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Health & Wellness[®] MAGAZINE

January 2023

Charlotte/South Sarasota Edition - Monthly

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**FOR 2023
I RESOLVE TO...**

**6 NEW YEAR'S
RESOLUTIONS
FOR YOUR FEET**

**HOW TO MAKE
AND KEEP A NEW
YEAR'S RESOLUTION
TO QUIT TOBACCO**

**BOTOX, FILLER,
& MICRO NEEDLING**
WHICH ONE IS RIGHT
FOR YOU?

**CERVICAL
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**HOW TO KNOW
WHEN IT IS
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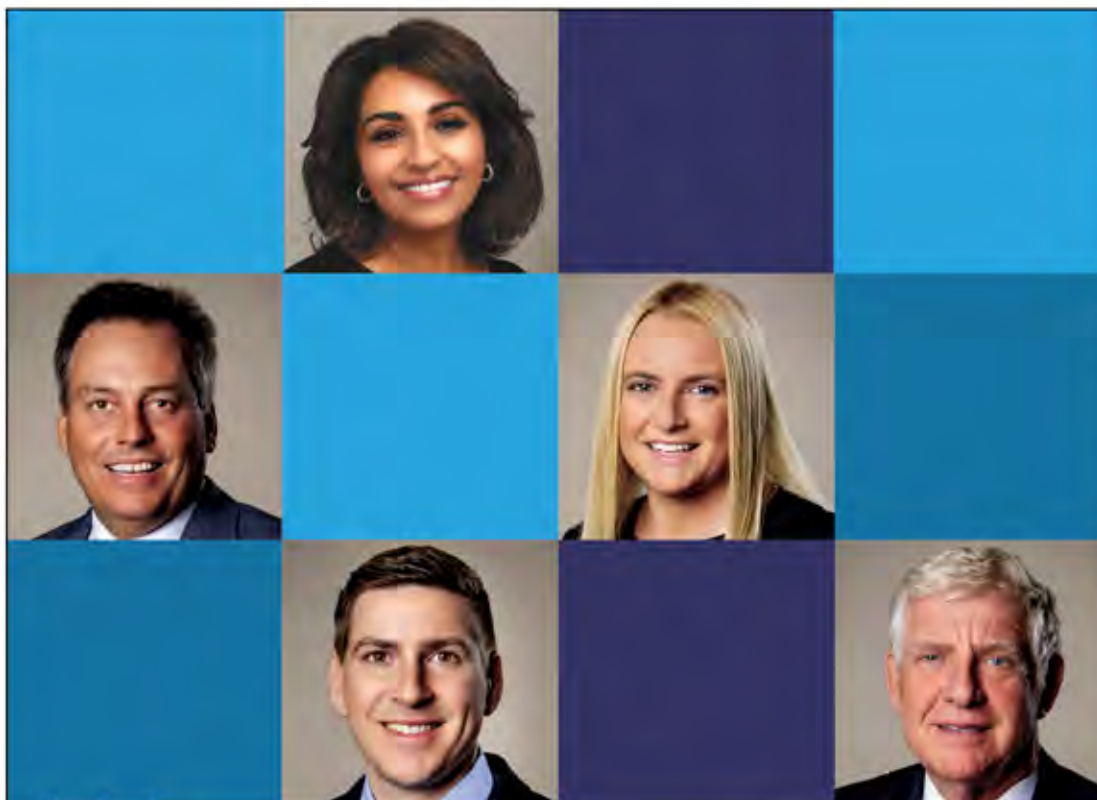
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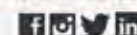


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GLAUCOMA & VISION LOSS

By Duane Wiggins, M.D.

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

Three million Americans are suffering from glaucoma, which can rob them of their sight and nearly 1.5 million of them do not even know they have it. Glaucoma is referred to as a "silent sight stealer" because, unfortunately, there are minimal symptoms associated with the disease and the miniscule indicators can cause up to 40% of permanent vision loss before the person notices any vision changes.

The optic nerve transmits images to the brain. When this nerve becomes damaged or diseased, it loses the ability to create images, and therefore, communication to the brain is lost. A buildup of pressure in the eye is the most common cause. This pressure is known as IOP, or intraocular pressure. Disease or damage triggers this pressure in the eye and injures the optic nerve. Once IOP compromises vision, it creates irreversible blindness. Glaucoma is the second leading cause of blindness and usually affects the elderly.

The following treatment options information was published by According to the American Academy of Ophthalmology.



GLAUCOMA TREATMENT

Medication

Glaucoma is usually controlled with eyedrop medicine. Used every day, these eye drops lower eye pressure. Some do this by reducing the amount of aqueous fluid the eye makes. Others reduce pressure by helping fluid flow better through the drainage angle.

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.

Glaucoma medications can help you keep your vision, but they may also produce side effects. Some eye drops may cause:

- A stinging or itching sensation
- Red eyes or red skin around the eyes
- Changes in your pulse and heartbeat
- Changes in your energy level
- Changes in breathing (especially if you have asthma or breathing problems)
- Dry mouth
- Blurred vision
- Eyelash growth
- Changes in your eye color, the skin around your eyes or eyelid appearance

All medications can have side effects. Some drugs can cause problems when taken with other medications. It is important to give your doctor a list of every medicine you take regularly. Be sure to talk with your ophthalmologist if you think you may have side effects from glaucoma medicine.

Never change or stop taking your glaucoma medications without talking to your ophthalmologist. If you are about to run out of your medication, ask your ophthalmologist if you should have your prescription refilled.

Laser surgery

There are two main types of laser surgery to treat glaucoma. They help aqueous drain from the eye. These procedures are usually done in the ophthalmologist's office or an outpatient surgery center.

Trabeculoplasty. This surgery is for people who have open-angle glaucoma and can be used instead of or in addition to medications. The eye surgeon uses a laser to make the drainage angle work better. That way fluid flows out properly, and eye pressure is reduced.

Surgery

Some glaucoma surgery is done in an operating room. It creates a new drainage channel for the aqueous humor to leave the eye.

Trabeculectomy. This is where your eye surgeon creates a tiny flap in the sclera. He or she will also create a bubble (like a pocket) in the conjunctiva called a filtration bleb. It is usually hidden under the upper eyelid and cannot be seen. Aqueous humor will be able to drain out of the eye through the flap and into the bleb. In the bleb, the fluid is absorbed by tissue around your eye, lowering eye pressure.

Glaucoma drainage devices. Your ophthalmologist may implant a tiny drainage tube in your eye. The glaucoma drainage implant sends the fluid to a collection area (called a reservoir). Your eye surgeon creates this reservoir beneath the conjunctiva. The fluid is then absorbed into nearby blood vessels.

Cataract surgery. For some people with narrow angles, removing the eye's natural lens can lower eye pressure. With narrow angles, the iris and the cornea are too close together. This can cover (block) the eye's drainage channel. Removing the eye's lens with cataract surgery creates more space for fluid to leave the eye. This can lower eye pressure.

Individuals with glaucoma need to stay in close contact with their ophthalmologist and visits are regularly every 3 to 6 months.

Source:
<https://www.aaao.org/eye-health/diseases/what-is-glaucoma#treatment>



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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.

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CERVICAL CANCER PREVENTION & THE HPV VACCINE

By Dr. Amy Fox

January is Cervical Cancer Awareness month. Cervical cancer is a risk for all women, with about 13,000 new cases reported in the United States each year. While cervical cancer usually occurs in women over 30, prevention can begin as early as age 9 the human papillomavirus (HPV) vaccine.

Almost all cervical cancers are caused by HPV. A virus that can affect both women and men, there are many different types of HPV, with some increasing cancer risk more than others. HPV is common, with most people getting it at some point in their lives, especially if they are sexually active since HPV is passed through skin-to-skin contact. However, most people who are infected with HPV do not develop cancer.

The HPV vaccine can protect against the types of HPV most often linked to cancer, including cervical cancer. It is recommended that both girls and boys receive the vaccine at age 11 or 12, but it can be given as early as 9. If the vaccine is given before age 15, it will require two doses about 6 to 12 months apart. For those between 15 and 26, three vaccine doses are typically recommended. Some adults who have not been vaccinated and are between 27 and 45 years of age may get the HPV vaccine after speaking with their doctor. It is important to note that HPV vaccination is for the prevention of new HPV infections; it does not help treat existing conditions. The older an individual becomes, the more likely they are to be exposed to HPV, which is why it is recommended that vaccination begin early.

Beginning at age 21, whether or not they have been vaccinated, women should begin regular screenings. Regular screenings can help prevent and detect cervical cancer in its early stages. The screening tests can take place in a doctor's office. One form of screening is a Pap test, also known as a Pap smear.



A Pap test looks for cell abnormalities on the cervix that may become cervical cancer if not properly treated. If your Pap test results return normal, you can usually wait three years for your next screening. If your result is abnormal or unclear, this is not an indication of cancer, but your doctor will order more testing to determine the cause of the test results.

Another screening test is an HPV test, which searches for HPV. An HPV infection usually has no symptoms making screenings vital because a long-lasting infection can slowly change the cervical cells and lead to cervical cancer. If your test returns negative, you can typically wait five years to be tested again. If you have a positive HPV test, you are at higher risk than the average population and should discuss the next steps with your physician.

When caught in the early stages, cervical cancer is highly treatable. Your cancer team will most likely be led by a gynecologic oncologist who will work with you to develop a treatment plan based on

your stage of cancer, type of cervical cancer, age, and overall health. Speak with your doctor about your different treatment options, the risks and benefits of each, any fertility concerns you may have, and who will be part of your cancer team. Cervical cancer can be treated in several ways, with most treatment plans including a combination of surgery, chemotherapy, and radiation therapy.

One in every five deaths in the United States is due to cancer. Staying proactive, advocating for your health, and getting regular wellness checks can go a long way to preventing and detecting cervical cancer. Even if you feel healthy, schedule an annual appointment with your doctor. If you are worried about cost or uninsured, check with your local or state health departments about low-cost or free screening options.



Amy Fox is a physician at Advocate Radiation Oncology. Advocate Radiation Oncology's board-certified oncologists provide expert, customized patient care. With locations across Southwest Florida, patients have access to

state-of-the-art cancer-fighting machines. Our individualized cancer treatment plans are guided by the most up-to-date data, appropriate evidence-based care, and the latest technologies available.



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HOW TO MAKE-AND KEEP-A NEW YEAR'S RESOLUTION TO QUIT TOBACCO.

It is no secret that most New Year's resolutions tend to fail before they even have a chance to "get off the ground". However, something about the "clean slate" that a new year brings inspires every one of us to try anyway. We think about all the positive changes we want to make in our lives, to get off to a great start, but get sidetracked by the busy-ness and pressures of life and lose focus. Despite our failures, we vow to ourselves that we will "do better next year". The failure that many of us experience is often the result of failing to make a sustainable plan. Benjamin Franklin said it best when he said: "If you fail to plan, you are planning to fail!"

If you're planning to start off this new year tobacco-free, set yourself up for success by creating a plan, learning what it takes to quit and knowing what to expect from the process.³

When it comes to quitting and staying quit, you must have a plan.¹ Having a personalized plan will not only keep you on track, but it will also help get you through the challenging moments that will inevitably come your way. Here are six simple steps to create your quit plan that will set you up for success:⁴

STEP ONE: Mark your calendar.

With New Year's coming up, now is a perfect time to quit tobacco for good. Start 2023 off on the right foot by cutting out the #1 preventable cause of death and disease in the United States: tobacco use.¹ Set your quit date, but also tell your friends and family your plans to quit and explain how they can help you. Quitting tobacco is easier when people in your life support you.⁴

STEP TWO: Calculate your savings.

Did you know a pack-a-day smoker can save over \$2,200 a year from quitting?⁴ Cutting out tobacco use is an excellent way to build your savings back up now that the holidays are behind you. To see how much you can save, visit TobaccoFreeFlorida.com/ cost to view a smoking cost calculator.



STEP THREE: Think about your reasons for quitting.

Whether your main reason for quitting is related to health, money, family, job, or social stigma, you are making the right decision for your health and the health of those around you by quitting tobacco use. Knowing your reasons for why you want to quit can keep you motivated and on track, especially in the difficult moments.⁴

STEP FOUR: Know your triggers.

Think about what things make you more likely to use tobacco, then develop strategies to keep you in control of those triggers.

STEP FIVE: Fight your cravings.

When you get an urge to use tobacco, changing what you are doing or your physical location can make it easier to get your mind off of tobacco until the craving passes.

STEP SIX: Set yourself up for success.

Choose strategies and tools to help you quit. Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program — offers Group Quit, free tobacco cessation classes that are available to help someone quit all forms of tobacco. These group cessation classes, now held virtually, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum or lozenges (*if medically appropriate and while supplies last*) are provided with the class. 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 to schedule a class or learn more about the program!



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- 2 <https://www.lifehack.org/articles/lifestyle/10-reasons-why-new-years-resolutions-fail.html>
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- 4 <https://smokefree.gov/build-your-quit-plan>



6 NEW YEAR'S RESOLUTIONS FOR YOUR FEET

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

#1: WEAR PROPER SHOES/FOOTWEAR

Make sure your shoes are properly fitted and have a high and wide toe box to accommodate the front of your foot and toes. Periodically, measure the size and width of your foot when shopping for new shoes. Use the size and width as your starting point. Every shoe brand is not the same and consistent in sized and widths. A size 8 and one brand may be a quite different fit than a size 8 in another brand. Always shop for shoes later in the day as your feet will swell as the day goes on. If you purchase them too early in the day, they may be too tight later in the day when you are trying to wear them.

#2: WEAR APPROPRIATE SOCKS

Wearing nonslip socks can help avoid painful blisters. Also, socks made from bamboo and wool blend socks are more absorbent and are more efficient at keeping moisture away from the feet. Some socks are more cushioned, and others may provide some extra arch compression. Always wear the same type of sock you plan to wear the shoes in. This also can contribute to the proper fit.

#3: START NEW WORKOUT AND EXERCISE ROUTINES GRADUALLY

Always start the time and/or distance of your workouts gradually and increase it as your stamina allows. Too much too soon can lead to overuse injuries such as stress fractures, tendon strains or sprains.

#4: STRETCH!

Stretching is beneficial both before and after exercise. Stretching prior to exercise and workouts is a good habit to start. Preworkout stretching improves blood flow and allows preparation for the muscles to know that they are about to work out. Warming up the muscles and tendons also can lead to decrease in overuse injuries. Stretching after a workout, when your muscles are already warmed up, is the best opportunity to improve flexibility.

#5: SET REALISTIC GOALS

Start out with small and achievable goals. This gives you your best chance of success for maintaining a long-term exercise routine. You should be able to build on your exercise plan as you achieve these goals. Success in achieving these goals will also keep you motivated to continue. You may need to adjust your goals to make them achievable.



#6: Listen to your body

When you are working out, remember harder and faster is not necessarily better. Be very mindful of your limits because you are not used to working out every day. If you feel any pain or discomfort, stop and rest before continuing. Pushing through the pain is not recommended, as this can lead to injuries. High impact exercises can sometimes lead to injuries. If your foot hurts, find a low-impact alternative, such as swimming, cycling, or aqua jogging.

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.



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FOR 2023, I RESOLVE TO ...

By Dr. Mary Nuosce, LMHC, NCC, Core Faculty, Clinical Mental Health Counseling Program at Hodges University

As we close in the last weeks and days of 2022, many people start thinking about New Year's resolutions with either hope, determination, or dread. Of course there's the typical "I'm going to lose weight, drink less, get more sleep," but the beauty of welcoming a new year is the perfect time to take a new approach to your resolutions.

Some of the aforementioned resolutions are based on negative statements. How about resolutions that focus on a positive frame of mind?

Here are some examples of resolutions that can help you maintain a positive mindset.

- Physical activity is good, but make the focus on how much better you feel rather than allowing the scale to decide. Bring that good feeling home by getting rid of clutter. Having clutter around your home actually adds to your stress.
- In the realm of technology, go an entire day without checking your email. If someone really needs to reach you, they will call. As a matter of fact, go a whole day without checking your social media. If you're working to get eight hours of sleep, then one-third of an entire day without email or social media is done while you're sleeping.
- One way I've found to raise spirits is as simple as giving one, sincere compliment to someone every day. The smile you bring to another person's face is rewarding. That can also lead to doing one random act of kindness a day. It doesn't have to be a production; just a simple act that spreads joy to others, and back to you. Pay it forward.
- For those of you who like to travel, take a trip on small budget. Not all trips have to be about fancy hotels. Plus, you just might have your eyes opened to new experiences.
- Try a new restaurant. Our world is filled with so many wonderful flavors, and you could discover a new, favorite type of food or dish.



- Start your day by making your bed. Your day is already off to a successful start just by doing this simple thing.
- Do something that is scary to you. Let me quickly clarify it doesn't mean something wild and death-defying. It could be giving a speech, riding a rollercoaster, or really cutting your hair – not just a trim.
- Avoid people who complain all the time. As a matter of fact, avoid people that are toxic to you. Negativity spreads, impacting you mentally, spiritually, and yes, even physically. Protect your well-being and health.

With these positive resolutions, take a minute to write them down. Statistically speaking, your chance of success increases by 42%.

Happy New Year!

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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

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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Syncope: Symptoms, Causes & Treatments

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

Syncope, also known as fainting or passing out, is a temporary loss of consciousness and muscle strength due to a decrease in blood flow to the brain. It is a common and usually benign condition, but it can also be a symptom of a more serious underlying medical problem.

There are several different types of syncope, including:

1 Vasovagal syncope: This is the most common type of syncope and is often triggered by emotional stress, pain, or prolonged standing. It occurs when the body's natural reflexes cause the blood vessels to dilate and the heart rate to slow down, leading to a decrease in blood pressure and reduced blood flow to the brain.

2 Cardiac syncope: This type of syncope is caused by an abnormal heart rhythm or a problem with the structure of the heart. It can be triggered by physical activity or emotional stress and may require immediate medical attention.

3 Orthostatic syncope: This type of syncope occurs when a person stands up too quickly, causing a sudden drop in blood pressure and reduced blood flow to the brain. It is often seen in older adults or those taking medications that lower blood pressure.

4 Reflex syncope: This type of syncope is caused by a stimulus, such as a sight, sound, or touch, that triggers a reflex in the body that causes the blood vessels to dilate and the heart rate to slow down.



TYPES	CAUSES
<ul style="list-style-type: none"> Reflex syncope Cardiac syncope Neurocardiogenic syncope 	<ul style="list-style-type: none"> Sudden drop in blood pressure Benign conditions Serious medical disorders Drastic hormonal fluctuations
SYMPTOMS	TREATMENT
<ul style="list-style-type: none"> Feeling lightheaded or weak when standing Falling for no reason Vision changes Blacking out 	<p>Depends upon underlying cause, but can include:</p> <ul style="list-style-type: none"> Taking appropriate medications Avoiding situations that cause episodes Undergoing biofeedback training Treating hormonal imbalance

MenopauseNow.com

Syncope can have a variety of symptoms, including:

- Sudden weakness or feeling lightheaded
- Blurred vision or tunnel vision
- Rapid or slow heartbeat
- Nausea
- Sweating
- Loss of bladder or bowel control

If you experience syncope, it is important to see a healthcare provider to determine the cause. In some cases, no treatment may be necessary. However, if syncope is caused by an underlying medical condition, treatment may be needed to prevent future episodes. Treatment options may include medications, lifestyle changes, or procedures to correct any underlying medical conditions.

Syncope can be prevented in some cases by avoiding triggers, such as standing for long periods of time or becoming overly emotional, and by taking measures to manage underlying medical conditions. It is also important to practice good hydration and nutrition and to get enough rest. If you have a history of syncope or are at risk for developing it, it is important to discuss this with your healthcare provider and follow their recommendations.



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

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Dr. Hundae received his Premedical and Doctor of Medicine Degree from Jimma University School of Medicine. He completed his Internal medicine Residency at Mercer University School of Medicine. His Heart Failure/Heart Transplant fellowship at the University of Miami Cardiovascular Fellowship Program. Cardiovascular fellowship at Baylor University Medical Center.

Board certifications

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



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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 Medical Group Trust an Experienced Provider Team

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

Look and Feel Your Very Best

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

- Medical Dermatology
- Medical Spa Treatments
- Primary Care
- GYN Services

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

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

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

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



Cary L. Dunn, M.D.



Janet Delaney, ARNP-BC



Cynthia Spencer, APRN-BC



Michael Van Vliet, M.D., FACS



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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 peeling, 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!**

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Vertigo or Meniere's Disease? Aren't they the same?

By Dr. Drew Hall

If you've ever felt off-balance, dizzy, or like the room is spinning around you even though you're sitting down, you've probably experienced vertigo or Meniere's disease. The two are commonly confused since they both affect balance and/or hearing. But what's the difference? Aren't they the same thing?

What is vertigo?

Vertigo is a sensation of feeling off balance. If you have dizzy spells, you might feel like you are spinning or that the world around you is spinning. Dizziness is an altered sense of balance that can make you feel unsteady or lightheaded. In contrast, vertigo is a false sense of motion that you may experience while sitting, standing or even lying still.

Causes of Vertigo

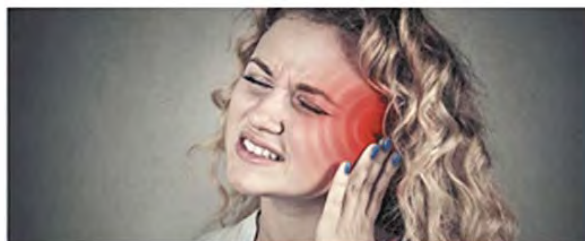
Vertigo is often caused by an inner ear problem. Some of the most common causes include:

BPPV (benign paroxysmal positional vertigo) BPPV occurs when tiny calcium particles are dislodged from their normal location and collect in the inner ear. The inner ear sends signals to the brain about head and body movements relative to gravity. It helps you keep your balance. BPPV can occur for no known reason and may be associated with age. Meniere's disease. This is an inner ear disorder thought to be caused by a buildup of fluid and changing pressure in the ear. It can cause episodes of vertigo along with ringing in the ears (tinnitus) and hearing loss.

Vestibular neuritis or labyrinthitis. This is an inner ear problem usually related to infection (usually viral). The infection causes inflammation in the inner ear around nerves that are important for helping the body sense balance.

Vertigo may also be associated with:

- Head or neck injury
- Brain problems such as stroke or tumor
- Certain medications that cause ear damage
- Migraine headaches



Symptoms of vertigo

People with vertigo typically describe it as feeling like they are:

- Spinning
- Tilting
- Swaying
- Unbalanced
- Pulled to one direction

Other symptoms that may accompany vertigo include:

- Feeling nauseated
- Vomiting
- Abnormal or jerking eye movements (nystagmus)
- Headache

What is Meniere's Disease?

Meniere's disease is a disorder of the inner ear that can lead to dizzy spells (vertigo) and hearing loss. In most cases, Meniere's disease affects only one ear. It can occur at any age, but it usually starts between early to middle adulthood. It's considered a chronic condition, but various treatments can help relieve symptoms and minimize the long-term impact on your life.

Causes of Meniere's disease

The cause of Meniere's disease is unknown. Symptoms of Meniere's disease appear to be the result of an abnormal amount of fluid (endolymph) in the inner ear, but it isn't clear what causes that to happen.

Factors that affect the fluid, which might contribute to Meniere's disease, include:

- Improper fluid drainage, perhaps because of a blockage or anatomic abnormality
- Abnormal immune response
- Viral infection
- Genetic predisposition

Because no single cause has been identified, it's likely that Meniere's disease results from a combination of factors.

Symptoms of Meniere's disease

Signs and symptoms of Meniere's disease include:

- **Recurring episodes of vertigo.** You have a spinning sensation that starts and stops spontaneously. Episodes of vertigo occur without warning and usually last 20 minutes to several hours, but not more than 24 hours. Severe vertigo can cause nausea.
- **Hearing loss.** Hearing loss in Meniere's disease may come and go, particularly early on. Eventually, most people have some permanent hearing loss.
- **Ringing in the ear (tinnitus).** Tinnitus is the perception of a ringing, buzzing, roaring, whistling or hissing sound in your ear.
- **Feeling of fullness in the ear.** People with Meniere's disease often feel pressure in an affected ear (aural fullness).¹

1. Meniere's disease (2020) Mayo Clinic. Mayo Foundation for Medical Education and Research. Available at: <https://www.mayoclinic.org/diseases-conditions/menieres-disease/symptoms-causes/syc-20374910>.

After an episode, signs and symptoms improve and might disappear entirely for a while. Over time, the frequency of episodes may lessen.

If you're looking for reliable vertigo treatment or relief from Meniere's disease symptoms, visit Dr. Drew Hall at Sarasota Upper Cervical Chiropractic. Visit Dr. Hall to get to the root cause of your vertigo. In their office they take 3D cone beam computed tomography (CBCT) that allows the doctor to view the neck and joints that may be misaligned causing your vertigo. Don't guess at the cause of your problems.

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Dr. Drew Hall



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SOZO Device for Lymphedema Prevention and Screening - New Technology for 2023

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

Lymphedema appears as swelling in the arms or legs and is caused by a blockage in your lymphatic system. The lymphatic system is part of your immune and circulatory systems, and lymphedema usually pops up after damage to this system or if your lymph nodes have been removed. This condition is commonly seen in post-cancer treatment patients. In addition to the swelling, lymphedema can present as pain and discomfort in swollen areas. The most common treatments for lymphedema condition include exercise, wrapping, massage, and compression.

Every day in the US, over 4 million breast cancer survivors struggle with lymphedema. Up to 50% of patients will develop it. 58% of cancer patients diagnosed with breast cancer, melanoma, or pelvic area cancers are at risk for developing limb lymphedema. Early detection of lymphedema is vital.

Using a LymphaTech device, we can detect early signs of lymphedema from breast cancer. It allows us to intervene early and possibly prevent chronic lymphedema which can cause a reduction in quality of life and higher healthcare costs. In 60 seconds, we will know, with reliable accuracy, even small changes in circumference and volume. We track changes over time and percent differences in tissue size are calculated at each visit, which allows you to know your progression instantly.

New for 2023, Functional Transformation Clinic has equipped our mobile units with the Soza Medical Device. Lymphedema affects up to 10 million Americans – more than muscular dystrophy, MS, ALS, Parkinson's, and AIDS combined. Early detection of lymphedema using SOZO® with L-Dex®, combined with at-home compression treatment, reduces lymphedema progression by 95%. This device allows us to treat and prevent lymphedema. In the past, the onset of lymphedema was too difficult to detect using standard measurement techniques. Now, SOZO® with L-Dex® technology aids in detecting lymphedema at the subclinical level, or Stage 0, before visible swelling and the condition is irreversible.

An effective lymphedema prevention program, which includes timely education to the patient, effective use of technology for early surveillance, and early detection and intervention protocol has

been proven to deliver the best clinical outcomes. But while a prevention model of care has been well established in leading cancer care guidelines, the concept of lymphedema prevention is relatively unfamiliar to patients. SOZO L-Dex® measures and assesses fluid buildup in an at-risk limb compared to a healthy limb to help detect early signs of lymphedema. It uses noninvasive bioimpedance spectroscopy (BIS), which can detect fluid changes as small as 2.4 tablespoons (36ml) and takes less than 30 seconds to complete. An ounce of prevention is worth a pound of cure.

Functional Transformation Clinic has all the benefits of a traditional outpatient therapy clinic, but without the hassle of travel on your part. Our experienced and caring team comes to you!

Finding a form of transportation to travel to your therapy can be difficult, especially if you already have limited mobility. Unnecessary exposure to the outside world means less risk of infections, which is great if you are still healing from a major surgery. The convenience Functional Transformation Clinic provides you makes it much easier to stick to a routine and improve your mobility faster.

Functional Transformation Clinic offers flexibility. We deliver personalized care and customizable home health routines. We will never over-schedule our patients. You can enjoy one-on-one time with our licensed therapists in the comfort and safety of your own home.

At Functional Transformation Clinic, Occupational Therapist and Certified Lymphedema Therapists James Ferrara and Kanna Shepherd bring experience and a passion for healing to your door.

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Beth Daniels, OTR, CLT-LANA, ALM

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



Kanna Shepherd, OTR/L, CLT-LANA

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


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THYROID DYSFUNCTION: SCREENING AND PREVENTION

Have you ever wondered why your doctor places their hand on your throat and asks you to swallow? This common test allows the doctor to check for thyroid nodules. Although thyroid nodules are extremely common and usually benign, there are growing numbers of people with thyroid cancer and other thyroid issues.

The thyroid is a butterfly shaped gland. It produces two main hormones that regulate body temperature, metabolism, heart rate and other factors. These two hormones are T3 and T4.

Along with cancer and Hashimoto's disease, thyroid nodules could suggest that that you may suffer from hyperthyroidism or hypothyroidism. If left untreated, thyroid issues can lead to dangerous conditions like AFIB, blood disorders and heart disease.

Hyperthyroidism Symptoms:

- Overactive appetite
- Fatigue
- Anxiety
- Nausea
- Lack of concentrate

With hyperthyroidism, an overproduction of the T3 and/or T4 hormones causes the body to react to the over secretion of the thyroid hormones in negative ways. The most common form of this disorder is Grave's disease, which is an autoimmune disease. Grave's causes the body to attack it's own thyroid gland. Other causes can be from genetic mutations (can run in families), and tumors in the ovaries or testes.

Hypothyroidism Symptoms:

- Tendency to be cold
- Dry itchy skin
- Swollen eyes
- Forgetfulness
- Lack of concentration
- Lack of appetite
- Weight gain
- Fatigue
- Menstrual changes
- Hair loss
- Depression & anxiety

With hypothyroidism, the thyroid is underactive, producing too little T3 and/or T4 hormones. The causes of hypothyroidism are autoimmune diseases, like Hashimoto's, surgical removal of the thyroid (cancer patients), environmental radiation exposure, or radiation treatment of the thyroid. Although there is no cure, there are many different medications available to successfully treat hyperthyroidism and hypothyroidism.

There is no standard or routine screening test for thyroid cancer.

There is no standard or routine screening test used for early detection of thyroid cancer. Thyroid cancer that does not cause symptoms may be found during the following:

- A routine physical exam when the doctor checks the patient's neck for lumps (nodules) or swelling in the neck, voice box, and lymph nodes, or anything else that seems unusual.
- Surgery that is done for another condition.
- An ultrasound that is done for another condition.

Prevention

There are a number of things recommended to prevent thyroid problems. Let's look at the top 5 as mentioned on thyroidcancer.com.

1. Minimize radiation exposure. Large amounts of radiation exposure to the head/neck area or chest, typically from treatment of another cancer (lymphoma, breast cancer, etc.) increases the risk of thyroid cancer. Some people also get exposure due to their line of work (x-ray technician, fluoroscopy technician, etc.). Also, there have been some major exposures due to nuclear accidents (Chernobyl, 3 Mile Island) and atomic bombs (World War II).

2. Be aware of your family history. Similar to all other cancers, genetics plays a roll. While some of the genetics of thyroid cancer involve changes in genes at the cellular level (mutations), inherited genetic risk does occur occasionally with thyroid cancer. A family history of thyroid cancer in a close family member (parent, grandparent, sibling, or child) increases the risk of thyroid cancer. This occurs even if there is no known genetic condition, syndrome, or change (mutation) that causes thyroid cancer. In most cases, we do not know what the inherited gene or gene mutation is that increases the thyroid cancer risk in families.

3. Do self-checks. Self-checks are an important part of cancer screening and prevention. Similar to breast cancer and testicular cancer, self-checks of your neck can help diagnose thyroid cancer. The vast majority of thyroid cancers are very subtle and do not cause symptoms. Additionally, 95% or more of thyroid cancers cannot be diagnosed with a blood test.

4. Get an ultrasound. A thyroid ultrasound done by a skilled and experienced team is the foundation in evaluation and diagnosis of thyroid cancer. Often, an excellent ultrasound is enough to make the diagnosis of cancer because many thyroid cancers have a very characteristic appearance on ultrasound. During ultrasound, the technician must thoroughly examine the thyroid and all the areas of lymph nodes in both sides of the neck that can be involved with thyroid cancer. If your ultrasound is not comprehensive and does not include these important components, cancer may be missed (and left behind after surgery).

5. Live a healthy lifestyle. Controlling the aspects of your health and lifestyle that you can is crucial for thyroid cancer prevention. Diet, exercise, and avoidance or cessation of smoking are important, modifiable factors related to thyroid cancer. Obesity also increases your risk of thyroid cancer. The risk goes up as the body mass index (calculated formula relating one's weight to their height) goes up. It would follow then that diet and exercise are important in maintaining a healthy lifestyle and reducing the chance of thyroid cancer. A well-rounded, balanced diet that includes fruits, vegetables, whole grains and fiber, well-sourced protein, and antioxidants (substances that slow or prevent damage and death of cells by unstable molecules in the body) is key. Lastly, dietary iodine is a factor to pay attention to as well. Not enough iodine is associated with Follicular Thyroid Cancer, and too much iodine is associated with Papillary Thyroid Cancer.



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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.



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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.

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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.

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How to Know When it is Time to Seek In-Home Help for a Loved One

By Afton Patterson

Helping a loved one age in place may mean stopping by a parent's home to check in every few days or it may mean someone needs to be there daily. When your loved one needs assistance with tasks such as bathing and meal prep, medication management, or driving to appointments, or if you are overwhelmed as the only caregiver, there is no shame in asking for help. When providing care is more than one person can manage on their own, it may be time to seek In-Home help. Whatever level of care you provide, these tips can help you help your loved one remain at home for as long, and as comfortably, as possible.

Issues With Driving

It is challenging to criticize someone's driving because it is touchy. However, letting someone who cannot drive by themselves get behind the wheel is reckless. That person will be a risk to themselves and others if they go on busy roads. If someone in your family keeps getting traffic tickets or dents on their car, you should consider hiring home health care for their safety. The next time your loved one goes for a drive; monitor their behavior and alertness on the road. This will help you determine if they need senior care support.

Questionable Hygiene

Did an elderly family member surprise you with a unique new smell when you celebrated the holidays together? If you notice that someone's appearance looks off or they smell due to poor hygiene, this is a sign that they need home care support. Keep a lookout for wearing soiled clothes, wearing the same outfit over and over, or if they have a foul body odor.

Weight Changes

A family member who has suddenly lost a lot of weight since the last time you saw them may not be eating enough. They may have lost the ability to cook and the desire to go grocery shopping for themselves. This is one of the most serious home health care signs because it can mean that your loved one struggles with depression. Observe their eating and cooking habits. Check if they have supplies at home or spoiled food in the fridge.



Memory Problems

This is one of the most surefire home health signs to know when someone is in trouble. Did someone forget to turn off the stove after cooking? Are they taking their medications on schedule? Confusion and memory problems can mean that the person is dealing with dementia. This is dangerous because it can also lead them to forget to take their medications and mismanage finances.

Social Isolation

Many older adults suffer from loneliness because their family members and friends become too busy to visit. Social isolation has a profound impact on someone's physical and mental well-being. This can also lead to depression if your loved one does not get the support they need. With the best home health care service, you can always have peace of mind that someone keeps your family member company to ensure they have someone to talk to.

Physical Problems

If someone is losing mobility and cannot dress, bathe, eat, walk, sit, or stand by themselves, they will benefit significantly from home health care. Otherwise, they may not be able to get out of bed in the mornings without anyone's help and may be embarrassed to tell anyone.

Too Much Clutter

One of the most obvious signs that a loved one is in trouble is when they have a cluttered and messy home. Unless someone has always been untidy, a neglectful home can surprise their families and friends, especially if they were a neat and clean person before. Do they have piles of dirty clothes, stacks of dirty dishes, overgrown grass, or bags of garbage lying around? This is an obvious sign that the person needs the best home health care service because they are too overwhelmed to keep up with day-to-day chores.

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If you or a loved one needs additional support, or 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.



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SmartCurve

RAVE (Radiology Associates of Venice, Englewood and Sarasota) were the first to offer the SmartCurve breast stabilization system, which is clinically proven to deliver a more comfortable mammogram without compromising image quality, workflow or dose, and the new Clarity HD high-resolution 3D™ imaging technology, which provides radiologists with the highest resolution 3D™ images to help identify cancers early. These innovations come as part of RAVE's ongoing commitment to superior breast cancer detection and providing an improved mammogram experience for our patients.

The technology increases diagnostic confidence with its exceptional images and has the potential to increase screening volume and compliance for the countless women who have reported avoiding regular mammograms due in large part to the fear of discomfort associated with breast compression.

The SmartCurve system and Clarity HD high-resolution 3D™ imaging technology are available exclusively with Hologic's Genius 3D Mammography exam, which is currently in use by RAVE and detects more invasive cancers, reduces false positives, and is FDA approved as superior, compared to conventional 2D mammography for all women, including those with dense breasts.

These new technologies not only enable us to improve the experience for our patients by providing them with a more comfortable mammogram they've been waiting for, but more importantly allow us to do so while maintaining clinical accuracy by providing our physicians with the industry's fastest, highest

resolution 3D™ images to accelerate screening and analysis said A.J. Vulcan, Director of Marketing and Physicians Liaison.

"Being able to arm doctors with the advanced ability to identify subtle lesions and fine calcifications and help pinpoint cancers in early stages, while also keeping patients more comfortable than ever before, is priceless," A.J. Vulcan, Director of Marketing and Physician Liaison added.



Traditional Mammograms:
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The SmartCurve system features a proprietary curved surface that mirrors the shape of a woman's breast to reduce pinching and allow better distribution of force over the entire breast. In a recent clinical study comparing the SmartCurve breast stabilization system to traditional flat paddle compression, the SmartCurve system improved comfort in 93 percent of women who reported moderate to severe discomfort with standard compression. In addition, 95 percent of those surveyed would recommend facilities that use the system.

"We're excited to provide these breakthrough technologies for all of our patients and remain committed to offering the women of our community the most advanced breast care possible alongside an improved mammogram experience."

We will be adding 3D Mammography with the SmartCurve system to our Sarasota location in early 2019 to accommodate our current and future patients.



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OTC Hearing Aids, Safe and Effective for Everyone?

By Dr. Noël Crosby, Au.D.

In August of last year, the FDA announced guidelines to approve a new class of hearing aid that is available for adults with mild to moderate hearing loss. These over-the-counter hearing devices became available in the US in October. OTC hearing aids are now appearing in stores and through on-line retailers without the need for a medical exam, prescription, or fitting from a hearing aid provider.

Who are OTC hearing aids for?

Over the counter hearing aids are for adults (18 years or older) with mild to moderate hearing loss, but in my experience, only those with mild hearing loss are appropriate candidates.

They may be an option for those who:

- Hear muffled sounds.
- Have trouble hearing in a noisy area or on the phone.
- Repeatedly have to ask others to repeat what they've said.
- Must turn up the volume on the tv or radio to a level that is uncomfortable for others.

It is always better to have an otoscopic inspection to rule out wax problems and a hearing exam prior to purchasing any hearing devices. If your hearing concerns are more than mild and also include trouble hearing loud speech and loud sounds, such as a car, you should seek professional help. Moderate to severe hearing loss should be evaluated and treated by a hearing health professional to determine what type of device is best for you.

What can OTC hearing aids provide for me?

OTC hearing aids provide:

- Amplification for mild-to-moderate hearing loss only.
- A maximum OSPL90 output level of 111 dB sound pressure level (SPL) at any frequency or 117 dB if the device offers a way to safeguard hearing from the amount of input sound.¹
- The same fundamental technology as prescription air conduction hearing aid with not as many options for adjustment.



- Ability for the user to control the volume of the devices.
- The ability to self-fit and self-assess using apps. The person must have some type of smart phone for this and not all smart phones work the same.
- Wireless technology (some, not all).

Why are OTC hearing aids being made available?

In the US, hearing loss affects millions of adults. It contributes to high health care costs. When left untreated, hearing loss can lead to isolation which can then contribute to depression, anxiety, dementia, reduced mobility, and even falls.

So, why is it that only an estimated 1 in 4 adults who need a hearing device has even used one? We don't have all the answers, but making hearing health care more affordable and accessible is important as the elderly population of the US continues to grow. Experts in science, technology, and hearing health have worked for the last 5 years with researchers to find safe and effective ways to improve access to hearing health care. Their suggestions of changing some of the FDA guidelines and quality standards for OTC hearing aids has made these new options available to adults who may not have otherwise had access to help.

What are some of the risks of OTC hearing aids?

Since these hearing aids are so new to the market, there are still some potential problems that may need to be addressed. Additionally, not getting a regular check up from a hearing health professional can be dangerous in that problems and medical conditions can be missed.

Some of these problems could include:

- Risk of improper treatment of hearing loss
- Risk of not being diagnosed with a serious health problem that has contributed to hearing loss

References:

1. Over-the-counter (OTC) hearing aids - what are they? Hearing Tracker. Available at: <https://www.hearingtracker.com/over-the-counter-hearing-aids>

- Instant-fit devices could open the market to poor-quality devices from "unscrupulous" manufacturers
- Repair or replacement would be the responsibility of the consumer. Some prescription hearing aids can be purchased for close to the same cost, but will come with a 3 year warranty and loss and damage coverage. Know your options first!

Buyer Beware!!!! Many hearing devices that are being marketed as OTC Hearing Aids are nothing more than cheap amplifiers. Please do your research and choose wisely If you decide to go this route without the guidance of a hearing professional.

The importance of regular hearing examinations

A regular hearing checkup conducted by a hearing health professional will allow the provider to:

- **Identify whether you have earwax** that needs to be removed.
- **Diagnose medical conditions.** Some hearing loss is due to underlying medical problems such as diabetes or high blood pressure. Often, hearing loss can be corrected by treating the medical condition that is causing the loss.
- **Identify potential problems.** An annual hearing test can track changes over time and help your hearing specialist track the rate of hearing loss. It can help the patient to know if there are hidden dangers, such as noise-induced hearing loss or other medical concerns.
- **When hearing problems are left untreated,** there is a risk of cognitive decline. Once hearing is significantly lost, patients can fall into depression from the feelings of isolation that can accompany living in a world with reduced or no sound at all.
- **Begin treatment.** As mentioned above, treating even minor hearing loss can prevent it from getting worse. A hearing professional can help manage this loss even if you initially choose over the counter hearing aids for treatment.

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



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ESTATE ADMINISTRATION

By James W. Mallonee

How many personal representatives do you need to manage your estate following death. You can select any number of persons to serve as personal representative, but with that selection comes potential problems and litigation. You are limited (under Florida law) to who can serve as your personal representative but not as to quantity.

Florida law states that your personal representative must either be a family member or the spouse of one of the family members. It also allows any Florida resident to serve as personal representative and the individual selected must be over 18 years of age and have capacity.

The problems of selecting a personal representative normally comes into play when there are two or more nominees selected to serve at the same time. Generally speaking, the selection of multiple personal representatives is the result of Mom (or Dad) not wanting to hurt the feelings of someone and thus such persons are selected to serve together. This has the potential of causing a disaster when the personal representatives have differing agendas.

Consider the following facts:

Mom is dying and elects to have a Will drawn up. Her immediate family consists of three children, with one child living nearby and the other two living out of State. Because mom is concerned about hurting the feelings of the children by not selecting them as a personal representative, she insists that the Will give management of her estate to her three children. At mom's death, issues quickly escalate



over who has control over her real estate and bank accounts. The local child changes the locks on the real estate (in an effort to secure the property from possible vandalism). In addition, Mom's bank accounts (titled in Mom and the local child's name) are closed (supposedly in an effort to pay Mom's immediate expenses such as electric, water and insurance). Lastly, the local child removes Mom's car to secure it and keeps the keys.

So far everything seems to be moving in the right direction until one of the other children comes into town and wants to check on the house and other assets of the property. The problems quickly escalate when it is learned by the other two children that accounts were closed and there is no access to the residence.

The other two children want to enter the residence but the local child refuses and no information concerning the date of death values of the bank accounts are forthcoming. Suddenly, lines of animosity are drawn and the specter of litigation is beginning with each party claiming the other has stolen funds and items from the estate. What is worse is that there is no communication nor consent between the siblings.

The failure to communicate and gain consent among the siblings before taking action almost always assures a disaster. You should not depend on the attorney selected to manage the beneficiaries to play nicely. The question that gets asked at this point is, did this really have to happen?

The immediate answer is no. Had Mom selected only one of the children to serve then much of the animosity would not occur. What usually happens next is finger pointing and accusations which leads to litigation and expenses that simply did not have to happen. Thus, the recommendation is to have only one person serve as personal representative. Make certain that the individual you select is capable of communicating, is honest and can manage multiple things at once along with good monetary skills.

If you are unsure who would be in the best interest of your estate, have a conversation with the attorney of your choice to discuss the aspects selecting the best personal representative for your estate and the reason why you believe them to be a good choice. Being the oldest and local sibling is not always in the best interest of the family dynamics.

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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Defeat Gum Disease

There is a silent oral disease affecting more than 80% of adults. Chances are you either have had or are currently battling periodontal (gum) disease. Unfortunately, in many cases, the disease goes undetected until painful symptoms begin occurring. At which time the disease and any adverse conditions have already set in. Because there are no early signs of periodontal disease, it often goes untreated until the physical symptoms surface and by then the concern is treatment not prevention. It is extremely important for everyone to have regular dental check ups at the recommended six month interval. Without these check ups and proper oral care, periodontal disease can silently cause not only oral health problems but can also contribute to other major health concerns.

Periodontal disease, also known as gum disease, is the chronic infection of the soft tissue around the teeth caused by plaque producing bacteria. The gums hold the teeth in place. As the gums become infected, they loosen their hold on the teeth and pockets are formed. These pockets collect debris and cause more infection and bone loss to the tooth. Gum disease is infectious and contagious. It can spread from tooth to tooth in the mouth and from one person's mouth to another through saliva.

As with other diseases, prevention is key to good oral health. It is important for everyone to practice diligent, thorough, and proper oral care by scheduling check ups every six months. At which time, your dentist will be able to detect and treat any signs of periodontal disease before symptoms begin to show and the damage is done. As mentioned earlier, most people do not know they have periodontal disease until they begin suffering from any combination of the following signs:

- Chronic bad breath
- Red or swollen gums
- Bleeding gums especially after tooth brushing
- Tender or sore gums
- Loose or shifting teeth
- Receding gums
- Sensitive teeth



If you have been diagnosed with periodontal disease, there are various treatment plans your dentist may recommend depending on the severity of your case. The most important action is meticulous at home daily oral care. Teeth must be brushed twice or more times each day for at least two minutes and flossed at least once per day. Other treatments include oral rinses, periodontal cleanings, and sometimes surgery.

Traditional periodontal surgery involves cutting and suturing of the gums and recovery time can be long and painful. With the advancement of modern laser technology, there is an alternative. Joseph H. Farag, DMD offers a better alternative for patients battling periodontal disease. Dr. Farag offers patients laser-assisted new attachment procedure (LANAP™) which is a no-cut, no-sew procedure to treat mild to advanced periodontal disease. The advancements in laser surgery techniques, have made treating periodontal faster and less painful. LANAP™ is much less invasive than traditional surgery, allowing patients to return to work the next day if desired.

Even with the benefits of LANAP™ it is obviously best to practice good oral care. The most important preventative measure to avoid the insidious gum disease is to take excellent care of your teeth. Proper cleaning at least twice a day is imperative. The goal is to keep the bacteria that cause the plaque at very low levels.

If your gums are painful, red, or swollen don't ignore the signs; make an appointment today that may save your teeth and gums. Treating periodontal disease sooner is always better than later.

Benefits of LANAP™

EASY – LANAP™ is about as EASY as erasing a blackboard – unlike older techniques, there is no cutting and no suturing of the gums.

MINIMAL DISCOMFORT – Both during and post procedure, the patient experiences very minimal discomfort with LANAP™ than with prior standard surgery techniques.

SHORTER PROCEDURE TIME – It takes less time to complete LANAP™ than traditional surgery. Typically it takes is two 2-hour visits to the office and two follow up visits. Traditional surgery requires four sessions of about one hour each, with subsequent visits for suture removal and additional check-ups.

LESS GUM LOSS – LANAP™ minimizes the loss of gum tissue, traditional surgery often involves removing a significant amount of gum tissue. This tissue loss can lead to sensitive teeth since your roots are exposed. Also, if the treatment needs to be performed again in the future, you have not removed the bone and gums during the first LANAP™ treatment. Typically with LANAP™, any gum tissue shrinkage is actually due to reduced swelling of the area that was previously diseased and inflamed.

SHORT RECOVERY – Many patients fully recover from LANAP™ within 24 hours. In most cases, patients feel just fine post surgery and daily activities are not interrupted. On the other hand, recovery after traditional surgery can take up to 4 weeks during which patients can experience considerable pain and swelling.

SAFE – LANAP™ with the PerioLase is SAFE for patients with health concerns such as diabetes, heart disease, high blood pressure or those taking medications such as Coumadin or Cyclosporine.

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Safe, Natural Pain Relief with Acupuncture

By Jessica Guerra, L. Ac, AP

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

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



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

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

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

Jessica Guerra, L. Ac, AP

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

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Improve Your Workout with Omega-3 Fish Oil

By Anne-Marie Chalmers, MD

Is there a relationship between taking fish oil and exercise performance?

That was our hypothesis when we started giving Wellpride® fish oil to Thoroughbred racehorses nearly two decades ago. The theory held water. Trainers reported that their horses had better endurance and recovered faster after racing.

Today, we know a lot more about how omega-3 fatty acids support the body during exercise (both in animals and people). The growing body of research presents a compelling case for why workout junkies should consider adding omega-3s to their exercise program.

Improved Muscle Mass

Omega-3 fish oil isn't going to land you on any doping drug list, yet there are many reasons why getting an effective daily dose could significantly improve your workout. One of the most surprising benefits is the omega-3 fatty acids' impact on muscle mass and strength:

- A 2012 study from Brazil revealed that women in their 60s experienced greater improvements in muscle strength when they consumed 2000 mg of EPA/DHA and exercised each day. This was compared to women who completed the training without omega-3 supplements.
- A 2015 double-blind study focused on 60 to 85-year-olds found that consuming 3360 mg of EPA/DHA for 6 months increased muscle mass and strength, independent of exercise.

While the above studies focused on older adults, younger individuals may experience similar benefits, too.

One study conducted on healthy adults (aged 25-45) found that supplementing with 4000 mg of EPA/DHA increased muscle protein synthesis. Another study on the same age group discovered that – when they took 3000 mg of EPA/DHA every day – study participants improved the number of bicep curls they could perform.

Reduced Muscle Soreness

Studies have also looked at how omega-3s can impact muscle soreness after exercising, which is known as Delayed Onset of Muscle Soreness (DOMS).



Omega-3s have anti-inflammatory benefits and may reduce the risk of muscle cell injury by improving cell flexibility and elasticity.

A fair amount of research has been done on this topic, so we have picked a few favorites:

- A 2014 study found that healthy college students with higher omega-3 levels had a decreased incidence of DOMS compared to students with lower omega-3 levels.
- A 2018 study from New Zealand found that when professional rugby players took 1500 mg of omega-3s, they experienced less muscle soreness and fatigue compared to when they took a protein-based placebo.
- A 2018 study from researchers at Harvard Medical School explored how omega-3s impacted people with coronary artery disease. After one year, patients who received 3360 mg of EPA/DHA daily had better physical function, fewer joint replacements, less pain and stiffness, and exercised more per week compared to the control group.

What to Consider Before Taking Omega-3s

Before your rush out to buy fish oil capsules, remember that the benefits of omega-3s depend on dose and quality.

In one review, researchers found that supplements providing only EPA or only DHA did not reduce several markers for DOMS. This is likely

because these fatty acids have a synergistic effect in the cells and work together to produce the best results. So it is important to make sure you are getting a full range of omega-3s, rather than just one fatty acid.

Secondly, getting an optimal omega-3 dose matters. In the studies referenced above, the researchers used between 1500 mg to 4000 mg of EPA/DHA daily to achieve positive effects. Unfortunately, many fish oil capsules contain only 300 mg of EPA/DHA. Depending on the brand and concentration, this means that you would have to swallow between 5 – 13 capsules daily to get an effective dose.

Alternatively, fresh, full-spectrum liquid fish oils, like Omega Cure®, can make it easier to get a higher omega-3 dose without having to swallow umpteen capsules. Just remember to read the nutrition facts to ensure you get enough EPA/DHA per serving.

This article was abbreviated from a longer version published on omega3innovations.com. For the full text and references, visit:

<https://omega3innovations.com/blog/improve-yourworkout-with-omega-3-fish-oil/>

About Anne-Marie Chalmers, MD

Born and raised in the United States, Dr. Chalmers graduated from Brown University and completed her medical training at the University of Oslo in Norway. Dr. Chalmers practiced emergency, family, and preventive medicine in Norway for many years. Today, she serves as president of Omega3 Innovations.



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Slowing the Pace of Your Life

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

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

Philippians 4:11-13

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

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

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

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

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

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

If you find yourself making statements like this:

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

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

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



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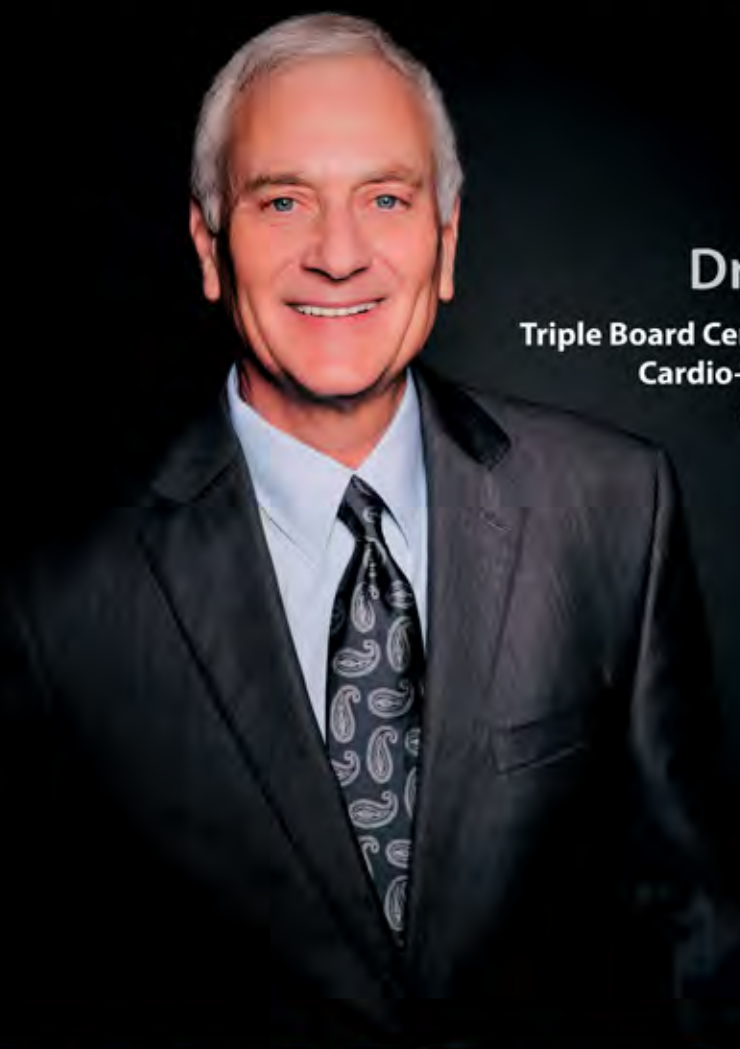
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