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Charlotte/South Sarasota Edition - Monthly

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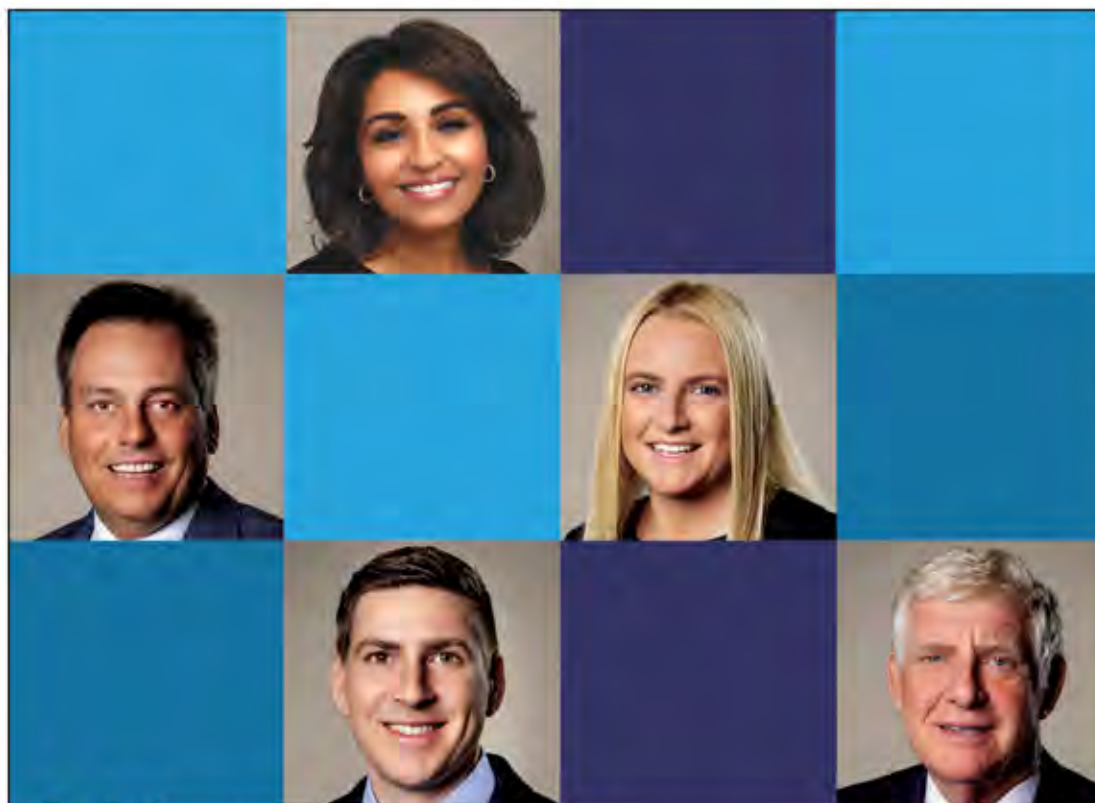
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# PANCREATIC CANCER

**P**ancreatic cancer is the 10th most commonly diagnosed cancer in the United States, accounting for about 3% of all cancers and 7% of all cancer deaths, according to the American Cancer Society. Due to various factors, the disease is difficult to detect at an early stage, when it is more treatable.

## Understanding Pancreatic Cancer

The pancreas gland, about 6 inches long and located in the abdomen, is surrounded by the stomach, small intestine, liver, spleen and gallbladder. Its two main functions are to aid in digestion and help regulate blood sugar.

Pancreatic cancer begins when abnormal cells within the gland grow out of control and form a tumor. These abnormal cells, or tumors, known as either exocrine (90%) or endocrine, can often spread to other areas of the body, including the liver, abdominal walls, lungs, bones and lymph nodes.

Because the pancreas is located deep in the abdomen, diagnosis is complicated. Tumors of the pancreas can only be seen on imaging studies, such as a computer tomography (CT) scan, magnetic resonance imaging (MRI) or ultrasound. If detected, a tissue biopsy and/or blood test can help to confirm an exact diagnosis.

## Signs and Symptoms

There may only be vague signs or symptoms, if any, in the early stages of pancreatic cancer, and some may mimic those of other illnesses. Warning signs can include:

- Jaundice (yellowing of the skin and and/or whites of the eyes) with or without itching
- Change in stools (light-colored stools and/or dark urine)
- Pain (usually in the upper or middle abdomen and back)
- Loss of appetite, weight loss and/or nausea

See your primary care doctor if you experience one or more of these symptoms.

## Know Your Risk Factors

Pancreatic cancer does seem to run in some families due to inherited gene changes (mutations) that can be passed from a parent to children. In fact, about 10% of pancreatic cancers are hereditary. Talk with your physician if a first-degree relative (parent, sibling or child) has been diagnosed with pancreatic cancer; genetic testing may be recommended.

The chance of getting pancreatic cancer increases with age; most people diagnosed are over age 60. While the exact cause of pancreatic cancer is not well understood, the Pancreatic Cancer Action Network® cites common risk factors:

- People who have had diabetes for more than five years are more likely to develop pancreatic cancer.



- People who smoke cigarettes are two times more likely to develop pancreatic cancer than those who have never smoked. The risk of pancreatic cancer begins to drop as soon as a person stops smoking.
- Being very overweight increases the chances of developing pancreatic cancer. The risk is even higher in people who are obese during early adulthood.
- People with chronic pancreatitis are more likely to develop pancreatic cancer. Inflammation of the pancreas is common in people who consume large amounts of alcohol for many years.
- Gum disease or tooth loss appear to be linked to the disease.
- Exposure to certain heavy metals and environmental chemicals, including benzidine, pesticides, asbestos, chlorinated hydrocarbons and benzene, among others, may increase risk.
- Black Americans have a higher incidence of pancreatic cancer than other ethnicities.

It is important to note that many risk factors for developing the disease can be reduced by making positive lifestyle choices, such as eating a plant-based diet and staying physically active. Talk with your health care provider for direction on reducing your risks.

## Promising Treatment Advances

Surgery, chemotherapy and radiation are standard treatments for the disease, but treatments are determined based on the unique needs of each patient.

Because there is no screening test to detect pancreatic cancer, most patients are diagnosed at later stages, which can limit treatment options because the cancer can no longer be removed with surgery or it may have spread to other parts of the body. If pancreatic cancer is detected at an early stage, when surgical removal of the tumor is possible, the five-year survival rate is 42%.

Scientists are learning more about the genetic changes that cause cancer at a rapid pace. Targeted treatments and new combinations of chemotherapy drugs used with traditional therapies are being studied in clinical trials and continue to show great promise for improving detection, diagnosis and patient survival rates.

## World-Class Cancer Treatment Close to Home

About Florida Cancer Specialists & Research Institute, LLC: (FLCancer.com)

Recognized by the American Society of Clinical Oncology (ASCO) with a national Clinical Trials Participation Award, Florida Cancer Specialists & Research Institute (FCS) offers patients access to more clinical trials than any private oncology practice in Florida. The majority of new cancer drugs recently approved for use in the U.S. were studied in clinical trials with Florida Cancer Specialists participation.\* Trained in prestigious medical schools and research institutes, our physicians are consistently ranked nationally as Top Doctors by U.S. News & World Report.

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# Do You Choke When You Eat? It May Be Zenker's Diverticulum.

By Heidi Smith, Contributor

If you frequently choke while swallowing food, you may have an uncommon and potentially serious condition called Zenker's Diverticulum. Sovi Joseph, M.D., is a board-certified gastroenterologist with over 40 years of experience specializing in gastroenterology, including treating many patients with ZD.

Based in Port Charlotte with ShorePoint Medical Group, Dr. Joseph specializes in gastroenterology, internal medicine, and geriatric medicine. He is a fellow of both the American Gastroenterology Association and the American Society of Gastrointestinal Endoscopy. Dr. Joseph performs minimally invasive endoscopic procedures at ShorePoint Health Port Charlotte, where he is medical director of the hospital's Center of Excellence in endoscopy.

## Q. What is ZD?

A. Your esophagus is basically a tube between your mouth and stomach. With ZD, the muscle at the upper part of the esophagus becomes weak, allowing a pouch to form. The pouch catches what you swallow, instead of allowing food to travel normally to the stomach. This can lead to a choking sensation that may cause you to regurgitate or aspirate particles into the lungs. The latter can lead to pneumonia, which can be dangerous.

## Q. Who is at risk for ZD?

A. ZD occurs most often in older adults over the age of 60. It's uncommon, but it happens more often in men than women.

## Q. How do you diagnose ZD?

A. I conduct a thorough examination of the patient and listen carefully to the patient's description of symptoms. People with ZD report that they frequently choke while eating – that is the most common symptom. In my opinion, the most effective way to diagnose the condition is with a barium dye



X-ray. The patient drinks the dye solution, and the X-ray makes the dye "light up" wherever the fluid goes. With ZD, we will see the fluid pool in the pouch.

## Q. What are treatment options?

A. When ZD is symptomatic with choking, surgery is the only treatment. Traditionally, the surgery was done through an incision in the neck, but that requires cutting through muscles and can risk damage to the vocal cords. With today's minimally invasive endoscopic approach, we can avoid the neck incision entirely. We guide the flexible tube to the affected area and use a tiny needle inserted through the tube to cut away the muscle between the esophagus and the pouch, eliminating the pouch.

## Q. Does the procedure require a hospital stay?

A. For most patients, it's a 20-minute outpatient procedure under general anesthesia. They usually can go home the same day and resume eating the following day. For people who have dealt with choking, regurgitation, and aspiration into the lungs, the results from this procedure are immediate and life changing.

## Q. What would you advise someone who thinks they may have ZD?

A. Find a doctor who has extensive experience treating the condition and who knows the latest treatment techniques. ZD can be serious – even life-threatening – so it's important to seek proper care.

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



Sovi Joseph, M.D. - Gastroenterologist



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# PROMISING MEDICAL BREAKTHROUGHS FOR PATIENTS WITH METASTATIC CANCER

By Dr. Arie Dosoretz

**A**s oncologists, we are constantly seeking better ways to treat patients. Our goals are to find and incorporate more effective approaches especially for patients and diseases that currently have limited options. We must continuously follow emerging research so that we can be as up to date as possible. In this article we will review some of the most recent developments in the field.

## **Trials Find SBRT Treatment Effective for Metastatic Cancer**

Metastatic cancer refers to cancer that has spread throughout one's body. According to the National Cancer Institute, metastatic cancer accounts for up to 90 percent of all cancer deaths in the United States on an annual basis.

One of the biggest challenges for patients living with metastatic cancer is having to remain on medications with debilitating side effects. Two recently presented trials demonstrated that a short course of radiation allows some patients to go on extended breaks from these medications.

Both trials deployed a five-day regimen known as stereotactic body radiation therapy, or SBRT. Each trial only included patients with oligometastatic disease, which means these individuals had a limited number of cancer sites present in their bodies.

The randomized "CURB" trial looked at patients with breast and lung cancer. It was discovered that using SBRT to target focused areas of disease led to patients' cancers progressing less rapidly. This was especially true for patients with lung cancer. The results of this study suggested that these patients could take a break from chemotherapy until there were signs of cancer progression.

The "EXTEND" trial shared similarities but focused on men with prostate cancer. This iteration of the study



found that adding focused radiation therapy to standard hormone therapy resulted in slowed cancer progression. This would allow men to take prolonged breaks from hormone therapy.

## **Breakthroughs in Managing Metastatic Cancer Pain**

Another significant challenge for some patients living with cancer is managing their cancer-related pain.

The typical treatment for pancreatic cancer-related abdominal and back pain uses a combination of narcotics along with an invasive procedure called a celiac plexus block. During the procedure, a needle containing an anesthetic medication is injected into abdominal nerves.

Dr. Yaacov Lawrence of Sheba Medical Center, located in Israel, recently demonstrated that targeting these same nerves with a single, focused radiation treatment (SBRT) can achieve the same goal completely non-invasively. Of the 125 patients he treated, over half showed an improvement in their pain levels and reduced their consumption of opioid pain medications.

Beyond pancreatic cancer, the mainstay of treatment for liver cancer, or hepatocellular carcinoma, is surgical removal. Patients who are not candidates for surgery usually just receive chemotherapy, which is often associated with a poor prognosis.

However, a recently reported, international and randomized trial called RTOG-1112 has just explored the effect of adding SBRT to chemotherapy for liver cancer patients. The results of this study revealed that the patients who received SBRT and chemotherapy lived significantly longer than those who received chemotherapy alone.

## **The Search Never Stops**

The studies highlighted above are just some examples of promising findings that will improve our ability to treat patients with cancer. Oncology as a field has made great strides, especially for patients with metastatic cancer. We will continue to search unrelentingly for better solutions and integrate these emerging approaches into our practices.



*Dr. Arie Dosoretz is a board-certified radiation oncologist at Advocate Radiation Oncology. For more information, please visit [AdvocateRO.com](http://AdvocateRO.com).*



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# Work (out) smarter, not harder with Emsculpt NEO

By Joyce Vein & Aesthetics Institute

If you could lose fat and gain muscle without working out and see results in around 2 months, would you do it? Is it possible? Is there technology that can sculpt the body and make us look better? It's not a dream. The day has finally arrived!

Emsculpt NEO is a nonsurgical body contouring device that combines high-intensity focused electromagnetic (HIFEM) technology with radiofrequency (RF) energy. It strengthens and builds muscles while burning fat at the same time. It can be used to treat the abdomen, buttocks, biceps, triceps, and calves.

## How does Emsculpt NEO work?

As mentioned above, Emsculpt NEO uses a combination of RF and HIFEM. The radio frequency is used to heat the muscles and the electromagnetic energy then builds muscles. The heating of the muscles is what causes the reduction of fat in the area being treated. While the HIFEM simultaneously causes thousands of muscle contractions in order to improve strength and muscle tone. Combining these two treatments offers optimal results.

The heating of the muscles from the RF raises their temperature by several degrees. It is similar to what one would do in a warm-up activity before exercising, but much faster. This part of the procedure lasts less than 4 minutes. When the temperature of the fat is increased, apoptosis occurs. This means that fat cells are permanently damaged and are removed from the body.

The HIFEM energy contracts the muscle fibers in the area being treated at intensities that are not possible in regular exercise. This stress forces the muscles to adapt and results in increased growth of muscle fibers and cells.

## What can I expect in an Emsculpt NEO session?

During a 30-minute session, an applicator is strapped to the area being treated, the abdomen, for example. The technician then slowly increases the RF heat and the HIFEM pulsing depending on the client's comfort level. Throughout each session and in future sessions, the applicator will get warmer and the pulses will increase in intensity.



Clients will normally have one session a week for four consecutive weeks. Each session lasts 30 minutes and there is no down-time afterwards. The client can return to work or go to dinner immediately following a session.

## What areas can be treated?

According to the brand website, Emsculpt NEO is intended to be used on the "abdomen. It is cleared for improvement of abdominal tone, strengthening of the abdominal muscles and development of firmer abdomen, along with the strengthening, toning and firming of buttocks, thighs and calves, and improvement of muscle tone and firmness for strengthening muscles in the arms."

## What results can be expected?

Studies of the product have shown that clients see an average of 30% fat loss and an increase of 25% in muscle-mass leaving a smaller waistline. The brand boasts a satisfaction rate of 88-100%.

## Is Emsculpt NEO too good to be true?

EMSCULPT NEO and the embedded high intensity magnetic field (HIFEM) technology have been clinically tested for safety and efficacy through seven

clinical studies. Moreover, 30 scientific publications make HIFEM the most intensively researched body contouring technology since its introduction in 2018.

For more information on this and other treatments, contact Joyce Vein & Aesthetics Institute via email at [info@jvai.com](mailto: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.

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# WHAT IS PAD?

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

**P**AD stands for Peripheral Arterial Disease. PAD is caused by blockages or narrowing of the arteries in the legs from a buildup of fatty deposits aka plaque buildup. This buildup of plaque hardens and narrows the arteries. This is called atherosclerosis and leads to a reduction of blood flow to the legs and feet. PAD is commonly seen in the legs, but it can also affect other arteries in the body, including arteries to the aorta, brain, arms, kidneys, and the stomach. Coronary artery disease or cardiovascular disease is when arteries in the heart are hardened or narrowed. People with PAD have a two-to-six times' greater chance of death from a heart attack or stroke. PAD and diabetes are the leading causes of foot or leg amputations in the United States.

## Risk factors

- Smoking
- High Cholesterol
- High Blood Pressure
- Physical inactivity
- Obesity
- Diabetes

## Symptoms

- Fatigue, tiredness, or pain in your legs, thighs, or buttocks that happens when you walk and goes away with rest.
- Foot or toe pain at rest that often disturbs your sleep.
- Skin wounds or ulcers on your feet or toes that are slow to heal or fail to heal
- Not everyone will experience these classic symptoms such as cramping, pain or fatigue known as claudication

## When to see a professional

Do not ignore leg pain. It is important to discuss any leg or thigh pain with your podiatric physician. Early detection of PAD can offer an opportunity to treat risk factors that can slow the progression of the disease and decrease the chance of heart attack and stroke.



## Diagnosis and Treatment

A simple test known as ABI's or ankle-brachial index can be ordered for evaluation of your circulation. It compares the blood pressure in your ankles with the blood pressure in your arm. If your ABI is abnormal, your physician can order other tests to determine the extent of your PAD.

PAD can be treated with lifestyle changes, medicines, and surgical procedures if necessary. Medical treatment options include:

- Programs to stop smoking
- Blood pressure control
- Lowering cholesterol
- Manage high blood sugar (diabetes)
- Medications to prevent clotting
- Healthy diet
- Exercise program

A variety of surgical treatment options are available depending on the location and severity of the artery blockage. Your physician can refer you to the appropriate specialist for these procedures such as a vascular surgeon.

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

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

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



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# CATARACTS: YOUR TREATMENT OPTIONS

By Duane Wiggins, M.D.

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

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

## What are the symptoms?

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

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

## How did I get Cataracts?

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

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

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

## How do I treat my Cataracts?

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

## 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.



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

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

## What is an IOL?

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

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

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

## Which IOL is Best for Me?

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

## Cataracts with Astigmatism

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

## Laser Cataract Surgery

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

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

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

## References:

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



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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](http://www.QuigleyEye.com).**



# Hypertension Causes, Symptoms, and Treatment

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

**B**lood pressure is the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. Your blood pressure normally rises and falls throughout the day. When it is high, it is called hypertension. Hypertension is dangerous because it can damage your heart and cause health problems if it stays high for long periods of time.

High blood pressure can lead to serious complications and increase the risk of heart disease or stroke, as well as other cardiovascular diseases. Almost half of adults in America have hypertension, many without even knowing it. Managing blood pressure should be a primary concern for preserving one's health and reducing the risk of serious heart-related complications.

In 2017, the American College of Cardiology and the American Heart Association published new guidelines for hypertension management and defined hypertension as a blood pressure at or above 130/80 mmHg. Stage 2 hypertension is defined as a blood pressure at or above 140/90 mmHg.

According to the Centers for Disease Control and Prevention, nearly half of all adults in the United States have hypertension. Only about 1 in 4 of them have their condition under control. What's worse, more than 670,000 deaths in the US listed hypertension as a primary cause of death or a contributing cause. (1)

## Symptoms of hypertension

Looking at the above statistics can make you wonder why so many people are unaware of their condition and why those who know don't bother to get it under control. The main reason is likely the fact that hypertension often has no symptoms. It is possible to have high blood pressure for years without even having the slightest notion. Some people may experience headaches, shortness of breath, or nosebleeds, but most people show no signs at all. It is VITAL to check your blood pressure regularly.

## Causes of hypertension

It is often unclear what the cause of hypertension is as it is usually a result of an underlying condition. When it is not caused by another condition, hypertension is known as primary or essential hypertension. If an underlying condition is the cause of high blood pressure, it is called secondary hypertension.



**Primary or essential hypertension can result from multiple factors, such as:**

- Obesity
- Insulin resistance
- High salt intake
- Excessive alcohol intake
- Sedentary lifestyle
- Smoking

**Health problems that can cause secondary hypertension include:**

- Chronic kidney disease (CKD) and renal artery stenosis
- Pregnancy (not a health problem, but a cause of hypertension)
- Sleep apnea
- Pheochromocytoma (a type of cancer)
- Hyperaldosteronism

## Treatment of hypertension

Lifestyle modifications are the first suggestions that doctors will make when hypertension is detected. Some of those may include:

1. Physical activity is important for everyone, but especially for those trying to lower their blood pressure. It is recommended that adults get 150 minutes of aerobic during the week. This can be in the form of a brisk walk, jogging, swimming, or an aerobics class at your local gym.
2. Reducing your stress level is important.
3. Stop smoking.
4. Reduce your alcohol intake.
5. Reduce salt intake.
6. Eat more fruits and vegetables and less fat.
7. Lose weight if you are overweight.

## When to see a doctor

At each doctor visit, have your blood pressure checked. That is usually standard practice, but if it is not taken, ask that it be done. If you happen to be healthy and don't visit the doctor often, be sure to monitor it on your own. There are machines in most pharmacies or you can buy a small machine and check it yourself at home. It is important to get an accurate reading so talk to your health care provider about the proper use of machines.

If you see that your blood pressure is high, make an appointment sooner rather than later. Talk to your doctor about what steps you should take in order to lower it. Though lifestyle modifications are usually effective, some people will need to take medications. Your doctor will work with you to get it under control.



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

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# STAYING SMOKEFREE DURING THE HOLIDAYS

**W**hile the holidays are an exciting time of the year, they can also be a stressful time of the year. With get-togethers to attend, food items to bake, gifts to shop for, and parties to host, the holidays can be quite overwhelming, especially for someone who has recently quit or is working to quit smoking.

If you have committed to smokefree living, managing that extra holiday stress can be a challenge; however, these helpful tips will help you manage the stress and remain smoke-free:

**1. Get enough sleep.** When we are tired or run-down, cravings feel stronger while we feel less able to manage them. Be sure to get plenty of sleep at night or, if possible, carve out some time during the day for power nap.<sup>1</sup>

**2. Replace caffeine with more water.** Many times, when we are feeling tired, we run to another cup of coffee for a quick energy boost. While this may help you to stay awake, too much caffeine can make you feel jittery and more stressed. Instead of reaching for another cup of coffee, grab a glass of water! Drinking water is great for lessening cravings and staying well-hydrated will make you feel better in general which will, in turn, help you manage the holiday stress more easily.<sup>1</sup>

**3. Go for a walk.** Walking not only reduces stress, but it also improves circulation and releases endorphins, the “feel good” hormones. Take a quick walk whenever you feel stressed; instead of caving in to the urge to smoke, you’ll come back feeling energized, refreshed, and relaxed.<sup>1</sup>

**4. Breathe deeply.** Deep breathing is a quick way to reduce stress and release tension in your body.<sup>1</sup> Take a few moments to slowly inhale through your nose, then exhale through your mouth. You will start to feel the stress melt away after repeating this process just a few times.

If you or someone you know needs extra support to quit smoking for good, help is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Group Quit option of Tobacco Free Florida’s Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions, held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (*if medically appropriate and while supplies last*) are provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!



#### References:

1 <https://www.verywellmind.com/smoke-free-holiday-tips-2824909>

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# FAST TRACK YOUR CAREER WITH THE WHEEL

By Dr. Melissa Houston

**T**he year 2023 will be here in just a few weeks. How do you plan to start your New Year? It's a great time to finish things that you've started. Do you have college credits but for one reason or another, you didn't earn a college degree? Does the idea of spending years to graduate make you think that diploma and the career doors it could open for you, is just a dream?

More than 750 graduates of The Wheel know firsthand how it helped them advance in their career. One of the most flexible degrees you can earn is in management. Just about every organization, regardless of its size, needs managers. At Hodges University, we've taken it a step further with a bachelor's degree in organizational management. With your previously earned credits, you could graduate in as little as one year. We call this the Hodges University Wheel.

By bringing your credits from other institutions, and yes, the military, you can be well on your way to that bachelor's degree. We take this degree a step further to include classes in leadership. This degree will provide you with the knowledge you need to be an impactful and effective manager-leader.

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The Wheel is designed to be engaging, inspiring, and laser-focused. This degree will help you learn to make informed, strategic business decisions, gain a full understanding of the most important functions of business and management, and learn effective leadership skills for advancement. You'll learn more than any book teaches – you'll get practical, real-world experience knowledge, so it's not just about learning the theory, but also applying that theory to your personal and professional life.

The Wheel is designed with you in mind. You're already balancing the demands of a full-time job and family, so classes are held in the evenings and on Saturday. Plus, you'll be taking your classes with the same fellow students, so you also have the opportunity to build that sense of camaraderie, and connections that can be useful in your career.

To find out more about The Wheel, you can visit [Hodges.edu](http://Hodges.edu), stop by the Hodges University campus at 4501 Colonial Blvd. in Fort Myers, call (239) 938-7700, or email [Admissions@hodges.edu](mailto:Admissions@hodges.edu). Scholarships and financial aid are available.

*Dr. Melissa Houston is the lead faculty for The Wheel bachelor's in organizational management degree at Hodges University.*



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# Treating Venous Ulcers at Joyce Vein & Aesthetic Institute

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

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

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



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

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

For more information and to schedule an appointment, call Dr. Joyce at 941-575-0123 or visit [www.jvai.com](http://www.jvai.com)

## PATIENT TESTIMONIAL

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

Michael C.



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

### SPECIALITY

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

### DEGREES

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

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

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

### TRAINING

**Internship** and Surgical Residency Lansing General Hospital, MI

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

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



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# Skin Cancer Treatment

**W**ith more than a million new cases each year in the United States, skin cancer is the most common form of cancer in America. It can affect the skin on any part of the body, but it most frequently occurs in areas where the skin has the greatest exposure to the sun. Once you have been diagnosed with skin cancer, you and your doctor will want to make the best decision about which is the best course of action. In this article we will look at some of the many options available to treat skin cancer.

## Types of skin cancer

First, it is important to know which type of skin cancer a patient has. The major types of skin cancer are:

### Basal Cell Carcinoma

Basal cell skin cancer occurs in the basal cell layer of the skin and is the most common type of skin cancer in people with fair skin. It commonly occurs on areas of the skin that have been exposed to the sun, such as the face. It rarely spreads to other parts of the body.

### Squamous Cell Carcinoma

Squamous cell carcinoma occurs in the squamous cells. It is the most common type of skin cancer in people with dark skin, who typically get it in places, such as the legs or feet, that have not been exposed to the sun. In people with fair skin, it usually occurs in sun-exposed areas such as on the face, head, ears and neck. Squamous cell skin cancer can spread to other parts of the body.

### Melanoma

Melanoma is the most aggressive type of cancer and the most likely to spread to other parts of the body. Melanoma occurs in the melanocyte (pigment) cells of the skin, and can form on any part of the body, regardless of past sun exposure.

## Skin Cancer treatments and recovery times

Treatment for skin cancer depends on the type, size, and location of the tumor. Most options include the removal of the entire growth and are effective forms of treatment. Removal procedures are usually simple, requiring only a local anesthetic in an outpatient setting. Some of the treatment options for skin cancer include the following:

- Freezing
- Excision
- Laser therapy
- Mohs surgery



Depending on the stage and severity of the skin cancer, in addition to removal of the growth, chemotherapy and radiation may be recommended.

### Freezing

Your doctor may destroy actinic keratoses and some small, early skin cancers by freezing them with liquid nitrogen (cryosurgery). The dead tissue sloughs off when it thaws.

### Excisional Surgery

This type of treatment may be appropriate for any type of skin cancer. Your doctor cuts out (excises) the cancerous tissue and a surrounding margin of healthy skin. A wide excision — removing extra normal skin around the tumor — may be recommended in some cases.

### Laser Therapy

Lasers can be used to remove a cancerous or pre-cancerous lesion. They do this by vaporizing the top layers of skin. Lasers have several advantages over conventional surgery. Laser surgery is faster. It can be used to treat multiple lesions or lesions that are on delicate areas. It takes less time to heal from laser surgery and the risk of infection is lower.

### Mohs Surgery

This procedure is for larger, recurring or difficult-to-treat skin cancers, which may include both basal and squamous cell carcinomas. It's often used in areas where it's necessary to conserve as much skin as possible, such as on the nose.

During Mohs surgery, your doctor removes the skin growth layer by layer, examining each layer under the microscope, until no abnormal cells remain. This procedure allows cancerous cells to be removed without taking an excessive amount of surrounding healthy skin.<sup>1</sup>

#### Reference:

1. Skin cancer (2020) Mayo Clinic. Mayo Foundation for Medical Education and Research. Available at: <https://www.mayoclinic.org/diseases-conditions/skin-cancer/diagnosis-treatment/drc-20377608>

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, Homestead and Kendall areas of Miami, FL, 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](http://luminarydermatology.com).



Cary L. Dunn, M.D.



Janet Delaney, ARNP-BC



Cynthia Spencer, APRN-BC



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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.



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## Epidural steroid injection

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

## Radiofrequency Ablation (RFA)

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

## Physicians Rehabilitation

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

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



# 3D MAMMOGRAPHY

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

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

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

## What is 3D Mammography?

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

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

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

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

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



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

## What are the benefits?

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

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

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

## How long will it take?

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

## How much radiation will I be exposed to?

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

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

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

## Why is RAVE Radiology offering 3D Mammography?

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

## How can I schedule an appointment for 3D Mammography?

Schedule your appointment by calling (941) 488-7781 (Venice Office). Coming to Sarasota in 2019. We will have 3D Mammography and Xray.



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By Afton Patterson

# Companion Care for Your Loved Ones is Especially Important During the Holidays

It's not unusual for seniors to struggle with their mental health during the holidays. There is so much pressure during the holiday season to create a picture-perfect holiday and to spend it with family. But for seniors, the holidays can be very lonely. Seniors who have lost their spouse or can't be with their children because they live too far away often find the holidays difficult instead of merry.

Companion care in the home can help. When your senior loved one has companion care at home, they won't have to get through the holidays alone. They may even enjoy their holiday. Companion care at home can help seniors avoid being lonely year-round, but it's increasingly important during the holidays. If a spouse was lost during the holiday season, studies show that grief intensifies for every holiday thereafter.

Queen Elizabeth II once said, "Grief is the price we pay for love." When someone we love transitions, the pain of the loss is difficult. However, it is compounded during the holidays, because that is the time we celebrate with our families and our friends. We practice traditions and family rituals, which remind us of how we love one another. When this dynamic is altered because of death, it can be devastating to the family. It is especially challenging when we see others enjoying time with loved ones. The realization of our loss is even greater during this time.

The usual feelings of togetherness can intensify grief because the loss of a loved one becomes even more pronounced if they aren't present at the usual celebrations. The holidays are family-centric and if this is the first holiday season after the death of a loved one, it can be extremely hard. Many families have traditions and rituals that are centered around the holidays and to continue them without that person can be stressful and emotional. An in-home caregiver can help ease this grief.

Grief can be triggered for different people in different ways, some of which can be very specific. A smell, a favorite dish, or a once-enjoyed holiday activity can overwhelm us with emotion and bring the pain of a lost loved one back to the present. Giving yourself time to process those feelings as they happen is important.

There is no shame in asking for help or seeking help for your loved ones. Lean on your support system and find a balance. If you are the caregiver, the holidays may be just as hard on you as the ones you are caring for. Set boundaries for yourself and don't feel like you must accept every single social invitation. If Holiday parties and events are triggers for you or the one you care for, you don't have to isolate yourselves, but you could try new activities. Leaving a social situation is also perfectly acceptable if the grief becomes too much to bear. And you do not have to explain yourself or feel guilt over leaving.

Know what works for you. For some, it can be immensely helpful to honor old traditions and memories at this time of year. It can be comforting to think of the past and happy memories when dealing with grief. For others, this can be a trigger. Setting new traditions or avoiding old ones (such as shopping at certain stores or seeing the local Christmas lights) can be healing with grief. Letting go of old traditions can provide a new opportunity to clarify your values and needs this time of year. It's okay to fall into either category, be sure to do what's best for you.

What should a loved one say to a grieving family during the holidays? Sometimes the greatest comfort you can give to someone who is grieving is the gift of silence or the gift of presence. It may be difficult for a person during grief to speak articulately about their emotions. They may not be able to say, "My heart is breaking because I miss my loved one." In those moments, a hug, holding their hand, or sitting in silence with them can mean more than searching for words of comfort. The gift of presence offers the bereaved person a safe place to grieve outwardly.

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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](mailto:info@highesthonorhomecare.com) or by calling **941.204.8636**. They offer service to Charlotte, DeSoto, and Sarasota counties. Their team of highly qualified professionals would be glad to talk to you and give you more information about how home care could work for you.



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# Acupuncture for Mental Health Issues

By Jessica Guerra, L. Ac, AP

**A**cupuncture may sound like a new and radical way to combat illness, but the reality is that it has been used for thousands of years to treat a wide variety of health issues. Acupuncture is an ancient form of healing that has been used in traditional Chinese medicine for centuries. In the last few decades it has begun to find its place in the West as well. Today, many people use acupuncture to treat physical pain, but did you know it has been shown to effectively treat stress, depression, and other mental health problems as well?

## Mental health

When we talk about mental health, we are talking about more than just emotions, although those are included. We are also talking about our psychological and social well-being. Our mental health affects how we feel, think, and act. It determines how we handle our daily tasks, how we relate to the world around us, and the choices we make.

Throughout our life, we will experience ups and downs. Our thinking, our mood, and our behavior are affected by what happens to us and around us. How we react, how we process, how we recover, and how we go forward are all aspects of our mental health, yet we neglect this part of a “healthy lifestyle” all too often.

The truth is mental health problems are common and they are treatable. Millions of Americans suffer from this type of health problem. The good news is that there are many effective treatments that can help you feel better available. Though you may not be able to change the circumstances that are causing your depression, stress, or anxiety, you can take steps to protect yourself from reaching a mental health crisis. Adding acupuncture to your wellness plan may be one of the tools that can help you to protect and improve your mental well-being.

## Acupuncture for mental health

To help alleviate depression, more and more Americans are turning to acupuncture. It has become a very popular way to help individuals relax and re-energize. It can help with conditions like anxiety, depression, insomnia, tense muscles, headaches, and general pain.



Acupuncture can alleviate stress and depression symptoms by releasing endorphins, the body's natural painkillers and improving the circulation of blood and lymphatic fluids with bring fresh oxygen to body tissues. This increased oxygen flow eliminates waste products from inside the body and enhances recovery from diseases. Acupuncture also decreases the stress hormone cortisol, lowers blood pressure, reduces the heart rate, and relaxes muscle tissue.<sup>1</sup>

According to recent studies, acupuncture is a valuable adjunct therapy for those suffering from mental health disorders. A study conducted at the University of Arizona examined the responses of 34 depressed women to acupuncture, generalized acupuncture that didn't use specific points, and no treatment at all. Of the women who received acupuncture specifically for depression, 43 percent experienced a reduction in their symptoms, compared with 22 percent who received general acupuncture and 14 percent who received no treatment. After eight weeks, over half of the women who received specific acupuncture were no longer depressed.<sup>1</sup>

## Research shows that acupuncture:

- reduces the brain's sensitivity to stress
- relaxes the analytical brain that causes anxiety
- reduces stress-induced changes in behavior and biochemistry
- reduces inflammation, which can contribute to anxiety and depression
- stimulates production of ‘happy’ and relaxing chemicals (dopamine, serotonin, GABA etc.)
- boosts the parasympathetic nervous system, which is our ‘rest and digest’ system
- regulates levels of neurotransmitters and hormones in order to bring the system back into a relaxed state of balance
- resets the resting brain, which can become dysfunctional in depression
- assists with related conditions such as insomnia and chronic pain, allowing the body and mind to relax<sup>2</sup>

If you 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:

1. Zablocki, F. (2021) Acupuncture effective in treatment of mental illness. American College of Traditional Chinese Medicine. Available at: <https://www.aciem.edu/blog/acupuncture/acupuncture-effective-in-treatment-of-mental-illness>
2. Joe (2019) Acupuncture for mental health - holistic health oxford: Acupuncture and Chinese Herbal Medicine in Oxford, Holistic Health Oxford | Acupuncture and Chinese herbal medicine in Oxford. Available at: <https://holistic-health.org.uk/acupuncture-for-mental-health/>

## Jessica Guerra, L. Ac, AP

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

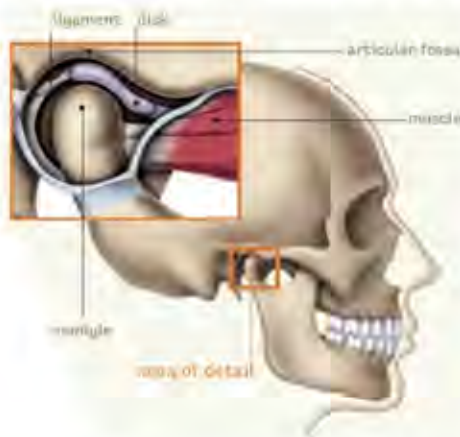
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# The Daily "Grind"

By Dr. Joseph Farag

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



## Treatment Options

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

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

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

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

## Relaxation Techniques May Help Alleviate TMJ Symptoms

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

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



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# HEARING THE CALL

By Dr. Noël Crosby, Au.D.

Imagine having no access to hearing healthcare. This is the case for 466 million people worldwide — of which 34 million are children. In the United States, untreated hearing loss may lead to isolation, depression, and lower earning potential. In many other countries, it may lead to ostracization, little or no education, and physical abuse. Now imagine promoting dignity, self-worth, and opportunity through the gift of hearing.

"Hearing the Call" is a nonprofit campaign bringing hope and healing to persons with hearing loss locally and globally. Through quality healthcare, we help people connect with family, education, and opportunities. We provide opportunities for audiologists, ENT doctors, students, and volunteers to travel to countries and areas such as Jordan, Palestine, Zambia, South Africa, Guatemala, Ecuador, and more. We also provide opportunities to help in our backyard through local organizations throughout the United States.

## Help In Our Local Community

**Hearing the Call Englewood** is a project sponsored by Advanced Hearing Solutions that are designed to provide affordable hearing healthcare to qualified individuals in Sarasota and Charlotte Counties. Hearing loss can affect an individual physically, emotionally, socially, economically, and psychologically. We know that untreated hearing loss has a devastating impact on individuals, families, and communities and that is why we are here to help. Since 2006, Advanced Hearing Solutions has been improving the lives of residents by providing services that result in better communication. Now through affordable hearing solutions and our reduced cost/sliding scale fee hearing clinic, our campaign hopes to bring a better quality of life to qualified individuals with hearing loss.

Our Mission is to provide hearing healthcare to individuals in Sarasota and Charlotte counties and surrounding areas who cannot afford it on their own while providing them with opportunities to give back to the community through service to others. We also provide hearing healthcare globally to those in need.

Our vision is to improve the quality of life of low-income individuals in our community with hearing loss through affordable hearing healthcare and to create a "circle of giving" whereby the recipient of our services gives back to the community through service and gains a greater purpose while doing so.

We will do our best to enrich the lives of those in need of our services by having a meaningful impact on their quality of life and the culture of our community. We will provide hearing tests and fit and maintain hearing aids for those individuals in our community who need and qualify for our services.

1 in 5 Americans suffers from hearing loss to an extent that interferes with communication. We believe no one should miss out on participating fully in life because of hearing loss. Untreated hearing loss has a devastating impact on individuals, families, and communities. Sadly, even Medicare does not cover any of the costs of treating hearing loss, nor do many health insurance plans.)

Qualified participants will show proof of financial need, pay a small fee for their hearing devices, and give back volunteer hours in their community to say "Thank you" to the local companies, families, and friends that are donating to their care.

Should you feel led to help Hearing the Call: Project Englewood we will ensure that your donation stays right here in our local community. Your donation will go to Hearing the Call, a 501(c)(3) organization, and will be restricted to the Englewood project. The funds for this project will be used specifically to help promote hearing healthcare to qualified individuals in the Englewood area. Each donation, no matter the size, will help to get us one step closer to providing access to quality and affordable hearing healthcare to those who would otherwise go without. If you would like to donate you can visit our website at [www.hearingthecall.org/englewood](http://www.hearingthecall.org/englewood). Have a wonderful Holiday Season.



## Advanced Hearing Solutions

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

## PROFESSIONAL BIO

Dr. Noël Crosby, Au.D., owner and audiologist at Advanced Hearing Solutions in Englewood, FL is a licensed professional whose 30-year career has been devoted to helping people of all ages hear and understand more clearly. Dr. Crosby received her BS and MS degrees from FSU and her Doctorate in Audiology from UF. Her credibility as an authority grew during her tenure as the Director of Audiology at the Silverstein Institute in Sarasota, FL from 1991-1998. Today, in addition to managing a successful audiology practice, Dr. Crosby is involved in creating hearing loss awareness through her jewelry and accessory company AuDBling.com. She has served and is serving on various professional boards and committees and was president of the Florida Academy of Audiology in 2000 and 2001.

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# HOMESTEAD RIGHTS OF SPOUSES – BETTER MAKE SURE THEY SIGN THE DEED

By James W. Mallonee

**T**here is a case pending with the following facts: 1) The spouses are separated and had been for a good ten years; 2) One of the spouses elected to purchase a vacant lot and build a residential home on the lot; 3) The spouse who was building the new home had two children who were over the age of 18; 4) The spouse building the home names herself and the two children as owners of the property with rights of survivorship; and, 5) The spouse building the new home moves in upon completion with her children and within two years dies. The question is whether the surviving spouse has any rights to the property.

Florida's homestead law is broken down into two major sections, Article X, Fla. Constitution and Section 732.401, Fla. Statute. Paragraph 4 of the Constitution simply says:

*"The homestead shall not be subject to devise if the owner is survived by spouse or minor child, except the homestead may be devised to the owner's spouse if there be no minor child. The owner of homestead real estate, joined by the spouse if married, may alienate the homestead by mortgage, sale or gift and, if married, may by deed transfer the title to an estate by the entirety with the spouse. If the owner or spouse is incompetent, the method of alienation or encumbrance shall be as provided by law."*

Notice the language "...the owner of homestead real estate, joined by the spouse if married may alienate the homestead..." The key language is joined by the spouse if married. In essence, given the marriage,



could the spouse deed the property with joint ownership with her children without getting the estranged spouse's consent ("joined by").

Florida's statute, Section 732.401(1) states:

*"If not devised as authorized by law and the constitution, the homestead shall descend in the same manner as other intestate property; but if the decedent is survived by a spouse and one or more descendants, the surviving spouse shall take a life estate in the homestead, with a vested remainder to the descendants in being at the time of the decedent's death per stirpes."*

This same statute goes on to state in paragraph 5, "This section does not apply to property that the decedent owned in tenancy by the entireties or in joint tenancy with rights of survivorship."

The argument is the "rights of survivorship." By adding this to the deed naming the decedent, the children and not the surviving spouse mean that the property is not considered homestead and the surviving husband is disqualified as an owner even though

the constitution states he or she is at least supposed to provide consent to the property being conveyed away from him? That appears to be the real question to this case: Is the property homestead and was the failure to get the surviving spouse's consent cause such failure to extinguish the children's right to the property upon the death of the mother?

Under normal circumstances, the constitution will always override a statute; thus, does that mean that the constitution is to be viewed first and override a statute. The answer is yes, the constitution does override a statute. If that is the case, then does the deceased spouse's failure to get the surviving spouse's consent place the property back into being homestead property subject to the constitution.

The final answer to the above has not been made by the court, but the significance of the response will have a huge impact on conveyances between spouses who elect not to live with one another, but fail to get a divorce. To prevent this from becoming your problem, be sure to get consent from your spouse should you elect to build your own residence and place the children on the deed as a tenants with rights of survivorship. If you are not sure about how to do this, contact the attorney of your choice and have that discussion.

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

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# Upper Cervical Care Beneficial for Children

By Dr. Drew Hall

**S**ome adults may wonder why more and more children are starting to see Upper Cervical Chiropractors. That's a good question and the answer is simple: whether we have a large spine or a small spine, if that spine is creating nerve distress then our bodies will not be able to operate properly.

## The Nervous System is the Master Control of the Body

The nervous system is the master control system of our body and the messages exchanged between the brain and body (through billions of nerves) guide the transformation of a newborn child into an adult. Each message provides instructions to the child's growing body to provide for growth and repair of tissues, coordination of muscle activity, immune function, respiration and digestion among others.

As with adults, an upper cervical (neck) misalignment can have significant effects upon the nervous system's ability to transmit information to and from a child's body. If communication channels become fuzzy, distorted or damaged then we experience all sorts of communication errors. For babies and children, this ineffective communication may play out as colic or irritability, an inability to suckle and breastfeed, poor sleep and immunity, frequent ear infections, developmental delays, digestion issues, asthma, behavioral problems, low energy, inability to concentrate, headaches, etc – the list is endless. In fact, regardless of what the end result or symptom may be, all roads lead back to the body's ability to self-regulate and function at a peak level.

While upper cervical care may be able to help with a number of health issues, our focus is not treating conditions; rather, our focus is on ensuring the nervous system has every opportunity to work efficiently and effectively.

## How Do Children get Nerve Irritation?

Nerve irritations (or vertebral subluxations) occur as a part of normal daily life. They result from physical, chemical and emotional stressors or 'insults' to our health, such as knocks and falls, bad posture, prolonged postures, stomach sleeping, poor food choices, dehydration, exposure to chemicals and toxins, and stress and anxiety.



Even before these lifestyle stressors have an impact, nerve irritation can occur in the uterus from awkward positioning, restriction of movement, and exposure to toxins, and from birth complications such as long labors, very fast labors, forceps or caesarean delivery. Even during the gentlest of births, presentation of the baby's head through the birth canal requires physical pressure exerted by the mother. This can force the baby's neck to twist or bend causing misalignment of the upper cervical vertebrae.

A study published in the *Journal of Manual Medicine* revealed that nearly 80% of all children are born with blocked or reduced nerve impulses due to a misalignment of the top bone in the spine called the Atlas. Dr. Gutmann, the medical doctor who performed the research, concluded that the blocked nerve impulses can cause motor and developmental impairments, as well as lowered resistance to infections, especially ear, nose and throat infections.

If the newborn makes it through the birthing process unaffected, the inevitable tumbles and falls of childhood increase the risk of injury to the upper cervical spine potentially compromising brain-body communication.

When we appreciate how important the nervous system is and how easily it can be hindered and impaired it makes sense that more parents are having their child's spine and nervous system assessed.

## 10 Reasons Parents Take Their Children to See Upper Cervical Doctors

1. To maximize the child's brain and nerve development (neural plasticity).
2. To enhance their child's overall health and wellbeing.
3. To strengthen immunity and reduce the incidence of colds, ear infections and general illness.
4. To help with colic and irritability.
5. To help with asthma, breathing difficulties and allergies.
6. To improve spinal posture.
7. To improve their child's ability to concentrate.
8. To assist with behavioral disorders and enhance emotional wellbeing.
9. To help alleviate digestive problems.
10. To assist with bed-wetting and sleep issues.

Because the upper cervical spine is the most mobile area of the entire spine, it is particularly vulnerable to injury, making it the most common location for spinal problems to occur. Get your children checked for a misalignment today!

If you are interested in learning more about how upper cervical care can benefit the smaller and younger members of your family, call Sarasota Upper Cervical Chiropractic and schedule a consultation with Dr. Drew Hall. Call 941-259-1891 today!



Dr. Drew Hall



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# It's A Wonderful Life

By Pastor Timothy Neptune

**E**very year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine what you are going to love. To have a wonderful life, you start by having an

attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... how am I going to live? To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.

The third issue to settle is...who are you going to help? If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



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*Tim Neptune is the lead pastor of Venture Church Naples, located on the campus of Florida South Western State College in Naples, FL.*

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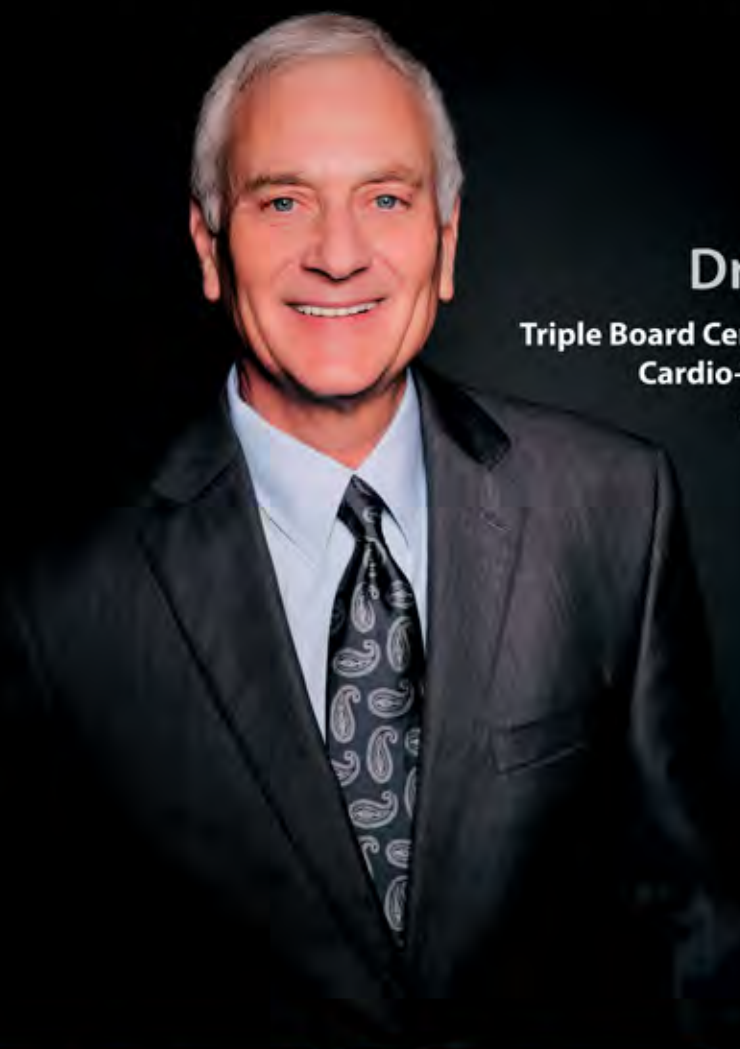
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CALL JOYCE VEIN & AESTHETIC INSTITUTE TO SCHEDULE A CONSULTATION



## 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



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