

S O U T H W E S T F L O R I D A ' S

# **Health & Wellness** MAGAZINE

October 2023

Charlotte/South Sarasota Edition - Monthly

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**3D Mammography**

**Understanding  
Breast Cancer**

**A Comprehensive Guide to  
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Date	Time	Location
10/7	10 AM	Logical Insurance Solutions 2161 McGregor Blvd., Ste C, Fort Myers 33901
10/14	10 AM	Logical Insurance Solutions 2161 McGregor Blvd., Ste C, Fort Myers 33901
10/16	10 AM	Logical Insurance Solutions 2161 McGregor Blvd., Ste C, Fort Myers 33901
10/17	10 AM	Logical Insurance Solutions 2161 McGregor Blvd., Ste C, Fort Myers 33901
10/19	4 PM	Cantina Laredo 5200 Big Pine Way, Fort Myers 33907
10/21	10 AM	Logical Insurance Solutions 2161 McGregor Blvd., Ste C, Fort Myers 33901
10/23	10 AM	Logical Insurance Solutions 2161 McGregor Blvd., Ste C, Fort Myers 33901

Date	Time	Location
10/25	10 AM	Logical Insurance Solutions 2161 McGregor Blvd., Ste C, Fort Myers 33901
10/26	4 PM	Cantina Laredo 5200 Big Pine Way, Fort Myers 33907
10/28	10 AM	Logical Insurance Solutions 2161 McGregor Blvd., Ste C, Fort Myers 33901
11/2	4 PM	Cantina Laredo 5200 Big Pine Way, Fort Myers 33907
11/4	10 AM	Logical Insurance Solutions 2161 McGregor Blvd., Ste C, Fort Myers 33901
11/6	10 AM	Logical Insurance Solutions 2161 McGregor Blvd., Ste C, Fort Myers 33901



# BREATHE EASIER - OCTOBER IS HEALTHY LUNG MONTH!

**O**ur lungs are vital to our health. They filter the air we breathe, provide us with the oxygen we need to exist, and allow us to speak to one another.<sup>2</sup> Quite simply, without healthy, functioning lungs, one's quality of life is substantially and adversely impacted.

Healthy Lung month is an opportunity to be more conscientious about your lung health, to take steps to improve your lung health and, ultimately, to improve your quality of life!

**Implementing the following steps is a great way to prioritize your lung health:**

**1) Prevent illness.** Lung illnesses put a strain on your entire respiratory system, not just your lungs. Preventing infections that lead to illnesses by washing your hands regularly, practicing good hygiene, and eating a healthy, nutrient-dense diet are essential in protecting your lungs from pathogens that can devastate your immune system.<sup>1</sup>

**2) Exercise regularly.** Physical exercise doesn't just make your muscles stronger, it makes your lungs stronger too! Healthy adults should be moderately exercising approximately 30 minutes a day, five days a week. Moderate exercise can be enjoying a brisk walk, playing with your children or pets at the park, or even cleaning your house! Improving your lung strength doesn't need to be intense; it just needs to be consistent.<sup>1</sup>

**3) Quit smoking.** Smoking is a major cause of heart disease and lung disease. In fact, smoking and tobacco-related illnesses are the leading cause of preventable death in the United States.<sup>3,4</sup> Quitting smoking can benefit your health almost immediately.

Fortunately, help to quit smoking 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 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. Contact us today at **866-534-7909** or visit [www.tobaccofreeflorida.com/groupquitcalendar](http://www.tobaccofreeflorida.com/groupquitcalendar) to schedule a class or learn more about the program!

**4) Get screened.** Early detection is crucial in identifying lung cancer and establishing a favorable prognosis. In fact, screening for lung cancer using low-dose CT scans can lower the chance of dying from lung cancer by 20 percent, according to the National Lung Cancer Screening Trial.<sup>1</sup>

If you are between the ages of 55 and 77, have a 30 pack-year history of smoking (smoking an average of a pack of cigarettes a day for 30 years), are a current smoker or have quit smoking in the last 15 years, you should be screened for lung cancer. Contact your local hospitals and lung care clinics to learn more about screenings available to the community.

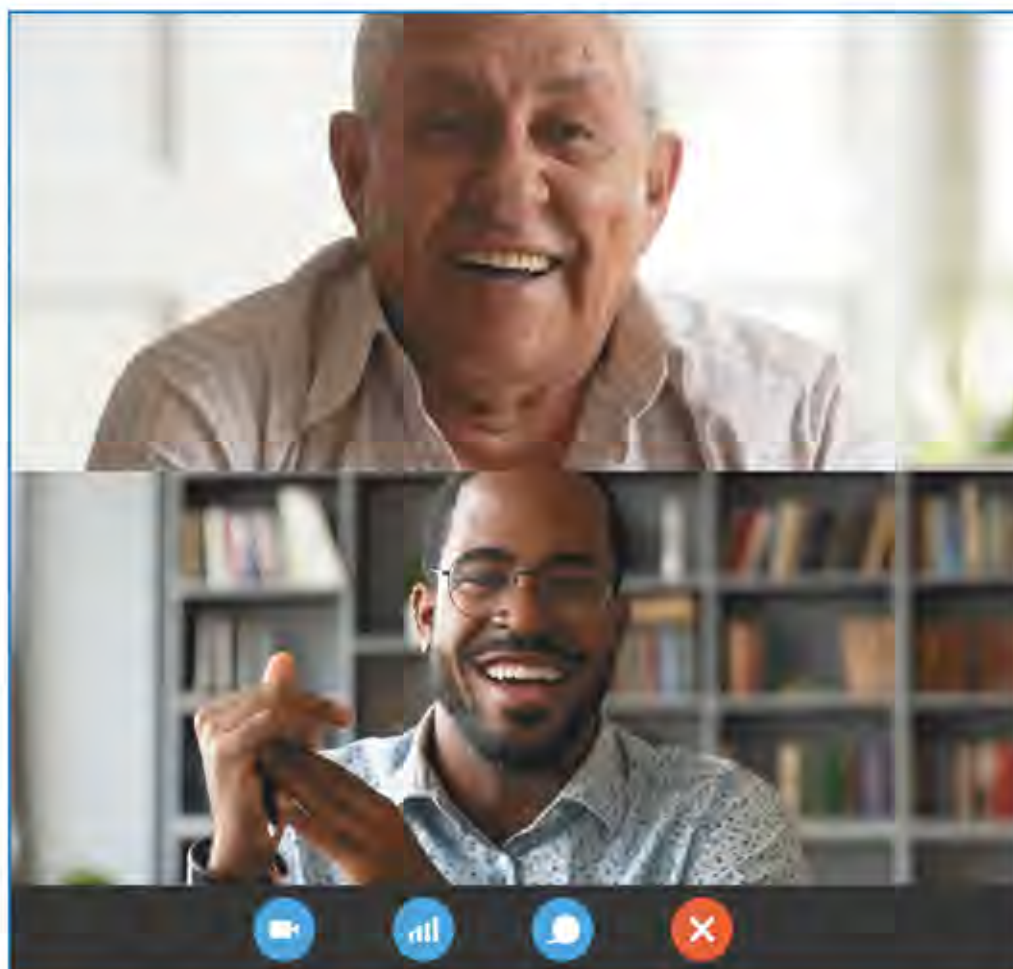
#### References:

1) <https://www.inspirahealthnetwork.org/news/national-healthy-lung-month>

2) <https://my.clevelandclinic.org/health/articles/21205-respiratory-system>

3) Tools to Quit: Area Health Education Center (AHEC) Cessation Program Participant Toolkit. Area Health Education Centers. 2018.

4) U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014. Accessed April 3, 2020.



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# contents **OCTOBER 2023**

**3** Breathe Easier - October is Healthy Lung Month!

**6** Plantar Fasciitis

**7** Health Insurance - Important Dates!

**8** Understanding Breast Cancer: A Comprehensive Guide to Medications for Treatment

**9** Liver Health and Therapeutic Agents

**10** Weight Loss Makes Your Bones and Joints Happy

**11** Know Basic Things About CPR, and You May Save Lives

**12** Varicose Veins vs. Spider Veins

**13** Bidets: A Refreshing Approach to Colon Cancer Awareness

**14** 3D Mammography

**16** Advanced Urinary Incontinence Procedures

**17** Settlement Agreements - Can They Affect Estate Administrations

**18** Revitalize Your Skin with Enerjet, Fractionated Radiofrequency (RF), and Preime Dermafacial

**19** Amplifying Awareness: Celebrating Audiology Awareness Month

**20** Defeat Gum Disease

**21** CRYOSKIN: Revolutionizing Body Sculpting and Skin Rejuvenation

**22** Depression - Leading Cause of Disability Worldwide

**23** Spiritual Wellness: Hungry Heart

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# PLANTAR FASCIITIS

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

**T**he 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, as well as, changing your footwear 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](http://www.NaplesPodiatrist.com) to make an appointment. Visit [FootHealthFacts.org](http://FootHealthFacts.org) to learn more about foot and ankle conditions.



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# Health Insurance – Important Dates!

By Ulla-Undine Merritt (Dee) National Producer Number (NPN) 8853366

**HEALTH INSURANCE** is more important than ever! There is no way to determine when something will happen or when you could be diagnosed with a serious medical condition. So, saying I am healthy, so I don't need health insurance makes no sense. Insurance is moving the financial risk from you to the insurance company. There are always options for about every budget. Work with a professional that is contracted with many carriers and offers multiple options. Many plans are available year-round, the government plans such as the Marketplace and Medicare have specific times that you can enroll unless you have a Special Enrollment Period due to, as an example loss of coverage, marriage, moving out of the plans service area, etc.

**MEDICARE – Annual Enrollment Period October 15-December 7th, 2023, for January 1st, 2024, effective. Medicare Advantage – Part C & Part D Prescription Plans**

Most of the plans in your area have made many changes and things you might not notice, especially important, are your doctors still in network, what tier are your medications and maybe the tier changed, copays, coinsurance. What extras are the plans offering? Maybe you need extra dental, vision, hearing aids. Many plans include some wonderful extra benefits, but it is also particularly important to know how to use the benefit and if they work for you. If the insurance company, you are with comes up with a better plan they will NOT switch you to it automatically. Your insurance agent should be making you aware of a better option. It is illegal for a insurance person to call you regarding Medicare, do not talk to someone you have not given permission to call. Ask them for their National Producer number and report them to Medicare for a unsolicited call.

CMS has made many rules for 2024 Medicare season. If you want to enroll or review your plan over the phone, you need to agree to be recorded and Medicare requires us to keep the recording for 10 years. In person appointments do not have that requirement, but you need to sign a scope of appointment that authorizes us to talk to you about Medicare Advantage or a Drug Plan it does not allow us to do anything but talk to you about these topics. Many plans have decreased the cost of Insulin which will be a huge savings for so many

in 2024. Part D after you, the plan and the pharmaceutical company paid \$8,000 you no longer have a cost for your medications for the rest of the year.

When you turn 65 you are eligible for Medicare, once you have worked 40 quarters roughly 10 years there is no cost for Medicare Part "A". Part A covers Hospitals, Skilled Nursing, Home Health & Hospice. Medicare Part B you can choose to take at 65 or you can hold off if you are still working and have credible coverage. If you do not have group health insurance that is considered qualified, and then you want it you would have a late enrollment penalty for each month you did not have Part B & Part D and that penalty will last for the rest of your life. Part B covers, doctors, imaging, blood work, ambulance, durable medical equipment, etc. Part D is a Medicare Drug Plan and covers medications. During your initial enrollment period it is especially important to understand your options! Medicare Supplements/Medigap Plans are NOT guarantee issue you may need to medically qualify. You can purchase a Medigap Plan during your 1st 6-month on Medicare Part B without medical underwriting. There are a lot of things you need to know. Again, work with an agent you can trust! **Especially important:** when you move you need to know your options. Can you keep the same plan? Do you need to make a change and what does that look like?

We offer **Free Medicare Seminars** in Lee & Collier County please e-mail [info@logicalinsurance.com](mailto:info@logicalinsurance.com) to register or call 239-362-0855 for dates. Medicare's website is [www.Medicare.gov](http://www.Medicare.gov).

**MARKETPLACE - Obama Care/Affordable Care Act – open enrollment starts November 1st- December 15th for January 1st effective.** December 16th to January 15th will have February 1st, 2024, effective. The website is [HealthCare.gov](http://HealthCare.gov), your local insurance agent can help you through the maze. The government also changes each year what how much you can earn to receive subsidy to help lower your cost for insurance. Many people are not aware that they do not need to forgo having health insurance and there are affordable options for them. Insurance is not just about the price of the premium but particularly important the network of doctors, hospital, etc. that you can have access to. Be careful carriers that are selling in your area might not have a good network, so the price might be right but if your hospital and your doctors are not in their network that is a problem. So always check the network!

Understanding deductibles, out-of-pocket maximums, what applies to the deductible? Do I have to pay the deductible before the plan pays? This differs by each plan, Copays vs. coinsurance if you do not understand ask, become informed about what you are buying and how it works.

**Individual/Family Health Insurance – Being young and healthy does not mean you do not need health insurance.** Do you know anyone that knew when they were going to be diagnosed with cancer, or when they were going to have a heart attack or even a serious accident? I do not, it happens, and insurance is there to help you get the care you need and limit your financial exposure. What are your insurance options, and what is best for you? Employer Group Coverage, Individual Medically Underwritten Health Insurance, Medicaid, or the Government Market Place Guaranteed Issue Health Insurance. There is a lot to know about the differences, as well as the cost. The monthly premium should not be your only consideration. *You do not know what you do not know so ask the experts*, which do know about all of plans and can help educate and guide you thru the enrollment process. When it comes to medically underwritten plans, most of them you can enroll all year long, but you can also be denied based on medical underwriting.

**Logical Insurance Solutions** is a SWFL Insurance Broker that works with most of the carriers, we are happy to help you through the maze. This is what we do daily, it is second nature to us. We offer virtual seminars, one on one WebEx, phone and in person appointments.

*To learn more about your options call to schedule an appointment contact: Logical Insurance Solutions for all your insurance needs, we I am licensed in 30 states.*

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# Understanding Breast Cancer:

## A Comprehensive Guide to Medications for Treatment

Breast cancer is a pervasive and potentially life-threatening disease that affects millions of individuals worldwide. While early detection through regular screenings and improved awareness has led to better outcomes, the journey of battling breast cancer often involves various treatment modalities, including medications. In this article, we will explore the different types of medications used for breast cancer treatment, shedding light on the innovative approaches that have emerged in recent years.

### Chemotherapy

Chemotherapy has been a cornerstone in breast cancer treatment for decades. It involves the use of powerful drugs that target rapidly dividing cancer cells throughout the body. Although chemotherapy can have significant side effects, such as nausea and hair loss, it remains an essential part of treatment, especially for aggressive forms of breast cancer.

### Hormone Therapy

Hormone therapy is primarily used for breast cancers that are hormone receptor-positive. These tumors grow in response to hormones like estrogen and progesterone. Medications like Tamoxifen and Aromatase Inhibitors are used to block the effects of these hormones, effectively slowing or stopping the growth of hormone-sensitive tumors.

### Targeted Therapies

Targeted therapies are a newer class of medications that specifically target cancer cells while sparing healthy ones. Trastuzumab (Herceptin) and Pertuzumab (Perjeta) are examples used for HER2-positive breast cancers. They work by blocking the signals that encourage cancer cell growth.

### Immunotherapy

Immunotherapy has gained prominence in breast cancer treatment. Drugs like Pembrolizumab and Atezolizumab enhance the body's immune system to identify and destroy cancer cells. Immunotherapy is especially promising for triple-negative breast cancers, which lack hormone receptors.

### PARP Inhibitors

Poly ADP-ribose polymerase (PARP) inhibitors, such as Olaparib and Talazoparib, are used for patients with certain gene mutations like BRCA1 or BRCA2. These medications interfere with the DNA repair process in cancer cells, leading to their demise.

### Radiation Sensitizers

Medications like Veliparib can enhance the effectiveness of radiation therapy. They make cancer cells more susceptible to the damaging effects of radiation, improving the chances of eradicating cancer cells.

### Neoadjuvant and Adjuvant Medications

Neoadjuvant medications are administered before surgery to shrink tumors and make them easier to remove. Adjuvant medications are given after surgery to reduce the risk of cancer recurrence. The choice of medication depends on the specific characteristics of the cancer.

### Combination Therapies

Often, a combination of medications is employed to maximize treatment effectiveness and minimize side effects. This may involve combining chemotherapy with targeted therapies or hormone therapy.

### Clinical Trials

Breast cancer research continues to evolve, with ongoing clinical trials exploring new medications and treatment approaches. Participation in these trials offers hope for patients who have exhausted standard treatment options.

In conclusion, the landscape of breast cancer treatment has seen remarkable advancements in recent years. Medications tailored to the specific characteristics of the cancer, along with innovative therapies like immunotherapy, have provided new avenues for fighting this disease. However, it's crucial for patients and their healthcare teams to work closely together to determine the most appropriate treatment plan based on the individual's diagnosis and needs. Breast cancer treatment is not one-size-fits-all, and ongoing research is paving the way for even more effective medications and therapies in the future.

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Breast Cancer			
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Faslodex	\$196.00	\$50.00	\$146.00
Herceptin	\$4,500.00	\$50.00	\$4,450.00
Ibrance	\$13,000.00	\$50.00	\$12,950.00
Keytruda	\$5,747.00	\$50.00	\$5,697.00
Kisqali	\$15,729.00	\$50.00	\$15,679.00
Lynparza	\$17,000.00	\$50.00	\$16,950.00
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# Liver Health and Therapeutic Agents

By Dr. Eric Pearson, Chief Medical Officer, Vetirus Pharmaceuticals

**Y**our liver health may not be top of mind, but the minute it malfunctioned there wouldn't be much else on your mind. Cirrhosis, in which liver cells are replaced with scar tissue, can prevent your liver from doing its critical jobs. So can nonalcoholic fatty liver disease, a fast-growing epidemic among the obese, which can lead to cirrhosis. If your liver stopped working, toxins would accumulate, you couldn't digest your food and medications would never leave your body.

In fact — you can't live a week without your liver.

"It's an organ you could easily trash if you don't take good care of it," says Rohit Satoskar, MD, of the MedStar Georgetown Transplant Institute. "And once you trash it, it's gone." Your liver is about the size of a football and sits under your lower ribcage on the right side. It has several important things to do. It helps clean your blood by getting rid of harmful chemicals that your body makes. It makes a liquid called bile, which helps you break down fat from food. And it also stores sugar called glucose, which gives you a quick energy boost when you need it.

There's nothing tricky about keeping your liver in good shape. It's all about a healthy lifestyle, says Ray Chung, MD, medical director of the liver transplant program at Massachusetts General Hospital. "Taking care of your liver is far more about avoiding what's bad than it is about eating or drinking things that are particularly nourishing to the liver," he says.

The liver is your body's largest internal organ, weighing between 3 and 5 pounds. Your liver is located on the right side of your upper body, below the lungs, taking up most of the space in your rib cage. The gallbladder, which stores bile made in the liver, is found tucked under your liver. Your liver is made up of two separate sections, or lobes: the larger right lobe and the smaller left lobe. These two lobes are separated by tissue which anchors your liver in place.

Unlike the lungs or heart, we cannot feel our liver working. Your liver is an incredibly hard-working organ with more than 500 different vital functions. Only your brain has more functions than the liver. Many of the liver's functions are related to your metabolism. These metabolic functions allow you to convert food to energy, break down food to basic building blocks needed by your body and eliminate waste.



## The liver...

- Produces bile
- Produces proteins for blood plasma
- Produces cholesterol and special proteins to help carry fats through the body
- Converts unused glucose into glycogen for storage
- Regulates levels of amino acids in blood
- Stores iron processed from hemoglobin
- Converts poisonous ammonia, made during digestion, to urea
- Processes drugs and other poisonous substances to your body
- Regulates blood clotting (or our ability to stop bleeding)
- Fights infections by making immune factors and removing bacteria from the bloodstream
- Removes bilirubin from red blood cells

Non-alcoholic fatty liver disease (NAFLD) is one of the most common chronic liver diseases. Astaxanthin, the active ingredient in Mitopak is a carotenoid, and beneficial effects of astaxanthin, including anti-oxidative, anti-inflammatory, and anti-tumor activity, have been identified.

Studies have shown that most carotenes have anti-aging, free radical scavenging, antioxidant, and anti-cancer effects, and have been widely used in the fields of medicine, food, cosmetics, and feed. Astaxanthin is the only carotenoid to penetrate the blood-brain and retinal barriers. It is frequently used as an antioxidant to treat brain injury and cardiovascular diseases and has been extensively studied in clinical practice. In addition, astaxanthin has shown anti-cancer effects in many cancers, including liver cancer, colon cancer, bladder cancer, oral cancer, and leukemia. In addition, many animal experiments have proved that astaxanthin plays an important role in regulating sugar metabolism, improving immunity and improving motor function.

## The Role of Astaxanthin in Liver Diseases

Astaxanthin has been used in the prevention and treatment of a variety of systemic diseases in vivo due to its various biological activities. In recent years, researchers have confirmed that astaxanthin plays an important role in preventing acute liver injury, alleviating insulin resistance and NAFLD, liver fibrosis and liver cancer.

## Liver Fibrosis

Liver fibrosis is a key link in the deterioration of chronic liver diseases such as viral hepatitis and fatty liver. Without effective intervention, 75–80% of these diseases can develop into cirrhosis, which seriously endangers human health. The reversibility of these factors also provides an important research target for the reversal of hepatic fibrosis. The mechanism of liver fibrosis is complex, involving the regulation of histopathology, cytology, cytokines, and their molecular levels. Mitopak can potentially prevent and treat liver diseases by inhibiting inflammation and improving glycolipid metabolism at the mitochondrial level.

*Vetirus Pharmaceuticals is based in Naples, Florida and London, England and are focused on searching the world for developing Natural Biologics to advance their mission of changing the way we age in both human and veterinary medicine with purity and precision.*

**MITOPAK™**

**MitoPak.com | 239-238-8456**



# WEIGHT LOSS MAKES YOUR BONES AND JOINTS HAPPY

By Physicians Rehabilitation

**D**egenerative 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.



855-276-5989

[www.PhysiciansRehab.com](http://www.PhysiciansRehab.com)

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!

## MEDICAL WEIGHT LOSS IS NOW EASIER THAN EVER

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.

### Semaglutide (Wegovy/Ozempic generic) injections:

- Increase insulin production
- Decrease glucagon synthesis
- Delay gastric emptying
- Suppress hunger
- It signals your brain that you are full so you can lose weight without feeling like you are depriving yourself.

**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!!**



# Know Basic Things About CPR, and You May Save Lives

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

**C**ardiopulmonary resuscitation (CPR) is a critical skill that can mean the difference between life and death in an emergency. While we hope to never find ourselves in such situations, knowing the basics of CPR can empower us to be first responders and save lives when it matters most. In this article, we'll explore the essential aspects of CPR and provide you with the knowledge you need to make a difference in someone's life.

## Understanding the Importance of CPR

CPR is a lifesaving technique used in emergencies when someone's heartbeat or breathing has stopped. It can occur due to various reasons, including cardiac arrest, drowning, choking, or trauma. When performed promptly and correctly, CPR helps maintain blood flow and oxygen to the vital organs, giving the victim a better chance of survival until professional medical help arrives.

## Recognizing the Signs of Cardiac Arrest

The first step in administering CPR is recognizing when it's needed. Common signs of cardiac arrest include the victim collapsing, unresponsiveness, and abnormal or absent breathing. If you encounter someone exhibiting these signs, it's crucial to act quickly.

## Call 911 Immediately

Before starting CPR, call 911 or ask someone nearby to do so. The faster professional help arrives, the better the chances of a positive outcome. Time is of the essence in emergencies like these.

## The Basics of CPR

CPR primarily consists of two key components: chest compressions and rescue breaths.

**Chest Compressions:** Position the victim on their back on a firm surface. Kneel beside them and place the heel of one hand in the center of the chest, just below the nipple line. Use your other hand to interlock fingers and position your shoulders directly over your hands. Press down hard and fast, allowing the chest to recoil fully between compressions. Aim for a rate of 100-120 compressions per minute. This is crucial for maintaining blood circulation.



**Rescue Breaths:** After every 30 chest compressions, provide two rescue breaths. Tilt the victim's head back slightly, pinch their nose closed, and cover their mouth with yours. Give a breath lasting about one second, watching for the chest to rise. If it does, continue with the second breath. If not, reposition the head and try again.

## Hands-Only CPR

In some cases, especially if you are untrained or uncomfortable with rescue breaths, you can perform hands-only CPR by focusing solely on chest compressions. This is still effective and can be life-saving.

## Use an Automated External Defibrillator (AED)

If an AED is available, use it alongside CPR. These devices are designed to analyze the heart's rhythm and deliver an electric shock if necessary. Follow the AED's prompts carefully, and resume CPR immediately afterward.

## Training for CPR

While reading about CPR is valuable, it's even better to receive hands-on training. Many organizations, such as the American Heart Association and the Red Cross, offer CPR courses. These courses provide both knowledge and practical skills, increasing your confidence and effectiveness in an emergency.

Knowing the basic principles of CPR can make you a lifesaver when time is of the essence. Remember, in an emergency, taking action is crucial. By recognizing the signs of cardiac arrest, calling 911, and applying the fundamentals of CPR, you can potentially save a life. So, take the initiative to learn CPR and be prepared to make a difference when it matters most. Your actions can be the bridge between a life lost and a life saved.



**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
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# Varicose Veins vs. Spider Veins

By Dr. Lackey

**V**aricose veins are large, swollen, protruding blood vessels that twist and turn beneath the surface of your skin. Because they're raised and large, they're clearly visible. They will often cause swelling making your legs feel heavy or uncomfortable. They can also lead to more severe health conditions, like blood clots and leg ulcers.

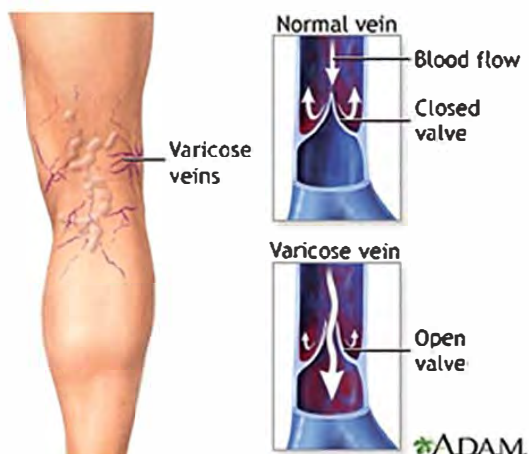
Several patients who suffer from varicose veins often complain of a cramping or aching sensation near the veins. Other typical symptoms include fatigue, itching, throbbing, cramping, burning, and tingling.

Varicose veins, however, shouldn't be confused with spider veins. Spider veins are the much earlier, gentler version of varicose veins. They're best described as tiny, blue, red, or purple vessels near the surface of the skin. Like varicose veins, spider veins also twist and turn, but they don't bulge or swell. Generally, spider veins aren't painful, and they are not associated with blood clots.

While it's possible to have both spider and varicose veins, it's not necessarily true that spider veins will indefinitely lead to varicose veins. However, having varicose veins and spider veins indicates the presence of underlying vein disease, also known as chronic venous insufficiency.

## How Varicose and Spider Veins Develop

Varicose and spider veins develop naturally when blood flow issues are present. A healthy vein will carry blood to the heart through valves that allow blood to flow in only one direction keeping the blood moving through the right pathways and preventing backflow. These healthy veins do their job by effectively delivering blood from superficial veins to deeper ones that eventually lead to the heart.



However, when veins don't function properly, it can cause blood to collect inside your veins. When this happens, the blood pushes up against the walls within your vein, creating pressure weakening the vessel wall.

Ultimately, this pressure is what causes veins to twist and bulge.

Depending on how large the vein is and how swollen it gets, it will result in spider veins or varicose veins.

## Treatment Options for Vein Disease

If you're eager to rid your legs of varicose and spider veins and regain your quality of life, there are several proven medical treatments for you to consider.

**Polidocanol Injectable Foam (Varithena®)** is a minimally invasive, nonsurgical treatment doesn't require incisions. The injection site is usually numbed, but no additional anesthesia is required. A catheter is inserted into the malfunctioning vein or sometimes a direct injection is used. The foam fills up the targeted part of the vein, and the diseased vein collapses. (For smaller branches with vein reflux, foam is injected directly into the vein to eliminate it.) Blood flow shifts to healthier veins nearby.

**The VenaSeal™ Closure System** uses an advanced medical adhesive to close and seal varicose veins. VenaSeal™ treatment minimizes patient discomfort and reduces recovery time, making it a good choice for many people. It's the only procedure approved for use in the United States that doesn't use heat, tumescent local anesthesia, or a sclerosant. Instead, VenaSeal™ uses a medical grade "glue" to shut down diseased veins.

**Thermal Ablation**, with this procedure, a small catheter is placed into the problematic vein, usually longer and larger veins. This catheter delivers radiofrequency into the vein wall, causing it to grow hot, collapse and close. It is an outpatient procedure that requires the administration of local anesthesia.

Ultimately, remember that vein disease is progressive and will get worse without treatment, so when you see signs of it, seek treatment.

Florida Lakes Vein Center offers convenient appointments in our Lakewood Ranch office Tuesday - Thursday 8a.m. - 5p.m. and Friday 8a.m. - 3p.m. Call **941.866.8989** to schedule your *free vein screening*.



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# BIDETS: A REFRESHING APPROACH TO COLON CANCER AWARENESS AND EVERYDAY WELL-BEING

**C**olon cancer is a silent but deadly disease that affects millions of lives worldwide. It often goes unnoticed until it reaches advanced stages, making early detection and prevention crucial. In the quest to raise awareness about colon cancer and promote overall colorectal health, one surprising ally emerges: the bidet.

## The Growing Concern of Colon Cancer

Colon cancer is the third most commonly diagnosed cancer in both men and women globally, with a significant mortality rate. While many factors contribute to its development, maintaining proper hygiene and promoting bowel health are essential steps in reducing the risk.

## Colon Cancer and Hygiene

Proper hygiene is essential for overall health, and it plays a crucial role in reducing the risk of colon cancer. Bidets, long popular in countries like Japan and parts of Europe, offer a revolutionary approach to personal hygiene.

Bidets use a gentle stream of water to clean the anal and genital areas after using the toilet, offering a thorough and hygienic alternative to traditional toilet paper. This practice not only provides a refreshing and comfortable experience but also significantly reduces the risk of irritation, infection, and inflammation, all of which can contribute to colorectal health issues.

## Bidets for Colon Cancer Patients

For those already affected by colon cancer, bidets can provide invaluable relief and comfort during treatment. Radiation therapy and chemotherapy can lead to various side effects, including diarrhea, constipation, and skin sensitivity. Traditional toilet paper can exacerbate these issues, causing further discomfort.

Bidets offer a gentle and soothing alternative, helping patients maintain hygiene without the abrasive effects of paper. This can make life a little more bearable during a challenging time and support the healing process.



## Preventive Benefits for Everyone

Bidets aren't just for those battling colon cancer. They offer preventive benefits that can benefit everyone, regardless of their current health status. Regular use of bidets can:

- **Promote Hygiene:** Bidets ensure a more thorough cleaning process, reducing the risk of bacterial and fungal infections.
- **Reduce Irritation:** The gentle stream of water is less abrasive than toilet paper, reducing the chances of skin irritation and discomfort.
- **Minimize Hemorrhoids:** Bidets can help prevent the development or worsening of hemorrhoids, a common issue often exacerbated by harsh wiping.
- **Enhance Comfort:** Bidets provide a refreshing and comfortable experience every time you visit the bathroom, promoting overall well-being.

## The Environmental and Economic Aspect

In addition to their health benefits, bidets also have environmental and economic advantages. They reduce the demand for toilet paper, helping to save trees and reduce the environmental impact of production. Additionally, they can save individuals and families significant money over time by reducing their toilet paper consumption.

As we strive to raise awareness about colon cancer and enhance our personal well-being, bidets emerge as a surprising yet powerful ally. These innovative bathroom fixtures not only promote proper hygiene but also provide comfort, relief, and even environmental benefits. So, as we champion the cause of colon cancer awareness, let us not overlook the potential of bidets to make a positive impact on our lives, both in health and in everyday comfort.

## 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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# 3D MAMMOGRAPHY

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

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

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

## What is 3D Mammography?

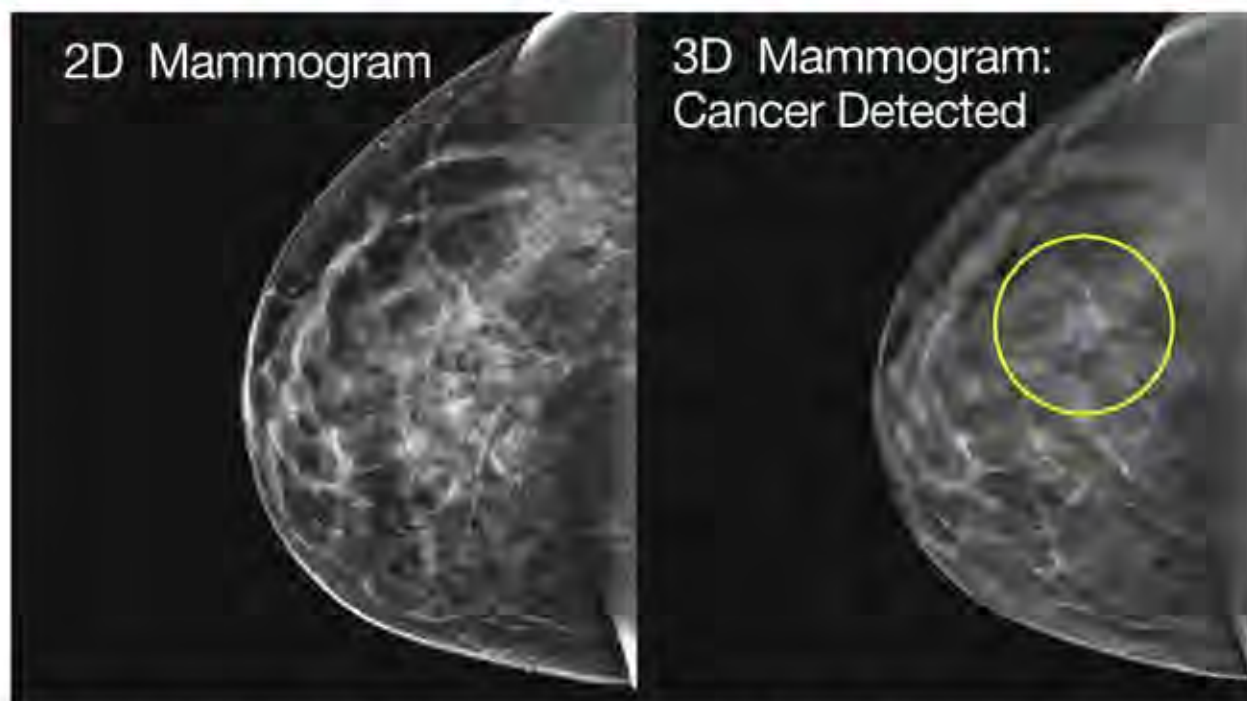
3D mammography is a revolutionary state of the art technology approved by the FDA in February 2011, which gives radiologists the ability to view inside the breast layer by layer, helping to see the fine details more clearly by minimizing overlapping tissue. During a 3D mammogram, multiple low-dose images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

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

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

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

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



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

## What are the benefits?

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

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

After 3D Mammography, if continued tests and imaging are needed, RAVE uses state-of-the-art technology, including MRI guided breast biopsies and the Philips 3T wide bore MRI that allows our radiologists to view the breasts in a higher resolution, enabling us to have even more clarity within the breasts. RAVE has been performing MRI breast

imaging for over 15 years and with Wide Bore technology, it allows us to accommodate most any sized patient comfortably. With the Philips 3T wide bore MRI, we are able to cut down on the amount of time it takes for the patient to be scanned. Most Breast MRI's take 30 minutes or less, allowing the patient to go on with their day with little disruption.

## How long will it take?

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

## How much radiation will I be exposed to?

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

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

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

## Why is RAVE Radiology offering 3D Mammography?

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



We are approaching our 3rd Breast Cancer Awareness month since the COVID pandemic began. Breast Imaging, usually fairly insulated from worldly events, has shared in the challenges over the past few years. Initially concerns regarding post vaccination lymphadenopathy made its way to the nightly news. Confusion set in about whether and when to get a mammogram following vaccination. Luckily this was never a diagnostic dilemma for us at RAVE and we were able to encourage most women to stick to their annual screening schedule. Unfortunately, and for understandable reasons, several women have not come in for mammographic screening since the pandemic began. Because breast cancer detection and management are a primary mission at RAVE, we have risen to the challenge of ensuring safe access to breast cancer screening exams and any additional/follow-up care needed. Please be reassured that we are providing our standard high level of imaging care while maintaining/exceeding current CDC guidelines to ensure patient safety.

Furthermore, it's worth noting that RAVE offers the cutting edge in imaging technology unsurpassed in our region. We utilize the newest mammographic machines, each equipped with 3D Intelligent HD Clarity from Hologic. Tradename aside, the image quality is unparalleled, akin to the highest end Ultra HD television. This is important not only because it allows us to diagnose smaller cancers but also facilitate accurate characterization of benign findings other radiology groups mistake for malignancy.

Our ultrasound equipment is also the highest quality available in the industry which has implications for our breast cancer mission as well as our other imaging services. Finally, our 3 Tesla MRI also

generates extremely high-quality breast images which facilitate screening in our high-risk patients and important staging information in our women diagnosed with breast cancer. Equipped with these tools we recently identified a 3mm cancer via mammography! I would argue this tiny cancer is the earliest and smallest lesion a screening examination could hope to accurately identify.

We do not stop at the detection of breast cancer! Currently we are providing ultrasound breast biopsies at our Venice and Sarasota offices. At RAVE we know biopsy procedures are a scary process. We work hard to inform our patients beforehand regarding what to expect during the procedure. Professional, personalized, warm, and caring treatment is provided during the procedure. Lastly, follow up afterwards ensures nothing falls through the cracks. Most women leave our biopsy suite much more informed and prepared regarding their individual case and the forthcoming steps. For our referring physicians we provide critical radiology pathology concordance following all biopsies to help manage pathological results they may not be familiar with. This ensures suspicious lesions are pursued even if pathology results are not as expected and offers reassurance when benign results match less suspicious findings. In the not-too-distant future we will be offering the newest biopsy method which allows sampling of "3D" or tomosynthetic findings. This system is the final piece in the definitive management of the lesions we can detect and complements our current ability to perform MRI guided breast biopsies. I am very proud to be a part of the comprehensive breast program we offer at RAVE and am very grateful for the opportunity to serve our area's patients and referring physicians.

**RAVE is excited to announce that we will be providing a more advanced DEXA Bone Density study at all three locations. DEXA with TBS.**

**What is the difference between DEXA scan and DEXA scan and TBS?**

Bone mineral density measured by DEXA provides information regarding the quantity of the mineral bone only. TBS is a measurement of bone quality. Using both together gives the practitioner a better picture of the bone strength of an individual patient.

Ask your health care provider for DEXA with TBS for a better understanding of your bone fracture risk.

[www.raverad.com](http://www.raverad.com)

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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.

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

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.

**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.**



# SETTLEMENT AGREEMENTS – CAN THEY AFFECT ESTATE ADMINISTRATIONS

By James W. Mallonee

In the case of *Merli v. Merli*, 2022, an interesting set of facts occurred involving a dissolution of marriage and the death of the husband prior to the final judgment of marriage dissolution. Ordinarily, if a final dissolution is not obtained prior to the death of one of the spouses, the assets will flow to the surviving spouse because no dissolution occurred making the distribution of assets follow the lines of an intestate probate action. In this case a partial settlement agreement was reached prior to the husband's death but not to its entirety. The question is, does the divorce terminate any agreement made prior to the death of one of the spouses become moot. Lacking a pre or post marital agreement, the general answer is yes.

Because no settlement agreement or final termination of the marriage was reached, the surviving spouse was not relieved of her right to serve as personal representative regardless of whether the deceased spouse's family sought preference in appointment. In essence, all the agreements made before the death of the spouse were thrown out and the laws concerning asset distribution would now be the controlling factor. This change in the situation gave the surviving spouse control over the assets of the estate. More importantly none of the estate protection laws were waived such as an elective share,



intestate share, pretermitted share, homestead property protection, family allowance or preference in appointment as personal representative.

Because there was no final agreement as to the termination of the marriage, the court reasoned that all the protection mechanisms applied following the death of the spouse still applied to the surviving spouse. The court determined that the partial settlement agreement was just that, not a complete settlement of all matters of the dispute between the parties. The court turned to Fla. Stat. 732.702, and reasoned that neither spouse explicitly waived their right to any of their marriage rights and thus they were maintained up until the date of the death of the husband.

Would the same outcome have occurred if the husband and wife had engaged in a pre-marriage or post marriage agreement concerning the distribution of their assets? The answer is a strong probability of yes provided that the agreement was fair and not based on intimidation or force. Had the deceased spouse engaged in some form of testamentary device (Will or Trust) the outcome of this estate would likely have been different as well.

So what is to be learned here: if you are terminating a marriage or any contractual obligation, you need to make certain that the dissolution of terms pertaining to the marriage or contractual obligations are complete and not whatever thoughts you can throw on the wall and see what sticks. The courts final words as to this dissolution were these: 1) the marriage was terminated by death and not by final judgment; 2) the partial settlement agreement's terms did not amount to a binding final decree; and, 3) nothing in the partial settlement agreement indicated an intent by the parties to waive their intestate rights. Had there been a Will or other testamentary document, the outcome would likely have been different.

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

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# Revitalize Your Skin with Enerjet, Fractionated Radiofrequency (RF), and Preime Dermafacial

In the ever-evolving world of aesthetics, staying on top of the latest treatments can be a game-changer for achieving that youthful glow. Among the innovative options available, two standout procedures, Enerjet Kinetic Facelift and Fractionated Radiofrequency (RF), are creating waves in the beauty industry. What's more, we're thrilled to introduce you to another exciting addition to our repertoire: the Preime Dermafacial. In this article, we'll delve into the benefits of each treatment and explore the possibilities when they're combined.

## **Enerjet Kinetic Facelift: Elevating Beauty**

Enerjet is a cutting-edge treatment that promises a non-surgical facelift with remarkable results. Unlike traditional facelifts that require invasive surgery, Enerjet relies on a kinetic force to rejuvenate your skin. Using a high-speed jet stream of hyaluronic acid, Enerjet precisely targets the deep layers of your skin. This stimulates collagen production, providing a natural and long-lasting lift. What sets Enerjet apart is its ability to enhance facial contours, reduce fine lines, and tighten sagging skin—all without the need for incisions or downtime.

The best part? Enerjet is now available locally, offering you the opportunity to experience this revolutionary treatment right in your neighborhood.

## **Fractionated Radiofrequency**

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Fractionated Radiofrequency (RF) Skin Reconditioning and Tightening is a revolutionary cosmetic procedure designed to enhance skin texture and firmness. Utilizing RF energy, this non-invasive treatment stimulates collagen and elastin production, promoting skin rejuvenation. During the procedure, controlled RF energy is delivered to targeted areas, creating micro-injuries that trigger the body's natural healing response.

This results in improved skin tone, reduced wrinkles, and diminished scars. Fractionated RF is suitable for various skin types and tones, making it versatile and safe. It's a popular choice for treating sagging skin, fine lines, and acne scars, often requiring minimal downtime. Patients typically experience gradual, long-lasting improvements in skin quality, making Fractionated RF an appealing option for those seeking non-surgical skin revitalization.



## **Introducing Preime Dermafacial: The New Era of Skincare**

To make your skincare journey even more exciting, we're thrilled to introduce Preime Dermafacial. This advanced equipment combines microdermabrasion, hydrafacial, and radiofrequency technologies. Preime Dermafacial is designed to exfoliate, hydrate, tighten and rejuvenate your skin, leaving it looking and feeling its best. It's the perfect complement to Enerjet and Fractionated Radiofrequency, enhancing the overall results of your skincare regimen.

In conclusion, Enerjet, Fractionated Radiofrequency, and Preime Dermafacial are the dynamic trio that can help you achieve your skincare goals. Whether you're looking for a non-surgical facelift, skin reconditioning, or a comprehensive facial transformation, our clinic has you covered. With these innovative treatments now available locally, it's time to revitalize your skin and embrace a more youthful you. Say goodbye to aging worries and hello to a radiant future!

## **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.

At Restoration Bar, we offer IV fluids, vitamins and minerals to help with hydration status. In addition, we offer customized IV formulations to address specific goals. Our recreational oxygen offers 20 minutes of highly concentrated oxygen with or without plant based aromatherapy. Often, taking the time during this session to focus on inhalation and exhalation serves as a reminder of how we often 'forget to breathe' during our busy lives.

In addition, we offer a multitude of aging interventions. It is our belief that for our bodies to accept and respond to any of our services, being of optimal hydration and oxygenation is essential.

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# AMPLIFYING AWARENESS: Celebrating Audiology Awareness Month

By Dr. Noël Crosby, Au.D.

**E**very October, the world becomes a little louder, but not in the way you might expect. Instead of blaring music or bustling crowds, it's the voices of audiologists and advocates for hearing health that crescendo, marking the beginning of Audiology Awareness Month. This month-long campaign aims to shine a spotlight on audiology and the critical role it plays in preserving one of our most precious senses—our hearing.

## The Sound of Silence: Hearing Loss in Focus

The World Health Organization estimates that approximately 466 million people worldwide have disabling hearing loss, a staggering number that underscores the importance of Audiology Awareness Month. Hearing loss is not confined to the elderly; it can affect people of all ages due to various factors such as genetics, noise exposure, and medical conditions. By raising awareness, we can empower individuals to take proactive steps in protecting and preserving their hearing.

## The Audiologist's Anthem: Expertise in Action

At the heart of Audiology Awareness Month are the audiologists themselves, the unsung heroes of the auditory world. These dedicated professionals specialize in the prevention, diagnosis, and treatment of hearing and balance disorders. They work tirelessly to help people of all ages regain their ability to hear and communicate effectively, promoting a higher quality of life.

## Hearing Health Checkups: The Sound of Prevention

One of the key messages of Audiology Awareness Month is the importance of regular hearing checkups. Just as we visit the dentist for oral health or the optometrist for our eyes, regular visits to an audiologist can help catch hearing issues early and prevent further damage. Audiologists use advanced technologies to assess hearing, and if necessary, recommend hearing aids or other interventions tailored to individual needs.

## Preserving the Symphony of Life

Our ability to hear enriches our lives in countless ways. From enjoying music and connecting with loved ones to staying safe in our surroundings, hearing is an integral part of our existence. Audiology Awareness Month reminds us of the profound impact hearing health has on our overall well-being.

## The Power of Prevention

Preventing hearing loss is just as important as treating it. This month serves as a platform to educate the public on noise-induced hearing loss, emphasizing the significance of hearing protection in noisy environments. Whether it's using earplugs at concerts or turning down the volume on headphones, simple steps can go a long way in preserving our auditory health.

## Join the Chorus: Spreading Awareness

Audiology Awareness Month invites everyone to join the chorus of voices advocating for hearing health. You can get involved by sharing information on social media, participating in local events, or organizing educational activities in your community. By amplifying awareness, we can reduce the stigma surrounding hearing loss and ensure that individuals seek help when needed.

## The Final Note

As Audiology Awareness Month unfolds, let us remember that hearing health is an essential part of our overall well-being. By acknowledging the importance of audiology and taking steps to protect our hearing, we can ensure that the beautiful symphony of sounds that surround us remains a vibrant part of our lives for years to come. Together, we can celebrate Audiology Awareness Month by raising awareness and ensuring that the world hears the message loud and clear.

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Noël Crosby  
Doctor of Audiology



Karen Draper  
Doctor of Audiology



# Defeat Gum Disease

**T**here 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.

**Dr. Joseph Farag - Port Charlotte Dentalcare**

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# CRYOSKIN: Revolutionizing Body Sculpting and Skin Rejuvenation

In the ever-evolving world of aesthetic treatments, CryoSkin has emerged as a groundbreaking technology that offers impressive results in body sculpting and skin rejuvenation. With its non-invasive and safe approach, CryoSkin has become a popular choice for those seeking to enhance their appearance without resorting to surgery. In this article, we'll explore what CryoSkin is, how it works, and why it's gaining popularity.

## What is CryoSkin?

CryoSkin is a cutting-edge technology that utilizes the power of cold therapy to reshape the body and improve skin quality. It's based on the concept of cryolipolysis, a process that freezes and destroys fat cells, but CryoSkin takes it a step further by combining cold therapy with other modalities like thermal shock and massage.

## How Does CryoSkin Work?

CryoSkin treatments involve the use of a specialized machine that applies controlled cooling to the target areas of the body. This freezing action triggers a process known as apoptosis, in which fat cells are naturally eliminated by the body over time. The precise temperature control ensures that only fat cells are affected, leaving surrounding tissues unharmed.

In addition to fat reduction, CryoSkin can also stimulate collagen production and improve skin elasticity. This makes it an effective tool for reducing the appearance of cellulite and tightening loose skin.



**The CryoSkin Experience**  
CryoSkin treatments are non-invasive and virtually painless, making them a popular choice for individuals seeking a more comfortable alternative to surgical procedures. Sessions typically last between 20 to 45 minutes, depending on the targeted area. Most people report feeling a cold sensation during the treatment, followed by a numbing effect as the area becomes colder. Afterward, there may be some redness or minor swelling, but these side effects usually subside within a few hours.

## Why CryoSkin is Gaining Popularity

There are several reasons why CryoSkin has gained popularity in recent years:

- 1. No Downtime:** Unlike surgery, CryoSkin requires no downtime, allowing patients to return to their normal activities immediately after treatment.
- 2. Customization:** CryoSkin can be tailored to address specific concerns, whether it's fat reduction, skin tightening, or cellulite reduction.
- 3. Natural Results:** CryoSkin promotes the body's natural processes, ensuring that results appear gradually and look natural.



**4. Minimal Side Effects:** The side effects of CryoSkin are minimal and temporary, making it a safe choice for many individuals.

**5. Long-Lasting Results:** With proper diet and exercise, the results of CryoSkin treatments can be long-lasting.

CryoSkin is revolutionizing the world of body sculpting and skin rejuvenation by offering a safe, non-invasive, and effective alternative to traditional surgical procedures. With its ability to reduce fat, improve skin quality, and enhance overall body contours, CryoSkin is becoming a popular choice for those looking to boost their confidence and achieve their aesthetic goals. If you're considering enhancing your appearance, CryoSkin is undoubtedly a technology worth exploring.

## ABOUT US

Here at Cryotherapy of Charlotte County, we strive to bring a variety of innovative and cutting edge therapies to the area. Whether you are looking to recover from an injury, find balance, enhance athletic performance, or increase overall health and wellness, we have something to fit your needs.



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# DEPRESSION—LEADING CAUSE OF DISABILITY WORLDWIDE

Depression is a pervasive mental health condition that has been identified as the leading cause of disability worldwide. WHO (World Health Organization) reports that close to 280 million people carry this diagnosis, noting that in the US approximately 21 million suffer from depression. Most people who have depression do not attempt or die by suicide, but depression is linked to a greater risk of suicide. Researchers estimate that about 60% of people who lose their lives to suicide have a mood disorder such as depression or bipolar disease. Depression affects all walks of life although some demographic groups, such as women and individuals with a family history, may be more vulnerable. Furthermore, it affects the young noting that by age 14, 50% of all lifetimes mental health conditions have begun and that by age 24, the number is 75%. Given these statistics and the sequelae of disability and potential death, it is imperative that we raise awareness and provide access to the tools and education to help and treat those with this disease.

Common symptoms of depression can manifest as a persistent (2 weeks minimum) low mood or loss of interest in previously enjoyed activities, along with additional symptoms like changes in sleep patterns, appetite, energy levels and self-esteem. Mental health professionals commonly use the Diagnostic and Statistical Manual of Mental Disorders (DSM-5) criteria to make a formal diagnosis and to classify the severity. A common screen used by health professionals is the Patient Health Questionnaire also known as PHQ-9. A comprehensive evaluation usually includes a psychological assessment, physical examination as well as family and personal history. Early diagnosis is crucial because it enables timely intervention improving the chances of successful treatment and recovery.

Conventional treatments for depression typically involve a combination of psychotherapy, medications and lifestyle changes. Psychotherapy typically consists of cognitive-behavioral therapy (CBT), interpersonal therapy and psychodynamic therapy which commonly are used to help individuals identify any negative thought patterns and behaviors. Antidepressant medications, such as selective



serotonin receptor inhibitors (SSRIs) or serotonin-norepinephrine reuptake inhibitors (SNRIs) are prescribed to help rebalance brain chemicals (neurotransmitters) that help regulate mood. Lifestyle changes such as physical activity/exercise, nutrition, sleep and management techniques such as mindfulness can help complement therapy and medications. Also joining support groups or seeking the support of friends and peers can provide additional emotional support.

Complementary treatment strategies and plans may enhance conventional approaches as well as improve overall wellbeing for those with depression. Mindfulness and medication often help manage stress, reduce rumination and improve emotional regulation. Nutritional therapy aiming for a balanced diet rich in omega 3 fatty acids, vitamin D and other nutrients can support brain health and mood stability. Physical activity/exercise helps release endorphins which can help alleviate symptoms. Also, many find forms of yoga helpful in that mindfulness is combined with motion. Acupuncture has also been shown to help some individuals find relief. Supplements such as SAME, St John's wort, adaptogens, B complex vitamins, calming herbs may also help but warrant medical supervision as can interact with prescribed medications. Alternative therapies such as art, music, dance and animal-related therapy can also provide additional outlets for support.

Substance use disorder (SUD) and depression are bidirectional in that in many both exist and that if one disease is untreated or relapse occurs then the other worsens in severity. It is imperative that both disorders are managed and treated; awareness of this relationship must be acknowledged as the path of destruction and despair soon becomes apparent. Substance use is often a sign of self-medication, noting that in some studies up to 33% of those with major depressive disorders will also be diagnosed with SUD upon presentation.

Depression is a widespread condition that affects adults across the globe. With the right knowledge and resources, individuals can seek timely diagnosis and treatment, combining conventional and complementary strategies to regain control of their lives. By understanding depression's statistics, warning signs and treatment options, we can work collaboratively to combat this mental health challenge.

#### Resources:

NAMI (National Alliance for Mental Illness)

SAMHSA (Substance Abuse and Mental Health Services Administration)

Mental Health Suicide/Crisis Lifeline Call or Text 988

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# HUNGRY HEART

By Alex Anderson

**T**he songwriter and performer Bruce Springsteen was right when he wrote,

"Everybody's got a hungry heart..."

Inside of every human is this need or hunger. Sometimes we try to fill it with love for another person, but for some reason...another person is not the answer.

Sometimes the hungry heart destroys the very things we love and want.

Springsteen goes on to sing,

"We fell in love, I knew it had to end...we took what we had and we ripped it apart...everybody's got a hungry heart...don't make no difference what nobody says...ain't nobody like to be alone...everybody's got a hungry heart."

I do believe our hungry heart is about loneliness, not for another human...but for God himself. We were created in the very image of God (Genesis 1:26) but when man left *God*...man missed, and still misses, God. They had a bond that filled man with joy and satisfied his heart like nothing else.

C.S. Lewis calls this the, "Numinous Awe." It seems to be built into mankind, this *ravenous hungry heart to know God*. And it's so strong nothing can fill it but God himself.

Psalms 34:8 says, "*Taste and see that the Lord is good.*"

**And the truth is...** If you don't get that deep ravenous hunger in your heart satisfied by Jesus you will starve to death spiritually, while eating everything else.

So how do you do that? How do you find the true satisfaction that calms your hungry heart?

If you are a Christ-follower, then you know how to do this. You...do again...something that you have already experienced when you asked God to be your Lord and Savior. You "make up" with God and you're back to stay.

You are so glad to be back together. Glad that God owns you and your life. So you decide to be happy because God owns you and is your life partner (Philippians 4:4).

Feel the pleasure, the joy and the delight again about Jesus being your master. Let this fact cause you happiness, pleasure and delight.

Be full of joy because Jesus paid a high price for your life. (1 Corinthians 6:19-20).

Let the reality of what He has done sink over you.

Not only are you in His family now, but you can live the life of a victorious and joyful person of God; with all the rights and privileges of a child of rich royalty.

*"You are my child says the Lord...my very rich child says the Lord...let the riches of your heart begin to overflow into all of your life."* (3 John 2)

You can, should, and must rejoice always in the Lord...way before anything changes physically in your life.

The seed of hope and joy is there if you have become one with Jesus Christ. His seed is within you. If your hope is nonexistent then find the seed once planted deep in your heart by the Holy Spirit.

Like a precious pearl search for it (Matthew 13:45).

When you find it (that small seed), clean it up. Polish it and put it in the center room of your heart, shine the brightest light you can find on it and let its magnificent beauty captivate you. Stare at it with intentional focus as though you are searching and waiting for hope itself.

**Its magnificent light will light up your life.**

For it will change everything about you as you clearly see and feel the love that God has shed in your heart...that is for you (Romans 5:5).

It is so worthy of your time my friend to mediate and think about Jesus, again.

Whether things in your life are going well or not...you have the power of a Christ-follower to focus on Jesus...the author and finisher of your faith and the centerpiece of your heart.

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