I be exposed to?

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

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

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

## Why is RAVE Radiology offering 3D Mammography?

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



We are approaching our 3rd Breast Cancer Awareness month since the COVID pandemic began. Breast Imaging, usually fairly insulated from worldly events, has shared in the challenges over the past few years. Initially concerns regarding post vaccination lymphadenopathy made its way to the nightly news. Confusion set in about whether and when to get a mammogram following vaccination. Luckily this was never a diagnostic dilemma for us at RAVE and we were able to encourage most women to stick to their annual screening schedule. Unfortunately, and for understandable reasons, several women have not come in for mammographic screening since the pandemic began. Because breast cancer detection and management are a primary mission at RAVE, we have risen to the challenge of ensuring safe access to breast cancer screening exams and any additional/follow-up care needed. Please be reassured that we are providing our standard high level of imaging care while maintaining/exceeding current CDC guidelines to ensure patient safety.

Furthermore, it's worth noting that RAVE offers the cutting edge in imaging technology unsurpassed in our region. We utilize the newest mammographic machines, each equipped with 3D Intelligent HD Clarity from Hologic. Tradename aside, the image quality is unparalleled, akin to the highest end Ultra HD television. This is important not only because it allows us to diagnose smaller cancers but also facilitate accurate characterization of benign findings other radiology groups mistake for malignancy.

Our ultrasound equipment is also the highest quality available in the industry which has implications for our breast cancer mission as well as our other imaging services. Finally, our 3 Tesla MRI also

generates extremely high-quality breast images which facilitate screening in our high-risk patients and important staging information in our women diagnosed with breast cancer. Equipped with these tools we recently identified a 3mm cancer via mammography! I would argue this tiny cancer is the earliest and smallest lesion a screening examination could hope to accurately identify.

We do not stop at the detection of breast cancer! Currently we are providing ultrasound breast biopsies at our Venice and Sarasota offices. At RAVE we know biopsy procedures are a scary process. We work hard to inform our patients beforehand regarding what to expect during the procedure. Professional, personalized, warm, and caring treatment is provided during the procedure. Lastly, follow up afterwards ensures nothing falls through the cracks. Most women leave our biopsy suite much more informed and prepared regarding their individual case and the forthcoming steps. For our referring physicians we provide critical radiology pathology concordance following all biopsies to help manage pathological results they may not be familiar with. This ensures suspicious lesions are pursued even if pathology results are not as expected and offers reassurance when benign results match less suspicious findings. In the not-too-distant future we will be offering the newest biopsy method which allows sampling of "3D" or tomosynthetic findings. This system is the final piece in the definitive management of the lesions we can detect and complements our current ability to perform MRI guided breast biopsies. I am very proud to be a part of the comprehensive breast program we offer at RAVE and am very grateful for the opportunity to serve our area's patients and referring physicians.



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# NO DRUGS - NO PRESCRIPTIONS - NO SURGERY JUST RELIEF

By Physicians Rehabilitation

**H**ave you seen doctor after doctor for your pain with little to no relief? Do they spend three minutes listening to your symptoms and then write you an RX for daily pain meds and only move on to the next patient? Then you look at that script and wonder, what are the side effects? Is this addictive? Is this even safe?

For the past 10 years at Physicians Rehabilitation, we have made it our mission to get people out of pain and back into an active lifestyle. Our goal is for you to be pain-free without any surgery or prescription medications. We do this by finding the root cause of your pain. Physician's Rehabilitation focuses on reducing inflammation with injections, regenerating worn tissues with regenerative medicine, and training with physical therapists on proper form and function. These three key components all increase activity levels and decrease pain levels.

New offerings in the specialty of "Interventional Pain Management" combine injections to remove pain with therapy to increase motion and movement without drugs or prescriptions. Physician's Rehabilitation offers procedures for pain management in our office. Some of our most successful treatments are discussed below.

## Medial Branch Block for the Facet Joints

Medial branch nerves are very small nerve branches that carry pain messages from facet joints to the brain where they are experienced. The facet joints are small joints in the back of the spine that form connections between each vertebra. If these nerves are blocked or numbed, they will not be able to transfer the painful sensation from the joints to the brain. Therefore, this procedure is completed to see if your back pain is caused by the facet joints. The effect will last several hours or more. This is strictly a diagnostic block to test if the facet joints are the source of some of your pain.

## Facet Joints

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## Sacroiliac Joint dysfunction

Sacroiliac joint dysfunction is an injury or inflammation of the sacroiliac (SI) joint which causes pain in the lower back region. The SI joint is formed by the connection of the sacrum with the ilium. This injection is used to both diagnose and treat your low back pain caused by inflammation of the joint. The effect might last a few hours to a few weeks or much longer. Pain relief in the first couple of hours after the injection is the most important as this tells us our diagnosis of SI joint-mediated pain is correct. If the symptoms do return, we will discuss other options available for extended pain relief.



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## Epidural steroid injection

An epidural injection is an injection of steroids into the epidural space. The epidural space is located in the spine between the vertebrae and the dural sac, which surrounds the spinal cord. Theoretically, the steroid reduces the inflammation of the nerve roots as they exit the spine, which can help alleviate pain in the neck, back, and/or limbs.

## Radiofrequency Ablation (RFA)

Radiofrequency Ablation is an injection that uses a specialized machine that generates a radiofrequency current. The current is then passed through a special needle placed next to the nerve (medial branch) which carries pain from the facet joints to the spinal cord. The current generates heat or other physical forces which interrupt the transmission of pain. Radiofrequency ablation is performed after the patient has benefitted from diagnostic medial branch nerve blocks. The effect will hopefully last for an extended period (one year on average). You will likely experience some increase in your neck or back pain over the next several days and then your pain should improve.

## 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. Our clinical care providers can employ a wide variety of physical modalities by utilizing state-of-the-art tools.

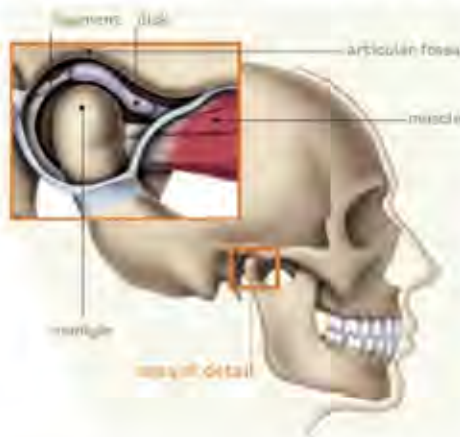
Our goal is to identify the source of your pain, promote healing and eliminate your pain. We begin by giving you a thorough examination and quickly address outward symptoms of pain, such as inflammation while gathering your medical history and evaluating your symptoms to get to the root of your pain and dysfunction. Our therapists have found that these advanced technologies, along with a specialized physical therapy program specific to the individual condition, make for extremely successful pain relief treatments. If you or a loved one is suffering from pain, please call our office at (855) 276-5989, or visit us online at [www.PhysiciansRehabilitation.com](http://www.PhysiciansRehabilitation.com) for more information.



# The Daily "Grind"

By Dr. Joseph Farag

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



## Treatment Options

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

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

## Patients who present with TMD should also have an occlusal analysis

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

## Relaxation Techniques May Help Alleviate TMJ Symptoms

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

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



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# Cancer.

By Paula Swift, CHTP

**J**ust one word evokes a diverse response. Whether you've experienced it yourself, or walked alongside others through their crisis, fear, anger and sadness tend to dominate. So, it might sound strange when some will remark this time in their life to be the best event that ever happened to them. I am one of them.

When I reflect on my own experience with breast cancer, I find that there is one common ground with others who also claim that cancer was one of the best thing that happened in their life. And it all comes down to faith. With varying beliefs and religious practices, there is always a foundation of faith in a higher, greater power, with the majority having a very personalized relationship with God. There is incredible beauty found in each individual as their faith grows, and their spirit and life begin to flourish with profound discoveries and meaning, regardless of what their body might be doing.

Upon receiving that phone call from my doctor to confirm my cancer diagnosis, I wasn't quite sure how to feel. My immediate prayer was that God would bring to me the right people who would support me in the way that He wanted for me. He answered that prayer immediately that very night with a dear friend. I knew in my heart that I wanted to take a different direction than the standard medical protocol, and she was my first cheerleader, offering the beginning of what would be a long road of research and education that continues even today. I set my heart and eyes on my ultimate Healer, my Creator, my Heavenly Father, for this direction. And the intimacy with Him grew exponentially as He offered comfort and guidance.

Sunday morning following the diagnosis, I was on my way to church at a very early hour. During the quiet, 20 minute drive during sunrise, I was asking Him how will I know which protocol He wanted me to do. His voice was so clear that it was nearly audible with my human ears, "I've got this, Paula. I've got you". Okay, okay, I get it, Lord. One step at a time it will be. From then on, those words were



repeated countless times throughout my healing and the more I allowed the time and space to listen, the more I heard His voice and the more I recognized when His Spirit was moving me. It became very clear that the path He was leading me on was for the sole purpose of serving Him and serving others.

Reflecting on my healing experience and life since, the joy and peace that have filled my soul exceeds all I've ever known prior. The intimacy with my Heavenly Father continues to grow closer in ways that my heart had yearned for throughout my lifetime as a believer. When focus continues to be with Him, fear does not prevail and pain has purpose. It is because of all He continues to teach me, and His overflowing unconditional love, that I am able to live my life serving

others seeking whole healing of their body and spirit. Healing comes in many ways and sometimes it is not on this side of heaven. But healing the spirit is eternal, and we recognize that our days in this body are temporary, it sets our sights to what is forever. And that is where the adventure really begins!



Paula Swift, CHTP

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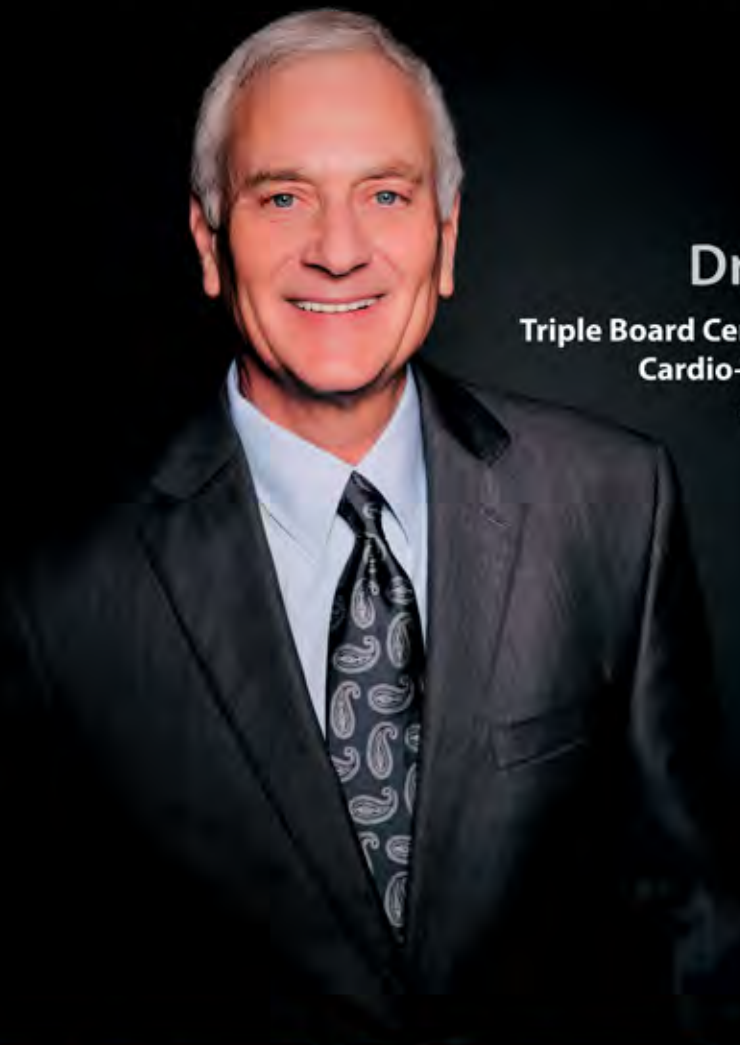
Lindsay graduated from West Virginia University and spent her career as a registered nurse working in multiple intensive care units between West Virginia and Florida. Lindsay continued to further her education and became a master's prepared, board-certified family nurse practitioner. During her clinical rotations Lindsay fell in love with aesthetics and immediately started working in the field upon graduation. Now Lindsay brings her 7 years of nursing experience and expertise in aesthetics to JVAI.



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