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August 2023

Charlotte/South Sarasota Edition - Monthly

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HEEL SPUR SYNDROME OR HEEL PAIN

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

The dreaded *Heel Spur Syndrome* or *Heel Pain* is a term that many are unfortunately familiar with. It sidelines elite and novice athletes, alike. Many want to know if their heel pain will ever go away and when they will be able to return to their prior activity level without the recurrence of this offending heel pain?

First, let's start with a basic understanding of plantar heel pain also known as plantar fasciitis (PF). Contrary to what a majority of people believe, it is not the bone spur that causes the pain. Rather, it is caused by damage to the plantar fascia. The plantar fascia is a thick-band in the bottom of your foot that provides arch support and shock absorption. Pain associated with PF is typically isolated to the plantar heel (where the plantar fascia inserts on the heel bone) and can occur in the arch region as the plantar fascia travels from the heel to the ball of your foot. Pain can be severe with your first step in the morning or after being seated for an extended period of time. The pain may improve with movement only to return again. If the pain has been present for a short time, it is mainly inflammatory and a strain of the fascia (acute phase). If the pain has been present longer than six months, it is no longer inflammatory but related to degenerative changes. Chronic scar formation is seen with micro-tears of the fascia in this latter stage.

As an active person or athlete there are many factors that you can control to prevent PF. For instance, your training program plays an integral role. You want a program that gradually increases your activity level. This includes both the length and intensity of your program. For example, if you are a long distance runner your weekly mileage should gradually increase. Sudden increases greatly increase your risk of developing PF. In addition, one should consider the environment he or she is training in. Athletes should avoid or limit training on hard surfaces like asphalt or uneven terrain. Hills or other steep inclines should also be gradually incorporated rather than sudden changes in one's routine. When training, an individual's exercises should be strategically planned. Activities that are very demanding or have a higher risk of injury (if performed incorrectly) should be performed early



in your workout. For example, box jumps have a high risk of Achilles injury and/or plantar fascia injury if done improperly. They are a great example of an exercise that should be performed early in your workout. Footwear is another important factor. A person's footwear should be the appropriate size and be specific for that sport or activity-taking place. Worn down shoes or insoles must never be used during any activity or sport related activity. My recommendation for athletes, especially long distance runners, is to alternate shoes and/or insoles every 6 months (this can vary depending on your activity level, sport, and how often a user alternates their insoles).

Incorporating recovery into one's training program is a preventative measure to aid in the prevention of PF. This include various myofascial release techniques like foam-rolling, hyper-volt, and massage. Stretching is another key component. A tight Achilles tendon directly contributes to developing heel pain. Routinely performing Achilles stretching exercises can significantly reduce the chances of developing heel pain and prevent recurrence. Finally, consideration of one's foot type is essential. For example, someone with flat feet should use some type of orthotics for arch support.

Awareness of potential causes of heel pain and the ability to manage the risks can greatly reduce the likely hood of developing PF and prevent recurrence. If you or someone you know develops heel

pain, I highly recommend seeking professional treatment as soon as possible. A professional medical provider will be able to determine the exact cause of the heel pain. Once the etiology of the heel pain is determined, an appropriate treatment plan will be initiated specific to the patient's lifestyle, foot type, and designed around any sport related activity the patient is engaging in. The sooner professional treatment is given; the sooner the patient can return to their prior activity level.

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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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

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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.

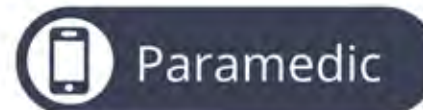


If you're wondering if being a paramedic is for you, there are a few things you can consider. You should be someone that likes to problem-solve. Your patient may not be able to communicate with you, so you'll have to figure out the best way to treat them. You must also have compassion for others and 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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Lasene represents an innovative advancement in Therapeutic Light Treatments, merging cutting-edge technology with proprietary treatment protocols to address chronic pain and enhance the quality of life for individuals suffering from Parkinson's disease, sleep disorders, executive function decline, and other neurological degenerative conditions.

Through extensive research and development, Lasene has become an integral part of a series of evidence-based protocols focused on pain management and neurological restoration. These protocols aim to provide safe, affordable, and effective care to those seeking relief.

As the creators of Lasene, our primary objective is to integrate the finest technologies and treatment strategies to alleviate the challenges faced by individuals with neurodegenerative and neuromusculoskeletal disorders. Our goal is to empower our patients, enabling them to regain an active and productive lifestyle.

What Does Lasene Do?

Loss of normal nerve function can arise from various factors such as trauma, malnutrition, vascular compromise, aging, toxicity, diseases, and, to a lesser extent, genetics. These compromises in neurological function can affect different areas of the nervous system, including peripheral, spinal, and cranial neurology.

LASENE Programs offer a powerful solution for addressing neural deficits associated with specific

conditions such as Parkinson's disease, traumatic brain injury (TBI), and sleep dysfunction. These programs target not only the conditions themselves but also the symptoms related to them, such as chronic pain, tremors, digestion issues, balance problems, gait abnormalities, mood disturbances, anxiety, memory impairments, and more.

The implementation of LASENE Programs has the potential to reduce long-term suffering by improving quality-of-life metrics for individuals with compromised neurology. This approach offers significant benefits without the side effects, adverse events, contraindications, or modifications to traditional treatment methods.

The utilization of LASENE Programs opens up expanded treatment capabilities and new opportunities to help patients with neurological conditions. These programs can be integrated into a healthcare practice, allowing staff members to deliver care while doctors oversee the treatment of other patients. The ease of integration and compatibility with current practices and staff, including comprehensive training, makes it a convenient option.

Our LASENE Programs support both the clinical and business aspects of addressing patients' neurological needs. They facilitate an efficient workflow, provide necessary equipment, offer training, enable the creation of individualized and dynamic patient treatment plans, ensure HIPAA compliance in patient processing and records, and encompass other essential aspects required for successful treatment.

Brand Partnership Benefits

The brand partnership opportunity for Lasene offers numerous benefits that set it apart from other options in the market. It provides advanced solutions that are not available anywhere else, delivering life-changing results to patients. The brand partnership package includes a turnkey solution with all the necessary equipment, systems, and training, ensuring a smooth implementation process. Brand partnership can expect a fast and significant return on investment (ROI) due to the high demand for the unique Lasene treatments. Furthermore, there is a vast untapped market share, allowing the brand partners to leverage their current patient base and attract new clients easily. The high patient referral rate further contributes to the potential for success and growth. Additionally, the brand partnership is easily expandable, allowing partners to scale their operations as desired.

The Lasene Proprietary System is a comprehensive management tool that guides the patient's journey from intake to treatment completion. Implementing this system is straightforward and efficient. It dynamically generates individual treatment maps and progress graphs, ensuring personalized care for each patient. The treatment sessions are delivered by trained staff members, optimizing the efficient use of staff and clinicians' time. This approach also simplifies the delivery of treatment for the providers themselves. Importantly, all patients purchase and commit to full treatment programs, eliminating the need for billing, insurance, or collections processes.

Lasene stands out from the competition for several reasons. It has a strong foundation in data-driven patient outcomes, with predictability, dependability, and reproducibility rates of 95%. This reliability instills confidence in both franchisees and patients. Moreover, Lasene has broader applications beyond traditional healthcare approaches, offering noninvasive and non-pharmaceutical solutions. This positions Lasene as a low-risk option for patients seeking alternative treatment methods, further enhancing its appeal and market potential.

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EFFECTIVE TREATMENTS TO ALLEVIATE MOTION SICKNESS

By Amy Hoffmann Schenk, RN, BSN, MS Ed, Community Engagement Lead Neuropsychiatric Research Center of SW Florida

Motion sickness, also known as travel sickness, is a common condition that affects many individuals when exposed to certain types of motion. Whether you're traveling by car, boat, plane, or even on a roller coaster, the uneasy feeling of nausea, dizziness, and discomfort can quickly spoil your journey. According to the CDC, motion sickness happens when the movement you see is different from what your inner ear senses.

Understanding Motion Sickness

As noted above, motion sickness occurs when there is a disconnect between the sensory inputs perceived by the eyes, inner ear, and other motion-sensing body parts. The brain receives conflicting signals about motion and balance, leading to symptoms such as nausea, vomiting, dizziness, sweating, and fatigue. While some people are more prone to motion sickness than others, it can affect anyone, regardless of age or experience. You may not experience motion sickness every time you travel. You may be fine riding in the car, but when you look at your phone or try to read, motion sickness can come back full force.

Over-the-Counter Medications

There are several over-the-counter medications can help manage motion sickness symptoms. Antihistamines, such as dimenhydrinate (Dramamine) and meclizine (Bonine), are commonly used to alleviate nausea and dizziness. These medications work by blocking specific signals in the brain that trigger motion sickness symptoms. It's important to follow the recommended dosage instructions and always consult a healthcare professional if you have any underlying medical conditions or are taking other medications.

Prescription Medications

For individuals with severe motion sickness or those who frequently travel long distances, prescription medications may be recommended. Scopolamine patches, applied behind the ear, deliver a steady dose of the medication to help prevent motion sickness for several days. Other prescription options include medications like promethazine and

ondansetron. It's crucial to consult a healthcare provider for a proper diagnosis and guidance on prescription medication use. And while some of these approaches may be helpful, unfortunately, not every approach is successful.

Natural Remedies

Many natural remedies can help alleviate motion sickness symptoms. Ginger, in various forms such as capsules, tea, or ginger candy, has shown promising results in reducing nausea and vomiting. Peppermint and chamomile teas are also known for their soothing effects on the stomach. Acupressure wristbands, which apply pressure to specific points on the wrists, have gained popularity and may provide relief for some individuals. Additionally, maintaining good airflow, avoiding strong odors, and focusing on a fixed point in the distance can help reduce the sensations of motion sickness.

Preventive Strategies

Prevention is key in managing motion sickness. Sitting in the front seat of a car or in the middle of a boat can help minimize symptoms by reducing the perception of motion. Avoiding heavy meals or spicy, greasy foods before traveling can also help prevent nausea. It's important to stay hydrated and avoid alcohol, smoking and excessive caffeine, as they can exacerbate symptoms. Proper ventilation and fresh air circulation can alleviate discomfort, especially in enclosed spaces. Taking regular breaks, focusing on the horizon, and engaging in distractions like listening to music or engaging in conversation can also divert attention from motion-related sensations.

Motion sickness can be a challenging condition to navigate, but there are effective treatments and strategies available to alleviate its symptoms. Over-the-counter and prescription medications, along with natural remedies, can provide relief for different individuals. Additionally, preventive measures such as choosing seating positions, managing diet, and employing various distraction techniques can help minimize motion sickness. By exploring these options and finding what works best for you, you can conquer motion sickness and enjoy your travels with greater comfort and confidence.

DO YOU (OR YOUR FAMILY OR FRIENDS) DEAL WITH MOTION SICKNESS?

You may have tried some of all of the suggested approaches and still may have some symptoms of motion sickness. Here at the Neuropsychiatric Research Center (NPRC) we are offering a new clinical trial focusing on helping people deal with motion sickness effectively.

Here is the link to the study
<https://mymotionstudy.com/>

It is free, and all you need to do is put in your contact information and a short description of your symptoms. In a day or so, a representative will contact you and ask you a few more questions, which takes about 5 to 10 minutes. This screening call will evaluate your symptoms to see if you potentially qualify for the study. If you do qualify, one of our team at NPRC will be in touch to schedule an in person meeting.

The in-person meetings will likely be less than an hour and visits will continue over the course of the one-year study. There are five (5) total visits. You may be eligible for some compensation for your time and trouble as well. The study is open to individuals between the ages of 18 and 75.

If you have questions please contact NPRC at 239-939-7777. As a reminder, we are offering free memory screens in August. They are being conducted August 8th and 9th in our office at 14271 Metropolis Avenue.

To schedule your free screening you can register at <https://joinaresearchstudy.com/ftmyers-memory-screening-initiative/>.



You can also contact us at 239 939 7777 for assistance.

CARDIAC IMPLANT DEVICES

Saving Lives with Pacemakers, Defibrillators, and Loop Recorders

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

Cardiac implant devices have revolutionized the treatment and management of heart conditions, playing a crucial role in saving countless lives around the world. This article explores the significance of three key cardiac implant devices: pacemakers, defibrillators, and loop recorders. From regulating heart rhythm to preventing sudden cardiac arrests and monitoring heart activity, these devices have become indispensable tools in the fight against cardiovascular diseases. Understanding their importance can empower individuals and healthcare professionals alike in making informed decisions for cardiac health.

Pacemakers

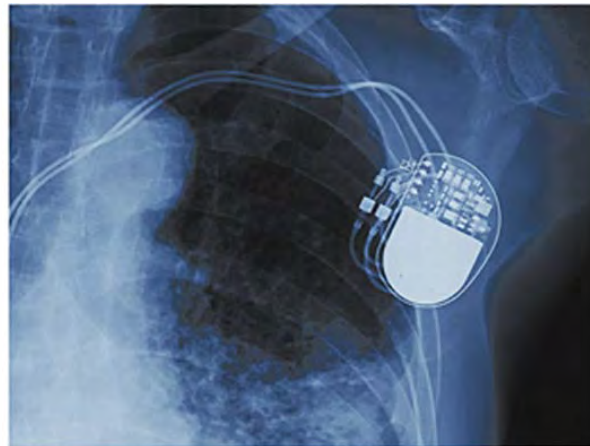
Pacemakers are small electronic devices implanted beneath the skin that help regulate abnormal heart rhythms, such as bradycardia (slow heartbeat). By delivering electrical impulses, pacemakers ensure that the heart maintains a healthy and consistent rhythm, allowing it to pump blood effectively. This life-saving technology has transformed the lives of individuals with heart conditions, enabling them to lead active and fulfilling lives.

The importance of pacemakers cannot be overstated. They alleviate symptoms like fatigue, dizziness, and fainting associated with irregular heart rhythms, improving patients' quality of life. Moreover, pacemakers prevent life-threatening situations by ensuring the heart beats at a safe rate, reducing the risk of sudden cardiac arrest.

Defibrillators

Defibrillators, commonly known as implantable cardioverter-defibrillators (ICDs), are devices that monitor heart rhythm and deliver electric shocks when necessary to restore a normal heartbeat. These devices are essential for individuals at high risk of sudden cardiac arrest due to conditions such as ventricular arrhythmias.

Defibrillators are designed to detect dangerous heart rhythms and deliver precisely calibrated electric shocks to restore the heart's normal rhythm. In cases



of ventricular fibrillation or ventricular tachycardia, timely intervention with an ICD can be life-saving. By swiftly delivering an electrical shock, defibrillators can effectively stop irregular heart rhythms and prevent the potential loss of life.

Defibrillators have also inherent capacity to be a fully functional pacemaker if and when needed.

Loop Recorders

Loop recorders, or implantable loop recorders (ILRs), are small devices implanted under the skin to monitor heart activity continuously. They are particularly valuable in diagnosing and managing irregular heart rhythms that may occur sporadically or infrequently.

Loop recorders continuously record the heart's electrical activity, storing data that can be later analyzed by healthcare professionals. This long-term monitoring allows for the detection of abnormalities that might otherwise go unnoticed during shorter-term tests. By capturing essential information about heart rhythm disturbances, loop recorders enable accurate diagnoses and aid in tailoring appropriate treatment plans for patients.

Cardiac implant devices, including pacemakers, defibrillators, and loop recorders, have revolutionized the field of cardiology and significantly improved patient outcomes. These life-saving devices ensure the heart's optimal functioning,

prevent sudden cardiac arrests, and enable accurate diagnoses of heart rhythm disorders. By leveraging advanced technology and continuous monitoring, cardiac implant devices play a crucial role in saving lives, enhancing the quality of life for individuals with heart conditions, and empowering healthcare professionals to make informed decisions. As we continue to advance in medical technology, these devices will undoubtedly continue to play a vital role in cardiac care, offering hope and extending lives.



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

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

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Intranasal Esketamine (Spravato®)

A Promising Treatment Modality for Treatment-Resistant Depression

By Steven Stein, MD - Board-certified Psychiatrist

Depression affects millions of people worldwide, with a significant number experiencing treatment-resistant depression (TRD) that doesn't respond to traditional therapies. However, an exciting breakthrough treatment modality known as intranasal esketamine, marketed as Spravato®, has emerged as a promising option for patients battling TRD. This article explores the concept of treatment-resistant depression, its impact on patients' lives, and the effectiveness of intranasal esketamine in providing new hope and relief to those who have not responded to conventional treatments.

Understanding Treatment-Resistant Depression

Treatment-resistant depression is a condition where one has continuous depression despite multiple attempts at treating the disorder with antidepressant medications, procedures and/or psychotherapies. Approximately 30% of people diagnosed with depression are considered treatment-resistant. TRD can have devastating effects on practically all aspects of one's life, including mental and physical health, job performance, relationships and more. This condition affects far too many of us and our overall quality of life, but there is a new and exciting FDA-approved treatment now available.

The Rise of Intranasal Esketamine

Esketamine was approved in March of 2019 and is the first new therapy indicated for TRD in over 30 years. In the few years since, intranasal esketamine, marketed under the brand name Spravato®, has gained recognition as an innovative, safe and effective treatment option for TRD. Esketamine is a derivative of ketamine, an anesthetic, and has shown rapid-acting antidepressant effects in several studies in recent years. Spravato® has been approved by the U.S. Food and Drug Administration (FDA) for use in conjunction with an oral antidepressant for patients with TRD, is covered by most insurance providers, and can offer long-lasting symptom relief. Unlike some procedures that are more invasive or may require additional anesthesia or needles, esketamine is delivered under the supervision of a healthcare provider at a certified treatment center as a nasal spray (also referred to as intranasal).

The Evidence and Efficacy of Intranasal Esketamine

To obtain FDA approval, investigators conducted a phase 3, multicenter, double-blind withdrawal study involving 297 patients who achieved stable

remission or response after 16 weeks of esketamine (56 or 84 mg), plus oral antidepressant treatment. Of the people suffering from treatment-resistant depression involved in the study, almost 70% achieved a response to esketamine plus an oral antidepressant after 4 weeks of use. Over 50% of these people had a full remission after the first 4 weeks. This therapy has also been shown to decrease the risk of depression returning by >50%. Most of the commonly used antidepressants treat depression by increasing levels of the neurotransmitters serotonin, norepinephrine, and/or dopamine in certain areas of the brain. Esketamine instead works on the brain's glutamate system by targeting the N-methyl-D-aspartate receptor. It is characterized by its fast-acting benefits due to restoring patients' synaptic connections between neurons. This is a unique mechanism of action of that differs from traditional antidepressants. This distinct approach allows for faster symptom relief, often within hours or days.

Safety and Considerations

Spravato is not for everyone, so to best determine if a person can safely receive this therapy, they must first be evaluated by a REMS-certified healthcare provider. This initial consultation should also provide a full list of risks, benefits, contraindications, typical and serious side effects, alternative treatments and allow for the time and space for any additional questions. Once a determination has been made that a person is a good and safe candidate to receive this therapy, studies have indicated intranasal esketamine has a favorable safety profile. Common side effects such as dissociations and dizziness, are typically transient and resolve shortly after treatment. Clinicians closely monitor patients during and after each session to ensure their well-being.

The availability of intranasal esketamine as a treatment option offers new hope to individuals struggling with TRD. It provides an alternative to those who have not responded to other treatments and the hope of depression relief. However, it is important to note that esketamine treatment requires close medical supervision and must be administered in a healthcare setting.

Treatment-resistant depression can be a debilitating condition, but intranasal esketamine, marketed as Spravato®, has emerged as a promising treatment modality with the potential to provide rapid relief from depressive symptoms, even in individuals who have not responded to traditional therapies. While

further research is needed to fully understand the exact way it works and its long-term effects, esketamine offers hope for patients grappling with TRD, providing an opportunity for improved wellness, mental health and a better quality of life.

Steven Stein, MD

I am a board-certified general psychiatrist who works with adolescents, adults, and geriatric patients. I specialize in the evaluation and treatment of a wide array of psychiatric conditions including depressive and mood disorders, anxiety and panic disorders, ADHD, OCD, PTSD, personality disorders, and bipolar and schizophrenia spectrum illnesses. My clinic provides comprehensive care with a patient-centered approach and concentration on psychopharmacological interventions, while implementing supportive and motivational psychotherapies. All my staff are highly qualified, professional and courteous.

I am originally from the Tampa Bay, FL area where I completed my undergraduate and master's degrees at the University of South Florida. I attended medical school at Ross University School of Medicine and completed my psychiatric residency training at Tulane University School of Medicine.

I am based in Sarasota, FL and see local patients in person or virtually. I also accept patients virtually throughout the state of Florida. Outside of TTMC, I continue to treat patients in the hospital setting. I believe that stable mental health is a fundamental cornerstone of achieving overall optimal health, vitality, satisfaction, success and purpose.

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ADVANCED URINARY INCONTINENCE PROCEDURES

Approximately 10 to 20 million people in the United States are suffering from urinary incontinence. If you have issues with leaking when coughing, jumping, or laughing, or if you have severe urgency to urinate day and night, you are not alone. Correct diagnosis of the type of incontinence is the first and most important step in developing an appropriate and effective treatment plan for incontinence.

There are several types of urinary incontinence:

- Stress incontinence
- Urge incontinence
- Mixed incontinence
- Overflow incontinence
- Functional incontinence

The good news is that you are not stuck with wearing pads or pull up for the rest of your life. There are viable treatment options from medications, Botox injections, nerve stimulators and implantable slings to name a few. Two of the more advance innovative procedures that are noninvasive are sacral neuromodulation and urethral bulking.

Sacral Neuromodulation

Sacral neuromodulation is an advanced procedure that uses a tiny wire that is placed on the glut muscle with a quarter-size impulse device that sends messages to the brain to regulate urination. This procedure takes around 30 minutes to perform, and if the procedure does not work, or if a patient decides they want it removed, we can take it out quite easily. Other similar devices can also be placed on the sacral nerve to induce sacral neuromodulation to send small impulses to the bladder.

Bulkamid—Urethral Bulking

Bulkamid is a soft, smooth hydrogel that consists of 97.5% water and 2.5% polyacrylamide. Once injected, Bulkamid provides additional volume to the urethra and acts as a scaffold for cells to grow through helping to provide long lasting relief of stress urinary incontinence symptoms. Bulkamid is noninvasive and requires no surgery. It is injected directly into the closing mechanism of the urethra. More than 70,000 patients have been treated with Bulkamid.



What is urethral bulking?

Urethral bulking involves the injection of a soft hydrogel (the size of a pea) like Bulkamid, into 3 or 4 locations in the urethral wall using a small telescope. The total volume injected is around 2mls.

Bulkamid aims to restore the natural closing pressure of the urethra preventing urine from leaking out unintentionally during normal daily activities (e.g., when you cough, laugh, walk or exercise).

Short procedure

Urethral bulking takes around 10 – 15 minutes and is usually done in day surgery or out-patient clinic with a local anesthetic.

No Incisions

A series of small injections are used, you may feel a sting, however, no cuts are made.

Quick recovery

In most cases patients can get back to their normal activities within a day.

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

Source: <https://bulkamid.com/us/>

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

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

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

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

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

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

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DECODING HEPATITIS C MEDICATIONS: Effective Treatments and Their Costs

Hepatitis C is a viral infection affecting millions of people worldwide, causing liver inflammation and potentially leading to severe complications. Fortunately, significant advancements in medical research have brought forth groundbreaking medications that offer hope for patients diagnosed with Hepatitis C. In this article, we will explore the most notable medications available to combat this condition and delve into their costs to understand how accessible these treatments are for affected individuals.

Direct-Acting Antivirals (DAAs)

Direct-acting antivirals have revolutionized Hepatitis C treatment, providing a highly effective and well-tolerated approach to cure the infection. These medications directly target the virus, hindering its ability to replicate and spread in the body.

- **Sofosbuvir:** Sofosbuvir was among the first DAAs approved by the U.S. Food and Drug Administration (FDA). It is an oral medication and is typically used in combination with other drugs like ledipasvir or velpatasvir. The total treatment duration varies based on the Hepatitis C genotype and patient's response, but it generally lasts for 8 to 12 weeks.

- **Ledipasvir/Sofosbuvir (Harvoni):** This combination drug is a one-pill-a-day regimen, making it highly convenient for patients. It effectively targets both genotypes 1 and 4 of Hepatitis C and requires 8 to 12 weeks of treatment.

- **Glecaprevir/Pibrentasvir (Mavyret):** Mavyret stands out for its broad-spectrum coverage, capable of treating all major Hepatitis C genotypes. It is taken as three pills daily for eight weeks for most patients, making it an attractive option for those seeking a shorter treatment course.

Costs of Hepatitis C Medications

It is essential to consider the costs of these life-changing medications, as accessibility remains a critical concern for patients seeking treatment.



The prices of Hepatitis C medications have undergone significant changes over the years. Initially, the high cost of DAAs raised considerable controversy and barriers to access. However, as patents have expired and competition has increased, generic versions of some medications have become available, leading to a notable reduction in costs.

- **Brand-Name Medications:** Brand-name Hepatitis C medications like Harvoni and Epclusa can still be expensive, with treatment courses ranging from \$40,000 to \$100,000 or even higher, depending on the duration and the specific drug combination prescribed.

- **Generic Medications:** The availability of generic versions has significantly lowered the cost of Hepatitis C treatment. Generic versions of drugs like sofosbuvir and ledipasvir/sofosbuvir can now be found at a fraction of the cost of their brand-name counterparts, ranging from \$500 to \$1,500 for a full treatment course.

- **Insurance Coverage:** Most health insurance plans cover Hepatitis C medications to some extent. However, the extent of coverage varies widely, and patients should review their insurance policies to understand the out-of-pocket costs they may incur.

The advent of direct-acting antivirals has transformed the landscape of Hepatitis C treatment, offering patients a realistic chance of a cure and a healthier future. Although the costs of brand-name

medications remain a concern for many, the availability of generic alternatives and increasing insurance coverage has improved accessibility to treatment. Collaborative efforts by governments, organizations, and pharmaceutical companies are essential to ensure that these life-saving medications reach all individuals affected by Hepatitis C, regardless of their economic background. With continued research and advocacy, we can aspire to eradicate Hepatitis C and improve the lives of millions worldwide.

Retail costs of Hep C medications verses the same medication received through Prescription Hope.

Drug Name	Retail Cost	Prescription Hope	Total Savings
Mavyret	\$12,000.00	\$50.00	\$11,950.00
Harvoni	\$4,978.00	\$50.00	\$4,928.00
Sovaldi	\$28,904.00	\$50.00	\$28,854.00
Epclusa	\$3,322.00	\$50.00	\$3,272.00
Vosevi	\$25,725.00	\$50.00	\$25,675.00

Prescription Hope is a national prescription drug benefit program that offers 1,500 Brand-Name medications at \$50 per medication per month no matter the retail cost.

For the set price of \$50 per month per medication, our advocates order, manage, track, and refill your prescription medications through patient assistance programs for those who qualify. We manage your enrollment with these programs throughout the year, working with over 180 pharmaceutical manufacturers and their pharmacy. There are no other costs, fees, or charges associated with your medication or our program.



Visit, www.PrescriptionHope.com today to see if you qualify.



WEIGHT LOSS MAKES YOUR BONES AND JOINTS HAPPY

By Physicians Rehabilitation

Degenerative joint disease, also known as osteoarthritis, is a condition that affects your joints, causing them to deteriorate over time. It primarily involves the breakdown of the cartilage that cushions the ends of your bones, leading to pain, stiffness, and reduced joint mobility. This condition can affect any joint in the body but commonly occurs in weight-bearing joints like the knees, hips, and spine. To manage and overcome degenerative joint disease and minimize further wear and tear on your joints and spine, Physicians Rehab recommends the following steps:

1. Exercise: Engaging in low-impact exercises can help improve joint function and strengthen the supporting muscles. Activities like walking, swimming, and cycling are excellent options. Your doctor or a physical therapist can guide you on suitable exercises based on your condition and fitness level.

2. Weight management: Maintaining a healthy weight is crucial since excess weight stresses your joints, accelerating wear and tear. By losing weight or keeping it within a healthy range, you can reduce the strain on your joints and alleviate pain. Being overweight will exacerbate osteoarthritis and can expedite joint degeneration, especially in weight-bearing joints, like the knees, hips, and ankles. For every pound of excess weight carried, 4 pounds of extra pressure is applied to a weight-bearing joint. For example, if you are 10 pounds overweight, that equates to 40 extra pounds of pressure that is applied to the knees. Having your joints, like your knees, absorb all that extra pressure over time can cause significant and irreversible damage to the joints.

3. Proper posture: Pay attention to your posture while sitting, standing, and lifting heavy objects. Avoid slouching and try to keep your spine and joints properly aligned. This reduces unnecessary pressure on your joints and promotes better spinal health.

4. Joint protection: Be mindful of your activities and avoid repetitive movements that can strain your joints. Use joint-protective devices, such as knee braces or ergonomic tools.



5. Balanced diet: A nutritious diet rich in vitamins, minerals, and antioxidants can support joint health. Include foods like fruits, vegetables, whole grains, and lean proteins. Omega-3 fatty acids found in fish may also have anti-inflammatory benefits.

6. Heat and cold therapy: Wearing warm compresses or a hot bath can help soothe joint pain and stiffness. Conversely, cold packs can reduce inflammation when applied to the affected area.

7. Medications: Over-the-counter pain relievers like acetaminophen or non-steroidal anti-inflammatory drugs (NSAIDs) can help manage pain and inflammation. Always consult your doctor before starting any new medication.

8. Physical therapy: Working with a physical therapist can provide targeted exercises and techniques to improve joint flexibility, strength, and range of motion.

9. Assistive devices: In some cases, assistive devices like canes or walking aids can help reduce stress on your joints during daily activities.

10. Avoid smoking and limit alcohol intake: Smoking and excessive alcohol consumption can contribute to inflammation and may worsen joint problems.



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Everyone's condition is unique, so working closely with your healthcare provider to develop a personalized plan for managing your degenerative joint disease is crucial. Regular check-ups and open communication will ensure you receive the best care and support for your joint health. If necessary, your doctor may recommend more advanced treatments, such as injections or surgery, but these are typically reserved for severe cases when conservative measures are no longer effective.

By taking proactive steps and making lifestyle adjustments, you can effectively manage degenerative joint disease and maintain better joint and spinal health. If you have any questions or concerns, don't hesitate to ask, and together with Physicians Rehab, we'll work towards improving your quality of life.

We, at Physicians Rehabilitation, have always taken a multi-modality approach to treating chronic joint pain and osteoarthritis by offering various types of injection therapies, physical therapy, bracing, and interventional pain management, but now we are also offering medical weight loss options to help you with your long-term health goals. We are focused on helping you gain mobility, improve your strength, and live a pain-free lifestyle, but also getting you to look and feel your best! Call us today to get more information on our weight loss program!

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At Physicians Rehabilitation, we offer Semaglutide injections for weight loss. Approved by the FDA for weight loss in June of 2022, using Semaglutide, 90% of patients are losing 5% or more of their body weight.

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Schedule a weight loss consultation with Physicians Rehab and bring your copy of Health and Wellness Magazine for a \$100 DISCOUNT Off your initial consultation and injection. We are serious about your health and wellness!!

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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Bidets and Japanese Culture: Revolutionizing Personal Hygiene

Personal hygiene is an integral part of our daily routine, and various cultures worldwide have developed unique practices to ensure cleanliness and comfort. One such practice that has gained global attention is the use of bidets. Originating in Japan, bidets have become an essential aspect of personal hygiene and offer a fascinating glimpse into Japanese culture. In this editorial, we will delve into the personal hygiene practices in Japan, explore the origins of bidets in Japanese society, analyze their popularity over time, and examine their translation into American culture.

Personal Hygiene in Japan

Japanese culture places great emphasis on cleanliness and hygiene. From bathing rituals to meticulous hand-washing traditions, the Japanese have long recognized the importance of maintaining a high standard of personal hygiene. This cultural inclination towards cleanliness is deeply ingrained in everyday life, and it is no surprise that Japan is at the forefront of innovative hygiene practices.

Origins of Bidets in Japan

The use of bidets in Japan can be traced back to ancient times. Historically, Japan had a strong tradition of communal bathing, with public bathhouses serving as social gathering places. Personal hygiene in these bathhouses involved using a small vessel to pour water for cleansing after using the toilet. Over time, this practice evolved into the modern bidet, offering a more efficient and hygienic solution.

The Popularity of Bidets in Japan Over Time

In recent decades, bidets have become ubiquitous in Japanese households and public restrooms. The rise in popularity can be attributed to several factors. Firstly, bidets provide a more thorough and comfortable cleaning experience than traditional toilet paper. Additionally, bidets are considered more environmentally friendly, as they reduce paper waste. The health benefits of bidets, such as preventing skin irritation and reducing the risk of infections, have also contributed to their widespread adoption.

Translation to American Culture

While bidets have a long-established presence in Japan, their adoption in Western countries, particularly in America, has been relatively slower. However, in recent years, bidets have started gaining traction and popularity in American households. This can be attributed to increased awareness of the hygiene benefits, eco-consciousness, and a desire for a more comfortable and refreshing cleansing experience.

Despite initial reservations, American consumers are gradually recognizing the advantages of bidets. As a result, bidet attachments and standalone bidet fixtures are becoming more readily available in the market. Major bathroom fixture manufacturers have also started incorporating bidet features into their designs, catering to the growing demand.



The bidet revolution, deeply rooted in Japanese culture, is making global waves. Japan's emphasis on personal hygiene has led to the development and widespread adoption of bidets, transforming how individuals maintain cleanliness. Integrating bidets into American culture is a testament to their undeniable benefits. As more people recognize the advantages of bidets, they will likely become commonplace in bathrooms worldwide, improving personal hygiene standards and revolutionizing how we approach cleanliness and well-being.

House of Bidets

Founded in 2022, House of Bidets is a small business based in Tampa, Florida. Given the scarcity of toilet paper in recent history, we reevaluated why toilet paper is used at all in the bathroom. It is wasteful, dirty, and plain ineffective compared to the cleaning you receive from a bidet.

Our team thinks doing your business should be an enjoyable experience, and a standard toilet will never live up to that task! We are Better Business Bureau accredited, so you can expect top-notch treatment and confidently do your business with us.

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Absorption Issues with Gut Problems and Post Bariatric Surgery

Absorption issues in the gastrointestinal tract can significantly impact one's health, especially in individuals who have undergone bariatric surgery. After such procedures, patients often experience challenges in absorbing nutrients and maintaining proper hydration levels. In these cases, intravenous (IV) fluids play a crucial role in ensuring adequate hydration and essential nutrient delivery. This article explores the connection between gut problems, post bariatric surgery, and the significance of IV fluid administration to address absorption issues and promote optimal health.

Understanding Absorption Issues

The gastrointestinal tract plays a central role in breaking down food and absorbing essential nutrients, vitamins, and minerals. However, certain medical conditions, such as irritable bowel syndrome (IBS), Crohn's disease, and celiac disease, can lead to malabsorption, where the body struggles to absorb nutrients properly. Additionally, post bariatric surgery patients may encounter absorption problems due to alterations in their digestive anatomy. These conditions can result in malnourishment and dehydration, making it vital to address them promptly and effectively.

Post Bariatric Surgery and Absorption Challenges

Bariatric surgery is a life-changing procedure for individuals struggling with obesity, aiding in weight loss by reducing stomach size or bypassing a section of the digestive tract. However, this surgery can lead to significant changes in the way nutrients are absorbed, potentially causing deficiencies in essential vitamins and minerals. Patients may experience difficulty absorbing fat-soluble vitamins (A, D, E, and K), iron, calcium, and others. As a consequence, these individuals are at higher risk of dehydration and malnutrition, necessitating careful management and targeted interventions.

The Role of IV Fluids in Hydration

Intravenous (IV) fluids are a critical component of medical care, providing rapid and direct hydration to patients in need. For individuals with absorption issues following bariatric surgery or gut-related conditions, IV fluids offer a reliable method of delivering



fluids and essential nutrients directly into the bloodstream, bypassing the digestive system. This bypass ensures that the body receives the necessary hydration and nutrients, minimizing the risk of dehydration and nutrient deficiencies. IV fluid therapy can be tailored to address specific nutrient requirements, promoting better health outcomes and improved overall well-being.

Managing Absorption Issues with IV Fluids

When faced with absorption challenges, healthcare providers can utilize IV fluids strategically to optimize nutrient absorption and hydration. A tailored approach may involve administering specific vitamins and minerals through IV therapy to compensate for deficiencies resulting from malabsorption. IV hydration also proves invaluable in pre- and post-operative care for bariatric surgery patients, aiding in recovery and reducing complications. Regular monitoring of nutrient levels and hydration status is crucial in guiding the administration of IV fluids, ensuring patients receive the appropriate support for their unique needs.

Absorption issues stemming from gut problems and post bariatric surgery can have a profound impact on an individual's health. The administration of IV fluids for hydration and targeted nutrient delivery offers

a vital solution to address these challenges effectively. By understanding the importance of IV fluid therapy, healthcare professionals can improve patient outcomes and quality of life.

About Restoration Bar

Restoration Bar is the Anti Aging aspect of our medical office. Our belief is that through regeneration we can achieve restoration. As local medical providers, we have found that many office and hospital visits could be avoided had the patients maintained hydration and / or optimal oxygenation. A key component for our human body to function is adequate perfusion to all systems. Hydration and Oxygenation are critical for this.

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PREPARING FOR A HURRICANE

By Dr. Noël Crosby, Au.D.

Hurricanes are natural disasters that require thorough preparation to ensure the safety and well-being of individuals and their families. This becomes even more crucial for those with hearing loss, who face additional challenges during such emergencies. Moreover, individuals relying on rechargeable hearing aids need to take specific precautions to ensure uninterrupted hearing assistance throughout the hurricane's duration. This article aims to provide a comprehensive guide on preparing for a hurricane, with a particular focus on considerations for individuals with hearing loss and the proper care and management of rechargeable hearing aids.

1. Develop an Emergency Plan

When preparing for a hurricane, it's vital to have a well-thought-out emergency plan in place. Ensure that your plan accounts for the specific needs of individuals with hearing loss. Communication strategies should include visual cues, such as written or signed instructions, to compensate for potential hearing difficulties during high-noise or power outage situations.

2. Stock Up on Essential Supplies

Gather necessary supplies, including non-perishable food, water, medications, batteries, flashlights, and a battery-powered weather radio. Remember to include extra batteries for hearing aids, cochlear implants, or any other assistive devices that rely on battery power.

3. Secure Your Home

Take steps to protect your home and surroundings. Trim trees and secure loose objects that may become projectiles in high winds. Reinforce windows, doors, and other vulnerable areas to minimize damage. Consider installing a backup power generator to ensure continuous power supply for vital equipment.

4. Establish Communication Channels

Create a network of trusted individuals who can assist you during emergencies. Inform them about your hearing loss and the best methods of communication for you. Establish alternative means of contact, such as text messaging or social media, to stay connected when traditional communication methods are unavailable.

5. Safeguard Your Rechargeable Hearing Aids

If you use rechargeable hearing aids, ensure they are fully charged well before the hurricane's arrival. Consider purchasing a portable power bank or backup charger to keep your hearing aids powered during extended power outages. Store them in a waterproof and protective case to prevent damage from water, debris, or other hazards.

6. Maintain Proper Hearing Aid Care

Regularly clean and maintain your hearing aids to ensure optimal performance. Keep them away from excessive moisture and humidity, as these

conditions can impair their functionality. If water damage occurs, immediately seek professional assistance to prevent further complications.

7. Stay Informed

Stay updated with the latest weather reports, emergency alerts, and evacuation orders through accessible sources. Utilize closed captioning or visual notifications provided by local news channels or emergency management agencies.

Preparing for a hurricane is essential for everyone, but individuals with hearing loss and rechargeable hearing aids face unique challenges. By developing an emergency plan, stocking up on supplies, securing your environment, establishing communication channels, and taking care of your hearing aids, you can be better equipped to face the uncertainties of a hurricane while safeguarding your hearing needs.

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Noël Crosby
Doctor of Audiology

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Doctor of Audiology

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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LIMITED LIABILITY COMPANIES AS REAL ESTATE HOLDING COMPANIES

By James W. Mallonee

We are sometimes asked if a person's homestead real estate should be placed into a Limited Liability Company (LLC) as opposed to being titled as Husband and Wife (e.g. Tenants by the Entireties). The short answer to that question is "it depends" on what you are trying to do with the property.

If the property is Florida real estate and it is your permanent residence then in this author's opinion, the answer is not to place such property into an LLC. However, if the property is either a secondary home or commercial real estate then in such case it might be best to title the property into an LLC.

Let's face it, Florida has one of the greatest advantages for permanent residences owned by a husband and wife (or a single person) called homestead. You do not have to pay anything for it and it is guaranteed by Florida's constitution. It protects the homeowner from losing their property to a creditor (such as hospital creditors, credit card creditors or for that matter any creditor with some exceptions). Those exceptions are the mortgage companies, property taxes, Internal Revenue and companies that improve your residence and are not paid for the improvements (this does not include the person who mows the grass).

If you are thinking about placing ownership for your commercial or secondary real estate property into an LLC be sure to keep in mind that this author's opinion is to have at least two members as part of the LLC. That is easy if the LLC is represented by a husband and wife as its members, but not so perfect

if it involves non-family members. The remainder of this article is only focused on multimember LLC's.

Under Florida law a debt or obligation of an LLC is the sole responsibility of the LLC and not its members on a personal level. Only the assets of the LLC are vulnerable, thus each property should be a separate LLC and if one of the LLC's gets into trouble, it will have no effect on the others or the members of those additional LLCs (there are some exceptions). In essence, it will not affect the personal assets of the LLC members. Thus, if one of the members has an outstanding debt, the debtor can only have a charging order issued against the sole debtor and its satisfaction can only come from any distributions made to the debtor (not the LLC).

What about taxes? In Florida, the Federal Taxation for an LLC would be similar to a partnership. You could elect to have the LLC taxed as a "C" or "S" corporation by filing the proper form with the IRS (form 2553). Ideally, in this author's opinion that would be an "S" corporation.

Because your property can be titled as an LLC, you get the luxury of avoiding probate at the death of one of the members as well as treated as an ancillary administration should the property be the permanent residence of the decedent not living in Florida. Because an LLC is also property that can be passed by titling, it is recommended prior to death to set up the LLC to pass to another as part of a "transfer-on-death" scheme. This would require that the

bylaws or operating agreement of the LLC grant the ability to pass an owner's interest in the LLC via transfer on death. In essence, by owning property in an LLC, the estate administration in Florida (Probate) could be avoided.

So why isn't everyone doing this? The short answer is that it is not for everyone considering the following issues:

1. If you place your homestead property into an LLC, you will no longer have the protections of homestead nor the tax savings.
2. Transferring into an LLC does not avoid Florida's documentary taxes.
3. Mortgage companies usually have terms within the promissory note or mortgage stating that if the title to the property is changed the mortgage holder has the right to foreclose.
4. The property tax collector gets the luxury to tax annually the property at the maximum rate.
5. Title insurance may be limited.
6. Property and Liability insurance may also be limited to the members of the LLC and not the actual owners. This can be a real problem if members to the LLC are not husband and wife.
7. Financing may also be limited because some financing companies (banks) want the actual owners to be on the hook should foreclosure take place.

Although transferring real estate into the name of an LLC may seem like a real benefit, it also has some drawbacks. In the opinion of this author, only those properties not classified as homestead should be considered for LLC status.

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It's 2023; Do You Know Where Your Money Is?

By Michelle Locke - Master Life and Mindset Coach

August 14th is National Financial Awareness Day.

The catalyst of any change is awareness. This month is great time to improve your own awareness of your personal finances, especially if you'd like to create better financial habits.

Below are 3 areas of focus to easily increase your financial awareness, and initiate the changes necessary to build better financial future.

What's coming in. Sure, you know your salary or hourly wage, but do you know exactly what "income" that creates? If you are self-employed, do you know your revenue vs. expenses numbers? Don't forget about additional income avenues: interest-bearing accounts, dividends, accounts receivable (including any personal loans you have made), child support, side hustles, etc. Taking the time to investigate what's coming in can give you a "big picture" outlook that is beneficial to short-term planning and long-term financial strategy.

What's going out. Typically we *think* we know where we are spending our money, but in reality, most people are blissfully unaware. I had a client exclaim, "Michelle, I spent \$7,000 on Door Dash in the last six months...I had NO IDEA!" Unfortunately, this isn't all that uncommon. Using a budgeting app like Mint or Rocket Money is a great way to see what's really going on. Alternatively, a good, old-fashioned spreadsheet works just fine. However you choose to track you spending, knowledge is definitely power!

What you're thinking. As strange as this may sound, what you think about money is just as important as what you do with your money. Why? Because what you think (and feel) is what motivates you to act. To be specific, the best way to create and stick to your new healthy money habits, is to start with your money mindset. If someone has anxiety around their money, or doubts their ability to create wealth, they will have much different results than someone who genuinely believes making money is easy for them. Why is this so?



Because each of those people will "show up" differently regarding money decisions and take different actions. As you are becoming aware of your financial income and outgo, take note of how you feel about your budget, and what your inner voice is telling you during the process. I'd wager you'll be surprised at what you find!

Now that you are more aware of your financial picture, what's next? It's time to make some quality decisions, take some quality actions, and build quality habits.

- **Step 1: Define your Goals.** Utilize the S.M.A.R.T. goals method to make both short and long-term goals. Ask pertinent questions such as: What do I want to achieve? What do I want to experience? Who do I want to help? What am I willing to do and to do without to accomplish these goals?
- **Step 2: Divide and Conquer.** For each overarching goal, you need to outline yearly, quarterly, and monthly goals. Each monthly goal can then be broken down into specific tasks and added to a calendar or weekly/daily schedule. (For example, "Pay Off Debt" may be a long-term goal. For each credit card or loan, determine how much you will pay and how often to achieve full

payoff in the designated time. Now add each payment to your monthly bill schedule and watch those balances dwindle!)

- **Step 3: Assess Obstacles.** Clarify what is standing in your way. Is your outgo larger than your income? Is your debt too large to pay off in the desired amount of time? Are there factors outside your control? Identify possible pitfalls and plan for how you will handle each. This is the step where it may be beneficial to get some help. A financial advisor, a life coach, or even a trusted family member or friend may be able to support you through this step. The objectivity of someone outside of your circumstances can often make or break your plan.

- **Step 4: Manage Your Mind.** This is where the rubber really meets the road. You have your plan, you know what you need to do, and perhaps you have even begun to implement. But how do you stay on track when shiny object syndrome and keeping up with the Joneses are real? You'll need more than willpower to make your goals happen. Eradicating limiting beliefs and a compelling reason to follow through with your plan are what will be needed to be successful. Again, employing some outside help here could be the winning move. Mindset coaches are skilled at fleshing out the mental gymnastics necessary to create and sustain new habits, which is the crucial step to any permanent change.

Your current money habits weren't established overnight, and neither will your new ones be. Be patient with yourself as you gain awareness, identify dreams, set goals, and achieve the financial future you desire.

About Michelle Locke

Michelle Locke is a Master Certified Life and Mindset Coach with eight years experience. Through her coaching and training programs she helps her clients "fix what isn't working" in their lives. About her method, she says, "Life coaching is about systems, plans, and habits; mindset coaching is the 'secret sauce' that makes the latter sustainable." She lives in Ellenton with two of her five (mostly adult) children and a rescue hound named Ivy.

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Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸ *The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream



of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.

David went on to say in Psalm 142:3 that ³ *"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

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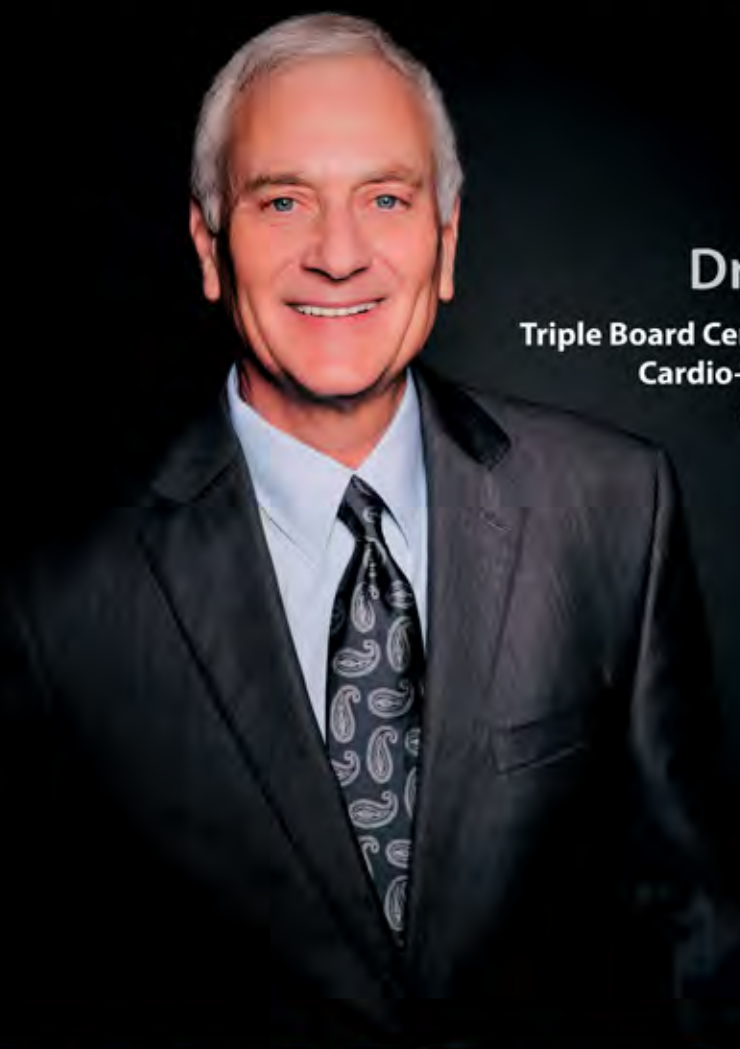


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