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February 2023

Charlotte/South Sarasota Edition - Monthly

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WE KEEP YOU WALKING

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FEBRUARY IS AMERICAN HEART MONTH

HEART FAILURE

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



Hear failure is a condition where the heart doesn't meet the body demand in pumping adequate blood. This leads to several symptoms and signs as well as various laboratory abnormalities.

The most common presentation is from fluid build up in the body leading to; shortness of breath, leg swelling, weight gain, inability to lay flat (orthopnea).

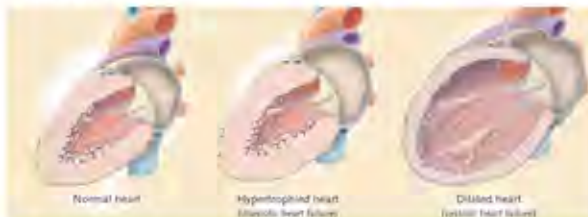
Because fluid build up is so common often it can also be referred as 'congestive heart failure' or CHF. However some patients may present without "congestion".

The underlying reason for heart failure can be; coronary artery disease, valvular heart disease, genetic predisposition, arrhythmia.

But in a fairly significant number of patients we don't know why.

Broadly we classify Heart Failure in two types:

- Heart failure with reduced ejection fraction (HFrEF)
- Heart failure with preserved ejection fraction (HFpEF)



Ejection Fraction is a common parameter in cardiology. It is a calculated number that reflects the squeezing function of the heart. Anything > 50% is normal and < 50% is low or abnormal.

Historically heart failure used to be a lethal disease with mortality in par compared to cancer. But we have made significant improvements in the last two decades. We have as many as 18 molecular pathways (and drugs) to treat heart failure. We also have several procedures, some of them are state of the art. Mortality and morbidity has significantly improved.

If you have symptoms of heart failure and need to get evaluated or if you have a diagnosis of heart failure and need to be treated, Port Charlotte Cardiology is the right place.



Dr. Aneley Yegezu Hundae, M.D., FACC
INVASIVE CARDIOLOGY AND ADVANCED HEART FAILURE MANAGEMENT

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

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Purple Tea

For Women of Color... Every Color!



Accounting for an estimated 30 percent of new cancer cases in women each year, breast cancer has impacted more than 3.8 million women in the United States. Those who have not been diagnosed are considered at average risk, about 13 percent or 1 out of 8 women. However, family history, race, ethnicity, and genetics can increase your risk of breast cancer.

Women come in all colors, shapes, and sizes, but when it comes to breast cancer – we are united! The upcoming Purple Tea is an opportunity for all women to gather together to receive the most up-to-date information on the latest advancements in breast cancer prevention, screening, and treatment. A free community event led by renowned local breast health experts, women will learn more about their health and the disparities that affect their race and ethnicity in a supportive and inspiring environment.



The afternoon event will feature keynote speaker **Dr. Alan Brown** who has been recognized nationally for his community involvement and cancer research efforts. Currently serving as chairman of the Lee Health Regional Cancer Center

Multidisciplinary Breast Clinic, Dr. Brown is a radiation oncologist whose contributions have been highlighted in multiple publications. Additionally, he's been honored with several awards and grants, including the National Center on Minority Health & Health Disparities (NIMHD) Loan Repayment Program, which is awarded to clinicians and researchers who are making an effort to reduce health disparities and increase the participation of disadvantaged communities in clinical research activities.

Other speakers include Dr. Magali Van de Bergh, MD, a principal investigator with Florida Cancer Specialists who has led multiple clinical research studies with a focus on lymphomas, chronic leukemias, and lymphoproliferative disorders; Dr. Natalia Spinelli, a board-certified breast surgical oncologist who specializes in benign and malignant diseases of the breast and is trained in the latest surgical approaches in breast cancer care; and Debra Wilson, MSN, RN, OCN, who serves as the Vice President of Oncology Services at Lee Health.

Purple Tea attendees will also have an opportunity to hear from Honorary Chair Geraldine "Gerri" Ware, who earned a nursing degree from Florida A&M University before returning to Fort Myers, where she served as a hospital nurse, a public health nurse, and school nurse, as well as teaching Nursing at Collier County Schools for 15 years.

Knowledge is power, and cancer prevention begins with education and awareness. All women are invited to dress in their favorite purple and unite in the fight against breast cancer at the upcoming Purple Tea on February 23.

Purple Tea is a free event on Thursday, February 23. Held at the Broadway Palm Dinner Theatre in Fort Myers, tickets can be reserved by calling 239.839.6015 or visiting www.eventbrite.com/e/purple-tea-tickets-503552447927.



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Carol Clark, CFA

Does Your Financial Advisor Have Your Best Interest at Heart?

Do you take care of yourself? Your mind, your body, your spirit? Self-care might include eating well, exercising, getting enough sleep, or trying to do something you enjoy each day. But what about your money?

Financial health is just as critical as your overall physical health. You might be interested in diversifying your portfolio, retirement planning, setting aside a college fund, or estate planning. One of the most important decisions you make is choosing a financial advisor. Working with a fiduciary financial advisor can be the key to making your financial dreams become a reality.

When choosing a financial advisor, there are certain things to know. First, do they adhere to fiduciary standards, which require them to act in your best interest? Next, you should understand how the advisor is compensated. You want to find an advisor who is obligated to avoid commissions, high investment fees, and hidden costs. You should also understand their credentials, experience, and portfolio strategies. Finally, ask for references and call them.

Fiduciary advisors are legally and morally obligated to put your needs above their own. They must offer objective recommendations that aren't tied to their own compensation. They are paid directly by clients and not through sales commissions. This eliminates costly conflicts of interest.

When Carol Clark, CFA, founded OnCenter Financial Advisors, her goal was to deliver independent, ethical guidance as a fiduciary advisor to provide clients with the returns they deserve.

There are many investment choices out there. Some have low fees; some have high fees. Many people think paying an extra 1% or 2% per year isn't very consequential. However, even 1% per year significantly erodes your investment performance.

If you start with a \$100,000 account earning 8% per year for 24 years and pay 1% more in fees, you will forego \$126,882 of gain.



At the end of 24 years, you will have forfeited more money than you started with. This profound erosion of your returns increases dramatically as the amount of excess fees increase. Often people are not aware of how much they pay in fees. Annuities, as one example, can have fees above 5% per year.

Jack Bogle, the founder of Vanguard, understood the punishing impact of high fees. "The magic of compounded returns is overwhelmed by the tyranny of compounding costs," he said. He's right.

Whereas some investment professionals give conflicted advice that favors investments with high commissions, OnCenter designs fully customized financial plans that suit each client's specific short-term and long-term goals under an independent fiduciary advisory model. OnCenter never receives commissions or hidden fees on any products they select for their clients.

OnCenter puts its clients at the center of all its decision-making, leading with uncompromising

ethics to produce optimal financial gains consistent with each client's risk tolerance and areas of personal interest.

As a fiduciary advisor with a Cornell MBA and 28 years of experience, Carol Clark, CFA is solely focused on driving financial excellence in client portfolios to enrich each client's financial future. Throughout her career, she has concentrated on identifying investment opportunities that optimize returns and minimize fees and taxes to power financial success and lasting wealth.

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COSMETIC SPIDER VEIN REMOVAL

By Joyce Vein & Aesthetics Institute

Spider veins (telangiectasia) are damaged, visible blood vessels just beneath your skin's surface. They typically look red, blue or purple. They may appear in clusters that resemble spider webs or tree branches. Spider veins can form anywhere, but they usually develop in your legs or face.

Many of us will eventually encounter vein health issues. It's usually hereditary, so if your parents or grandparents have or had spider veins, you are more likely to develop them as well. If you become pregnant or have a job or lifestyle that requires standing for long periods of time, this may make them worse, or increase the probability of getting them.

COMMON RISK FACTORS FOR SPIDER VEINS

There are a number of factors that put people at a greater risk of developing spider veins. Some of these include:

- **Obesity** - extra weight puts additional pressure on the veins.
- **Age** - though spider veins don't exist only in older people, the disease progresses with time. This is due to the fact that there is greater wear and tear on vein valves over time. This makes it more difficult for blood to flow properly, and can result in blood pooling.
- **Pregnancy** - in order to support a baby during pregnancy, blood volume nearly doubles, which leads to enlarged veins and potentially spider veins.
- **Genetics** - the chances of developing spider veins increases if others in the family suffer from them.
- **Sedentary lifestyle** - sitting or standing for extended periods of time restricts blood flow and can lead to blood pooling.
- **Gender** - due to hormonal changes women often experience during pregnancy and menopause, spider veins are more likely to occur in women.
- **Hormonal changes** - these occur during, pregnancy, and menopause. Taking birth control pills and other medicines containing estrogen progesterone also may contribute to the forming of varicose or spider veins.
- **Sun exposure** - this can cause spider veins on the cheeks or nose of a fair-skinned person.¹



Diagnosis

Diagnosis of spider veins happens with a simple physical examination by a vein specialist. Because spider veins are visible at the surface of your skin, they can simply be diagnosed by a vein specialist during a physical exam. As mentioned above, these veins can appear anywhere on the legs, the face, and the chest. They are purple, blue, pink or red and typically resemble a spider web and can be flat or slightly raised to the touch.

CUTERA LASER TREATMENT FOR SPIDER VEINS

The good news is that we don't have to live with these ugly spider webs. There are a number of treatment options available for those who'd like to look younger and have healthier looking skin.

The revolutionary Cutera laser treatment is safe and effective in eliminating both small and large varicose veins and spider veins.

The Cutera laser system aims to naturally remove visible spider veins and varicose veins through a cooled handpiece and various energy settings. And the great news is that, because laser energy is used, the procedure is non-invasive and produces no scarring.

How does Cutera work?

After putting gel on the area of your skin to be treated, your doctor will use the Cutera laser to target the spider veins. The laser produces pulses of light energy that will slightly solidify the blood in the vein, thereby destroying the vein. The body will then naturally eliminate the vein, and the blood will flow through nearby veins in the area instead.

The Cutera laser treatment uses a cooling gel to avoid any blistering or damage to the skin. It also prevents any possible pain. Most patients report feeling no discomfort from the treatment.

After the treatment, you can expect some mild redness that will disappear in a matter of hours, or, when treating large areas, some brownish pigment that will disappear within a few weeks. You should let your doctor know if you experience anything that is unusual, unexpected, or painful. Within weeks, you will see your skin become clear, without that unsightly veins that were taking away from your natural beauty and adding years to your appearance.

For more information on this and other state of the art aesthetic 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.

1. Spider veins - symptoms, causes & treatments (2022) Vein Clinics of America. Available at: <https://www.veinclinics.com/conditions/spider-veins/>.

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AVOIDING NAIL FUNGUS

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

Spring is just around the corner. You slide your feet into a new pair of shoes, but you are mortified to see your toenails are thick and discolored.

Most commonly, these changes are due to an infection of the nail cause by a fungus. Nail fungus can be difficult to treat, therefore the sooner you begin treatment the better chance you have of eradicating the fungus. Once the nail fungus has been present for an extended period of time, it is much more difficult to treat. Nail fungus also referred to as onychomycosis is an infection underneath the surface of the nail cause by fungi or yeast. When the fungi take hold, the nail becomes darker, debris can collect under the nail, and white discoloration may appear.

Overtime, the affected nails become very thick and difficult to trim. The fungus can even spread to adjacent nails. You may have been exposed to the fungi when walking around damp areas barefoot like swimming pools, locker rooms, and showers. Injury to the nail bed, even pressure from shoes, will make it more susceptible to the fungi. Anyone can be affected but people with chronic diseases, such as diabetes, circulatory problems, or immune-deficiency conditions, are especially prone to developing a fungal nail infection. Other contributing factors may be a history of athlete's foot and excessive perspiration. Treatment can take months to a year to completely clear the fungus. Your healthcare provider will discuss treatments options with you to determine what the best option is for you. Unfortunately, recurrence is common. For these reasons, prevention is key. Proper hygiene and performing daily foot exams including your toes are the first line of defense. Clean and dry feet can better resist infection by the fungus. Below are some tips to help you avoid nail fungus.

- Never go barefoot.
- Wear flip flops or shower shoes in public areas. For example, at public showers at the pool or gym. Walking around a public pool.
- Wash your feet with soap and water daily. Make sure to thoroughly dry your feet after washing, including between your toes. You may even want to wash your feet after the gym or going to a public pool.



- Disinfect you shoes with an OTC antifungal sprays or powder's.
- Wear moisture wicking and breathable socks. Socks made of synthetic fibers that wick moisture away from your feet are recommended. If your feet perspire than you should change your socks throughout the day. Don't share shoes or socks with others. Change your socks after exercise. You may also alternate gym shoes to allow the material to dry completely.
- Don't share clippers or foot products with other people. Disinfect instruments use to cut your nails and other pedicure tools
- Treat athletes foot if present
- Avoid tight fitting shoes and use shoes made with breathable material.
- If signs of nail fungus are present, avoid nail polish.
- Keep nails trimmed and clean. Nails should be at the same length as the tip of the toe.
- Wash your shoes, this includes hiking boots to sandals. Shoes that haven't been cleaned are a great place for fungus to thrive.

For more information about preventing or treating nail fungus contact your local foot and ankle specialist.

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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CHECKING YOUR **SEXUAL HEALTH** IN TIME FOR VALENTINE'S DAY

By Brianna Vance Fago, AGNP-BC and Nicole Burns, DO

Sexual dysfunction can take many forms — it's not limited to erectile dysfunction or lack of interest in sex, often referred to as a low libido. It can involve pain during intercourse, an inability to maintain an erection, or difficulty experiencing an orgasm.

Though there are many causes of diminished libido and sexual dysfunction in men and women, there are also many ways to increase libido and rekindle the joy of sex once you identify the problem. Read on for more information!

SEXUAL DYSFUNCTION IN WOMEN

Sexual dysfunction in women is grouped into different disorders: sexual pain, problems with desire, arousal problems, and orgasm difficulty. Changes in hormone levels, medical conditions, and other factors can contribute to low libido and other forms of sexual dysfunction in women.

Specifically, sexual dysfunction in women may be due to:

- **Vaginal dryness.** This can lead to low libido and problems with arousal and desire, as sex can be painful when the vagina isn't properly lubricated. Vaginal dryness can result from hormonal changes that occur during and after menopause or while breastfeeding, for example. Psychological issues, like anxiety about sex, can also cause vaginal dryness. Additionally, anticipation of painful intercourse due to vaginal dryness may, in turn, decrease a woman's desire for sex.
- **Low libido.** Lack of sexual desire can also be caused by lower levels of the hormone estrogen. Fatigue, depression, and anxiety can also lead to low libido, as can certain medications, including some antidepressants.
- **Difficulty achieving orgasm.** Orgasm disorders, such as delayed orgasms or inability to have one at all, can affect both men and women. Again, some antidepressant medications can also cause these problems.
- **Pain during sex.** Pain is sometimes from a known cause, such as vaginal dryness or endometriosis. But sometimes the cause of painful sex is elusive. Known as vulvodynia or vulvar vestibulitis, experts don't know what's behind this mysterious type of chronic, painful intercourse.

SEXUAL DYSFUNCTION IN MEN

The types of sexual dysfunction men may experience include:

- **Erectile dysfunction (ED).** ED can be caused by medical conditions, such as diabetes or high blood pressure, or by anxiety about having sex. Depression, fatigue, and stress can also contribute to erectile dysfunction.
- **Ejaculation problems.** These include premature ejaculation (ejaculation that occurs too early during intercourse) and the inability to ejaculate at all. Causes include medications, like some antidepressants, anxiety about sex, a history of sexual trauma (such as a partner being unfaithful). Wearing tight underwear or exposure to heat for long periods of time (truck drivers and athletes, among others, are prone to this) can also cause problems.
- **Low libido.** Psychological issues like stress and depression, as well as anxiety about having sex also can lead to a decreased or no sexual desire. Decreased hormone levels (particularly if testosterone is low), physical illnesses, and medication side effects may also diminish libido in men.

IMPROVING SEXUAL HEALTH

All couples should be able to enjoy a healthy sex life — an important part of a relationship. If you are experiencing sexual dysfunction, bring up your concerns to your provider. You can often correct your problem easily.

HORMONE IMBALANCE TESTING AND HRT

Your hormones play an integral role in your overall health. As a result, there's a broad range of signs and symptoms that could signal a hormonal imbalance. Your signs or symptoms will depend on which hormones or glands are not working properly. Several of those symptoms affect your sexual health. Hormone imbalance can cause an overall decrease in sex drive and a plethora of other symptoms that affect your libido, like weight gain and fatigue.

Keep in mind also that hormone imbalances don't only happen to women. Hormone changes are a natural part of aging. Although the more dramatic reproductive hormone plunge occurs in women during menopause, sex hormone changes in men

occur also, except they occur more gradually. In men, production of testosterone and other hormones declines over a period of many years and the consequences aren't necessarily clear. This gradual decline of testosterone levels is called late-onset hypogonadism or age-related low testosterone.

Having your hormone levels tested and talking to your doctor about your options, including the benefits and risks of hormone replacement therapy (HRT) is essential.

P-SHOT AND O-SHOT

Many who suffer from decreased sexual pleasure notice significant sexual enhancement from the P-Shot and O-Shot. The P-Shot for men and the O-shot for women are two types of platelet-rich plasma treatments that optimize sexual health and enjoyment. Platelet-rich plasma (PRP) is known for its rejuvenation effects; the treatment uses your own blood to release growth factors that help stimulate stem cells, collagen production, and ultimately tissue repair.

If you are experiencing sexual dysfunction, talk to a trained professional. At B Lively, our goal is to help our patients feel refreshed, look their best, and be confident that they can live their life to the fullest. Nicole Burns, DO and Brianna Vance Fago, AGNP-BC co-founded B Lively with the sole purpose of bringing their top-of-the-line treatments to the Sarasota and Lakewood Ranch areas of Florida. They have combined 15 years of medical practice experience in the fields of regenerative medicine, aesthetic medicine, hormone replacement therapy, and weight-loss.



Brianna Vance Fago
AGNP-BC



Nicole Burns
DO

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LASIK - All You Ever Wanted to Know

LASIK is a quick and painless procedure that can give you long-lasting vision without glasses or contact lenses. That's why, since its introduction more than 25 years ago, millions of Americans have turned LASIK for correcting nearsightedness, farsightedness and astigmatism and giving them visual freedom.

The LASIK team at Quigley Eye Specialists consist of a dedicated LASIK staff as well as LASIK surgeons Jeffrey Robin, MD, Duane Wiggins, MD and Emmanuel Kai-Lewis, MD. Drs. Robin, Wiggins and Kai-Lewis are all Board-certified ophthalmologists who have undergone fellowship training in LASIK and other types of refractive surgery and have decades of LASIK surgical experience and combined conducted tens of thousands of successful LASIK procedures. Beyond experienced and skilled surgeons, Quigley Eye Specialists has state-of-the-art diagnostic and laser technologies to help achieve the best possible LASIK results.

"LASIK is one of the most studied – and most successful – elective surgical procedures in all of medicine. At Quigley Eye Specialists, we realize that the keys to getting consistently great results with LASIK include proper patient selection, highly experienced staff and surgeons, and the most advanced laser technologies. My colleagues and I believe that at Quigley we have the best available, FDA-approved, diagnostic and laser technologies, including the Zeiss Visumax and Wavelight Allegretto lasers, and we are capable of producing great LASIK results with a quick, painless and bladeless procedure. And, we are committed to providing not only great vision results but also a concierge type of customer experience for our LASIK patients," explains Dr. Robin.

LASIK FAQs:

What does "LASIK" stand for?

LASIK is an abbreviation for "laser in-situ keratomileusis"; which translates to using a laser to reshape the cornea. The cornea is the clear window on the front of the eye and is a very powerful focusing element for the eye. By changing the curvature of the cornea, the laser can – in an extremely precise and computer-controlled method – change the focusing power and improve vision without glasses or contact lenses.



What is nearsightedness, farsightedness, and astigmatism?

The eye is like a camera and has lenses (including the cornea) which work to focus incoming light rays on the visually sensitive retina which lines the inside of the back of the eye. For many people, incoming light rays aren't focused precisely on the retina; this is called a "refractive error". The most common refractive error is nearsightedness (also called "myopia"); in this condition vision is blurred at distance while up-close vision is usually good; nearsighted patients usually start wearing glasses or contact lenses at a young age. In farsightedness (also called "hyperopia"), patients frequently can have excellent distance vision but begin to develop reading difficulty at a younger than normal age; people with high degrees of farsightedness may have both blurry near and distance vision even at a young age. The causes of nearsightedness and farsightedness usually have to do with abnormalities in the length of the eye. In astigmatism, the cornea is not symmetric, meaning that one axis has a different curvature than the other axis; astigmatism commonly accompanies nearsightedness and farsightedness. Advanced LASIK lasers are usually capable of accurately correcting all of these refractive errors.

How does the LASIK procedure work?

Modern LASIK is completely bladeless and utilizes 2 lasers. The first laser creates an ultra-thin section on the front of the cornea (called the "flap"). The second laser – which provides the actual reshaping and vision correction – is applied under the flap. Both laser applications involve usually less than 30 seconds.

Will I feel discomfort?

Numbing drops – like those used in routine eye exams – provide excellent anesthesia during LASIK. The vast majority of patients experience no discomfort.

How long does the procedure take?

In most cases, both eyes can be treated in less than 20 minutes.

How soon do the eyes recover?

At the close of the procedure, you can expect vision to be improved although foggy. Usually within 24-36 hours, patients note vision similar to when they were wearing their glasses or contacts.

What about patient safety?

Thorough and careful preoperative evaluation is one of the keys to LASIK success. At Quigley Eye Specialists, we realize that not everyone is a good candidate for LASIK; in some cases, other types of refractive surgery may be offered and – uncommonly – we may advise that it is in the patient's best interest not to have refractive surgery. In addition to performing a complete eye health evaluation and utilizing state-of-the-art diagnostic technology, at Quigley Eye Specialists your surgeon will be actively involved in your preoperative evaluation and recommendation process.

Who is a good candidate for LASIK?

The best candidates for LASIK are between the ages of 18 and 50 and have refractive errors (nearsightedness, farsightedness, astigmatism) that are in the low-to-moderate ranges. Patients also need to have good general health and no active eye diseases as well as having stable eyeglass/contact lens prescriptions. Specific candidacy determination, of course, will require thorough eye health evaluation with appropriate diagnostic testing and evaluation by your surgeon.

Who should not have LASIK?

People who might not be good candidates for LASIK include those who: are outside of the 18-50 age range, have changing prescriptions, have certain medical health issues, have active eye diseases or disorders. In some cases, patients' lifestyles, activities or job needs may also be factors. At Quigley Eye Specialists, we recognize that not everyone is a good candidate for LASIK and that a thorough preoperative evaluation is the key to determining good candidacy. For some patients, we may recommend refractive procedures other than LASIK and for others we may recommend no refractive surgery at all.

Has LASIK technology become more advanced over the years?

Yes. Over nearly 3 decades, LASIK technology has advanced to enable to procedure now to be completely bladeless ("all laser") and to have superlative accuracy and predictability. At Quigley Eye Specialists, our LASIK lasers (Zeiss Visumax and Wavelight Allegretto) enable our LASIK patients to have extremely comfortable procedures with accurate vision results.

Are there other options than LASIK?

Yes. Dr. Robin, Dr. Wiggins and Dr. Kai utilize other procedures to correct refractive errors and will make procedure recommendations based on their preoperative evaluation in discussion with the patients. Alternative procedures to LASIK include PRK, SMILE and ICL.

Are patients satisfied with results?

Yes. Scores of published studies, including those sponsored by the FDA and Dept of Defense, have demonstrated extremely high patient satisfaction results following LASIK (even more than 95%). It is not uncommon with modern LASIK for patients to achieve vision as good as or even better than they had with their best pair of glasses or contact lenses. Most Americans know family members, friends and/or co-workers who have had excellent LASIK results. We frequently hear from people that having LASIK was "the best thing I ever did!".

What is the next step?

If you are considering LASIK, the first step is a complete eye health evaluation. After the evaluation, the specialists at Quigley Eye will discuss your vision goals and develop a customized treatment plan designed specifically for you.



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

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



Call now for a COMPLIMENTARY LASIK consultation at 855-734-2020.

**Dr. Jeffrey B. Robin**

Board certified Ophthalmologist and fellowship-trained Advanced Refractive Surgery Specialist with more than 30 years of LASIK and refractive surgery experience. Dr. Robin has devoted his professional career to refractive corneal surgery including LASIK, PRK, SMILE and related procedures. He completed medical school at Jefferson Medical College at Thomas Jefferson University and his ophthalmology residency at Georgetown University Medical Center where he served as Chief Resident. In addition, he completed two fellowships, first in corneal and refractive surgery at The University of Southern California and the second in corneal virology and immunology at Louisiana State University. Dr. Robin has extensive experience in the research, teaching and clinical practice of LASIK and has performed tens of thousands of LASIK and other refractive surgery procedures (including many family members). Additionally, Dr. Robin was one of the first eye doctors in the world to have laser vision correction for his own nearsightedness (1992!). His extensive qualifications place him among the top refractive surgeons in the United States.

**Dr. Emmanuel Kai-Lewis**

Board certified and fellowship trained cornea and refractive surgeon with more than a decade of experience, Dr. Kai is an ophthalmologist at Quigley Eye Specialists, one of the nation's leading multispecialty ophthalmology practices. He earned his medical degree at Howard University, completed a residency at West Virginia University Eye Institute and a Cornea Fellowship at the University of Minnesota Eye Clinic, becoming an expert in cornea/external disease and refractive surgery.

**Dr. Duane Wiggins**

Board certified ophthalmologist and fellowship trained LASIK surgeon, Dr. Wiggins has more than 20 years of experience in LASIK and refractive surgery. Dr. Wiggins earned his medical degree from the University of Texas Medical Branch in Galveston. After completing his residency at the Scott and White Hospital and Clinic in Temple, Texas, Dr. Wiggins became fellowship trained in laser refractive surgery at the International Eyecare Laser Center in Houston. He is also the proud recipient of the TLC Laser Vision Milestone Award.

SHOW YOUR HEART SOME LOVE THIS VALENTINE'S DAY BY QUITTING SMOKING!

We only have one heart, so we need to treat it with all the love, care, and attention we can. Quitting smoking will improve the health of your heart for many years to come.

Tobacco use is the leading cause of preventable death and disease in the U.S. and can harm every organ and cell in the body. With over 7,000 toxic chemicals per cigarette, cigarette smoke damages one of the most vital parts of the body: the heart.¹

When you breathe air in, the lungs take the oxygen and deliver it to the heart, which then pumps the oxygen-rich blood to the rest of the body. When you breathe in cigarette smoke, the blood that is delivered to the rest of the body is heavily concentrated with carbon monoxide. Carbon monoxide decreases the blood's ability to carry oxygen which requires the heart to work much harder to pump oxygen through the body. The extra stress on the heart can cause damage to the heart and blood vessels and can lead to cardiovascular disease (CVD). CVD is responsible for 800,000 deaths annually and, consequently, is the leading cause of all deaths in the United States.¹

In addition to causing damage to the heart and blood vessels directly, cigarette smoke can also cause CVD by changing the blood's chemistry, which results in thickened blood and plaque build-up in the walls of arteries. When this happens, it becomes difficult for blood to flow through the arteries and for blood vessels to get to the vital organs, such as your heart or brain, which can result in blood clots and ultimately lead to a heart attack or stroke.¹

The best way to protect your heart from smoking-related disease and death is to never start using cigarettes, but if you are a smoker, the earlier you quit, the better. Quitting smoking benefits your heart and your cardiovascular system now and in the future:

- Twenty minutes after you quit smoking, your heart rate drops.
- Just 12 hours after quitting smoking, the carbon monoxide level in the blood drops to normal, allowing more oxygen to vital organs like your heart.
- Within four years of quitting, your risk of stroke drops to that of lifetime nonsmokers.¹



If you are a smoker and you are concerned about your heart health, contact GSAHEC today! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Group Quit option of Tobacco Free Florida's Quit Your Way program—offers free group quit sessions to help someone quit all forms of tobacco. These group sessions held virtually and in-person, provide information about the benefits of quitting, managing stress and triggers, and will assist you with developing your own customized quit plan. **Free** nicotine replacement therapy in the form of patches, gum, or lozenges (*if medically appropriate and while supplies last*) is provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist.

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

Reference:

1 <https://www.fda.gov/tobacco-products/health-information/how-smoking-affects-heart-health>



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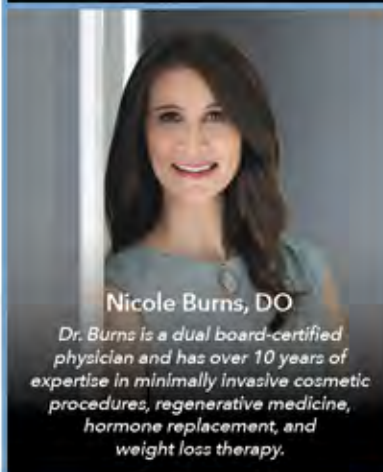
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Nicole Burns, DO

Dr. Burns is a dual board-certified physician and has over 10 years of expertise in minimally invasive cosmetic procedures, regenerative medicine, hormone replacement, and weight loss therapy.



32 REASONS A DENTAL HYGIENIST HELPS YOUR SMILE

By Dr. Susan Anderson, Program Director, Dental Hygiene Program at Hodges University

As an adult, we have 32 teeth that together make up our smiles, and help us enjoy life. February is Dental Hygiene Month, and your dental hygienist is a key in helping you keep your smile through your life.

The American Dental Association recommends getting your teeth cleaned regularly, and the frequency can be determined when you visit the dentist's office. Generally speaking, most people should have their teeth cleaned every six months. Most health insurance plans cover that, and it's a benefit you should use. Getting your teeth cleaned helps prevent problems like tooth decay, cavities, gum tissue erosion, and gum disease, for starters. These problems can lead to early tooth loss.

Of course, regularly brushing and flossing your teeth goes a long way in maintaining a healthy mouth, but even that isn't enough to prevent problems. A dental hygienist is professionally educated and trained to look for any problems.

Having your teeth professionally cleaned offers many benefits, including:

- The prevention gum disease
- The prevention of tooth decay
- The removal of tooth stains like coffee
- The removal of plaque, which contributes to bad breath
- The early detection of oral health issues, like oral cancer

The need for consistent dental care is a challenge. For example in Lee County alone:

- 54.4% of residents believe there is moderate to major problem with oral health
- 24.1% of children have not been to a dentist/ received dental care in a year
- 38.5% of adults have not been to a dentist/ received dental care in a year
- Major reasons: access, cost and education about oral health

**2020 Community Health Needs Assessment Report, Lee County*



To help make dental care more accessible and affordable, the Hodges University Dental Hygiene Clinic opened January 30. Patients will receive oral health screenings, preventative dental cleanings and, if needed, digital x-rays. Dental cleaning prices start at \$30 for children up to age 16, and \$40 for adults. X-Rays range from \$15 to \$40. Future services will include periodontal scaling/root planning, fluoride treatments, and tooth sealants.



Starting in February, the Hodges University Dental Hygiene Clinic will be open on Mondays from 1:30-5:30 p.m.; and Wednesdays and Thursdays from 8:30 a.m. to 12:30 p.m. Appointments can be made by calling (239) 938-7787. For questions or more information, you can email the clinic: hudental@hodges.edu

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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

SPECIALTY

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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How a Calcium Score Test Can Offer Significant Hope for Your Cardiovascular Health

Individuals with cardiovascular and peripheral vascular disease have blood flow disruptions that can occur in the feet and legs, brain, arms, and heart. When the blood vessels are narrowed or damaged, the blood flow becomes obstructed, and other complications can coincide. Individuals with arterial and venous disease are very often related to atherosclerosis (plaque buildup in the arteries and veins). Atherosclerosis can lead to stroke, heart attacks, and other blood vessel conditions like DVT's (Deep Vein Thrombosis), venous insufficiency, and pulmonary embolisms.

Atherosclerosis issues affect 3 million Americans each year. Plaque is made up of fats, cholesterol, and other substances in and on your artery walls. If the plaque breaks off, it can cause a blood clot. If it narrows and blocks blood flow, you can go into cardiac arrest or other conditions.

If you are someone that struggles with high cholesterol, diabetes, pre-diabetes, venous insufficiency, varicose veins, PAD, or PVD, you might be interested in a non-invasive procedure that can measure the amount of plaque in your arteries. It's called a calcium score.

To precisely measure and detect plaque, a computerized tomography (CT) calcium score scan is an innovative technology that offers detailed results and is a precise way to detect atherosclerosis. Knowing the level of plaque a patient has provides their physician with significant information regarding the patient's risk factors for blockages, episodes of stroke or cardiovascular disease, and other associated conditions. It also is a great tool to help get patients motivated about their health, their diet, taking medications, and making lifestyle changes.

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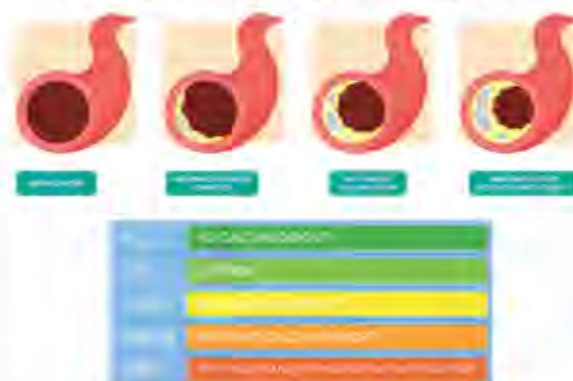
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As mentioned, it's imperative not to put off any screenings, such as breast mammography, lung CI's, Brain imaging, or any other services or surgical procedures that are crucial to monitor and maintain your health at the highest level. Some cancers and conditions can rapidly proliferate or wreak havoc on your health if they are not examined and evaluated in a timely manner.

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To schedule your appointment or for more information, please visit their website at www.RaveRad.com.



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LIMITED LIABILITY COMPANY (LLC) OPERATING AGREEMENTS

By James W. Mallonee

It generally takes a law suit to bring about some recognition regarding a need when it comes to planning a business operation. Consider the Limited Liability Company and its progeny which provides the average citizen the ability to own a company and have their personal property protected against losing those assets creditors.

Historically, the idea of an LLC started about 50 years ago out West, and has evolved in almost every state of the union. The State statutes recognizing an LLC was established in Wyoming in 1977, followed by Florida in 1982. It generally affords protection to a person's personal assets against law suits while not requiring double taxation to the government. The size of the company can be a single individual to multiple members and millions of dollars in assets. Setting up an LLC is just as simple, register with the State, get an EIN number from the government and open an account with a bank (which is not absolutely required).

The key to having a successful LLC is the preparation of an operating agreement where there are two or more members; however, you can also have single member LLC's and receive the same protections as a multi-member LLC. In Florida, LLC organizations are treated very similar to partnerships. One of the major exceptions is when it comes to single member LLCs because there is no such thing as a single member partnership. Unlike a corporation, the individuals who are part of an LLC are called members.



Each member owes a duty to the other members. The duty owed gives each member the right to sue any other members when they breach some requirements contained in the Operating Agreement or fail to protect the company. The right to file suit against other members can be done directly as opposed to derivatively. A derivative action is one where an individual files suit on behalf of the company as opposed to themselves personally.

LLC's generally follow the Business Judgment Rule when determining if a member misuses the authority they are granted by the operating agreement or by statute. The Business Judgment Rule affords a great deal of latitude when it comes to decision making. When a decision is made concerning the outcome of how a business will act is made without the benefit of any information, the member who makes such decision is vulnerable to being sued and held accountable for any losses. However, members are

protected when making decisions when relying on information and opinions presented by others, including employees, committees, legal counsel and accountants.

An operating agreement gives each member a basis of understanding how the entity will operate. It will also provide each member with the rules the company will operate under including what profits will be shared among the members. This includes profits, losses, transferability and distribution of expenses.

If you are considering filing with the State for recognition of an LLC organization, consider contacting the lawyer of your choice to assist you in preparing an Operating Agreement. What you don't want to have happen is to find out someone in the organization is not pulling their weight or worse is sabotaging the company with no recourse to protect you or the company. An Operating Agreement sets out the means by which the company will operate, profits distributed and who is in charge when final decisions need to be made.

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

James W. Mallonee, P.A.

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Survive Skin Cancer

Skin cancer, which is the most common form of cancer in the United States, is the result of the abnormal growth of skin cells. Cancer can affect skin anywhere on the body but most frequently appears on skin that is exposed to the sun. There are more than a million new cases of skin cancer in the United States each year.

We specialize in diagnosing and treating skin cancer in North Port, Bradenton, Sarasota, Venice, and other locations serving South Florida.

Causes of Skin Cancer

Every day, skin cells die and new cells form to replace them in a process controlled by DNA. Skin cancer can form when this process does not work properly because of damage to DNA. New cells may form when they are not needed, or older cells may not die, both of which can cause a growth of tissue known as a tumor. DNA damage is often a result of ultraviolet radiation from sunlight or tanning lamps. In some cases, skin cancer affects areas of the skin that have not been exposed to the sun. Certain factors, such as fair skin, moles, a weakened immune system, heredity and age, also increase the risk of skin cancer.

Types of Skin Cancer

There are three major types of skin cancer, and they affect different layers of the skin. They are named for the different types of skin cells that become cancerous.

Basal Cell Carcinoma

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

Squamous Cell Carcinoma

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

Melanoma

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

Symptoms of Skin Cancer

Skin cancer is often identified as a new or changed growth on the skin of the scalp, face, lips, ears, neck, chest, arms, hands or legs. Although these are common areas for skin-cancer growths to form, they can occur anywhere and manifest themselves as the following:

- Pearly or waxy bump
- Flesh-colored or brown scar-like lesion
- Firm, red nodule
- Crusted, flat lesion
- Large brown spot with darker speckles
- Shiny, firm bumps

A mole that changes shape or color can also indicate skin cancer.

Diagnosis of Skin Cancer

To diagnose skin cancer, a doctor reviews all symptoms and checks the skin for any unusual growths or abnormal patches of skin. If skin cancer is suspected, a biopsy is performed on the growth or area of skin in question. Once the results of the biopsy are reviewed, the type of cancer can be determined, and a treatment plan created. Those who experience any skin changes, or have changes to existing moles or birthmarks, should see a doctor as soon as possible; early detection is key in successfully treating skin cancer.

Treatment for Skin Cancer

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

- Freezing
- Excision
- Laser therapy
- Mohs surgery

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

Recovery After Skin Cancer Extraction

Our dermatologists will explain what to expect during your recovery based on the type of removal performed. However, the information below outlines typical recovery timelines for a few common treatment options.

Freezing

After cryotherapy, the treatment area will become red and swollen, then blister and scab over. Scabs usually form 2 to 3 days after treatment and heal within 1 to 3 weeks. Most people experience mild pain, itchiness, or irritation in the treatment area after cryotherapy, but those sensations should resolve within a few days. It's important not to scratch or pick at the blister or scab to avoid causing infection and additional scarring.

Excision

Some discomfort is common for the first few days after surgical removal and may be managed with over-the-counter pain relievers or prescribed pain medication. Depending on the size and location of the excision, the dermatologist may close the surgical wound with sutures that are removed 1 to 2 weeks later. Healing takes 1 to 3 weeks.

Mohs Surgery

You may expect swelling, bruising, and mild to moderate pain the first day or two after Mohs surgery. Your Mohs surgeon may close the surgical wound with sutures that either dissolve on their own or are removed 7 to 10 days post-procedure. In other cases, the surgeon will repair the wound with a skin flap from the surrounding skin or a skin graft from another area of the body. The donor area for the skin flap or graft heals in 1 to 2 weeks, but it may take 4 to 6 weeks for the treatment area to heal. In some cases, the surgical wound is extensive, and a plastic surgeon will reconstruct the treatment area.

Laser Therapy

Most people experience swelling and redness for the first few days after laser therapy. Swelling may take longer to resolve when the laser is combined with a photosensitizing agent for photodynamic therapy. Depending on the laser therapy used, the treatment area may heal within 7 to 14 days.

Prevention of Skin Cancer

Although not every case of skin cancer can be prevented, the best way to avoid it is to protect skin from the sun. Recommendations for preventing skin cancer include the following:

- Limit exposure to the skin, especially between 10 a.m. and 4 p.m.
- Always wear sunscreen with an SPF of at least 15

- Wear a hat in the sun
- Wear long sleeves and long pants
- Avoid tanning beds and salons

Performing routine self-exams to spot skin changes and seeing a dermatologist for a full-body screening on a regular basis are also recommended.

SKIN CANCER TREATMENT FAQ**What's the best treatment for skin cancer?**

Often, the best treatment is surgical removal, including Mohs surgery or excision. However, your skin cancer's type, location, and extent will determine your treatment type.

How fast does skin cancer spread?

Generally, basal cell carcinoma spreads slowly and doesn't usually metastasize to other parts of the body. Squamous cell carcinoma may also be slow to spread; however, some forms of this type of skin cancer can grow rapidly. Melanoma is usually the fastest-growing type of skin cancer.

Does insurance cover skin cancer removal?

In most cases, insurance plans cover skin cancer removal as a medically necessary procedure. The degree of coverage may vary, though, so check with our front desk specialists or billing representatives for more specific information.

Do all skin cancer types need to be removed?

It is usually best to remove any type of skin cancer, even basal cell carcinoma. Removal protects your skin and your health.

What happens if I don't seek help for skin cancer?

The risks of not treating skin cancer depend on your skin cancer type. In general, though, you

jeopardize your health by allowing skin cancer to go untreated. Untreated melanoma and Merkel cell carcinoma can become life-threatening very quickly, and while other skin cancers may be less aggressive, they also present a risk to your health.

How deep is the cut for basal cell carcinoma?

Your doctor will excise the skin cancer as deeply as necessary to remove it completely. Basal cell carcinomas generally range from .33 mm to 1.98 mm deep. Your doctor will also clear a margin around your skin cancer to ensure only healthy skin remains. With non-Mohs surgery, this margin usually ranges from 2 mm to 6 mm, depending on the cancer's type, location, and risk.

Will I have a visible scar from skin cancer extraction?

Most skin cancer removal methods will leave a visible scar. Cryotherapy, laser ablation, and Mohs surgery tend to result in less scarring than other options, but they may still leave marks on the skin.



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FEBRUARY IS TINNITUS AWARENESS MONTH!

By Dr. Noël Crosby, Au.D.

Tinnitus is the perception of a sound that has no external source. Some of the more common sounds reported are: ringing, humming, buzzing, and cricket-like. It can also be a combination of sounds, and for many, the sound of their tinnitus actually changes. It can be constant or intermittent and is heard in one ear, both ears or in the head. Tinnitus is almost always accompanied by hearing loss. If you have tinnitus, you should have your hearing tested by a hearing health professional, preferably an audiologist. Some 30 million adults suffer from persistent tinnitus (it can also affect children). For 12 million, the problem is severe enough that it impacts their everyday life. Since tinnitus can be a symptom of a more serious disorder, it may be important to have an appropriate health evaluation after your evaluation with an audiologist or ENT.

No one should tell you that there is nothing that can be done. There is help available! There may not be "a cure" but there are many ways to "manage it" or "take the edge off" the disabling effect tinnitus can have on someone. "Patients in tinnitus clinics typically are either curious, concerned or distressed," says Dr. Noël Crosby, Au.D., who sees many tinnitus patients at Advanced Hearing Solutions. "Curious patients have some basic concerns and inquire about therapies. Concerned patients are bothered by their tinnitus, and want detailed information and strategies for reducing the impact of their tinnitus. Distressed patients are very bothered. They require professional help to reduce their stress and improve their coping abilities". None of these responses are wrong. Everyone's tinnitus is a bit different, and we are all different people with different life experiences, weaknesses and strengths. Tinnitus can have a direct influence on: Thoughts and emotions, hearing, sleep, and concentration.

HEARING

Some people with tinnitus (39%) say that the sound of the tinnitus competes with or masks things they are trying to hear. Most people with tinnitus also have hearing loss, and it is not always easy to tell whether hearing difficulties are due to the hearing loss or to the tinnitus. There are many things you can do to improve your listening strategies, and hearing



aids often improve hearing and tinnitus! In fact, if a tinnitus patient has a hearing loss, amplification is the single most efficient treatment for many. We offer Tinnitus Assessments at Advanced Hearing Solutions where we thoroughly evaluate the person's hearing and assess their reaction to their tinnitus. We do not provide all the treatments available but we do provide resources and referrals and help guide you through the treatments options available.

SLEEP

Many tinnitus sufferers (20%) report that when they are in their quiet bedroom, their tinnitus interferes with them getting to sleep. It can also make it more difficult to get back to sleep when we wake up in the middle of the night. Some even report that their tinnitus is worse after waking up in the morning, or even after a brief afternoon nap. There are many things you can do to nurture your sleep experience, and most individuals with tinnitus benefit from sound therapy while falling asleep. Sleep deprivation can dramatically increase stress... and stress can increase tinnitus, creating a nasty circle that negatively impacts the tinnitus sufferers' quality of life! Dr. Crosby also uses CBD to help patients with sleep and anxiety around their tinnitus.

DON'T BE A VICTIM OF CRAZY REMEDIES

F.D.A. Approved Tinnitus Treatments Available for Severe Tinnitus Sufferers and other information can be obtained through the American Tinnitus Association. ATA.org.

MANAGING TINNITUS

There are many things you can do to help yourself manage your tinnitus. Finding a good tinnitus care provider can greatly improve your quality of life! If you have tinnitus, you likely have a hearing loss as well. The poorer your hearing, the more difficulty you will have communicating. In addition to your hearing loss, your tinnitus can also interfere with your hearing. Counseling and sound therapy, including the use of hearing aids, can be very helpful.

Please seek help if you are experiencing tinnitus. Don't suffer alone. There ARE things that can help you with the severity of your tinnitus.

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PROFESSIONAL BIO

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



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Acupuncture is a Safe and Natural Way to Help You Handle Stress

By Jessica Guerra, L. Ac, AP

The dictionary defines stress in multiple ways, but there is only one that matters when we discuss how stress affects our physical bodies.

Stress is defined as a physical, chemical or emotional factor that causes bodily or mental tension. Stress actually does have a function in our bodies, it's the body's way of signaling for help or a break in the routine. If we don't listen to these signals, we can develop imbalances in our bodies, which can lead to a variety of illnesses.

Cortisol is the hormone most closely related to stress. Cortisol is a big component of the "fight or flight" response we feel when we are scared or threatened. In small bursts, cortisol is helpful. However, when stress becomes chronic, then the cortisol levels become elevated. This puts the body in a constant state of being on edge, eventually causing insomnia, depression, anxiety, digestive issues and mental illness.

Traditional Chinese Medicine (TCM) provides many ways of combating stress and keeping our minds focused. Here are a few examples of how this ancient medical system can help.

Acupuncture for Stress: Acupuncture acts like physical therapy for the nervous system. The tiny needles retrain the nervous system and the brain to behave as it should normally. For the nervous system to act and respond accordingly, cortisol has to be at normal levels and only used when a true "fight or flight" situation occurs. Studies show acupuncture does this.



Acupuncture also helps reduce stress by keeping the heart rate normal. When the body is stressed, the heart tends to pump faster and in some cases, a person may even develop palpitations. The heart rate is closely connected to the vagus nerve. If the vagus nerve is stimulated, the heart rate will increase. There are specific acupressure points on the body that can calm the vagus nerve and the heart.

Acupuncture Points for Stress:

- **Yin Tang** – Yin Tang is located directly between the inner edges of the eyebrows. It is a reflex point of the pituitary gland. Yin Tang calms the mind and relaxes the body by helping control hormone secretions.
- **Du 20** – This point is located on the top of the head, midway between the apexes of both ears. Du 20 has been noted to improve mental clarity and awareness, while also enhancing memory.

Chinese Herbal Formulas for Stress: Combinations of herbs, known as formulas are used frequently in TCM. Xiao Yao San is a popular TCM formula used

frequently to address stress. This formula is known as "Free and Easy Wanderer" because it helps remove any stagnation in the energetic pathways that can lead to stress and difficulty focusing or staying on task.

Nutrition for Stress: Proper nutrition is vital for everyone. But when it comes to stress and focus, nutrition for the kidneys is crucial. The kidneys are the source of our vital essence and if they are damaged, our health will suffer. Foods like black beans, kidney beans, asparagus, plums, blueberries and blackberries are all beneficial for strengthening the kidneys. When the kidneys are strong, we are better prepared to handle and deal with stress.

If you are having difficulties dealing with stress, contact Center for Acupuncture & Holistic Healing, and make an appointment to come in and de-stress. We have a variety of ways to address how stress is affecting you, personally.

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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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.

Physicians Rehabilitation

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

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



How Does Companion Care Work?

By Afton Patterson

Companion care is a type of in-home care that provides socialization, emotional support, and assistance with daily activities for individuals who may be living alone or have limited mobility. This type of care is designed to help seniors, people with disabilities, and those recovering from an illness or injury to maintain their independence and quality of life.

One of the main benefits of companion care is that it allows individuals to remain in the comfort of their own home, rather than having to move to a nursing home or assisted living facility. This can be especially important for seniors, who may have lived in their home for many years and have deep emotional connections to it.

Companion care can also provide a sense of security for individuals and their families, knowing that someone is regularly checking in on them and providing assistance when needed. Caregivers can assist with tasks such as meal preparation, light housekeeping, medication reminders, and transportation to appointments. They can also provide companionship by engaging in activities such as reading, playing games, or going for walks.

Another important aspect of companion care is providing emotional support. Many seniors and individuals with disabilities may feel lonely or isolated, and having a companion to talk to and spend time with can improve their overall well-being. Caregivers



can also be trained to spot signs of depression or other mental health issues and can provide support and resources.

In addition to providing assistance with daily tasks and emotional support, companion care can also help with safety and fall prevention. Caregivers can help individuals with mobility issues navigate their home and make sure that it is safe and free from hazards. They can also assist with exercises to improve strength and balance, which can help prevent falls.

When choosing a companion care provider, it is important to find one that is reputable and has a good track record. You should also consider the

individual needs of the person receiving care and select a provider that can meet those needs. It is also important to have an open and honest conversation with the provider about the care and services that will be provided, and to have clear communication and expectations.

Companion care can be a valuable resource for individuals who want to remain in the comfort of their own home while receiving assistance with daily tasks and emotional support. It can provide a sense of security and improve overall well-being. It is important to find a reputable provider and have open communication to ensure that the individual's needs are met.

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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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Dental Visit with CEREC

By Dr. Joseph Farag

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

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

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

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



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

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

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

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



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



WHOLEHEARTED

By Jodi Thomas

I love Valentine's Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating *love* . . . and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I've been thinking a lot about my own heart. When reflecting on 2023 and what I hope for this year, I really desire to live *wholeheartedly*. And the first step in doing this is learning to pay attention to my **heart**. I'm reading a great book right now called *Soulful Simplicity* by Courtney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to *listen* to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, "What is my heart saying? What is my heart feeling?"

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to "suck it up," to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it's part of being an adult. But there's an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are **very important to God**. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.



In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, "I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ *may dwell in your hearts through faith*." Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don't feel God's presence or love. These are things that I have to take *by faith*. But even this comes from the heart, for Romans 10:10 says "For it is *with your heart that you believe* and are justified, and it is with your mouth that you profess your faith and are saved."

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God's love is poured into my heart, I am empowered to live in God's love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says "And the peace of God, which transcends all understanding, *will guard your hearts* and your minds in Christ Jesus." How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness. . . all of the things that wreck havoc on our hearts and create stress in our lives.

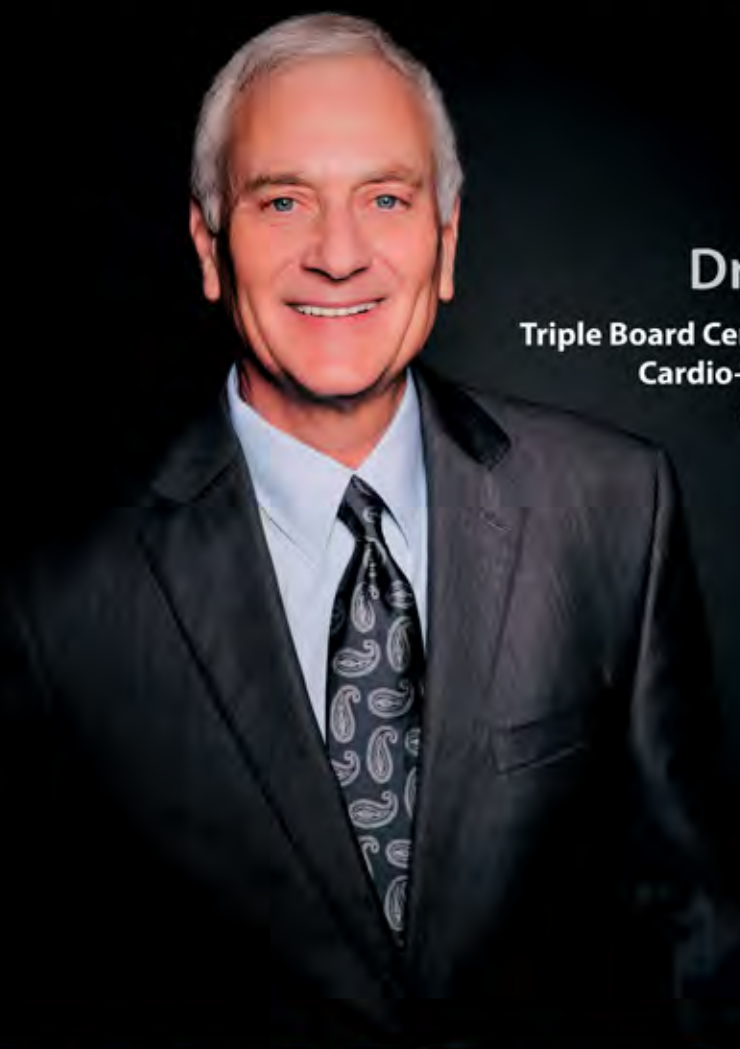
Our hearts are so valuable to God, that He desires *all* of our hearts. In Luke 10:27, Jesus said the greatest commandment was to "*Love the Lord your God with all your heart* and with all your soul and with all your strength and with all your mind."

When you see those pretty pink and red hearts this Valentines Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God's love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don't ignore it. I hope you will join me in the quest of living *wholeheartedly* in 2023.

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