

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

Health & Wellness[®] MAGAZINE

November 2022

Charlotte/South Sarasota Edition - Monthly

 **FREE**

www.swfhealthandwellness.com

**DIABETIC
RETINOPATHY**

**DIABETES AND
YOUR HEART**

**LUNG CANCER
AWARENESS**

**THANKS TO
IAN, RECOVERY
TAKES ON ADDED
MEANING**

**DIABETES:
ATTAINABLE AND
SUSTAINABLE
BLOOD SUGAR
CONTROL!**

**ADOPTED
CHILDREN
AND RIGHT
TO HEIRSHIP**

**THE GREAT
AMERICAN
SMOKEOUT[®]**





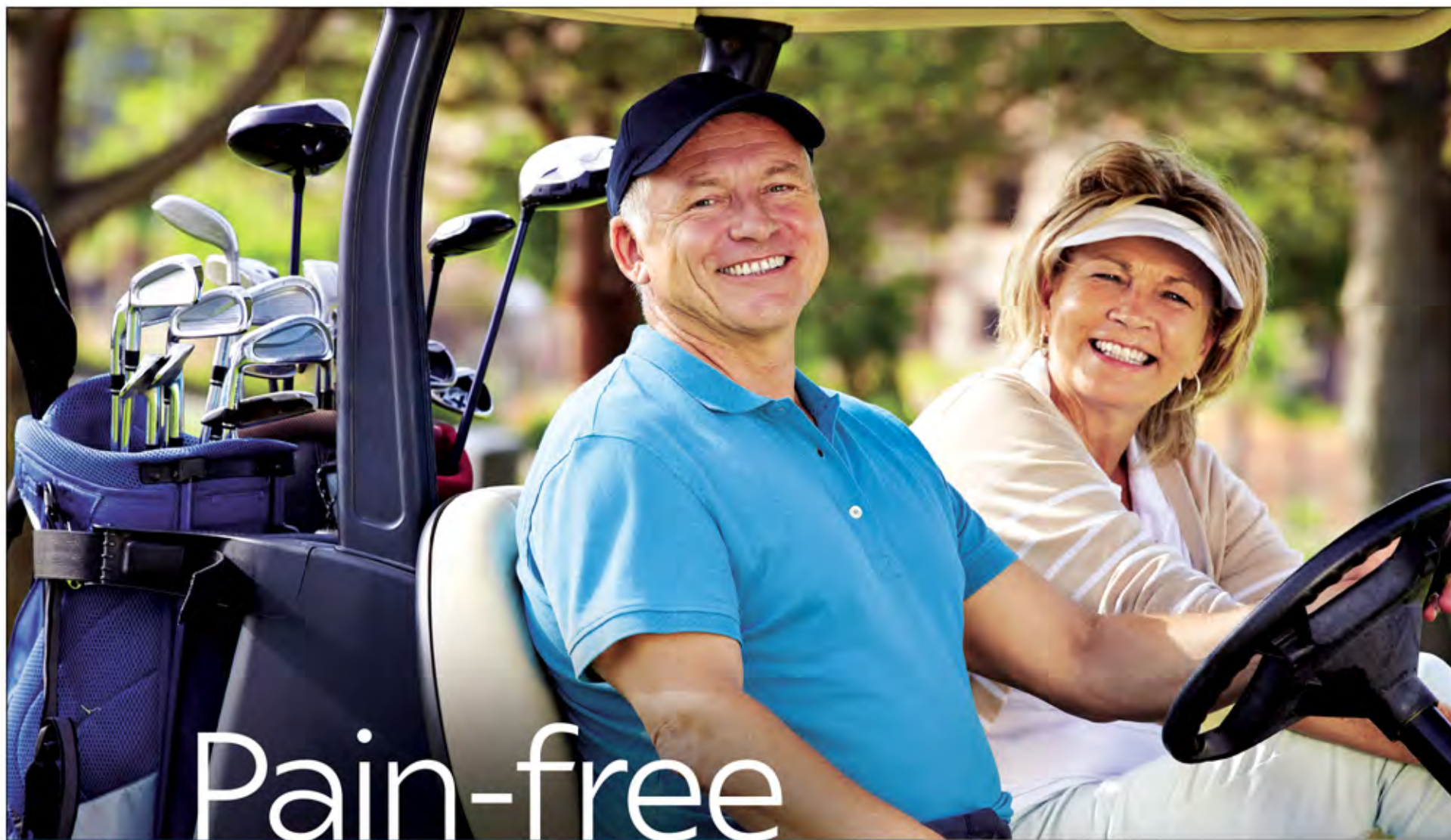
Advanced treatments personalized to you.

Through next-generation sequencing, we take a deep look into your genes to create treatment plans personalized to you.

This provides a road map for immunotherapies that strengthen the way your cells fight cancer. Our patients also have access to the latest clinical trials delivering quality treatment and expertise in communities across Florida. We take care of the big things in cancer care, so you can make the most of the little moments—every step of the way.



FLCancer.com/LittleThings



Pain-free living starts here.

If severe shoulder, hip or knee pain is interfering with your active life, turn to the orthopedic specialists at ShorePoint Health Port Charlotte and ShorePoint Health Punta Gorda. We provide a range of services from pain management to total joint replacement, plus physical therapy.

To find out more about treatment options, take our free, joint-pain assessment or watch our online seminar, on your time!

Visit MyShorePointOrthopedics.com to learn more.
Or call 941-628-7545 for an appointment today.

MyShorePointOrthopedics.com



ShorePoint
H E A L T H
PORT CHARLOTTE • PUNTA GORDA

Patient results may vary. Consult your physician about the benefits and risks of any surgical procedure or treatment.



FREE CATARACT SCREENING*

Are you over 50 and suffering from blurry vision? Do you have trouble driving at night or reading small print?

Call 855-734-2020 to Schedule Your FREE Screening & Mention this Ad!



Schedule Today!
QuigleyEye.com



*OFFER EXPIRES ON DECEMBER 31, 2022.

Free cataract screening is conducted by a technician. Following your screening, it may be recommended to schedule a cataract evaluation, which would be conducted by a Quigley Eye Specialists ophthalmologist.

*A screening does not replace an exam with an optometrist or ophthalmologist. Evaluations are not free. Free screenings are limited to one per person. THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT.

#HodgesStrong #SWFLStrong #FloridaStrong

MIND *Power*



Training the mental health professionals that communities need.

- Master's Degree
- CACREP Accredited
- Limited Enrollment

**Learn more at
www.hodges.edu**



Stay Near. Go Far.

Admissions@Hodges.edu | 239-938-7700 | Hablamos Español



Hodges University is an equal access, equal opportunity organization.



We listen to you and your heart.

SPECIALTIES:

- Consultative Cardiology & Advanced Heart Failure Management
- Cardiac Catheterization
- Pacemaker Insertion
- Transesophageal Echocardiography
- Vascular Imaging
- Nuclear Cardiology



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

(941) 235-8892 | www.portcharlottcardiology.com
3161 Harbor Blvd Suite A, Port Charlotte FL 33952

contents NOVEMBER 2022

- 6** Breast Cancer. Let's Start with the Good News!
- 7** Surgeon Uses Robot at ShorePoint Health Port Charlotte for Successful Knee Replacement
- 8** Lung Cancer Awareness
- 9** Preventing Diabetes
- 10** Diabetes and Your Feet Do's and Don'ts
- 11** Botox, Filler, and Micro Needling
- 12** Diabetes and Your Heart
- 13** The Great American Smokeout®
- 14** Diabetic Retinopathy: You May Not Know You Have It
- 15** Treating Venous Ulcers at Joyce Vein & Aesthetic Institute
- 18** Thanks to Ian, Recovery Takes on Added Meaning
- 19** No Drugs - No Prescriptions No Surgery - Just Relief

- 20** Can Acupuncture Help Relieve the Side Effects of Cancer Treatments?
- 21** Psoriasis: Do You Have Dry Patches of Irritated Skin?
- 22** Early Detection of Prostate Cancer Saves Lives
- 23** All-In-One Dental Visit with CEREC
- 24** Key Nutrients to Help Fight Diabetes and High Blood Sugar
- 25** Coping with COPD While Managing Your Daily Tasks
- 26** Compression Back Fractures
- 27** Diabetes and Hearing Loss
- 28** Diabetes: Attainable and Sustainable Blood Sugar Control!
- 29** Adopted Children and Right to Heirship
- 30** A Painful Bladder Condition
- 31** Spiritual Wellness: What's Your Diet?

CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonny@gwhizmarketing.com



Publishing • Advertising • Web Design • Graphic Design

Southwest Florida's Health & Wellness Magazine can be found in over 600 Southwest Florida medical facilities including, hospitals, doctors, chiropractors and dentist offices. Find a copy of your FREE Southwest Florida's Health & Wellness Magazine in most grocery and convenience stores as well.

To get your article published and for ad rates, call 239.588.1200
Cristan@gwhizmarketing.com

G WHIZ Marketing, LLC | 1630 Caxambas Court | Marco Island, Florida 34145

©Copyright SOUTHWEST FLORIDA'S HEALTH & WELLNESS Magazine 2022. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of SOUTHWEST FLORIDA'S Health & Wellness Magazine. SOUTHWEST FLORIDA'S Health & Wellness Magazine reserves the right to publish and edit, or not publish any material that is sent. SWFL Health & Wellness Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in SOUTHWEST FLORIDA'S Health & Wellness Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

DIABETES CLINICAL TRIAL

Have Type 2 Diabetes? Here's Something New!



ORA-D-013-2

clinical trial is evaluating an investigational oral insulin capsule compared to placebo that may help manage your blood glucose levels.

In addition to lifestyle changes through diet and exercise several treatments including injectable insulins are available to treat persons with Type 2 Diabetes.

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

You may be eligible to participate in the ORA-D-013-2 study if you:

- » 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:

Hanson Clinical Research Center

Tel: 941-764-9110

Email: info@hansoncrc.com

Website: www.DiabetesFl.com



BREAST CANCER. LET'S START WITH THE GOOD NEWS!

A cancer diagnosis of any type is frightening, but for women, breast cancer is especially scary. Increasingly, there is good news when it comes to breast cancer.

Breast cancer death rates have decreased steadily in the past 20 years, thanks to better screening and early detection, increased awareness, and continuous advancements in treatment options. In fact, there are over 3.8 million breast cancer survivors in the United States!

One in eight women will develop breast cancer in their lifetime. It is the most commonly diagnosed cancer among American women, except for skin cancers. Although rare, men get breast cancer, too — nearly 3,000 American men are estimated to receive a breast cancer diagnosis this year.

There are many subtypes of breast cancer, and each must be treated differently. Scientific advances in screening, genetic testing, immunotherapy, and other targeted treatments continue to transform the way breast cancer is diagnosed and treated. For example:

- Genetic testing can detect specific mutations unique to each patient. This enables doctors to personalize treatment that is most appropriate for that particular cancer.
- Immunotherapies boost or change the body's own immune system to work harder and smarter to find, target, and attack cancer cells.
- New drugs, including some that block certain types of proteins, are showing great promise.

What exactly is breast cancer?

Breast cancer starts when normal, healthy cells in the tissues of the breast become changed or altered and begin to grow out of control. A build-up of these cells often forms a mass of tissue called a lump, growth or tumor. These cancer cells have the potential to get into the blood or lymphatic system and spread (referred to as metastasize) to other areas of the body. Breast cancer can occur in one or both breasts and can start from different areas of the breast.

What are the risk factors and who is most at risk?

While researchers don't know exactly what causes breast cancer, being female and getting older are the greatest risks. The American Cancer Society estimates that 12% of American women will develop breast cancer by age 85.

The risk nearly doubles if a woman has a first-degree relative (mother, sister, daughter) who has been diagnosed with breast cancer. If you have a family history, you may want to discuss genetic testing with your doctor.

Our genes, lifestyle, and the environment around us may raise or lower our risk of getting many types of cancer. Many risks, such as obesity and alcohol use, can be moderated through healthy lifestyle choices.



Is screening for breast cancer important?

Absolutely yes! Early detection can be a lifesaver.

Many women with breast cancer have no symptoms, which is why regular screening is so important. Simple screening tests can detect breast cancer early, even before symptoms appear.

In its earliest stages, where the cancer is localized and has not spread outside of the breast, the five-year relative survival rate is 99%, according to the American Cancer Society. Sixty-one percent (61%) of cases are diagnosed at this stage.

Identifying any type of cancer at an early stage, before it has spread extensively (metastasis), provides a much better outcome for patients. That is certainly the case when it comes to breast cancer. The earlier cancer is detected, the easier it is to treat — and patients likely will have a more positive prognosis.

What are the recommended breast cancer screenings for women?

Mammograms, low-dose x-rays of the breast, are the best test physicians have to detect changes in the breast and find breast cancer early. An abnormal mammogram does not always mean that cancer exists, but follow-up tests may be necessary to get more details.

The American Cancer Society recommends these general guidelines for women with no family history of cancer:

- Yearly for women ages 45 to 54 (or at age 40 if they wish)
- Every two years for women ages 55 and older*

* The American Cancer Society recommends that women continue mammography screening "as long as their overall health is good and they have a life expectancy of 10 years or longer."

Mammograms are not routinely offered to men and may be difficult to perform if there is a small amount of breast tissue.

Rates of breast cancer vary among women and men of different ages and ethnicities. It's important to become familiar with how your breasts normally look and feel, and report any changes to your health care provider right away. Routine physicals and an annual Ob-Gyn visit for women are recommended.

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.

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



North Port Cancer Center
1390 Grand Venture Drive
North Port, FL 34286

Port Charlotte
22395 Edgewater Drive
Port Charlotte, FL 33980

Venice Island
901 South Tamiami Trail
Venice, FL 34285

Venice HealthPark
836 Sunset Lake Blvd,
Suite 101
Venice, FL 34292

Englewood
714 Doctors Drive
Englewood, FL 34223

For more information, visit FLCancer.com

Surgeon Uses Robot at ShorePoint Health Port Charlotte for Successful Knee Replacement

By Heidi Smith, Contributor

For people with chronic, severe knee pain, technological advances make robotic-assisted knee replacement a viable option for many patients with arthritic joint conditions. Jacob Pennington, D.O., is an orthopedic surgeon with specialized training in robotic-assisted knee replacement surgery, which he performs at ShorePoint Health Port Charlotte. He also performs surgery at ShorePoint Health Punta Gorda.

Q. Does everyone who has knee pain from arthritis require a joint replacement?

A. No. Patients may find relief through more conservative approaches, such as weight loss, physical therapy, activity modification, anti-inflammatory medication, and injections.

Q. What is the next step if nonoperative treatment fails to relieve a patient's pain?

A. A total joint replacement is usually the next step. Multiple factors go into the decision to proceed with a joint replacement, including the patient's history, physical exam, x-rays, and sometimes MRI, to ensure that they will have an excellent outcome with a total joint replacement.

Q. What is involved in robotic-assisted surgery?

A. The patient undergoes a preoperative CT scan, which is loaded into the robot's software. In the operating room, I use a special probe to map out the knee. This is then interpreted by the robot and matched to the preoperative CT scan. The result is a highly reliable, three-dimensional model of the patient's knee that is seen in real-time during surgery. The robotic arm is used to make the required cuts on the bone.

Q. What are the benefits of using the robot system, compared to traditional methods?

A. The major benefit in using the robot is precision. It allows me to move the implant to the best position for each patient's anatomy. This ensures the patient will have a stable, well-functioning, and pain-free knee.



Q. What is the typical recovery time?

A. Two to three months. For most patients, this starts with outpatient surgery, meaning they go home the same day. Patients use a walker or cane for two weeks. They can use these tools less as they feel more stable. Patients also undergo physical therapy, which can hasten their return to an active lifestyle and also helps us monitor their progress. Most patients can return to favorite activities like walking, bike riding, golf, and the like within six to eight weeks. Some patients are able to become even more active, returning to racquet sports, skiing, and hiking.

Q. What do you find most satisfying about helping patients with this procedure?

A. When a patient has been in miserable pain for many months and even years, then to see them smiling and active again, it's a terrific feeling. It's very rewarding to know I've changed the course of their life for the better.

Orthopedic surgery program at ShorePoint Health Punta Gorda earns high marks

The orthopedic surgery program at ShorePoint Health Punta Gorda is the only program in Florida that has achieved certification from the Joint Commission in five orthopedic specialties: joint replacement of total hip, knee and shoulder, plus spinal fusion and laminectomy, which is a type of surgery used to relieve pressure on the spinal cord. The Joint Commission is a nonprofit organization that accredits healthcare organizations and programs in the United States.

To achieve Joint Commission certification, the program must meet rigorous standards that are reviewed periodically through on-site inspections and extensive analysis of patient treatment protocols and outcomes. The Punta Gorda hospital's orthopedic program includes an interdisciplinary team of highly qualified medical professionals including surgeons, anesthesiologists, nurses, physical therapists, and occupational therapists.



Jacob Pennington, D.O.

*Fellowship-trained Orthopedic Surgeon
in Joint Reconstruction of the Hip and Knee*



ShorePoint
H E A L T H

PORT CHARLOTTE • PUNTA GORDA

ShorePointOrthopedics.com
(941) 628-7713

LUNG CANCER AWARENESS: PREVENTION & TREATMENT

By Dr. David Rice



Lung cancer is the leading cause of cancer death among men and women in the United States and worldwide. With approximately 9 out of 10 lung cancer diagnoses linked to cigarette smoking, the best way to prevent the disease is to never smoke or quit. Even if you have smoked for years, quitting at any time can reduce your cancer and cardiovascular risk.

Every lung cancer experience is different, with patients not only displaying different symptoms, but some do not have symptoms until the cancer is advanced. This makes finding lung cancer in its early stages difficult and harder to treat for a successful outcome.

In recent years, treatment for lung cancer has significantly improved. Each lung cancer patient will have an individualized treatment plan that could include a combination of surgery, chemotherapy, targeted therapies, immunotherapy, palliative care, and the most common treatment, radiation therapy. Radiation therapy for lung cancer uses high-powered

X-rays to target and kill cancer cells or keep them from growing. Treatment with radiation therapy is typically short and painless. The total dose and frequency of radiation therapy vary from patient to patient, depending on the type of cancer, treatment goals, and overall health.

Radiation therapy for lung cancer, and any other cancer, is most effective when patients receive a full dose as recommended and scheduled by their physician. Research shows that missing or postponing treatments can increase the risk of cancer returning once treatment is completed. When Hurricane Ian hit Southwest Florida, many businesses, including health clinics, were damaged and lost power. At Advocate Radiation Oncology, we were very fortunate that we were able to keep our doors open to treat our patients and other providers' patients based on their immediate need for care. Our mission is to provide compassionate healthcare expertise to cancer patients, and we are honored to serve cancer patients throughout Southwest Florida.



David Rice 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.

Port Charlotte Office
3080 Harbor Boulevard
941.883.2199
advocatero.com



www.AdvocateRO.com

Spanish-fluent doctors and care staff

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

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

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

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

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



PREVENTING DIABETES

HANSON CLINICAL RESEARCH CENTER

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

According 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.



DIABETES CARE, BASICS AND NUTRITION CLASSES

Tel: 941-624-4800

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.

Diabetes and Nutrition classes are offered monthly in their state-of-the-art conference room located in Port Charlotte, Florida next to the Diabetes Center.

Patients have access to an experienced educational team that include an Endocrinologist, Nurse Practitioners, Registered Dietitians and Certified Diabetes Care and Education Specialists, all knowledgeable in the latest technology to help you manage your diabetes.



Tel: 941-764-9110

Email: info@hansoncrc.com

Website: www.DiabetesFl.com



DIABETES AND YOUR FEET DO'S AND DON'TS

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

Why does Diabetes effect the feet???

Factors that contribute to foot issues in a patient with Diabetes include:

1. Neuropathy

In the US, the most common cause of peripheral neuropathy is Diabetes. According to the American Diabetes Association, 60 to 70% of patients with diabetes will develop neuropathy within their lifetime. The most common symptoms of peripheral neuropathy include burning, numbness, tingling, or shooting or stabbing pain in the toes.

2. Circulation/Blood flow

An elevated blood sugar level stiffens the arteries and causes narrowing of the blood vessels. This results in decreased blood flow and oxygen to the feet. An elevated blood sugar level also decreases the function of red blood cells that carry nutrients to the tissue. This lowers the efficiency of the white blood cells that fight infection. Without sufficient nutrients and oxygen, a wound heals slowly.

3. Immune System

Diabetes lowers the efficiency of the immune system, the body's defense system against infection. A high glucose level causes the immune cells to function ineffectively, which raises the risk of infection for the patient.

Diabetic Do's

Check your feet every day for: Cuts, blisters, redness, swelling, bruises, changes to the toenails, such as thickening or discoloration.

Check your blood sugar routinely and make it a goal to get the HgbA1C <7%.

Eat right - Adequate protein, carbohydrates and vitamin C intake are key factors to aid healing. Consider seeing a registered dietician.

Exercise - Walking can keep weight down and improve circulation. Be sure to wear appropriate athletic shoes when exercising.

Moisturize your feet – but NOT between the toes. Get periodic foot exams - Regular checkups by a podiatrist, at least annually, are the best way to ensure that your feet remain healthy.

Diabetic Don'ts

Don't ignore any abnormality in appearance or pain. Don't perform "bathroom surgery". Seek medical treatment.

Don't use medicated corn/callus pads - Over-the-counter products can burn the skin and cause damage to the foot for people with diabetes.

Don't walk around barefoot or only in socks (even in your own home). Wear thick, soft white socks. Avoid socks with seams, which could rub and cause blisters or other skin injuries. The risk of cuts and infection is too great for those with diabetes.

Don't wear tight shoes. Foot size and shape may change over time. Shoes that fit properly are important to those with diabetes. Have new shoes properly fitted and measured.

Don't soak your feet in hot water, walk on hot sand or pavement and don't rest your feet against a fire or space heater.

Don't smoke! Diabetics who smoke are more likely than nonsmokers to have trouble with insulin dosing and with controlling their disease. Smokers

with diabetes have higher risks for serious complications, including Heart and kidney disease, Poor blood flow in the legs and feet that can lead to infections, ulcers, and possible amputation, Retinopathy (an eye disease that can cause blindness) and Peripheral neuropathy.

These guidelines are initiative-taking and preventive measures to try to reduce the risk of foot issues in Diabetic patients. It is recommended every person with Diabetes have a yearly foot exam by a Podiatrist. Preventative care is a key component – make your appointment TODAY!

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.

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 to make an appointment. Visit FootHealthFacts.org to learn more about foot and ankle conditions.



**3161 Harbor Blvd, Suite B
Port Charlotte, FL 33952**

**(239) 430 - 3668 (FOOT)
www.NaplesPodiatrist.com**



Botox, Filler, and Micro Needling: Which one is right for you?

By Joyce Vein & Aesthetics Institute

Let's be honest. No one has enjoyed spending the last couple of years in a mask. Aside from being ugly, they were uncomfortable and a nuisance in general. However, there may have been one tiny upside to wearing a mask: it hid some of the fine lines and wrinkles without having to have any procedures done!

Now that they are off (hopefully for good), many of us are taking notice of our imperfections and may feel the need to visit a dermatologist, cosmetologist, or aesthetician to see how we might hide or correct some of our flaws. But with so many different options on the market these days, how do I decide which one is right for me? Let's take a look at three very popular procedures that are commonly used to help us look and feel younger: filler, Botox, and micro needling.

What is filler and how does it work?

Dermal fillers (lip and face fillers) are substances that are injected into the skin of the face. They are used to fill fine lines and wrinkles and to add volume to cheeks or lips. They are not permanent and usually last anywhere from 6-18 months depending on the type of filler used and where it is injected.

There are many different types of dermal fillers. Collagen is the oldest and best known. Others include: bovine fillers, hyaluronic acid, poly-L lactic acid, calcium hydroxyapatite, and fat injection fillers, just to name a few.

During the procedure, a numbing cream may be used to reduce any discomfort you may experience in the treated area. The procedure is generally said to be uncomfortable, but not painful. The process usually takes between 20-30 minutes.

After treatment, the treated area is usually a bit red, sore, and swollen. These side effects generally disappear in just a few days. To avoid prolonging these problems, it is important not to apply make-up too soon after the procedure and to avoid alcohol, coffee, and especially the sun.

Botulinum toxin type A

Botulinum toxin type A, commonly called by its trade name, Botox, is the most widely used, non-surgical,



aesthetic treatment in the world. This procedure is different from fillers in that it works on the creases and lines caused by facial expressions from the muscles that produce those expressions. Botox is mainly used on the forehead, between the eyebrows, and around the eyes and mouth. It eliminates that angry look we get from a furrowed brow or the look of sadness caused by drooping eyebrows.

Botox is a temporary treatment in which the muscles in the targeted area are essentially paralyzed. Treatments must be repeated every 4 to 6 months depending on the person. It does not require surgery, its effects are immediate, and it has very few side effects. The advantages are numerous and for that reason, it is the most widely used treatment for eliminating wrinkles.

Micro needling

Micro needling is the latest beauty obsession of the stars. It is used to reduce scars, spots, skin flaccidity, fine lines, and even stretch marks. It is different from other treatments in that nothing is being injected into the skin. Its micro needles stimulate the production of collagen and allow for deeper penetration of rejuvenating products such as collagen serums.

In this procedure micro needles puncture the skin creating micro pores. This attack on the superficial layers of the skin has been shown to stimulate the creation of a sort of new skin by forcing the body to



heal the micro injuries that are caused. Unlike its predecessors, dermabrasion or peels, micro needling does not burn or irritate the skin more than absolutely necessary.

At Joyce Vein and Aesthetics Institute, they are using the latest tools in micro needling. The Potenza micro needling treatment is a customizable solution that's designed for you. Whether you want to tighten and firm your skin, minimize the common signs of aging or reduce blemishes, you'll unleash your skin's potential after only a few treatments.

The Potenza micro needling treatment uses ultrafine needles and radiofrequency (RF) energy to penetrate the top layer of the skin. Using RF energy will trigger your body's natural response to create an increased level of collagen and elastin production, resulting in an enhanced skin revitalization treatment versus micro needling alone.

For more information on this and other treatments, contact Joyce Vein & Aesthetics Institute via email at info@jvai.com or by calling 941.575.0123 to set up a consultation. They are located at 25092 Olympia Avenue, Suite 500 in Punta Gorda.

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

JVAI
Joyce
Vein & Aesthetic Institute

941-575-0123

www.jvaiaesthetics.com

25092 Olympia Ave., Suite 500, Punta Gorda, FL 33950

DIABETES AND YOUR HEART

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

Heat disease is the leading cause of death in America in both men and women. For those who suffer from diabetes, the risk of heart disease DOUBLES and is likely to occur at a younger age. Additionally, the risk increases the longer you have diabetes.

Thankfully, there are steps you can take to reduce your risk of heart disease and improve your heart health. As an added bonus, many of the steps will also help you to better manage your diabetes too!

How does diabetes affect the heart?

First, high blood sugar damages blood vessels and nerves over time. Additionally, those who suffer from diabetes also likely have other conditions that raise the risk for heart disease. According to the CDC, those risks include:

- High blood pressure
- High LDL cholesterol (the bad kind)
- High triglycerides and low HDL cholesterol (the good kind)

Diabetics are also more likely to have heart failure. Other factors that raise your risk for heart disease with or without diabetes include:

- Smoking
- Obesity
- Lack of physical activity
- Eating high a fat diet
- Drinking too much alcohol

What are the warning signs of heart disease?

It is important to speak to your doctor if you experience any the following:

- Chest pain/tightness when doing physical activities
- Chest pain accompanied by fatigue or shortness of breath
- Your heart rate if usually faster than 100 bpm when resting
- You are a young male experiencing erectile dysfunction
- Fainting/dizziness/lightheadedness regularly
- Pain in one arm or both
- Numbness in the legs
- Pain in the neck, throat, back, upper abdomen
- Any of the above combined with nausea or vomiting



How is heart disease detected?

Your doctor will first take into account your blood pressure, weight, and cholesterol levels. He may also run one (or all) of the following tests:

- EKG or ECG (electrocardiogram): measures your heart's electrical activity
- Echo (echocardiogram): tells how well the heart pumps and examines the thickness of the heart muscle
- Treadmill (stress) test: checks how your heart works under pressure

How to take care of your heart

Interestingly, if you look for ways to manage diabetes and ways to care for your heart, the two lists are almost identical. Mostly, it boils down to living a healthy lifestyle that includes eating right, getting enough exercise, and maintaining a healthy weight.

Here is a helpful list of ways that you can improve your heart health AND manage your diabetes:

1. Lose excess weight

If you're overweight, losing even a small amount of weight can lower your triglycerides and blood sugar. The American Diabetes Association recommends that people who are overweight or obese lose 7-10% of their body weight over 6 month intervals until they achieve ideal body weight.

2. Get moving

Exercise can help you lose the weight mentioned above, lower your blood sugar, improve your body's use of insulin, and lower your risk of heart disease. 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 at 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

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.

Eating less junk food, avoiding trans fats, avoiding alcohol and sugary drinks, and drinking more water are all ways to improve your diet dramatically. Calorie counting when needed is also a good strategy.

4. Manage stress

Stress raises your blood pressure. It can also lead to making poor choices in food and drink. Find ways to manage your stress such as seeing a therapist or getting some exercise instead of engaging in activities that create other problems.

5. Stop smoking.



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.

Board certifications

- Cardiology
- Advanced Heart Failure and Transplant
- Nuclear Cardiology
- Comprehensive Echocardiography
- Internal Medicine



3161 Harbor Blvd, Suite A, Port Charlotte, FL 33952
(941) 235-8892
www.portcharlottecadiology.com

THE GREAT AMERICAN SMOKEOUT®

On November 17th of this year Gulfcoast South Area Health Education Center (GSAHEC) will celebrate the *Great American Smokeout®* (GASO), a national holiday hosted by the American Cancer Society that provides an opportunity for people who smoke to commit to healthy, smoke-free lives: not just for a day, but year-round. The Great American Smokeout® also provides an opportunity for individuals, community groups, businesses, healthcare providers, and others to encourage people to plan to quit on the GASO date or initiate a smoking cessation plan on the day of the event. **This event not only challenges people to stop smoking, but it also educates people about the many free tools they can use to help them quit and stay quit.**¹

Despite what some may say, it is never too late to quit smoking! In fact, you can experience several benefits of quitting smoking within hours of quitting and can enjoy the benefits of being tobacco-free for years to come. As soon as a person quits, his or her body begins to heal:²

- **2 weeks to 3 months after quitting:** risk of heart attack begins to drop, and lung function begins to improve.
- **1 to 9 months after quitting:** coughing and shortness of breath decrease.
- **1 year after quitting:** heart attack risk drops sharply.
- **2 to 5 years after quitting:** stroke risk is reduced to that of a non-smoker's.
- **5 years after quitting:** risk of cancer of the mouth, throat, esophagus, and bladder is cut in half.
- **10 years after quitting:** risk of dying from lung cancer is about half of a smoker's, and risk of cancer of the kidney and pancreas decreases.
- **15 years after quitting:** risk of coronary heart disease is back to that of a non-smoker's.

If you or a loved one are looking to quit smoking (or all forms of tobacco), or if you want to promote the Great American Smokeout® to your business, community groups, or patients, **there are many free resources available to help someone quit!** GSAHEC offers free virtual and in-person group quit sessions—sponsored by the Florida Department of Health's Tobacco Free Florida program—that are available to help someone quit all forms of tobacco. These group quit sessions 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 session attendance. Attendees will also receive a participant workbook, quit kit items, and follow up support from a trained tobacco treatment specialist.

Contact us today at **866-534-7909** or visit www.tobaccofreeflorida.com/groupquitcalendar to schedule a session or learn more about the program!



References:

- 1 <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>
- 2 <https://tobaccofreeflorida.com/cost-of-smoking/tobacco-effects-quitting-benefits/>

QUIT TOBACCO with GROUP QUIT

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

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



Virtual Group Sessions -OR- In-Person Group Sessions



Develop your personalized quit plan.



FREE nicotine replacement patches, gum, or lozenges.*



More than **DOUBLES** your chances of success!

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

Pre-registration is required.

CALL TODAY:

866-534-7909

Sponsored by:



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



Diabetic Retinopathy: You May Not Know You Have It

By Duane Wiggins, M.D.

Board Certified Ophthalmologist, Cataract & Refractive Surgeon with Quigley Eye Specialists

All of us should be getting our regular eye examinations to make sure our eyes are healthy, but the importance of people with diabetes getting their recommended exams is critical. In both type 1 and type 2 diabetics, the high blood sugar is highly involved in damaging the delicate blood vessels in the retina. This damage is called diabetic retinopathy. In diabetic retinopathy, serious complications can cause significant vision loss if left untreated. Sudden vision loss from these complications, such as, a vitreous hemorrhage, or tractional retinal detachment is extremely threatening issues that can cause blindness.

According to the American Academy of Ophthalmology:

Diabetic Retinopathy

You can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms such as:¹

- Seeing an increasing number of floaters
- Blurry vision
- Vision that changes sometimes from blurry to clear
- Seeing blank or dark areas in your field of vision
- Having poor night vision
- Noticing colors appear faded or washed out
- Losing vision

Diabetic retinopathy symptoms usually affect both eyes

Treatment Options:

Medical control

Controlling your blood sugar and blood pressure can stop vision loss. Carefully follow the diet your nutritionist has recommended. Take the medicine



your diabetes doctor prescribed for you. Sometimes, good sugar control can even bring some of your vision back. Controlling your blood pressure keeps your eye's blood vessels healthy.¹

Medicine

One type of medication is called anti-VEGF medication. These include Avastin, Eylea, and Lucentis. Anti-VEGF medication helps to reduce swelling of the macula, slowing vision loss and perhaps improving vision. This drug is given by injections (shots) in the eye. Steroid medicine is another option to reduce macular swelling. This is also given as injections in the eye. Your doctor will recommend how many medication injections you will need over time.¹

Laser surgery

Laser surgery might be used to help seal off leaking blood vessels. This can reduce swelling of the retina. Laser surgery can also help shrink blood vessels and prevent them from growing again. Sometimes more than one treatment is needed.¹

4 Ways to Prevent Vision Loss from Diabetic Retinopathy

1. If you have diabetes, talk with your primary care doctor about controlling your blood sugar. High blood sugar damages retinal blood vessels.
2. Do you have high blood pressure or kidney problems? Ask your doctor about ways to manage and treat these problems.
3. See your ophthalmologist regularly for dilated eye exams. Diabetic retinopathy may be found before you even notice any vision problems.
4. If you notice vision changes in one or both eyes, call your ophthalmologist right away.

Get treatment for diabetic retinopathy as soon as possible. This is the best way to prevent vision loss.

Source:

1. N Gregori, M.D., *Diabetic Retinopathy: Causes, Symptoms, Treatment*, September 14, 2021, <https://www.aaa.org/eye-health/diseases/what-is-diabetic-retinopathy>



(855) 734-2020
www.QuigleyEye.com

Quigley Eye Specialists, founded in 1988, consists of more than 100 medical professionals, including surgeons, optometrists, retina specialists and technicians. Offices are conveniently located throughout Southwest Florida in Sarasota, Venice, North Port, Port Charlotte, Punta Gorda, Cape Coral, Fort Myers, Lehigh Acres, Bonita Springs, Naples and Coral Gables.

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

About Quigley Eye Specialists

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

Treating Venous Ulcers at Joyce Vein & Aesthetic Institute

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

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

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



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

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

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

PATIENT TESTIMONIAL

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

Michael C.



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

SPECIALITY

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

DEGREES

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

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

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

TRAINING

Internship and Surgical Residency Lansing General Hospital, MI

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

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



941-575-0123

www.jvai.com

25092 Olympia Ave., Suite 500
Punta Gorda, FL 33950





Personalized Care for Every Patient

Advocate Radiation Oncology is Charlotte County's local partner in the fight against cancer, bringing world-class radiation treatment closer to home. Our evidence-based approach, innovative technology, and compassionate care ensure that every patient's treatment experience is customized to their needs with the goal of most effectively treating an individual's cancer while minimizing side effects. Our team of board-certified radiation oncologists have decades of experience and have trained at some of the nation's most prestigious institutions. We put patients first, always.

Spanish-fluent doctors and care staff



3080 Harbor Blvd., Port Charlotte, FL 33952 (941) 883-2199 | www.AdvocateRO.com

PUT YOUR BEST FOOT FORWARD

FAMILY FOOT & LEG CENTER

COMMON CONDITIONS

FOOT & ANKLE PAIN	WOUND CARE
INGROWN TOENAILS	SPORTS INJURY
MORTONS NEUROMA	BUNIONECTOMY
PLANTAR FASCIITIS	HEEL PAIN

SAME DAY APPOINTMENTS

Serving Southwest Florida Since 2005!

Naples. Marco Island. Estero. Cape Coral. Fort Myers. Port Charlotte.

CALL TODAY!
239-430-3668 (FOOT)
NAPLESPODIATRIST.COM

Dr. Isin Mustafa
DPM, MSHS, DABPM, FACPM
3161 Harbor Blvd, Suite B, Port Charlotte, FL 33952



**WE
KEEP YOU
WALKING**

RESET RESTART

JVAI AESTHETIC IS BACK AND
BETTER THAN EVER

You are already beautiful
let's refine it.

- Botox and Filler
- Soothing Hydrafacial, Brand New Syndeo Technology
- Potenza RF Microneedling
- Emsculpt Neo Bodysculpting
- Cellutone, Cellulite Reduction
- Emsella – Urinary Incontinence
- Laser Hair Removal
- Spider Vein Treatment



Free Initial Consultation for Aesthetic Services.



For a limited time we are offering a
FREE MINI HYDRAFACIAL
to show you the amazing effects of the
NEW Syndeo Hydrafacial machine.

Struggling with urinary incontinence try the
Emsella chair during your
FREE Consultation.

CALL US AT 941-575-0123
TO RESERVE YOUR SPOT

www.jvaiaesthetics.com

*Don't wait to look GREAT! We now accept Care Credit.
Ask today about special financing.*

25092 Olympia Ave., Suite 500, Punta Gorda, FL 33950



THANKS TO IAN, RECOVERY TAKES ON ADDED MEANING

By Dr. Thomas Hofmann

It's unlikely that many will ever forget September 28, 2022 – the day Hurricane Ian made landfall in Southwest Florida, bringing historic destruction and damage. Such a natural disaster can bring forth mental and physical health problems. Many faced physical injury or death, plus the damage and/or loss of their homes and possessions. The images we've seen and stories we've heard so far are heartbreaking.

The damage created by the storm extends beyond the event itself.

First, the thoughts and memories of Ian remain on people's minds. Over time, these thoughts will lessen. These thoughts can cause stress reactions, like jumpiness, fear and anxiety. Second, physical symptoms like trouble sleeping, severe headaches, stomach upset, and the worsening of ongoing medical problems can happen. And third, you can experience emotional symptoms, which can range from feeling shocked, numb, angry or detached to being unable to feel joy or love.

The aftermath of a disaster can trigger conditions that include longer term stress reactions from the memory of the event, depression, guilt, anger, suicidal thoughts, or substance abuse.

Other factors include the level of exposure to the disaster. Did you ride out the storm in your home where there was severe, or even life-threatening damage? If you were in a safer place, either because you evacuated the area or were in a shelter, the constant news and images can also cause distress.

Recovering from natural disaster is an ongoing process. This is when you turn to your family and friends when you're ready to talk about your thoughts and feelings. They are your support system. Sometimes, however, you may need treatment that includes a counselor or doctor as you would for any other condition. As you know, neglecting a problem doesn't resolve it. Fortunately, it has become much more accepted to take advantage of the expertise and help a counselor or therapist can provide. How you recover depends on many factors mentioned here.



Such an experience can also shed light on thoughts you have been contemplating before the disaster struck. You may gain added appreciation for relationships and goals. Maybe you've been thinking about making life changes, and this event could very well inspire you to take the steps needed to do just that. Many like you have already used events like these as the catalyst for positive change.

The bottom line is with time, a support system and/or professional help, you can overcome the trauma you experienced and move forward with your life.

Dr. Thomas Hofmann is the Program Director for the Clinical Mental Health Counseling program for Hodges University. He is a Licensed Social Worker and Marriage and Family Therapist in Florida. He is a Board Certified Telemental Health Provider, a Certified Employee Assistance Professional, a Certified Hypnotherapist of the National Guild of Hypnotists, and a Fellow of the American Association of Marriage and Family Therapists. He advocates for approaches that combine holistic, strength based methods in combination with the traditional medical model approaches prevalent in modern practices today.



239-938-7744 | Hodges.edu

NO DRUGS - NO PRESCRIPTIONS - NO SURGERY JUST RELIEF

By Physicians Rehabilitation

Have 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

The facet joints are small joints in the back of the spine that form connections between each vertebra. If these joints are blocked or numbed, they will not be able to transfer the painful sensation to the brain. Therefore, this procedure is completed to see if your back pain is caused by the facet joints.



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.



3417 Tamiami Trail, Unit A

Port Charlotte, FL 33952

855-276-5989

www.PhysiciansRehab.com

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 for more information.



Can Acupuncture Help Relieve the Side Effects of Cancer Treatments?

By Jessica Guerra, L. Ac, AP

Acupuncture is a traditional Chinese medicine that involves the insertion of very thin needles through the skin at strategic points on the body. The technique is believed to balance the flow of energy, known as chi. Most Western practitioners view acupuncture points as places to stimulate nerves, muscles, and connective tissue. It is believed to boost the body's natural painkillers.

Acupuncture is widely used as a method to relieve or control pain, but it has also been shown to be effective in relieving nausea and vomiting, stress, anxiety, and insomnia, among other things. This is good news for patients undergoing cancer treatments since these are common side effects of chemotherapy and radiation. In fact, many cancer treatment centers in the US are now offering acupuncture as a complimentary treatment, meaning it is used in conjunction with traditional treatments, not in place of them.

Acupuncture to treat nausea and vomiting

Any oncologist will tell you that one of the most common side effects that their patients experience is nausea and vomiting. While most patients experience it as a side effect after their treatments, there are some who even start vomiting as their next appointment draws near. And many have even said that the side effects are worse than the actual disease.

So, what can acupuncture do to help? At the University of California at Los Angeles School of Medicine there was a study done several years ago in which the majority of patients who were treated with acupuncture before and/or after chemotherapy reported a significant reduction in nausea and vomiting. In many treatment centers acupuncture is now administered before, after, or in-between chemotherapy sessions as a means of controlling nausea or emesis. (1) Its effectiveness helps to minimize the cost of anti-nausea medications and the side effects they themselves can produce.

Acupuncture helps manage the feeling of sickness that results from chemo and radiation by restoring the natural energy flow of the body. This is done by inserting needles at specific points. The needles stimulate the nerves that send signals to the brain. These signals stimulate the brain to increase the production of the hormones that can reduce nausea.



Acupuncture for pain

Acupuncture is possibly best known for its use as a pain reliever. In cancer patients, it has been shown to reduce the need for the use of narcotics to control pain. These medications come with their own set of side effects as well. These include confusion, nausea, and constipation, so minimizing or even eliminating their use is always a goal.

The pain that cancer patients experience can come from a variety of places. Many patients will need to go through surgery to remove tumors. Acupuncture can help alleviate that pain as well as the pain associated with chemotherapy and radiation treatments. Though it does not replace traditional pain medications, it can be used in conjunction with them to reduce their use significantly.

Acupuncture for neuropathy

Neuropathy is another side effect from chemotherapy. Many patients experience a numbness or tingling sensation in the hands or feet that can gradually spread into the arms and legs. It can also be experienced as sharp pains or hypersensitivity to touch. As many as a third of all patients undergoing chemotherapy treatments experience neuropathy. It is an especially annoying side effect due to its effect on a patient's quality of life. Acupuncture has been shown to help with neuropathy as well.

Acupuncture for other cancer side effects

There are many other side effects that come along with a cancer diagnosis and subsequent treatments. Many patients experience stress and anxiety, which is understandable when you're fighting for your life. Acupuncture has been shown to reduce both effectively.

If left uncontrolled, stress, anxiety, nausea, vomiting, and pain can all add up and result in sleeplessness as well. By relieving these symptoms with acupuncture, the patient is also able to get better rest from a good night's sleep.

And as if this list of benefits wasn't enough, acupuncture has also been shown to boost the immune system. Fighting cancer and undergoing its harsh treatments can leave your body unable to fight off other illnesses. Some tests have shown that acupuncture can have a positive effect on immune function. This is great news since so many cancer patients die from unrelated illnesses that their body was unable to ward off.

If you or a loved one is undergoing cancer treatment and would like more information about the benefits of acupuncture, contact the highly trained professionals at Center for Acupuncture and Holistic Healing in Port Charlotte. The goal at CAHH is to help you achieve optimum health and wellness. You can contact them at 941.626.1992 or visit their website at <https://acupunctureholistichealing.com>. They are located at 4456 Tamiami Trail unit B16 in Port Charlotte, FL.

Source:
Mak, Eugene MD. "Acupuncture in Cancer Treatment." *American Academy of Medical Acupuncture*, 11 Aug. 2020. medicalacupuncture.org/acupuncture-in-cancer-treatment/

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.

Center for Acupuncture & Holistic Healing
4456 Tamiami Trail unit B-16
Port Charlotte, FL 33980
941-626-1992
www.acupunctureholistichealing.com

Psoriasis: Do You Have Dry Patches of Irritated Skin?

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

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

Psoriasis Symptoms:

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

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

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

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



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

Luminary Dermatology Trust an Experienced Provider Team

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

Look and Feel Your Very Best

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

- MEDICAL DERMATOLOGY
- MEDICAL SPA TREATMENTS
- SKIN CANCER SCREENINGS
- ACNE TREATMENTS
- RASHES AND SKIN DISORDERS
- SKIN CANCER TREATMENT
- MOHS SURGERY
- BOTOX® COSMETIC
- DERMAL FILLERS

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

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

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

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



Cary L. Dunn, M.D.



Shauntell Solomon, D.O.



Cynthia Spencer, D.O.



Michael Van Vliet, M.D.



LUMINARY
DERMATOLOGY

941.926.6553

luminarydermatology.com

Early Detection of Prostate Cancer Saves Lives

Prostate cancer is a fairly serious blip on the male health radar as the second leading cause of cancer death in American men. Chances are you know someone who has battled prostate cancer because statistically speaking; one in seven men will be diagnosed with prostate cancer during his lifetime. The average age of diagnosis is 65, in fact 60% of those diagnosed are 65 and older.

Prostate cancer – and other prostate issues – can cause considerable discomfort, pain and even death, if they are left undiagnosed and untreated. No man looks forward to the annual prostate exam; but if you're smart, you'll bite the bullet and go anyway because early detection can save your life.

Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life.

What is the prostate – and why does it need to be examined?

The prostate gland is a doughnut-shaped organ that is part of the male reproductive system. A healthy prostate in a younger man is only about the size of a walnut. The prostate sits just under the bladder and is wrapped around the beginning of the urethra. It is surrounded by nerves that control erections and its primary function is to produce a liquid that enriches and protects sperm.

Unfortunately, as men get older this little organ tends to act up. At times, some of the symptoms are simply a sign of aging; however, in many cases prostate trouble is an indication of a more serious problem. Prostate cancer is a primary concern, but other prostate disorders can be just as uncomfortable and a serious concern for male health.

So if you are experiencing symptoms like difficulty or discomfort while urinating, reduced ability to get an erection, blood in your urine or semen, or painful ejaculation, it's important to have your prostate checked out. Even if you aren't experiencing any symptoms, it's still wise to be screened from time to time, as you can pre-empt and prevent problems before they crop up.

Regular screenings ensure that problems are caught quickly. Catching a prostate problem right at the start, means that it can be treated and cleared up with far less difficulty.



So men, don't wait around till you run into trouble. A little momentary discomfort is a worthwhile trade for a long, happy, healthy life surrounded by your family and friends. Do yourself a favor and get your prostate checked out.

If there is concern as a result from the routine annual prostate exam, diagnostic imaging will be ordered. There are different imaging screenings available, the 3T wide bore MRI provides that best image quality in a non-invasive way.

Men travel from across the United States for advanced imaging with our Phillips 3T wide bore MRI.

Radiology Associates of Venice and Englewood is pleased to offer 3T wide bore MRI scans for obtaining superior-quality MRI images for diagnostic accuracy and exceptional comfort in an expanded range of patient scenarios.

What is a 3T MRI?

The term "3T" stands for "3 Tesla." Tesla is the name given to a measurement unit that expresses the strength of the electromagnetic energy field that MRI devices use for generating images. Standard MRI scanners operate in the range of about 1.5 Tesla. This means that our 3T MRI operates at approximately twice the electromagnetic energy level of a standard MRI.

Benefits of 3T MRI

Our wide bore 3T MRI scanner combines the superb diagnostic image quality gained through a stronger electromagnetic field with the exceptional patient comfort of a wide-bore configuration—70 cm in diameter, a full 10 cm larger than standard MRI scanners. The scanner is also shorter in length than conventional MRI scanners. These factors make this scanner less confining to patients, reducing symptoms of claustrophobia. Additionally, large patients who have trouble fitting into conventional scanners can have their scans done in this machine, which can accommodate patients weighing up to 500 lbs.

The stronger magnetic field allows the machine to detect stronger signals from the patient during the imaging. This increased signal strength can be used to generate more detailed pictures or reduce the total imaging time. Often the imaging protocols are designed to generate better pictures while still saving time compared to other types of MRI scanners, giving patients the benefit of a shorter exam without sacrificing diagnostic quality.



www.raverad.com

VENICE

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

ENGLEWOOD

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

SARASOTA

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

All-In-One Dental Visit with CEREC

By Dr. Joseph Farag

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

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

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

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



Here's how it works.

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

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

The perfect-fit restoration is completed and placed in your mouth with the whole process only taking around an hour!

CEREC fillings are natural looking, smooth, white and hard-wearing, just like the enamel surface of the rest of our teeth. The ceramic material is biocompatible and is not effected by hot or cold.

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

Before



After



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

Before



After



It's your Choice. 3D Mammography

Radiology Associates of
Venice, Englewood
and Sarasota

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

**RA
&E
IMAGING**
VENICE • ENGLEWOOD • SARASOTA

Beautiful Smiles Begin Here



Dr. Joseph Farag
UF Graduate



Port Charlotte Dentalcare

CALL TODAY: 941-764-9555

3441 Conway Blvd • Port Charlotte

hours: Mon-Thurs 8am-5pm, Fri by appointment

We Offer:

- Implant & Reconstructive Dentistry
- Cosmetic Dentistry
- Personal Care
- Aesthetic Dentures & Partial
- Metal Free Fillings
- Single Appointment Crowns
- Dental Cleanings
- Laser Gum Surgery

New Patients Welcome



**FREE
Consultation**
For Laser Gum Therapy

For treatment of sore & bleeding gums, loose teeth and bad breath.
Limited time offer. New patients only.

Port Charlotte Dentalcare • 764-9555

With this coupon. Not valid with other offers or prior services. Limited time offer.

**FREE
Consultation**
For Dental Implants

Limited time offer. New patients only.

Port Charlotte Dentalcare • 764-9555

With this coupon. Not valid with other offers or prior services. Limited time offer.

KEY NUTRIENTS TO HELP FIGHT DIABETES AND HIGH BLOOD SUGAR

By Amanda Tezyk, APRN, BSN, RN

What is blood sugar?

Blood sugar, or glucose, is your body's main energy source. We get glucose from the food we eat, and our blood carries it around to all the cells in the body to give them the energy to function. Glucose mainly comes from the carbohydrates we eat, though our bodies can convert protein and fat into sugar too if needed.

Glucose from protein is typically stored in the liver and doesn't enter the bloodstream, so eating protein-rich foods won't raise your blood sugar too much. Fats slow down the digestion of carbohydrates, which causes a delayed rise in blood sugar. High blood sugar can be an issue because it usually leads to sugar crashes. Symptoms of low blood sugar are similar to those of high blood sugar levels. They include fatigue, headaches, and jitters. So, eat meals balanced with protein, fat, and carbs to avoid this.

High blood sugar levels are a problem, even if you don't have a family history of diabetes. Blood sugar that's consistently higher than ideal can coexist with Type 2 diabetes and cause serious health conditions like kidney disease, nerve problems, or stroke. When it comes to our health, it's important to know exactly what's going on inside of our bodies and how to naturally counteract negative responses to prevent damage to our organs.

Key Nutrients to fight off diabetes and stabilize blood sugar levels are:

Vitamin D improves the function of pancreatic cells that make insulin and increases your body's responsiveness to insulin. D deficiency is common in people with type 2 diabetes. Supplementing with vitamin D may improve overall blood sugar control, as reflected by A1C. Suggested Dose: 4500-IU daily, along with plenty of sunshine.

Magnesium is involved in normal insulin secretion and action in your body's tissues. Magnesium deficiency is common in people with type 2 diabetes. Studies suggest that magnesium supplements may help reduce your fasting blood sugar, as magnesium manages your insulin and carbohydrate metabolism. Magnesium is involved in your body's ability to secrete insulin and may help your cells use insulin more effectively. Suggested Dose: 300 mg daily.



Alpha Lipoic Acid: this is a vitamin-like compound and powerful antioxidant produced in your liver and found in some foods, such as spinach, broccoli, and red meat. ALA may improve insulin sensitivity and your cells' uptake of sugar from your blood, though it may take a few months to experience these effects. It may also protect against oxidative damage caused by high blood sugar. Suggested Dose: 1200 mg daily.

Folate: a B vitamin in many foods and is necessary to make DNA and other material. A form of folate known as folic acid is in many dietary supplements and fortified in certain foods. Research indicates that a higher folate intake may lower plasma glucose in people with metabolic syndrome. Folate supplementation may benefit and may help prevent diabetic neuropathy and diabetic retinopathy, particularly if started early during your diabetes. Suggested Dose: 400 mcg daily

Taurine: is an amino acid your body requires to perform basic functions. Supplementing with Taurine can help stabilize blood sugar and improve exercise performance. L-taurine supplementation can help lower your risk of heart disease, diabetes, metabolic syndrome, Parkinson's disease, and other neurodegenerative diseases. It works by supporting heart and blood

vessel function, extending the lifespan of brain neurons, and stimulating the growth of new brain cells. It also increases insulin sensitivity, which is required to keep blood sugar levels stable and prevent the spikes and drops of the diabetic experience. Suggested Dose: 3 grams daily.

If you want to help your body fight off blood sugar spikes and help NATURALLY control your symptoms of diabetes, you want to try the BRAINSTORM IV Cocktail. Brainstorm improves cognitive function, information processing, learning, and memory. Brainstorm is a blend of Folic Acid, B-12, L-Taurine, and Alpha-Lipoic Acid to promote increased neurological functions. These ingredients also naturally keep blood sugar levels in check. Taurine can also be a stand-alone injection or added to any drip for an extra boost. For the month of November, if you mention this article, you will receive 10% off your next Brainstorm drip.

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.



BR REJUVENATION & HYDRATION
T H E R A P Y

239-980-4739

BRRejuvenationandhydration.com

brrejuvenationandhydration@gmail.com



Coping with COPD While Managing Your Daily Tasks

By Afton Patterson

Do you suffer from frequent shortness of breath? Do simple things like climbing stairs or grocery shopping leave you wheezing and coughing? If so, you may be one of millions of Americans who suffer from chronic obstructive pulmonary disease (COPD). According to the CDC, 16 million Americans have been diagnosed with COPD, but there are millions more out there who have not been diagnosed and are not being treated.

While the main cause of COPD is smoking tobacco, you can still suffer from it even if you are not a smoker. Exposure to cigarette smoke (second hand smoke) or pollution in the air in your home or place of work can increase your risk as well. Additionally, those with a family history or those who suffer from respiratory infections, such as pneumonia, are also at a higher risk.

Symptoms of COPD

According to the Mayo Clinic, COPD is a chronic inflammatory lung disease that obstructs the airflow from the lungs. Symptoms include difficulty breathing, as well as coughing and wheezing from excessive mucus production. Its severity varies from person to person as does its treatment.

How is COPD treated?

First and foremost, you must stop smoking and avoid being exposed to other air pollutants. Eliminating the sources of irritation is of utmost importance.

Your doctor may also suggest other treatments including:

Pulmonary rehabilitation: A program specifically designed for each patient that teaches them to manage their COPD symptoms and thereby improve their quality of life is important. These plans are likely to include learning how to breathe properly and what types of exercise might be beneficial to the patient.

Medication: Managing the symptoms, such as wheezing and coughing, can usually be improved by taking proper medications.

Prevention of lung infections: Since flu and pneumonia cause such serious problems for those who suffer from COPD, getting vaccines is important. If these lung infections are present, antibiotics can be used to treat them in many cases.

Supplemental oxygen: In severe cases, a portable oxygen tank may be needed in order to maintain optimal blood oxygen levels.

Proper nutrition: It should not come as a surprise that healthy eating affects every aspect of our life. The right mix of nutrients in your diet can also help you to breathe more easily.

Exercise: Like eating properly, getting the right type and amount of exercise is important in managing your symptoms and maintaining your overall health.

Getting Support

Living with COPD can be challenging. Doing simple tasks can become difficult. Going shopping, running the vacuum, getting the mail or even getting up to answer the phone can be exhausting and take much longer than they normally would. Part of managing your COPD is knowing when and where to get help. Highest Honor Home Care's mission is to assist every client with improving their quality of life, encouraging independence and allowing them to be comfortable with excellent care in their homes by providing first-class, professional care with respect, dignity and compassion with the highest ethical standards and honor.

They offer homemaking services that include:

- Light housekeeping/ Home Management
- Making the bed and changing linens
- Doing the laundry
- Answering the phone and door
- Preparing meals
- Taking out the trash
- Writing letters and reading mail
- Dusting the furniture
- Medication reminders

If you or a loved one is in need the home care services mentioned here, contact Highest Honor Home Care by sending an email to 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 give you more information about how home care could work for you.



Better Health Starts Here!
center for acupuncture
& holistic healing

ACUPUNCTURE & CHINESE MEDICINE

Jessica Guerra, L. Ac, AP

4456 Tamiami Trail unit B-16, Port Charlotte, FL 33980

941-626-1992

www.acupunctureholistichealing.com

Acupuncture is a safe, effective, chemical-free way to promote your body's self-healing abilities.



To care for you is one of life's highest honors.

FREE Personal Consultations - Call 941-204-8636



Highest Honor Home Care, LLC
is privately owned and operated.

info@highesthonorhomecare.com

www.highesthonorhomecare.com

License #238494

Companion Care • Homemaking • Safeguard Visit

All caregivers are agency employees who have passed a level 2 background check, and are covered by Workers Compensation.

Serving Charlotte, Desoto and Sarasota Counties • On Call 24/7



COMPRESSION BACK FRACTURES

By Omar Henriquez, M.D.

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

What Is Kyphoplasty?

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

Benefits of Kyphoplasty

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

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

Before the procedure

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

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

During the procedure

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

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



After the procedure

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

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

Kyphoplasty Recovery Time

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

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

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

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

Omar Henriquez, M.D.

INTERVENTIONAL PAIN MANAGEMENT

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

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

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

— Dr. Omar H. Henriquez

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



941-237-0050
WWW.FSAPCARE.COM

DIABETES AND HEARING LOSS

By Dr. Noël Crosby, Au.D.

The Diabetes and Hearing Loss Connection

Diabetes can lead to nerve damage that affects many parts of the body, including your hands, feet, eyes, and kidneys. Diabetes can also cause nerve damage in your ears. Over time, high blood sugar levels can damage small blood vessels and nerves in the inner ear. Low blood sugar over time can damage how the nerve signals travel from the inner ear to your brain. Both types of nerve damage can lead to hearing loss.

Hearing loss is twice as common in people who have diabetes as it is in people of the same age who don't. Even people with prediabetes (blood sugar levels higher than normal but not high enough yet to have type 2 diabetes) have a 30% higher rate of hearing loss than people with normal blood sugar levels.

Diabetes and hearing loss are two of America's most widespread health concerns

More than 37 million people in the U.S. have diabetes, and an estimated 34.5 million have some type of hearing loss. That's a lot of people, and it turns out many of them are experiencing both at the same time. A recent study found that hearing loss is twice as common in people with diabetes as it is in those who don't have diabetes. Also, of the 133 million adults in the United States who have prediabetes, the rate of hearing loss is 30 percent higher than in those with normal blood glucose (blood sugar).

Right now, we don't know how diabetes is related to hearing loss. It's possible that the high blood glucose levels associated with diabetes cause damage to the small blood vessels in the inner ear, similar to how diabetes can damage the eyes and the kidneys. But

more research needs to be done to discover why people with diabetes have a higher rate of hearing loss.

Protecting Your Ears is KEY

You can't reverse hearing loss, but you can follow these tips to help protect your ears:

- Keep your blood sugar as close to your target levels as possible.
- Get your hearing checked every year.
- Avoid other causes of hearing loss, including loud noises.
- Ask your doctor whether any medicines you're taking can damage your hearing and what other options are available.

You should have your hearing tested by an audiologist (a health care professional who evaluates your hearing for medical problems) when you first find out you have diabetes and then every year after. Make it part of your diabetes care schedule. If you think you have hearing loss, talk to your doctor. They can help you decide if you should see an audiologist.

Hearing loss can be frustrating for you and your family, and it can affect your social life. There are many reasons to keep your blood sugar within your target range—protecting your hearing is just one of them. Plus, you'll feel better and have more energy while you do it!

**Call Today to make your appointment
941-474-8393**

Risk factors for hearing loss

Other risk factors for hearing loss may include:

- aging
- frequent or prolonged exposure to loud noise
- genetics
- certain conditions, such as measles, mumps, meningitis, multiple sclerosis, and stroke
- certain medications, including anti-inflammatory drugs, antibiotics, and diuretics, as they can cause permanent ear damage
- trauma to the ear through head injuries
- certain chemicals, as they can cause damage to the ears

Signs of Hearing Loss

Hearing loss can happen slowly, so it can be hard to notice. Often, friends and family members will notice your hearing loss before you do.

Signs of hearing loss include:

- Often asking others to repeat themselves.
- Trouble following conversations with more than one person.
- Thinking that others are mumbling.
- Problems hearing in noisy places, such as busy restaurants.
- Trouble hearing the voices of small children and others with quiet voices.
- Turning up the TV or radio volume too loud for others who are nearby.
- Problems with your inner ear may also affect your balance.

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.



**BR REJUVENATION & HYDRATION
THERAPY**

**SPECIALIZING IN IV HYDRATION &
VITAMIN THERAPIES IN YOUR HOME**

Contact us today to book your session
BRRejuvenationandhydration.com
(239) 980-4739
BRRejuvenationandhydration@gmail.com

**Hearing Aids - Hearing Aid Repairs
Diagnostic Hearing Services
Tinnitus Evaluation & Treatment**

**CALL FOR A FREE
CONSULTATION!**

941-474-8393

655 S. Indiana Ave., Englewood
Also Boca Grande Health Clinic Annex

**ADVANCED HEARING
SOLUTIONS**

AdvancedHearingSolutions.net

**Noël Crosby
Doctor of Audiology**

**Karen Draper
Doctor of Audiology**

DIABETES: ATTAINABLE AND SUSTAINABLE BLOOD SUGAR CONTROL!

Managing diabetes is hard! You are constantly reminded to reduce your sugar intake, monitor your carbs, and prioritize complex carbohydrates over sugary, processed foods. The instructions and guidelines are never ending!

You can also experiment with a low glycemic diet, which involves using the glycemic index to create a meal plan using foods that take longer to break down into sugar. The glycemic index measures how quickly your blood sugar rises after eating a specific food. Foods are ranked from 0 to 100 based on how they affect your blood sugar. Foods that are low in fiber are digested quickly and spike blood sugar levels, they have the highest glycemic index. In contrast, foods that take a while to digest with high fiber, slowly release sugar into your bloodstream and have a lower glycemic index. A low glycemic index is less than 55, and a high glycemic is 70 or higher.

Tracking your carbs and sugars is another essential way to stay on top of your blood sugar levels. If scribbling grams-per-meal on a napkin throughout the day isn't your thing, check out helpful nutrition-tracking apps like *MyFitnessPal*, *Fooducate* or *MySugr*, which keep everything organized and can even help you plan your meals.

Overwhelmed yet? Changing your diet and lifestyle all sound great in theory, but let's be honest. Change is HARD!!! We all start with great intentions and a fresh resolve after a lecture at the doctor's office. Unfortunately, after a few days or weeks of avoiding ALL the bad foods, the willpower tends to weaken and gradually the chocolate chip cookies ease back into our routines.

Identifying small sustainable changes that can be maintained are far more valuable than dramatic changes. If you love nothing more than chocolate, you can say "I'll never eat another Oreo again!" but most likely that won't be sustainable. Instead, buy a high-quality dark chocolate. When that craving for chocolate hits, have a small piece of the **darkest** chocolate you can enjoy, you may need to start at 40% but with time, you can gradually increase to 70%. Melt it slightly in the microwave and mix with some unsweetened peanut butter or coconut for a real treat! This more realistic goal will satisfy your chocolate cravings with much less spike to your sugar than what you used to eat!



Saying "I'm going to cut out all carbs from my diet!" is a great goal. However, is that realistic in today's go-go-go world? Instead, consider taking one piece of bread off the sandwich, this cuts the carbs for that sandwich in half! This probably feels a lot more do-able than never being able to eat a sandwich again!

Small bits of exercise matter. Try parking farther away, avoid the closest parking spot, those extra steps, several times a day, add up! Take the stairs instead of the elevator. You can make it around the block once today. Maybe twice tomorrow. Buy that Fitbit and increase your step goals, just slightly, every week. With time, you will start to see and feel the changes in your body.

Remember the complicated glycemic index foods? Here's a simple trick for lowering the glycemic index of any food: Mix a tsp of plain Metamucil into 8 ounces of water and drink it immediately prior to eating, this increases the fiber and reduces the speed at which the sugars from any food enters your blood!

Make the lifestyle changes that are the easiest first. Once those changes become habit then pick the next easiest habit to tackle. First, give up the habits you will miss the least. Those successes will

give you confidence to tackle the tougher habits later. Change your milk chocolate to a quality dark chocolate. Look at the carbs and sugars in your drinks of choice and find a similar but better choice to switch to. Once those changes become a habit, then make one more change toward better health next week or next month. Focus on real whole foods and avoid heavily processed foods. Shop on the outside isles of the grocery store. Read the ingredients, if you don't know how to pronounce the ingredient, then you should not be eating it.

Avoid artificial sweeteners. Fewer chemicals are always the better option when it comes to what we are putting into our bodies! While "Low fat" or "Diet" marketing sounds appealing, it actually means the product has artificial fats, flavorings and sweeteners that worse for you than the original product. Studies have shown the artificial sweeteners are appetite stimulators and contribute to weight gain!

Always remember, every day is a new day and a new chance to make a better choice. Don't beat yourself up over the Oreos of yesterday. Try again each morning to be awesome today!

Could have done better? Forgive yourself, take an extra lap around the block, and make a small sustainable adjustment tomorrow!

Latitude Pediatric & Family Clinic: Where individual rights meet professional advice! We provide Primary Care to the entire family, starting with our sweet newborns and throughout the lifespan. Medicine is not one size fits all. Here, you are given the **Latitude** to be the master of your path and destiny. Our goal is to provide medical recommendations while truly hearing, understanding and respecting your concerns and goals.



2831 Ringling Blvd, Suite F220
Sarasota FL, 34237

941-253-2530

www.latitudeclinic.com

ADOPTED CHILDREN AND RIGHT TO HEIRSHIP

By James W. Mallonee

Do children born out of wedlock who are not adopted have standing to a decedent's estate? The answer is possibly, provided that an individual follow certain rules and procedures to prove such person has standing before requesting the courts for relief.

The primary statute that Florida law relies in these situations is Section 732.108, Fla. Stat. The statute provides a mechanism of defining what rights an adopted person has with regard to being considered kindred of the adopting parent(s). To receive recognition of being kindred, the adopting parent must acknowledge such adoption through the courts or by the person claiming paternity in writing including signing.

In the case of White v. Marks, a female (Ms. Marks) claimed to be the illegitimate daughter of Mr. Marks. Her basis for being such person was from a birth certificate and notation in his Will that nothing should be devised to her and some writings in his pocket planner regarding Miss Marks. Although Miss Marks birth certificate indicated that Mr. Marks was the father, the fact was he agreed to allow his name to be placed on the certificate because of the social stigma associated with being an illegitimate child.

When Mr. Marks died, Miss Marks attempted to show that she had standing to declare his Will (not



naming her as a beneficiary) was obtained by undue influence. The trial court granted judgment in favor of Miss Marks right to standing and the case was appealed to the 5th circuit court of appeals.

The 5th Circuit Court of Appeals reversed the findings by finding that the birth certificate was not signed by Mr. Marks. Florida statute 732.108 Fla Stat. requires acknowledgement in writing. The assumption here is that in writing includes being signed by the person claiming to be father. Although the birth certificate would seem to be an acknowledgment of such relationship, the statute requires it to be signed. In this case the birth certificate was not signed by Mr. Marks.

The other problem was that no court proceeding naming Miss Marks as the daughter of Mr. Marks ever occurred. Lastly, for Miss Marks to have

standing she had to make a declaration of her relationship to Mr. Marks within 4 years after becoming 18 years of age or she would be time barred from claiming to be his daughter. None of the above things occurred.

What is the take-away to be learned from this ruling? If you believe you are a child of a particular person, check your birth certificate and see if it is signed by the individual claiming to be the natural parent. If that does not exist, check to see if there was any court proceeding where the court declared you to be the kindred of a particular person. If that also fails, look to see if there is any writing of any kind by the alleged parent concerning an admission of kindred (signed) by the parent. Lastly, if all else fails, get a blood or DNA test. If any one of these actions is positive, make certain you make the claim within 4 years of turning 18 years of age. Failure to do so may cause you to lose your right to a person's estate.

If you believe you may be a descendant of an individual, seek out an attorney of your choice and ask for help in determining if you have a right to a person's estate. Do not wait until the alleged parent passes before taking action otherwise it may be too late.

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

James W. Mallonee, P.A.

946 Tamiami Trail, #206, Port Charlotte, FL 33953
(941) 206-2223

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

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

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



www.PhysiciansRehab.com

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

We are Medicare providers and accept most insurance plans.

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

6 LOCATIONS SERVING FLORIDA

(855) 276-5989

6150 Diamond Centre Court, Bldg.100, Fort Myers, FL 33912

413 Del Prado Blvd. S., Suite 201, Cape Coral, FL 33990

3417 Tamiami Trail, Unit A, Port Charlotte, FL 33952

5668 Strand Court, Naples, FL 34110

The Villages 733 CR 466, Lady Lake, FL 32159

The Villages 4076 E SR 44, Wildwood, FL 34785

LAW OFFICES OF
JAMES W. MALLONEE, P.A.

**WILLS, TRUSTS, PROBATE,
GUARDIANSHIP AND REAL ESTATE**



SERVING SARASOTA, CHARLOTTE, DESOTO AND LEE COUNTIES

LOCATIONS

946 Tamiami Trail, #206, Port Charlotte, FL 33953

871 Venetia Bay Blvd., #225, Venice, FL 34285

Phone Number: 941-207-2223 Sarasota County

941-206-2223 Charlotte County

www.jameswmallonee.com

A PAINFUL BLADDER CONDITION

What You Need to Know About Interstitial Cystitis

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

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

The following is information provided by the Urology Foundation:

Causes of Interstitial Cystitis

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

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

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

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



These phases of treatment include:

Lifestyle Changes

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

Medications

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

Neuromodulation, Ulcer Cauterization, and Injections

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

Cyclosporine

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

Surgery

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

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

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

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

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

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

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

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

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

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

What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living

longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.



McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



VENTURECHURCH
Naples

www.venturenaples.com

INTERVENTIONAL PAIN MANAGEMENT

**FAMILY SPINE
AND PAIN CARE INSTITUTE**
"Where trust and compassion are foundational values"

CONDITIONS TREATED

- Arthritis / Osteoarthritis Back/Neck
- Sciatica pain
- Spinal Stenosis
- Vertebral compression back fracture
- Low Back-Joins-Limb Pain
- Knee / Legs / Hip / Shoulder Pain
- Head / Neck Pain

Main Office:
1509 S. Tamiami Trail, #400
Venice, FL 34285

Port Charlotte Office:
7525 Harbor Blvd Ste-412
Port Charlotte FL 34952

Satellite Clinic Bayfront Health:
18659 Tamiami Trail, Suite A
North Port, FL 34287

To Schedule an Appointment:
941-237-0050
www.FSAPCare.com



Omar Henriquez MD

Double Board-Certified in Anesthesiology & Interventional Pain Management



LATITUDE
PEDIATRIC & FAMILY
CLINIC

À La Carte Concierge Medical Care

Where individual rights meet professional advice

2831 Ringling Blvd, Suite F220
Sarasota FL, 34237

941-253-2530 | www.latitudeclinic.com

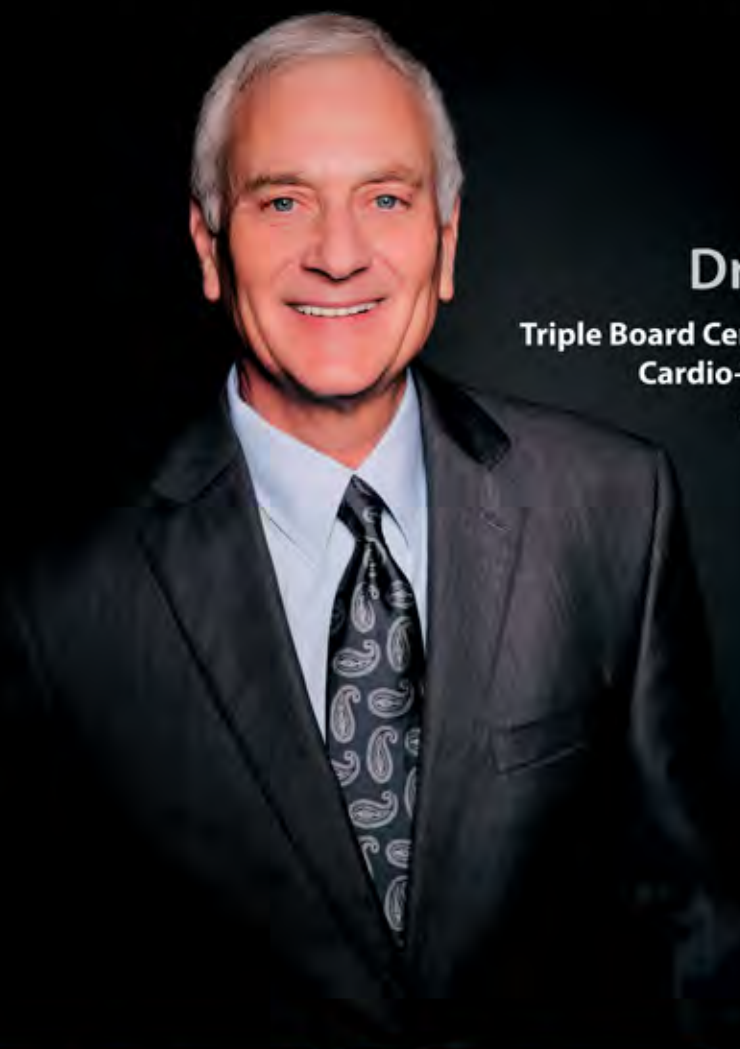
- Pediatric Care • Primary Care • FMACSA Certified DOT Physical Exams
- Covid-19 Prevention / Treatment • Work / Sports / School Physical
- MAT for OUD • TSM for AUD • and more...



CHANGE YOUR LEGS, CHANGE YOUR LIFE!

"I KNOW THIS DISEASE, LET ME HELP YOU REMOVE IT FROM YOUR LIFE."

CALL JOYCE VEIN & AESTHETIC INSTITUTE TO SCHEDULE A CONSULTATION



Dr. Douglas Joyce

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

IF YOUR LEGS LOOK LIKE THIS:

- VARICOSE VEINS
- SORES/ULCERS
- DISCOLORATION
- SPIDER VEINS

IF YOUR LEGS FEEL LIKE THIS:

- TIRED, HEAVY, RESTLESS
- ITCHY
- ACHY
- SWOLLEN

Varicose Veins



Swelling



Skin Changes



Ulcer



(941) 575-0123

JVAI.COM

25092 OLYMPIA AVE
PUNTA GORDA FL 33950