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MAGAZINE

March 2023

Charlotte/South Sarasota Edition - Monthly

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Glorivel Koury de Ramos, M.D.
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Atlanta, GA, Diplomate
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"Why Exercise is the Best Medicine for Parkinson's Disease"
Ramon A. Gil, M.D.
Diplomate, American Academy of
Psychiatry and Neurology Diplomate
American Board of Internal Medicine
Medical Director, Parkinson's Disease
Treatment Center of SWFL

Breakout Sessions:

"Yoga as Part of Your Treatment"
Shebani Abdunour, Yoga Therapist

"Dance Therapy for PD" by Sarah Latotsky,
Patricia De L'Ossa, RPT and Sergio Valdivia, RPT

"Fitness" by Jay Woods

"Rock Steady Boxing and Pedaling for PD" by
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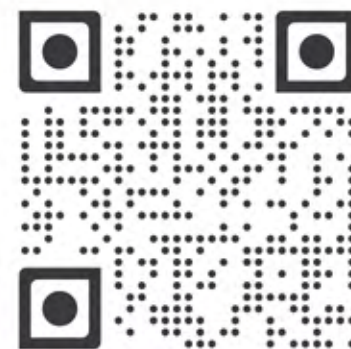


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IMPROVING COMMUNICATION FOR CANCER PATIENTS WITH HEARING OR LANGUAGE IMPAIRMENTS

By Dr. Graciela Garton

When a patient receives a serious medical diagnosis like cancer, it can trigger a flood of questions – how the disease progresses, what may stop its spread, how to cope with the emotions that accompany diagnosis and treatment, and what important healthcare decisions lie ahead.

For most, there are a variety of resources available where answers may be found. These include in-person support groups, online educational videos and conversations with one's own care team. Unfortunately, few are designed to help those with a hearing impairment or language barrier, including foreign language speakers. As a result, these individuals may struggle to navigate a healthcare system that is designed for those without communication challenges.

Studies report that patients with hearing or language impairments often have profound gaps in knowledge about their disease, medications, treatment options, procedures and risk factors. And yet, living with these unanswered questions can exacerbate the emotional distress that often accompanies a tough diagnosis.

Additionally, studies show that patients with hearing or language impairment commonly experience persistent breakdowns in communication with their health care providers. Sadly, many find that their providers will not accommodate their requests for ASL interpretation within clinical settings. Instead, patients are expected to practice lip reading or note taking for comprehension.

This sends the message that providers don't want to deal with them – and breaks federal law. Those with a hearing impairment are legally entitled to adequate language accommodations, thanks to provisions in the Americans with Disabilities Act (ADA).

Partnership Provides Access to Communication Resources

At Advocate Radiation Oncology, we know every patient deserves equal access to healthcare communication before, during and after a cancer diagnosis. As the region's premier locally-owned and operated radiation oncology practice, we are passionately dedicated to delivering compassionate care and ensuring that every patient's treatment experience is customized to their needs.

In order to deliver exceptional healthcare communication for all, Advocate Radiation Oncology is proud to partner with the Sally J. Pimentel Deaf and Hard of Hearing Center (DHHC).

The DHHC's mission is to empower Southwest Florida's deaf and hard-of-hearing citizens and their families through education, advocacy and community involvement. The center provides a wide range of services to those with hearing impairments, including support for family members, friends, neighbors, employers and coworkers.

- Sign Language Interpreting Services
- Free Telephone Equipment Loan Program
- Deaf Mentor & Education Program
- (ASL) American Sign Language Classes
- Information/Referral Services
- Outreach Presentations
- Employment Assistance
- Visual Communication Center
- Advocacy
- Adaptive Equipment Sales & Training



Through this partnership, DHHC and Advocate Radiation Oncology are closing the gap for patients with hearing or language impairment by reducing healthcare inequalities.

By connecting patients with the appropriate language assistance and accommodations, our provider-patient conversation can take place with clarity, comprehension and compassion. In this way, Advocate can ensure that the treatment experience is delivered with equal care for all patients.



About the Author

Dr. Graciela Garton is a board-certified radiation oncologist at Advocate Radiation Oncology. For more information, please visit AdvocateRO.com.



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BE A PARAMEDIC IN ONE YEAR

By Dr. Jeff Ziomek, EMS Program Director, Hodges University

Rain or shine. First thing in the morning or in the middle of the night. Weekends and holidays. They are there to help us when we're at our worst. When we're sick or injured. They answer the call. From the young to the young at heart, we all know their number: 9-1-1.

They are paramedics.

It all starts with a passion for helping others. For a career as a Florida paramedic, your first step is to become an Emergency Medical Technician (EMT). That's where you'll learn the foundational skills needed. As a matter of fact, you can start with us at Hodges University and graduate from our EMT training course in just seven weeks.

With your EMT skills in hand, you can graduate from our paramedic program in just one year and take the NREMT exam for your license. Our paramedic program is flexible with daytime classes two days a week, plus clinical rotations and field internships. There are also opportunities to receive financial aid. When you graduate, you'll also have 42 college credits. Someday, you may want to return and get those last 18 credits for an associate degree. If you are thinking that moving up the ranks and into administration is something you want to do, a college degree, along with your experience, will help.

Being a paramedic means you have the knowledge and skills to provide advanced life support before your patient reaches the hospital. When it comes to helping others, every second counts.

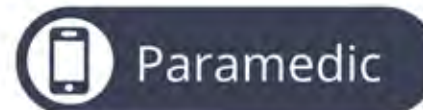


If you're wondering if being a paramedic is for you, there are a few things you can consider. You should be someone that likes to problem-solve. Your patient may not be able to communicate with you, so you'll have to figure out the best way to treat them. You must also have compassion for others and enjoy working in a team environment.

Communicating clearly with your patients, your colleagues, and the patient's family is essential. While you don't need to be the strongest person, you need a certain amount of physical fitness in order to successfully and safely move and transport patients from the scene, into the ambulance, and then from the ambulance into the hospital emergency room.

As a paramedic, the rewards are many. You'll build a special sense of family with your colleagues. The most satisfying aspect is helping people when they need you the most. You could be responding to someone who's having difficulty breathing, a mother in labor, or a car accident. You could work at a scene with other agencies, like the fire department and law enforcement.

What you do makes a difference, and your patients and their families will remember that.



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Work (out) Smarter, Not Harder with Emsculpt NEO

By Joyce Vein & Aesthetics Institute

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

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

How does Emsculpt NEO work?

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

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

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

What can I expect in an Emsculpt NEO session?

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



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

What areas can be treated?

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

What results can be expected?

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

Is Emsculpt NEO too good to be true?

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

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

For more information on this and other treatments, contact Joyce Vein & Aesthetics Institute via email at info@jvai.com 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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Does Your Financial Advisor Have Your Best Interest at Heart?

Carol Clark, CFA

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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INGROWN TOE NAIL

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

An ingrown toenail is defined by a nail growing into the skin. Typically, the sides of the nail begin to curve or grown into the skin at one or both sides of the nail border. Mostly commonly seen in the big toe, but it can occur in other toes as well. Once the nail begins to dig into the skin pain, swelling and redness will soon follow. These are early symptoms of an ingrown that should be aware of. Other symptoms include worsening pain when in closed toed shoes. Overtime, the nail can pierce the skin creating an open wound and possible infection if not treated. Signs of infection are worsening pain, redness, swelling and foul smelling drainage or pus.

Ingrown toe nails can be genetic meaning it runs in your family (hereditary). Trauma can also be a cause. An example of trauma includes stubbing your toe, having something fall on it, and activities that cause repeated pressure on the toes like kicking or running. One of the most common causes is improper trimming of the toe nails. You don't want to cut your nails too short as this allows the skin next to the nail to fold over the nail. Another common cause is improper shoe size or socks that are too small/tight. Furthermore, nail fungus can also contribute to the development of ingrown nails

If you develop pain at the sides of the nail with redness, swelling and drainage you should seek treatment. The ingrown nail can progress into an infection if the ingrown nail is not removed. If you have diabetes, nerve damage or poor circulation you should not attempt to self-treat and seek professional treatment right away.

If you are not high risk or do not have an infection you can try to soak the foot in room-temp water with Epsom salt. Do not attempt to cut the nail yourself as repeated cutting of the nail can cause it become worse over time. If you pain continues, than seek treatment by a foot and ankle specialist. Your physicians will exam your toe and determine the best treatment based on the severity of your condition. If an infection is present you will require oral antibiotics. A minor procedure if often required for treatment of an ingrown nail. The procedure is performed in the office. First local anesthetic will be used, followed by cleaning the toe and removal of the portion of the nail that has become ingrown. In



order to prevent recurrence a chemical may be used to kill the root of the nail so the ingrown portion of the nail does not return. The entire nail is not removed but only the corner that has become ingrown. A bandage will then be applied that will remain in place for 24 hours. You may experience mild soreness on the 2nd or 3rd day but you are able to walk right away.

Some methods for prevention include proper trimming. Cut your nails straight across and do not cut them too short. Make sure to wear properly fitting shoes and socks. Do not use shoes that are too big/loose as this can cause pressure to the toe when engaging in physical activity as well. Avoid trying to trim the nail border or having a pedicurist trim the border as this can make the condition worse and does not change how the nail grown. Over the counter treatments do not typically work as they do not address the underlying cause. If you have sings of ingrown nail, contact your local foot and ankle specialist who can treat the underlying issue.

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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HOW CAN YOGA HELP PATIENTS WITH PARKINSON'S DISEASE?

By Ramon A. Gil, M.D., Medical Director, Parkinson's Disease Treatment Center of SWFL

Dr. Gil had the opportunity to ask Shebani, Can Yoga Help Patients with Parkinson's Disease?

Shebani: I recently had a wonderful interaction with a chair yoga student who has Parkinson's disease. She excitedly came to me after class to share that she was overjoyed to experience stillness in her hands during our end-of-class meditation. She had been practicing regularly for over a month before she came to this point. Of course, experiences will vary from person to person.

Yoga can be a beneficial therapy for patients with Parkinson's disease in several ways:

1. Improving flexibility and balance: Parkinson's disease can cause stiffness and rigidity in the muscles, leading to balance issues and increased risk of falls. Yoga can help to improve flexibility, balance, and coordination, reducing the risk of falls and improving overall mobility.

2. Reducing stress and anxiety: Yoga can help to reduce stress and anxiety levels, which can be particularly beneficial for patients with Parkinson's disease who may experience anxiety related to their condition. Yoga can also help to promote relaxation and improve overall mental well-being.

3. Improving posture: Parkinson's disease can cause postural instability, which can lead to a hunched posture and other issues. Yoga can help to improve posture by strengthening the core muscles and encouraging a more upright posture.

4. Enhancing overall physical function: Yoga can help to improve overall physical function by promoting flexibility, strength, and balance. This can help patients with Parkinson's disease to perform activities of daily living more easily and with greater confidence.

5. Encouraging mindfulness and self-awareness: Yoga emphasizes mindfulness and self-awareness, which can be beneficial for patients with Parkinson's disease who may struggle with cognitive and emotional symptoms related to their condition. Practicing yoga can help to improve self-awareness and promote a greater sense of well-being.



Overall, yoga can be a beneficial therapy for patients with Parkinson's disease, helping to improve physical function, mental well-being, and overall quality of life. It is important to consult with a healthcare professional before beginning a yoga practice, especially if you have Parkinson's disease or any other health condition.

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"Why Exercise is the Best Medicine for Parkinson's Disease"



Ramon A. Gil, M.D.

Diplomate, American Academy of Psychiatry and Neurology Diplomate American Board of Internal Medicine Medical Director, Parkinson's Disease Treatment Center of SWFL

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"Yoga as Part of Your Treatment"

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"Rock Steady Boxing and Pedaling for PD"

by Lisa Heid, Christy Barfield, RSB, Tabatha Stepensky, RSB, and Terri Hughes, PFP from the Punta Gorda YMCA

About

Shebani Abdunour

Shebani (shi-ba-nee) is a naturally outgoing and enthusiastic Yoga Instructor who loves improving people's lives. She is an entrepreneur and former yoga studio owner. She has been teaching yoga for over



a decade in Florida cities including Miami, Port Charlotte, Punta Gorda, North Port, Boca Grande, Sarasota and Fort Myers. She has worked in numerous other industries and has experience in research, real estate, marketing, customer service, hospitality and sales industries. She has a Bachelor's degree in Biology from Florida International University. She has lived in and traveled to different countries, however she is a Floridian at heart. She lives in Fort Myers with her husband who is an Attorney. She loves teaching yoga, exploring the outdoors with her dog Kali, working out and eating healthy (most of the time). She received her yoga teacher's certification by participating in a four-month residential "yogic studies" course that she took in India at Bihar school of yoga 2007-2008. She completed her Trauma Informed YTT in November of 2022. She has acquired well over 300 hours of Yoga teacher training. she is always looking for more opportunities to share her passion of yoga and well-being.



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For more info or to register
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HEART DISEASE IN WOMEN

What Every Woman Needs to Know

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

As an invasive cardiologist, I have seen firsthand the devastating impact that heart disease can have on women. Despite the fact that heart disease is the leading cause of death among women in the United States, many women are still unaware of the risks and symptoms associated with this condition. In this article, I will discuss the prevalence of heart disease in women and what steps women can take to protect their heart health.

Prevalence of Heart Disease in Women

Heart disease affects millions of women in the United States, and the prevalence of the condition is increasing. According to the American Heart Association, approximately 44 million women in the United States have some form of cardiovascular disease. Heart disease is responsible for more deaths among women than all forms of cancer combined, and women are more likely than men to die from a heart attack.

One of the reasons that heart disease is so prevalent among women is that women often experience different symptoms than men. While chest pain is a common symptom of heart disease in men, women may experience a wider range of symptoms, including shortness of breath, nausea, dizziness, and fatigue. These symptoms can be subtle and may be mistaken for other conditions, which can delay diagnosis and treatment.

Risk Factors for Heart Disease in Women

There are several risk factors that can increase a woman's risk of developing heart disease. Some of the most common risk factors include:

- **Age:** The risk of heart disease increases as women get older, especially after menopause.
- **Family history:** Women with a family history of heart disease are more likely to develop the condition themselves.
- **Smoking:** Smoking is a major risk factor for heart disease in women, as it can damage the blood vessels and increase the risk of atherosclerosis.



- **High blood pressure:** Women with high blood pressure are more likely to develop heart disease, as it can damage the blood vessels and increase the risk of heart attack and stroke.
- **High cholesterol:** Women with high cholesterol levels are more likely to develop atherosclerosis, which can increase the risk of heart attack and stroke.
- **Diabetes:** Women with diabetes are more likely to develop heart disease, as high blood sugar levels can damage the blood vessels and increase the risk of atherosclerosis.

Steps Women Can Take to Protect Their Heart Health

Fortunately, there are several steps that women can take to protect their heart health and reduce their risk of developing heart disease. Some of the most effective strategies include:

- **Maintaining a healthy diet:** Eating a diet that is rich in vegetables, whole grains, lean proteins, and healthy fats can help to reduce the risk of heart disease.
- **Maintaining appropriate weight.**
- **Exercising regularly:** Regular exercise can help to improve heart health, reduce blood pressure and cholesterol levels, and maintain a healthy weight.
- **Quitting smoking:** Quitting smoking can significantly reduce the risk of heart disease and improve overall health.

- **Managing stress:** High levels of stress can increase the risk of heart disease, so it is important to find ways to manage stress, such as through meditation, yoga, or counseling.
- **Getting regular check-ups:** Women should see their healthcare provider regularly for check-ups and screenings, especially if they have risk factors for heart disease.

Heart disease is a serious condition that affects millions of women in the United States. As an invasive cardiologist, I urge women to take steps to protect their heart health, including maintaining a healthy diet, exercising regularly, quitting smoking, managing stress, and getting regular check-ups. By working together, we can reduce the prevalence of heart disease among women and ensure that women receive the care and support they need to live healthy, fulfilling lives.



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

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

Board certifications

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



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WHAT YOU NEED TO KNOW ABOUT E-CIGARETTES AND VAPING AS SMOKING CESSATION TOOLS

Are you looking to quit smoking? Have you tried to quit several times with little to no success? Are you frustrated and running out of ideas that could help you kick the habit for good? You are not alone! In fact, 7 out of 10 tobacco users want to quit and may struggle with these same questions. Some tobacco users might be tempted to turn to electronic cigarettes (e-cigarettes, vape pens, and other vaping devices) to ease the transition from traditional cigarettes to not smoking at all.¹ Though this may seem like a novel option for some, the question we must ask is whether using e-cigarettes or vaping is better for you than using tobacco products. According to Michael Blaha, M.D., M.P.H., director of clinical research at the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, there are several important factors to consider:

1. E-cigarette aerosol is NOT harmless “water vapor.”²

The aerosol used in e-cigarettes contains chemicals that can be harmful to health, including:

- Nicotine²
- Ultrafine particles that can be inhaled deep into the lungs²
- Flavorings such as diacetyl, a chemical linked to a serious lung disease²
- Volatile organic compounds²
- Cancer-causing chemicals²
- Heavy metals such as nickel, tin, and lead²

2. The nicotine in tobacco and vaping products is addictive.

According to Dr. Blaha, nicotine is a toxic substance that raises your blood pressure and spikes adrenaline which increases your heart rate and the likelihood of having a heart attack.¹ Emerging data also suggests links to chronic lung disease and asthma.¹

3. Electronic cigarettes are just as addictive as traditional ones.¹

Many e-cigarette users get even more nicotine than they would from a combustible tobacco product as



many vaping devices offer extra-strength cartridges, which have a higher concentration of nicotine to get a greater hit of the substance.¹ This can be counterproductive to an individual's goal to quit as higher doses of nicotine result in a stronger nicotine addiction.

4. E-cigarettes are not an FDA approved cessation tool.¹

E-cigarettes have not received Food and Drug Administration (FDA) approval as smoking cessation devices.¹ There are many FDA approved products on the market that are effective for quitting nicotine including the nicotine patches, gum, and lozenges.

If you are a tobacco user looking to quit smoking, help is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program—offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group cessation sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum, or lozenges (*if medically appropriate and while supplies last*) are provided

with the session. 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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Acupuncture for Mental Health Issues

By Jessica Guerra, L. Ac, AP

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

Mental health

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

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

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

Acupuncture for mental health

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



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

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

Research shows that acupuncture:

- reduces the brain's sensitivity to stress
- relaxes the analytical brain that causes anxiety
- reduces stress-induced changes in behavior and biochemistry
- reduces inflammation, which can contribute to anxiety and depression
- stimulates production of ‘happy’ and relaxing chemicals (dopamine, serotonin, GABA etc.)
- boosts the parasympathetic nervous system, which is our ‘rest and digest’ system
- regulates levels of neurotransmitters and hormones in order to bring the system back into a relaxed state of balance
- resets the resting brain, which can become dysfunctional in depression
- assists with related conditions such as insomnia and chronic pain, allowing the body and mind to relax²

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

Source:

1. Zablocki, F. (2021) *Acupuncture effective in treatment of mental illness*. American College of Traditional Chinese Medicine. Available at: <https://www.aciem.edu/blog/acupuncture/acupuncture-effective-in-treatment-of-mental-illness>
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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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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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Diagnostic Imaging Saves Lives

Medical imaging technology has revolutionized health care over the past 30 years, allowing doctors to find disease earlier and improve patient outcomes. Whether you are a young child with cancer or a grandmother who just wants to make sure she's in good health, medical imaging helps you detect and diagnose disease at its earliest, most treatable stages and guides physicians and patients in determining the most appropriate and effective care.

Radiology Associates physicians are board certified radiologists with training in all aspects of diagnostic imaging, including CT, Mammography, MRI, Ultrasound, X-ray, and Nuclear Medicine. Additionally, each has advanced subspecialty training in one or more areas of medical imaging or interventional radiology that we believe provides the basis for providing the highest level of patient care.

Our goal is to provide high quality patient care in a comfortable environment, using the latest imaging and interventional technology and working in close collaboration with referring physicians.

Radiology Associates of Venice and Englewood is pleased to offer the following diagnostic imaging services:

MRI Scan

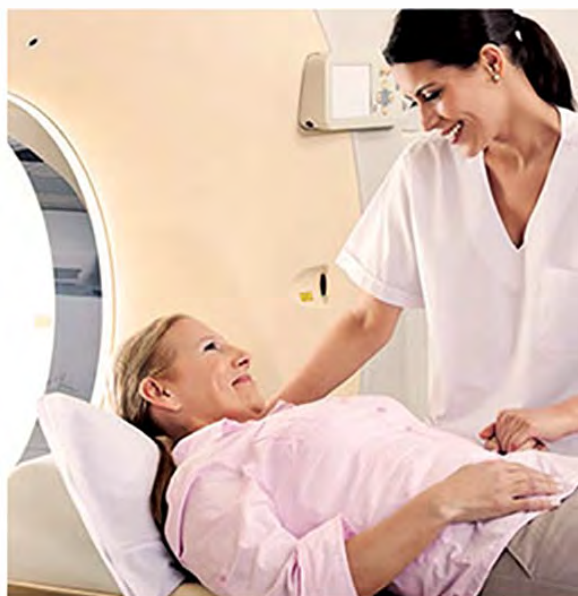
Magnetic resonance imaging, commonly known as MRI is a medical test that aids physicians in diagnosis and treating medical conditions. This is a noninvasive and typically painless test.

Breast MRI

Breast MRI uses Magnetic Resonance Imaging (MRI) to look specifically at the breast. It is a non-invasive procedure that doctors can use to determine what the inside of the breast looks like without having to do surgery or flatten the breast (as in a mammogram).

MRA

Magnetic Resonance Angiography - Magnetic Resonance Angiography (MRA) uses the same MRI scanner to get its images, however it is a special type of MRI scan that looks at blood vessels and blood flow. MRA can help diagnose aneurysms, and also detect narrowing or blockages of blood vessels. If there is decreased or blocked flow leading to the



brain this can be the cause of a stroke. Additionally, it can be an ideal aid to the physician for surgical planning. Some MRA's, as with MRI's, require a contrast medium.

CT Scan

CT Scan sometimes called CAT scanning is a painless and a non-invasive medical test that helps physicians diagnose and treat medical conditions.

Ultrasound

A process that uses high-frequency sound waves to produce pictures of the inside of the body. Because ultrasound images are captured in real time, they are able to show blood flowing through the blood vessels, as well as the movement of the body's organs and its structure.

Nuclear Medicine

Nuclear medicine is a specialized form of radiology. Patients are given a radioactive substance either by mouth or intravenously that collects in specific body organs. Then the gamma camera detects the energy being emitted from that substance and an image can then be captured.

Digital X-Ray & Fluoroscopy

An X-ray is a painless and quick test for the patient to endure. It involves exposing the part of the body that is being examined to a small dose of ionizing radiation to produce pictures of the inside of the body.

3D Mammography

3D mammography is a new technology in the fight against breast cancer that allows doctors to examine your breast tissue one layer at a time. 3D mammography uses high-powered computing to convert digital breast images into a stack of very thin layers or "slices"- building what is essentially a "3-dimensional mammogram".

Bone Density DEXA

Bone density scanning, also called dual-energy x-ray absorptiometry (DXA) or bone densitometry, is an enhanced form of x-ray technology that is used to measure bone loss.

PET Scan

Positron emission tomography, also called PET imaging or a PET scan, is a type of nuclear medicine imaging.

For more information about the diagnostic imaging services available at Radiology Associates of Venice, Englewood and Sarasota. Call the Venice office at 941-488-7781 or the Englewood office at 941-475-5471 or the Sarasota office at 941-342-7283.



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Hours: 8:00am-5:00pm

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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.



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 sun, 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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Improving Nutrition for Seniors: The Role of Caregivers in Healthy Meal Preparation

By Afton Patterson

As people age, their nutritional needs change. Seniors often require a higher intake of vitamins and minerals, but they may also have a decreased appetite and difficulty chewing or swallowing. This can lead to a decline in health and a greater risk of chronic conditions such as heart disease, diabetes, and osteoporosis. Caregivers play a crucial role in ensuring that seniors receive proper nutrition, and one of the best ways to do this is by helping with meal preparation.

Many seniors rely on microwave meals as a quick and convenient option. However, these meals are often high in sodium, preservatives, and unhealthy fats, and they lack the nutrients that seniors need to maintain good health. By assisting with meal preparation, caregivers can ensure that seniors are consuming a balanced and nutritious diet that meets their specific needs.

When preparing meals for seniors, it's important to focus on foods that are nutrient-dense and easy to digest. This includes lean protein sources, such as fish, poultry, and legumes, as well as plenty of fresh fruits and vegetables. Whole grains, such as brown rice and whole wheat bread, are also important, as they provide fiber and essential nutrients.

In addition to choosing healthy ingredients, caregivers can also help seniors by modifying recipes to make them easier to digest. This may involve pureeing fruits and vegetables, using a slow cooker to break down tough meats, or using spices and herbs to add flavor without increasing sodium levels.

Another way to support healthy meal preparation is by encouraging seniors to be involved in the cooking process. This not only provides them with a sense of purpose and helps to maintain their independence, but it also allows them to have a say in what they eat and how it's prepared.

When planning meals, it's also important to take into account any dietary restrictions or allergies that the senior may have. For example, seniors with diabetes may need to limit their intake of sugar and carbohydrates, while those with high



blood pressure may need to limit their sodium intake. Caregivers can work with a dietitian or doctor to develop a meal plan that meets these needs.

In addition to preparing meals at home, caregivers can also help seniors access community resources that provide healthy, nutritious meals. For example, many senior centers and community organizations offer meal programs that provide seniors with hot, nutritious meals on a regular basis.

Finally, it's important to remember that good nutrition is just one aspect of maintaining good health for seniors. Caregivers should also encourage seniors to stay active, stay socially connected, and engage in activities that they enjoy. These factors all contribute to overall well-being and can help seniors maintain their health and independence.

The role of caregivers in ensuring proper nutrition for seniors is crucial. By assisting with meal preparation, choosing healthy ingredients, and encouraging seniors to be involved in the cooking process, caregivers can help seniors maintain their health and independence. With a focus on nutritious, well-balanced meals, seniors can enjoy a high quality of life and reduced risk of chronic conditions.

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The Link Between Hearing Loss and Kidney Disease

Understanding the Connection

By Dr. Noël Crosby, Au.D.

Hearing loss and kidney disease are two separate health conditions, but recent research has shown that there may be a connection between the two. Understanding this connection can help individuals who are at risk for both conditions take preventative measures to maintain their health.

Kidney disease is a condition in which the kidneys are unable to function properly. This can lead to a buildup of waste and fluid in the body, as well as electrolyte imbalances. Chronic kidney disease (CKD) is a common type of kidney disease and can progress over time, eventually leading to kidney failure.

Hearing loss, on the other hand, is a decline in the ability to hear sounds. It can be caused by a variety of factors, including aging, exposure to loud noises, and certain medical conditions.

Studies have found that individuals with CKD are at a higher risk for hearing loss compared to those without the condition. This connection may be due to the fact that CKD can lead to a buildup of waste products in the blood, including urea and creatinine, which can damage the inner ear and lead to hearing loss.

In addition, kidney disease can lead to imbalances in important nutrients and vitamins that are important for hearing health, such as vitamin D and potassium. These imbalances can also contribute to hearing loss.

Furthermore, individuals with CKD may also be at an increased risk for cardiovascular disease, which is another risk factor for hearing loss. This is because the cardiovascular system provides blood flow to the inner ear, which is important for maintaining healthy hearing.

It is important to note that hearing loss can also be a symptom of CKD in its later stages, as the buildup of waste in the blood can affect various organs and systems in the body, including the ears.

Early detection and treatment of both CKD and hearing loss are important in preventing progression and maintaining overall health. For individuals with CKD, regular check-ups with a healthcare provider and following a kidney-friendly diet can help slow the progression of the disease. For those with hearing loss, wearing hearing aids or undergoing other treatments, such as cochlear implants, can help improve hearing and prevent further damage.

In conclusion, there is a connection between hearing loss and kidney disease. Individuals with CKD are at a higher risk for hearing loss due to imbalances in important nutrients and an increased risk for cardiovascular disease. Early detection and treatment of both conditions can help prevent progression and maintain overall health.

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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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TRUSTEE RESIGNATION

By James W. Mallonee

Trustees who are appointed by a testamentary document are generally considered to remain as the trustee through the life of the trust's beneficiary. But suppose the person who is the beneficiary of a trust instrument is 10 years of age and in good health. This means that the trust may continue (and the trustee must remain in place until the death of the 10 year old beneficiary); that could be 70 years. Is that realistic? Probably not, but sometimes it happens.

The question now is, can the Trustee resign and if so, what are the procedures to resign short of "I quit." Resigning brings into focus liability and what, if any, restrictions are imposed on the resigning Trustee. Historically speaking, a Trustee could resign in accordance with the terms of the trust but what was unclear was the amount of time needed to be given when resigning. Is less than 30 days acceptable and who had to be served with notice?

Effective July 1, 2022, Florida's Trust Code (§736.0705(1)) was amended to read:

(1) A trustee may resign in any of the following ways:

- a. In accordance with the procedure set forth in the trust instrument and upon notice to the co-trustees or, if none, the successor trustee who have accepted the appointment, or if none, to the person or persons who have the authority to appoint a successor trustee; or
- b. Upon at least 30 days' notice to the qualified beneficiaries, the settlor, if living, and all the co-trustees; or
- c. With approval of the court.

The new statute listed above gives greater flexibility to a resigning trustee by essentially eliminating the notice period. It also does not require all listed persons but at least one of the persons who would have authority to appoint a new trustee. Those individuals are identified in the trust instrument as the persons who would have the right to name a successor trustee. If there are none, then the resigning Trustee could request the court to act.



If no successor trustee is required (this is not likely), the trustee resigning simply has to wait until the last of the noticed recipients receives the actual notice of resignation. Some trusts do allow a trustee to resign without giving notice, but this is not recommended (even if the trust instrument allows it). The reason for this is there is no release from liability from the qualified beneficiaries.

The qualified beneficiaries have a right to have the actions of the trustee reviewed and possibly invoke charges of malfeasance such as monetary losses, poor investments, lack of notification and accountings. What really needs to be understood is the Trustee has a fiduciary duty to manage the beneficiaries' rights and assets. Although the trust code has been modified to give the Trustee greater flexibility when desiring to resign, it still does not give a trustee the right to ignore their fiduciary responsibility to the beneficiaries of the estate. Thus, you as the Trustee, must be aware that notice to the beneficiaries is still required and should not be ignored. This is especially true to protect the Trustee from liability.

If you are considering terminating your role as Trustee of a trust, contact the attorney of your choice and discuss the rights you have when resigning. You may have to divulge fiduciary acts that have occurred which may put in you harms way. However, such open discussions may be the best investment in time and money you make to avoid sleepless nights.

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 (Jim Mallonee) is a graduate with a B.A. degree from the University of South Florida and a Master of Science degree from Rollins College in Winter Park, Florida. He obtained his Juris Doctorate from the University of the Pacific, McGeorge School of Law in Sacramento, California. Prior to returning to Florida to practice law, Mr. Mallonee was employed by Intel Corporation for 22 years in such locations as New Jersey, Florida and California.

In addition to being a member of the Florida Bar since 2003, Mr. Mallonee serves on the Charlotte Community Foundation Committee for asset allocation and teaches Business Law at State College of Florida. Mr. Mallonee is also on the Board of Directors for the Military Heritage Museum located in Charlotte County, Florida.

His firm practices law in the following areas: Probate, Wills & Trusts, Guardianships, and Litigation in the areas of Real Estate, Guardianships and Estates. The firm has two locations in Venice and Port Charlotte, Florida.

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A Holistic Approach to Heart Healthy Eating: Nourishing Your Body and Mind

When it comes to heart health, many of us focus solely on what we eat. While a heart-healthy diet is undoubtedly crucial, a holistic approach to heart health considers not only the food we consume but also our overall lifestyle, emotional wellbeing, and social connections. In this article, we will discuss how a holistic approach to heart healthy eating can help you nourish your body and mind.

Start with a Heart-Healthy Diet

A heart-healthy diet is the foundation of a holistic approach to heart health. Focus on eating a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Avoid processed foods, saturated and trans fats, added sugars, and excess salt.

Eating a rainbow of fruits and vegetables is an easy way to ensure you're getting a variety of nutrients. Try to include different colors in each meal and snack, such as leafy greens, red bell peppers, purple cabbage, and yellow squash. Whole grains like brown rice, quinoa, and whole-wheat bread provide fiber, vitamins, and minerals, while lean proteins like chicken, fish, beans, and tofu help build and repair tissues. Healthy fats from sources like nuts, seeds, avocado, and olive oil can help reduce inflammation and protect against heart disease.



Make sure to stay hydrated by drinking plenty of water, herbal tea, and other non-sugary beverages. Limit your intake of alcohol and caffeine, which can dehydrate you and put additional stress on your heart.

Manage Stress and Emotions

Stress and emotions can have a significant impact on our heart health. Chronic stress can raise blood pressure and increase the risk of heart disease, while negative emotions like anger, depression, and anxiety can also affect heart health. To manage stress and emotions, consider incorporating relaxation techniques like meditation, yoga, or deep breathing exercises into your daily routine. Regular exercise is also an effective way to reduce stress and improve mood.

Take Care of Your Mental Health

Mental health is an essential component of overall health and wellbeing. If you're struggling with anxiety, depression, or other mental health concerns, don't hesitate to seek help. A mental health professional can provide support and guidance on managing symptoms and improving your quality of life.

Stay Connected with Others

Social connections can play a vital role in heart health. Isolation and loneliness can increase the risk of heart disease, while strong social support can improve heart health and reduce the risk of heart disease. Make time for social activities and prioritize relationships with loved ones.

Incorporate Mindful Eating Practices

Mindful eating is an approach that encourages us to pay attention to our food, eating habits, and sensations while eating. Mindful eating can help us become more attuned to our body's signals of hunger and fullness, making it easier to make healthy food choices and avoid overeating. To practice mindful eating, try eating without distractions like TV or phones, savor each bite, and take breaks during meals to check in with your hunger and fullness levels.

A holistic approach to heart healthy eating is about nourishing your body and mind, not just filling your stomach. By focusing on a heart-healthy diet, managing stress and emotions, taking care of your mental health, staying connected with others, and incorporating mindful eating practices, you can support your heart health and overall wellbeing. Remember, every small step counts towards a healthier heart and a happier life.

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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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Maintaining Healthy Friendships

By Pastor Timothy Neptune

The first step is to realize that you really do NEED friends.

Solomon, the wisest man that ever lived said, "As iron sharpens iron, so one person sharpens another." Prov. 27:17

That means that we make each other better. It seems pretty important to God that we have good friendships. The Bible is full of examples of this.

Think about the amazing friendship of Jonathan and David. Jonathan warned David that his life was in danger at the hands of Jonathan's own father, King Saul.

This warning allowed David to take action and avoid harm, and ultimately this act of true friendship allowed David to take the throne.

Friends look out for each other. They should have each other's back. Your friends are the ones who will be there for you when everything in your life is falling apart.

The second step is to be friendly and willing to meet new people. The Bible says, "A man who has friends must himself be friendly..." Prov. 18:24

Put a smile on your face, stick out your hand and meet new people. Opportunities abound for making new friends if you are willing to actively pursue new relationships. Get involved in a local church, join a social organization, volunteer at the local schools or another non-profit organization. These are all great ways to meet new people and do good in the community at the same time.

The third step to building relationships is to make yourself vulnerable even at the risk being rejected. The reality is that not everyone is going to like you. And, you are not going to like everyone.

Look for people with similar interests or a common background. If you don't connect with someone, just move on. You will certainly find several good friends if you keep working towards making friends.

You will find the fourth step most helpful if you make it a natural part of your life: put other's needs ahead of your own. The Bible says it like this:

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others. Phil. 2:3-4

Have you ever met people who want you to listen to all of the details about their life but then they never bother to ask about yours? Be interested in other people. In humility, don't try to "one up" their stories. Just listen, smile, and ask genuine questions. Get to know them.

If you want to make friends, get interested in other people. Discover their story. Dale Carnegie writes, "You can make more friends in two months by becoming interested in other people than you can in two years by trying to get other people interested in you."

You might find it helpful to evaluate how you talk with other people. Are you genuinely interested in others or does every conversation revolve around you? Do you make yourself the hero of every story? Do find it necessary to talk about your successes and achievements? Are you trying to impress people or relate to people?

If you really want to make friends, get interested in other people. Learn about them. Listen to their stories and ask questions. If you listen and genuinely care about others, you'll have more friends than you can handle in a short time.

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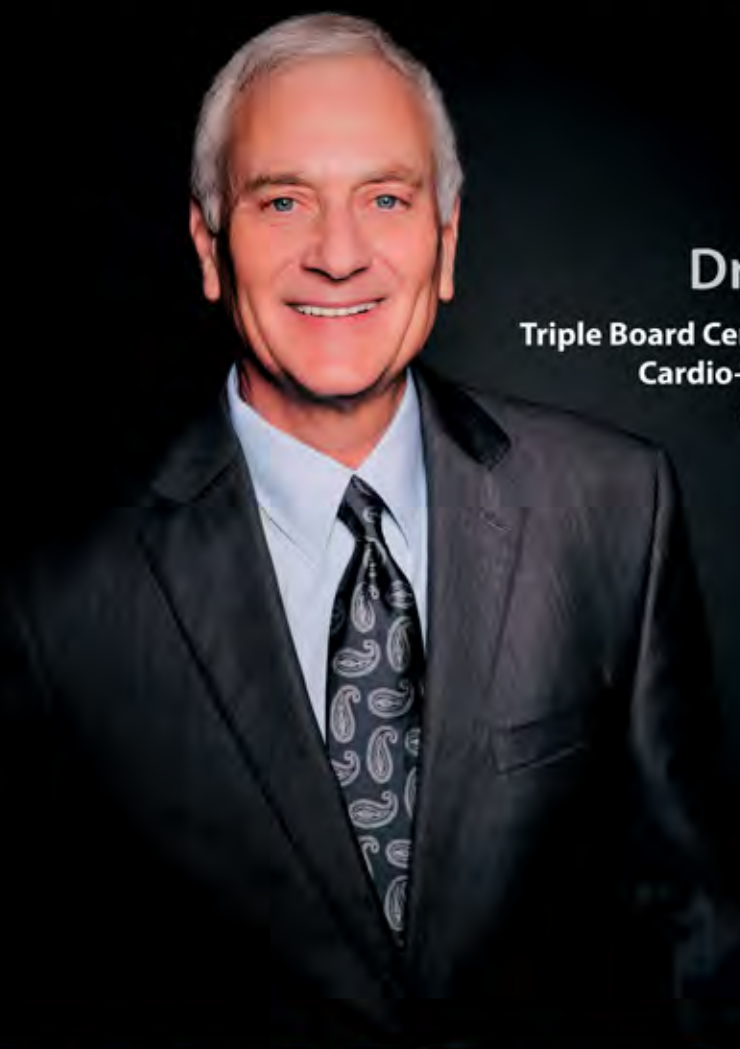
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