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Health & Wellness[®] MAGAZINE

November 2023

Charlotte/South Sarasota Edition - Monthly

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OCULAR SURFACE
DISEASE

THE GROWING CONCERN

DIABETES AND THE
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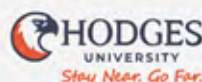
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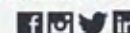


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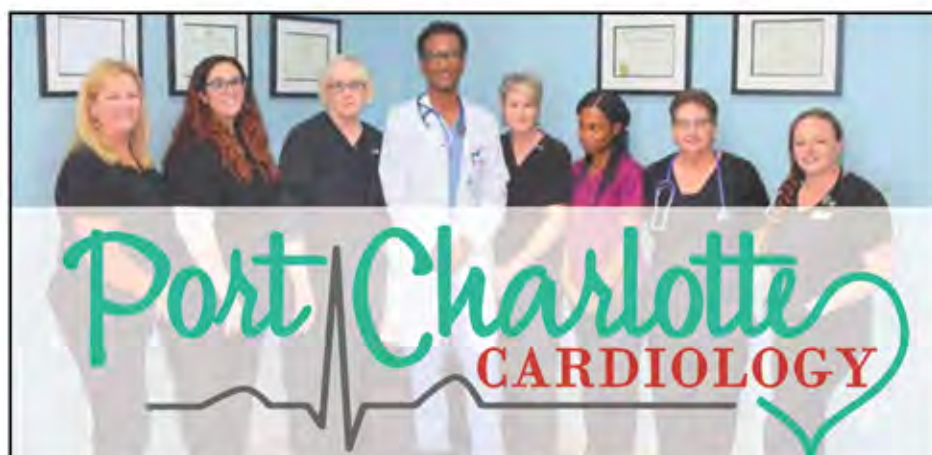
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contents NOVEMBER 2023

6 Is Achilles Pain Affecting Your Workout?

7 The Road to Recovery: The Importance of Cardiac Rehabilitation

8 Lymphedema & Vein Disease

9 Relief From Dry Eyes: Understanding Ocular Surface Disease

10 The Growing Concern: Diabetes and the Soaring Cost of Medications

11 'Tis' The Season for Gifting

12 Navigating Grief During the Holiday Season

13 The Great American Smokeout: A Call for Quit Attempts

14 Aging Gracefully: 7 Strategies to Avoid Knee Replacement Surgery

15 Managing Arthritis Pain and Discomfort

16 Exploring the Artistry of Aesthetics: Botox and Dermal Fillers

17 All-In-One Dental Visit with CEREC

18 November Is Prostate Cancer Awareness Month: Early Detection of Prostate Cancer Saves Lives

19 Unraveling the Intricate Connection Between Hearing Loss and Diabetes

20 Revitalize Your Confidence and Wellness with Viora V-VR Radio Frequency

21 CRYOSKIN Revolution Facial

22 Adopted Children and Right to Heirship

23 Spiritual Wellness: What's Your Diet?

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IS ACHILLES PAIN AFFECTING YOUR WORKOUT?

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

Many of you have probably heard the story of Achilles whose mother feared he would die young and dipped his body in the River of Styx, which was supposed to offer powers of invulnerability. However, she was holding him by his heel, so his heel became vulnerable and was not protected by the powers offered by the mystical river. Later during the Trojan war, Achilles was slain by an arrow in his heel shot by Paris.

Like Achilles many people suffer from "Achilles heel" pain most commonly resulting from tightness, various overuse patterns and improper shoe gear during physical activity. When caught early, Achilles pain can be treated successfully with modifications of activity, beginning a stretching program and adjustments in shoe gear and/or orthotics to correct faulty biomechanics.

Achilles tightness

Overtime and with age, the Achilles becomes tight due to less physical activity and/or a sedentary lifestyle. People with a desk jobs, or who wear high heels are also at risk. As well as, people who do not routinely perform stretching after physical activity or athletes who do no stretch or perform myofascial release techniques post training. You may notice when you are walking your heel comes off the floor early, or you have pain performing exercises like squatting or lunging that require a degree of ankle flexibility. You may find it difficult to keep your heels on the ground when performing these types of exercises or experience pain in the back of the ankle while performing them. These are all signs that your Achilles is likely too tight and your ankle does not have adequate flexibility.

Overuse/Improper shoes

"Overuse" disorders refer to people who suddenly begin a new activity or do too much too soon. This rapid change in activity causes too much stress on the tendon, leading to micro-injury. The body is unable to repair the injury. The structure of the tendon is then altered, resulting in continued pain. Athletes are at higher risk of developing disorders of the Achilles. Others with occupations that stress the ankle or feet are also at risk. "Weekend warriors" or individual who are less conditioned and participate in physical activity on the weekends only or infrequently are at risk. Other risks, include

people with excessive pronation or flat feet. These individuals have a tendency to develop Achilles pain due to the increased demands placed on the tendon when walking or engaging in other physical activity. If these individuals wear shoes without adequate stability, their excessive pronation or flat feet can further aggravate the Achilles tendon. Shoe gear is also important; you want to make sure you have the correct type of shoe for your specific activity. You also want to make sure your shoes are not worn down. You may also consider alternating your shoes especially if you are a long distance runner.

Prevention: Stretching the Achilles

Band or towel calf stretch

1: Laying or sitting, loop a band or towel around the ball of your foot and pull the band/towel towards your chest.

2: Make sure to keep your foot straight as well as only a slight bend in the knee or no bend

3: Hold the stretch 30 seconds and repeat 5-6 times daily



Leg press calf stretch

1: Sitting on the leg press machine, lower your feet to the bottom of the leg press platform so your heels are hanging off

2: Lower your heels away from your body and hold this stretch for 30 secs, repeat 5-times



Heel drop stretch

1: Stand on a step with your heels off the step

2: Lower heels while keeping knees straight, you may hold on to something for support



3: Hold this position for 30 secs to a minute, you may have to work up to a minute and repeat 5-6 times daily

Foam-rolling calf/myofascial release

1: Sit on the floor and place the leg you want to stretch on the foam roller. Place the calf muscle directly over the foam roller and keep a slight bend in the leg.

2: Support yourself by placing your hands on the floor slightly behind you. Shift some of your weight from your resting leg to the leg you are stretching. You will be placing more weight on the leg that has the foam roller under it. Now roll yourself forward one or two inches so the foam roller gets closer to your knee.

3: Slowly move the foam roller back to the starting position. When you find a tight spot (area that is more tender) hold pressure for 30 seconds on the trigger point. You may also flex and extend the ankle while holding pressure on the trigger point. Repeat 5-6 time on each leg.



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.

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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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The Road to Recovery: The Importance of Cardiac Rehabilitation

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

Cardiac Rehabilitation: A Lifeline for Heart Health

Cardiovascular diseases are the leading cause of death worldwide. The prevalence of heart-related issues continues to rise, making it imperative for individuals to focus on not only treating these conditions but also preventing their recurrence. Cardiac rehabilitation, a medically supervised program, has emerged as a crucial component in the recovery and maintenance of heart health.

Cardiac rehabilitation is a comprehensive approach designed to optimize the physical, psychological, and social well-being of individuals suffering from heart-related issues. This article will explore the significance of cardiac rehabilitation, its key components, and how it plays a vital role in preventing future cardiac events.

The Need for Cardiac Rehabilitation

Heart attacks, coronary artery disease, heart failure, and cardiac surgeries are all potential triggers for cardiac rehabilitation. After experiencing any of these, patients often face a range of physical and emotional challenges. Cardiac rehabilitation steps in as a supportive partner on their journey to recovery, offering several key benefits:

- 1. Physical Recovery:** Cardiac rehabilitation helps patients regain their physical strength, endurance, and flexibility through carefully monitored exercise routines. It allows patients to rebuild their physical strength under the guidance of trained professionals.
- 2. Risk Reduction:** By participating in cardiac rehabilitation, individuals learn valuable information about heart-healthy lifestyles. This includes education on diet, stress management, and medication management. These lifestyle changes can reduce the risk of future heart-related problems.
- 3. Emotional Support:** Recovering from a cardiac event can be emotionally taxing. Cardiac rehabilitation programs often incorporate psychological support, providing patients with the tools and coping strategies needed to manage stress and anxiety.
- 4. Social Connection:** Attending cardiac rehabilitation offers patients the opportunity to connect with others facing similar challenges. Sharing experiences and forming a support network can be immensely reassuring and motivating.

Key Components of Cardiac Rehabilitation

Cardiac rehabilitation programs consist of several core elements:

- 1. Medical Evaluation:** Before beginning a program, patients undergo a comprehensive medical evaluation to determine their current health status and any specific needs or restrictions.
- 2. Exercise Training:** Supervised exercise routines are tailored to each patient's condition, helping them regain physical strength and cardiovascular fitness.
- 3. Education:** Patients receive education on heart-healthy lifestyles, which includes guidance on nutrition, stress management, smoking cessation, and medication management.
- 4. Psychological Support:** Coping with a cardiac event can be emotionally challenging. Mental health professionals or counselors are often available to provide emotional support and strategies to cope with stress and anxiety.
- 5. Lifestyle Modification:** Patients are encouraged to adopt heart-healthy behaviors. This may include dietary changes, weight management, and stress reduction techniques.
- 6. Medication Management:** Understanding and managing prescribed medications is vital. Patients learn the importance of taking medications as directed and recognizing potential side effects.
- 7. Monitoring and Follow-up:** Continuous assessment and follow-up are essential components to ensure progress and address any emerging issues or concerns.

Preventing Future Cardiac Events

Cardiac rehabilitation is not just about recovery; it is about prevention. The benefits extend far beyond the initial recovery phase. Individuals who participate in cardiac rehabilitation programs often experience:

- 1. Reduced Risk of Recurrence:** Patients who complete cardiac rehabilitation are less likely to experience another cardiac event, such as a heart attack.

2. Improved Quality of Life: Many participants report an improvement in their overall quality of life, as they gain more energy and confidence in their physical abilities.

3. Long-Term Health: Cardiac rehabilitation equips patients with the knowledge and tools needed for a heart-healthy lifestyle, leading to better long-term health and well-being.

4. Lower Healthcare Costs: By preventing future heart-related issues, cardiac rehabilitation can reduce the financial burden on both individuals and healthcare systems.

Cardiac rehabilitation is not merely a phase of recovery; it is a journey toward sustained heart health. Its comprehensive approach addresses the physical, psychological, and social aspects of cardiac recovery, making it a crucial component in the fight against cardiovascular diseases. By participating in cardiac rehabilitation, individuals can rebuild their lives, reduce the risk of recurrence, and ultimately embark on a path toward a heart-healthy future.



**Dr. Aneley Yegezu
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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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Lymphedema and Vein Disease

By Dr. Lackey

What is Lymphedema?

The lymphatic system protects the body against harmful bacteria and transports fluid from body tissues into the vascular system. Lymph vessels are thin walled to absorb fluid, bacteria, and protein for transport to the lymph nodes which eliminate waste and bacteria. Together, lymph vessels and nodes help maintain a healthy fluid balance. Lymphedema occurs when there is impairment of the lymphatic system, which disrupts normal fluid transport. If the lymphatic system is overwhelmed, damaged, or blocked, chronic swelling can occur. Over time this swelling can cause thickening of the skin and recurrent skin infections (cellulitis). It is a permanent condition which worsens over time if not properly treated. There is no cure, but symptoms can be managed which improve the quality of life.

What Causes Lymphedema?

The leading cause of lymphedema is cancer and its treatment. However, chronic venous insufficiency may be the most important predictor of lymphedema in the legs. Primary lymphedema can be present at birth or inherited. Secondary lymphedema is more common and due to disruption of the lymphatic system from vein disease, cancer, radiation or chemotherapy, trauma, surgery, and obesity. Common symptoms include limb heaviness and fatigue, toenails that look like a ski jump, pitting edema, dry warm skin, and open venous ulcers.

How Can I Counteract Lymphedema?

Exercise is one of the first steps to improve lymphatic function and to improve fluid removal. Additional treatment can include



manual lymphatic drainage, compression stockings, and pneumatic compression devices. Improved function can reduce cellulitis as well as fibrosis, and edema. Identifying underlying vein disease is one of the most important steps. The two diseases exist together, and you must treat the underlying vein disease in combination with lymphedema treatments for the best result.

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Understanding Ocular Surface Disease

Ocular surface disease (OSD) is a common yet often misunderstood condition that can wreak havoc on your eyes, causing pain, redness, swelling of the eyelids, photophobia, blurred vision, and a perpetual sense of tiredness. Many individuals are quick to dismiss these symptoms as mere dryness and resort to artificial tears, but the truth runs deeper. OSD encompasses various underlying factors, such as meibomian gland dysfunction, blepharitis, rosacea, allergies, and immunological conditions like Sjogren's Syndrome. To find effective solutions, it's essential to delve into accurate diagnoses and treatments that target the root causes of OSD.

Meibomian gland dysfunction is a frequent culprit in OSD, where blocked glands lead to reduced tear production. This can be distressing, but the good news is that LipiFlow, a painless 12-minute treatment, can help unblock the glands and restore normal tear production. It's a game-changer for those suffering from this condition, offering a path to relief.

Blepharitis, on the other hand, arises from an overgrowth of bacteria at the base of eyelashes. This chronic issue demands diligent management with oral antibiotics, antibiotic/anti-inflammatory eye drops, and heat and eyelid antibacterial scrubs. Once stabilized, ongoing maintenance treatment becomes vital to keep blepharitis in check.

Ocular rosacea adds another layer of complexity to OSD. Inflammation of the eyelids and conjunctiva reduces tear production, intensifying discomfort. Fortunately, treatments like Intense Pulsed Light (IPL) and Low Light Level Therapy (LLLT) offer lasting relief and can reduce dependence on medications. These treatments hold the promise of significantly improving the quality of life for those affected.

For individuals who continue to struggle with insufficient tear production, punctum plugs offer a viable solution. These plugs block the drainage system for tears, allowing natural tears to remain in the eyes longer. Many patients find significant relief through this approach.

It's crucial to understand that leaving OSD untreated can lead to corneal compromise, a much more serious issue. The cornea is a critical component of our eyes, and when it's compromised due to a lack of tears, the consequences can be severe. To avoid such complications, early diagnosis and appropriate treatment are paramount.



Ocular Surface Disease is a multifaceted condition with various underlying factors that demand individualized diagnosis and treatment. Once identified and addressed, individuals with OSD can expect not only relief from discomfort but also improvements in their appearance, overall well-being, and vision. By exploring the latest advancements in OSD management and seeking help from eye care professionals, those affected can look forward to a brighter, more comfortable future. ***Don't let OSD leave you in the dark – seek accurate diagnosis and personalized treatment to look better, feel better, and see better.***

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Dr. Steven Bovio grew up in Bradenton, Florida. He received his Doctor of Optometry degree from Nova Southeastern University in Miami in 1996. He had internships with Bascom Palmer Eye Institute, St. Luke's Eye Institute, and Bay Pines VA Hospital.

In 1999, Dr. Bovio developed Gulfcoast Eye Center in Sarasota. He loves Sarasota and has always had the goal of practicing in this community. Dr. Bovio treats patients of all ages. Dr. Bovio feels he can help his patients the most by specializing in the following areas: Ocular Surface Disease, Dry Eye Syndrome, Early Detection and Treatment of Retinal Disease, Emergency Eye Care, Specialty Contact Lenses, and Low Vision.

Dr. Bovio is committed to assisting others in the industry and has helped educate and train Optometric Assistants through internships. Dr. Bovio is committed to having his practice give back to those in need. Learn more about how he and his team have supported local and global charities.



Dr. Cameron Jones received her undergraduate degree from the University of Central Florida in Orlando majoring in Molecular Biology and Microbiology. She went on to receive her Doctor of Optometry degree from Nova Southeastern University in Fort Lauderdale in 2014 where she graduated with honors. While attending optometry school she was part of the international honor society, Beta Sigma Kappa, which required a GPA of 90% or better to be a member. After graduating, Dr. Jones went on to complete a residency in ocular disease and low vision at the Jesse Brown Department of Veterans Affairs Medical Center and the Edward Hines, Jr. VA Hospital in Chicago, IL. Dr. Jones is thrilled to be back in Florida after practicing optometry in the DC and northern Virginia area for 7 years. Dr. Jones is passionate about the health of the eye and her specialties include ocular disease, geriatric eye care, dry eye syndrome, contact lenses, and low vision. She enjoys attending optometric conferences hosted by the American Academy of Optometry to continue her education and keep up with the latest ocular technologies. When she is not taking care of eyes, she enjoys spending time with her family including her toddler son and daughter. As a former gymnast, she stays active playing pickleball with her parents and her husband.

The Growing Concern: Diabetes and the Soaring Cost of Medications

In recent years, diabetes has become a global health epidemic, affecting millions of individuals worldwide. While the physical and emotional toll of managing this chronic condition is challenging in itself, another significant burden looms large – the escalating cost of diabetes medications. This article explores the ever-increasing financial strain that diabetes medications impose on patients and the healthcare system, shedding light on the causes and potential solutions to this critical issue.

Diabetes, a metabolic disorder characterized by high blood sugar levels, requires ongoing management to prevent complications. Medications play a pivotal role in controlling blood glucose, but their rising costs are creating barriers for patients. Several factors contribute to the increasing expense of diabetes medications, including research and development costs, pharmaceutical company practices, and the complex healthcare system in the United States.

Research and development are essential in creating innovative diabetes drugs, but the cost is often passed on to consumers. Drug companies invest vast sums of money in developing and testing new medications, and these expenses are factored into the final product's price. Unfortunately, these high development costs are disproportionately borne by individuals with diabetes, making it a major challenge for them to access the medications they need.

Pharmaceutical company practices, including pricing strategies and patent protections, also contribute to the soaring cost of diabetes medications. Some companies have been criticized for raising prices without apparent justification, and the lack of competition in the marketplace allows them to maintain high prices. Furthermore, patent protections often prevent more affordable generic versions of drugs from entering the market, further limiting choices for patients.

The complexity of the healthcare system in the United States adds another layer of confusion to the issue of medication costs. Insurance plans, copayments, and deductibles vary widely, making it challenging for individuals with diabetes to predict

their out-of-pocket expenses. This unpredictability leaves many struggling to budget for their medications, leading to skipped doses or medication non-adherence, which can exacerbate their condition and lead to more expensive complications.

To address the growing concern of diabetes medication costs, several potential solutions can be considered. Policymakers can work to promote transparency in drug pricing, enabling patients to make informed choices about their medications. Encouraging competition among pharmaceutical companies through patent reform and price controls could also help to lower costs.

Furthermore, expanding access to affordable healthcare for all, as seen in the implementation of universal healthcare systems in some countries, can alleviate the financial burden on patients with diabetes. These comprehensive healthcare systems often negotiate directly with drug companies, resulting in lower medication prices and ensuring that patients have access to necessary treatments.

On a personal level, individuals with diabetes can explore alternative ways to reduce medication costs, such as switching to generic medications, participating in assistance programs, or seeking out affordable healthcare options. It's crucial for patients to advocate for themselves and become informed about available resources.

In conclusion, the increasing cost of diabetes medications is a pressing issue that affects millions of individuals globally. While the causes of these rising costs are multifaceted, potential solutions exist at the policy and personal levels. By addressing the problem of diabetes medication costs, we can work towards ensuring that individuals with diabetes receive the treatments they need without being financially overwhelmed, ultimately improving their overall health and well-being.

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Apidra	\$512.00	\$60.00	\$452.00
Apidra SoloStar	\$512.00	\$60.00	\$452.00
Basaglar	\$248.00	\$60.00	\$188.00
Cycloset	\$328.00	\$60.00	\$268.00
Farxiga	\$551.00	\$60.00	\$491.00
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Humalog KwikPen	\$412.00	\$60.00	\$352.00
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Humalog Mix 50/50 KwikPen	\$325.00	\$60.00	\$265.00
Humalog Mix 75/25 KwikPen	\$217.00	\$60.00	\$157.00
Humulin 70/30 KwikPen	\$506.00	\$60.00	\$446.00
Humulin R U-500	\$1,432.00	\$60.00	\$1,372.00
Humulin R U-500 KwikPen	\$556.00	\$60.00	\$496.00
Janumet	\$1,584.00	\$60.00	\$1,524.00
Janumet XR	\$533.00	\$60.00	\$473.00
Januvia	\$533.00	\$60.00	\$473.00
Jardiance	\$578.00	\$60.00	\$518.00
Jentadueto	\$460.00	\$60.00	\$400.00
Jentadueto XR	\$460.00	\$60.00	\$400.00
Lantus SoloStar	\$425.00	\$60.00	\$365.00
Levemir	\$451.00	\$60.00	\$391.00
Lyumjev	\$246.00	\$60.00	\$186.00
Ozempic	\$907.00	\$60.00	\$847.00
Synjardy	\$579.00	\$60.00	\$519.00
Synjardy XR	\$579.00	\$60.00	\$519.00
Toujeo SoloStar	\$397.00	\$60.00	\$337.00
Tradjenta	\$460.00	\$60.00	\$400.00
Trijardy XR	\$578.00	\$60.00	\$518.00
Victoza	\$722.00	\$60.00	\$662.00
Xigduo XR	\$556.00	\$60.00	\$496.00



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TIS' THE SEASON FOR GIFTING

Often times it may not feel like the holiday season with Florida's toasty temperatures, but don't be fooled. The holidays are here! There's an undeniable sense of anticipation in the air, as many of us are looking forward to reconnecting with friends and family.

With Christmas 2023 just around the corner, the age-old tradition of exchanging gifts and spreading joy takes center stage. This year, however, there's a growing trend that savvy shoppers are embracing – the art of shopping early. Beyond the twinkling lights and bustling holiday markets, the wisdom of starting your Christmas shopping ahead of time becomes evident. As we navigate through a world of ever-changing dynamics, early holiday shopping not only ensures access to the finest gifts but also offers a respite from the last-minute chaos, allowing for a more thoughtful and enjoyable celebration.



2023 Gifting Trends

Everyone is under a lot of stress, so consider gifting something focused around health, wellness and mindfulness. Think self care, aromatherapy, meditation, journaling and even fitness. The great thing about wellness gifts is that they are perfect for people of all ages and enjoyed by both men and women alike.

Young children will enjoy a set of fizzy bath bombs. Your best friend will appreciate a handwritten friendship note on the first page of a gorgeous leather-bound journal. Your co-workers may like an aromatic collection of soaps or essential oils. And, your significant other will love a set of comfy pajamas or workout clothes for the gym.



Avoid the Sweets & Drinks

Traditionally, alcohol and sweets such as chocolate and cookies, have been the "go to" gifts for clients and family members. They're easy to give, but often times they're eaten and forgotten. Or, they're simply trashed when New Year's Day rolls around, and people are purging their kitchens of all the calorie-laden gift sets. Let's face it, many of us have put on some "lb's" over the past few years, so do everyone a favor and skip the sweets and choose health & wellness options.

Give Experiences

Another gift idea that is on trend for 2023 is experiential gifts. This could be a trip to the spa for a relaxing massage, a facial with your local esthetician, a sunset boat cruise or an art class. Experiential gifts are memorable, and they're perfect for the person in your life who already has one of everything.

Shop Local

Although it's tempting to knock-out your list by simply shopping online, consider visiting the locally-owned stores in your community. Many small businesses and restaurants have struggled the past few years. By shopping local, you'll find truly unique gifts with a delightful shopping experience that you can't get online. Plus, you'll be supporting the fabric and diversity of your community by helping to keep local shops in business.

Skip the holiday hustle this year. Make your list. Check it twice. And get your holiday shopping done!



www.naplessoap.com

Naples Soap Company has carefully curated a huge assortment of gift sets to make your gift giving a breeze this holiday season. From our coastal-inspired "Christmas on the Beach Box" to our all-new "Self Care Essentials Sets" to our fan favorite "Soap Stacks," we have something for every budget and for everyone on your list. Naples Soap Company has 14 stores across the state of Florida. Visit us at naplessoap.com to find a store near you or shop online and ship for free with orders over \$50.

Navigating Grief During the Holiday Season

Provided by Charlotte Behavioral Health Care

It's that time of year when families and friends come together to participate in many festive activities that bring laughter and joy during the holiday season. It could be sipping egg nog and listening to traditional Christmas carols or joining together for a delicious meal and enjoying grandma's freshly baked apple pie.

For individuals navigating through the loss of a loved one, these moments may create an overwhelming emotional response of sadness, despite how innocent they may appear to others. Grief is a complex, individual journey. It doesn't follow a set timeline, and the holiday season can heighten its intensity. One struggling with grief may push others away and could show signs of anger and aggression towards others. It is important to understand that their emotional response is a projection of their pain being displayed and is not necessarily directed towards the family member attempting to engage the one struggling with grief.



According to Derick Duston, clinical director of mental health services at Charlotte Behavioral Health Care, emotional triggers and/or a trauma reminder is any form of sight, touch, smell, and sound that could prompt an emotional response or memory.

As planning for the upcoming season unfolds, it is important to prioritize your mental health and set clear expectations and boundaries as you navigate through your healing journey.

Here are six tips for you or a loved one who may experience grief during the holidays:

1. **Allow self-compassion.** It's also okay to not attend a holiday event. It's okay to not answer the phone. It's okay to cry. It's okay to feel the emotions. Grief is a natural emotion to experience.
2. **Recognize self needs.** Are you attending an event for you or are you attending an event for others? How do you feel if you put your needs aside by placing others' needs as the priority?
3. **Allow others to help.**



4. **Help others.** Donate time at a food shelter, help wrap gifts at a toy drive, or offer to read at an assisted living facility. Evidence shows that when helping others we in turn feel good about being able to help others.

5. **If you do attend holiday events, develop a plan** in the event emotions become overwhelming. Having a plan in place could help alleviate and/or decrease any anxiousness in attending the event.

6. **Be aware of what you can handle at any given moment.** Check in with yourself five minutes before an event to verify you are ready. Prepare your calendar in advance by setting expectations for yourself and maintaining the boundaries. If you only plan to attend one event in the holiday, provide that awareness that you are already scheduled for an event if an invite is presented to another event.

If you are a friend or family member of someone who is experiencing grief, it is important to offer support. Any gesture is recognized and will help during this friend or family member's grief process. It is critical to also understand and respect their boundaries if they find the need to leave an event early or decline an invitation.

"The pain of grief does not change, but the intensity will lessen over time as one develops coping skills, healthy connections with others, and re-engages in previous or new activities. If one continues

to experience overwhelming emotions of sadness, anger, and loneliness lasting greater than 12 months, one may be experiencing prolonged grief. The intense emotions, if not addressed could increase in intensity. However, with professional counseling, the journey could be collaboratively worked through on the path to recovery," Duston said.

With the festivities just around the corner, remember that your mental health should be a top priority. Acknowledge your emotions, seek support, and allow yourself to create new traditions and practice self-care. Healing is a personal journey, and it's entirely okay to grieve during the holidays. Take it one day at a time and be gentle with yourself as you honor your loved one's memory and work toward healing.



To learn more about grief or to seek help, visit the following resources:
[www.hospicefoundation.org/Grief-\(1\)/Support-Groups](http://www.hospicefoundation.org/Grief-(1)/Support-Groups) or
https://www.griefshare.org/countries/us/states/fl/cities/punta_gorda

THE GREAT AMERICAN SMOKEOUT: A CALL FOR QUIT ATTEMPTS

On November 16th of this year, Gulfcoast South Area Health Education Center (GSAHEC) will celebrate the **Great American Smokeout® (GASO)**, a national holiday hosted by the American Cancer Society that provides an opportunity for people who smoke to commit to healthy, smoke-free lives: not just for a day, but year-round. The Great American Smokeout® also provides an opportunity for individuals, community groups, businesses, healthcare providers, and others to encourage people to plan to quit on the GASO date or initiate a smoking cessation plan on the day of the event. **This event not only challenges people to stop smoking, but it also educates people about the many free tools they can use to help them quit and stay quit.¹**

Despite what some may say, it is never too late to quit smoking! In fact, you can experience several benefits of quitting smoking within hours of quitting and can enjoy the benefits of being tobacco free for years to come. As soon as a person quits, his or her body begins to heal.²

- **2 weeks to 3 months after quitting:** risk of heart attack begins to drop, and lung function begins to improve.
- **1 to 9 months after quitting:** coughing and shortness of breath decrease.
- **1 year after quitting:** heart attack risk drops sharply.
- **2 to 5 years after quitting:** stroke risk is reduced to that of a non-smokers.
- **5 years after quitting:** risk of cancer of the mouth, throat, esophagus, and bladder is cut in half.
- **10 years after quitting:** risk of dying from lung cancer is about half of a smoker's, and risk of cancer of the kidney and pancreas decreases.
- **15 years after quitting:** risk of coronary heart disease is back to that of a non-smoker's.

If you or a loved one are looking to quit smoking (or all forms of tobacco), or if you want to promote the Great American Smokeout® to your business, community groups, or patients, **there are many free resources available to help someone quit!** GSAHEC offers free virtual and in-person group quit sessions, which

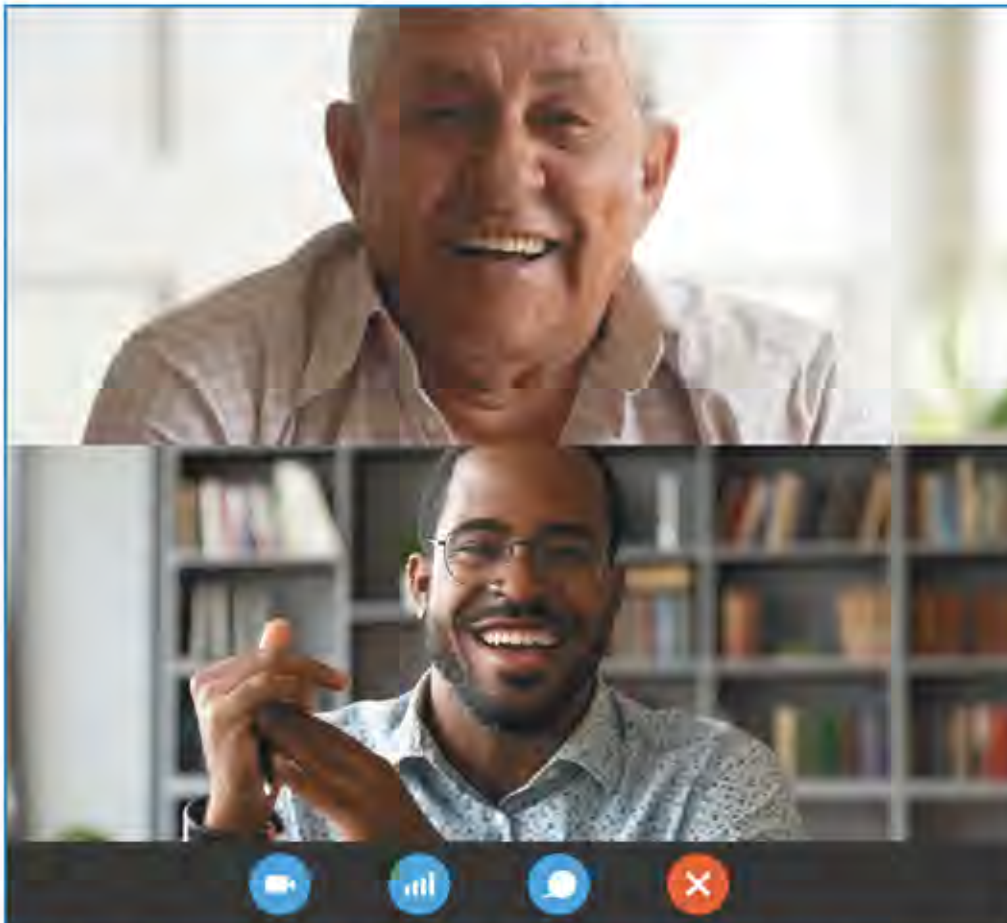


is part of the Florida Department of Health's Tobacco Free Florida program—that is available to help someone quit all forms of tobacco. These group quit sessions provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. **Free** nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with session attendance. Attendees will also receive a participant workbook, quit kit items, and follow up support from a trained tobacco treatment specialist.

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

References:

- ¹<https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>
²<https://tobaccofreeflorida.com/cost-of-smoking/tobacco-effects-quitting-benefits/>



Quit tobacco with virtual Group Quit.

*There's never been a more
important time to quit.*

Free, expert-led online sessions are now available for all Florida residents, regardless of insurance status. Upon class completion, participants are eligible to receive free nicotine replacement therapy such as gum, patches or lozenges.*

For more information on virtual
Group Quit classes, contact:

Gulfcoast South AHEC
866-534-7909

**if medically appropriate for those 18 years of age or older*

Learn more about all of Tobacco Free Florida's tools
and services at tobaccofreeflorida.com/quityourway.



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7 STRATEGIES TO AVOID KNEE REPLACEMENT SURGERY

By Physicians Rehabilitation

Knee pain can be a debilitating condition that significantly impacts your quality of life. For many, the prospect of knee replacement surgery is a last resort. However, the good news is that there are numerous strategies you can employ to avoid knee replacement surgery and maintain your mobility and independence. In this article, we will explore seven effective ways to keep your knees healthy and strong as you age.

1. Maintain a Healthy Weight

One of the primary risk factors for knee problems is excess weight. Carrying extra pounds puts additional stress on your knee joints, leading to wear and tear over time. By maintaining a healthy weight, you can reduce the strain on your knees and decrease your risk of developing knee issues. A balanced diet and regular exercise are key components of weight management.

2. Stay Physically Active

Regular physical activity is essential for knee health. Low-impact exercises such as swimming, cycling, and walking can help strengthen the muscles that support your knees. Strong muscles provide better stability to the joint, reducing the risk of injury or damage.

3. Strengthen Your Muscles

Strong muscles around the knee joint are crucial for preventing knee problems. Focus on exercises that target the quadriceps, hamstrings, and calf muscles. A physical therapist can help design a personalized strength training program to improve your knee stability.

4. Proper Footwear

Wearing appropriate footwear is often overlooked but plays a significant role in knee health. Ensure your shoes provide proper arch support and cushioning to reduce the impact on your knees. Consult with a podiatrist to find the right shoes for your specific needs.

5. Manage Knee Injuries Promptly

If you experience a knee injury, it's vital to address it promptly. Ignoring or downplaying knee injuries



can lead to long-term damage. Consult a healthcare professional, such as an orthopedic specialist, to receive appropriate treatment and rehabilitation.

6. Physical Therapy and Alternative Treatments

Physical therapy can be highly effective in managing knee pain and avoiding surgery. Therapists can teach you exercises to improve mobility and reduce discomfort. Additionally, alternative treatments like acupuncture, chiropractic care, and massage therapy can provide relief for some individuals.

7. Anti-Inflammatory Diet and Supplements

Inflammation in the knee joint is a common source of pain and discomfort. An anti-inflammatory diet rich in fruits, vegetables, and omega-3 fatty acids can help reduce inflammation. Additionally, supplements like glucosamine and chondroitin have been found to support joint health in some studies.

While knee replacement surgery is a viable option for those with severe knee issues, there are several proactive steps you can take to avoid or delay it. Maintaining a healthy weight, staying active, strengthening your muscles, wearing proper footwear, and addressing injuries promptly are all crucial aspects of knee care. Furthermore, exploring alternative treatments and embracing an anti-inflammatory lifestyle can significantly improve your knee health.

Remember that prevention and early intervention are key in preserving your knees and maintaining your mobility as you age. By following these strategies, you can increase your chances of avoiding knee replacement surgery and continue to enjoy an active and pain-free life.

Physicians Rehabilitation

We are a leading provider of nonsurgical orthopedic solutions in the Florida. We cater to patients of all ages and lifestyles who are at their wit's end with symptoms of osteoarthritis and other debilitating joint conditions. If you're ready to find meaningful relief from your knee pain, we encourage you to consult with our board-certified physicians about your nonsurgical treatment options – even if other doctors have told you that surgery is the only answer.



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Managing Arthritis Pain and Discomfort: WHY MITOCHONDRIAL HEALTH MATTERS

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

Osteoarthritis (OA) is the most common form of arthritis, a chronic disease of aging. Effective and safe long-term treatment for most OA patients is not available, creating a large unmet medical need. It is estimated that more than 150 million people globally suffer from OA. Many of the symptoms of OA are often overlooked or shrugged off as merely "getting old". The truth is that Osteo Arthritis of the knee affects roughly 12% of all people 60 years or older, and this is just the tip of the iceberg in both undiagnosed and diagnosed arthritic conditions. As the population ages, the number of people with arthritis is projected to grow substantially. The Center for Disease Control is estimating that by 2030, in the U.S. alone, more than 67 million people will have physician diagnosed arthritis. The majority of these people will have OA.

Osteoarthritis (OA) is a chronic degenerative joint disease that causes progressive pain, loss of function, and in many cases, variable levels of disability. It mainly affects individuals over 60. Notable symptoms of OA include the degradation of cartilage, formation of bone spurs and cysts, loss of joint fluid and local and systemic inflammation. The destruction of cartilage plays the most important role in the course of OA. Articular cartilage is comprised of chondrocytes and extracellular matrix. Preventing these chondrocytes from damage is a key factor to the integrity of articular cartilage. Studies have regarded inflammatory response to be the primary cause of chondrocytes injuries and there is growing evidence regarding the role of mitochondrial dysfunction in OA and rheumatoid arthritis (RA). Joint dysfunction and pain are the most common characteristics of all forms of arthritis. Mitochondria are both targets and sources of inflammation-associated injury in the synovial membrane, hence injury and death of synovocytes trigger the release of pro-inflammatory mediators and the activation of inflammatory cells.

While OA has been viewed as a disease of increased joint stress due to heavy load bearing (excessive weight and obesity), recent scientific progress is pointing towards chronic inflammation as the driving factor in OA disease progression. As many healthy, younger patients are developing OA years after acute sports-related injuries, it became evident that more than simple overweight issues contribute to disease pathobiology.

Current treatments for OA include anti-inflammatories such as corticosteroids; non-steroidal anti-inflammatories (NSAIDs) including Celebrex, ibuprofen (Motrin), and Naproxen (Aleve); pain relievers including acetaminophen (Tylenol) and opioids (Tramadol). While short-term partial relief is achieved with steroidal treatments, diminished long-term benefits and significant adverse events prevent long term dosing. Likewise, currently available NSAIDs offer anti-inflammatory action but have

unacceptable long-term adverse side effects including risks of bleeding, gastric ulcers, liver and kidney damage and cardiovascular events. Pain relievers such as acetaminophen have risks of liver toxicity and opioids, of course, are not suitable for long term administration. Ultimately, effective treatment of OA requires a safer, multi-faceted anti-inflammatory molecule able to affect a multitude of OA-related mechanisms with minimal or no adverse effects when used over long time periods. Astaxanthin (ASTX) is that molecule.

ASTX localizes into the mitochondria significantly decreasing oxidative stress while stabilizing the mitochondrial membranes. This stabilizing effect on the mitochondrial membranes has been shown using electron microscopy. (Dr. Mason Preston of Harvard University discovered this). This leads to decreased pro-apoptotic (cell death) mediators and increased anti-apoptotic (cell death) Stabilization of mitochondria and inhibition of these pathways will prolong cell life and contribute to joint matrix maintenance. Likewise, ASTX has been shown to upregulate PGC-1 α , a master regulator of mitochondrial biogenesis, as well as critical metabolic regulators such as CPT-1. All this scientific evidence, in both humans and animal models, highlight the capacity of ASTX to affect important mechanisms critical to osteoarthritis in humans (oxidative stress, inflammation) and underscores the enormous ability of ASTX to slow disease progression and improve symptoms of arthritis.

Vetirus Pharmaceuticals has developed a Natural Biologic compound to bring the benefits of all of this in one easy to use single dose formula named MitoPak™. In summary, it has the below properties:

- 1. Potent Antioxidant Properties:** Mitopak is a powerful antioxidant, which helps protect joints from oxidative stress and inflammation that can lead to joint pain and degradation.
- 2. Anti-inflammatory Effects:** Mitopak has demonstrated anti-inflammatory properties, which can help reduce joint pain and improve overall joint health by decreasing the production of inflammatory mediators.
- 3. Cartilage Protection:** Mitopak has been shown to protect cartilage from degradation by inhibiting the activity of enzymes responsible for breaking down cartilage, such as matrix metalloproteinases (MMPs).
- 4. Reduction of Joint Pain Symptoms:** Studies have reported that Mitopak supplementation can help reduce joint pain symptoms, such as stiffness and discomfort, in people suffering from conditions like osteoarthritis and rheumatoid arthritis.

5. Improved Joint Mobility: Mitopak can improve joint mobility by reducing inflammation and promoting the health of joint tissues, making it easier for individuals to move and maintain an active lifestyle.

6. Enhanced Synovial Fluid Production: Mitopak has been found to enhance the production of synovial fluid, which lubricates and nourishes the joints, promoting overall joint health.

7. Supports Collagen Synthesis: Mitopak can support collagen synthesis, which is crucial for maintaining the integrity of joint structures such as tendons, ligaments, and cartilage.

8. Slows Age-Related Joint Degeneration: Mitopak's antioxidant and anti-inflammatory properties can slow down the age-related degeneration of joints, helping to maintain joint health and function in older individuals.

9. Complementary to Conventional Treatments: Mitopak can be used as a complementary treatment to conventional therapies for joint pain and inflammation, such as nonsteroidal anti-inflammatory drugs (NSAIDs) or corticosteroids, potentially enhancing their effectiveness or reducing side effects.

10. Sports Performance and Recovery: Athletes and active individuals can benefit from Mitopak supplementation, as it may help to reduce exercise-induced joint pain and reduces inflammation, and speeds up muscle recovery while supporting muscle strength, and improve overall sports performance.

All inflammation starts in your mitochondria. MitoPak™ stops the inflammation where it starts. Over 1200 scientific studies have concluded the safety of the active ingredients and they have a long history of use in both Humans and animals. MitoPak™ fights inflammation without harmful side effects found in NSAIDs. It supercharges your mitochondrial energy production, and its unique proprietary formula contains the most powerful known antioxidant allowing your body to function at peak performance,

MitoPAK™ is nature's most potent anti-inflammatory and is:

- 110x stronger than Vitamin E
- 800x stronger than CoQ10
- 6000x stronger than Vitamin C

and has grown in popularity as more medical evidence supports its benefits. Regardless of your age, MitoPak™ positively influences mitochondrial function and preserves membrane structure while scavenging radicals. It is a natural therapeutic that reduces inflammation and speeds up muscle recovery without compromising muscle strength.

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.

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Exploring the Artistry of Aesthetics: Botox and Dermal Fillers

By Christine King, PA-C

In today's world, the pursuit of beauty has become an art form in itself. With the advancement of medical aesthetics, treatments like Botox and dermal fillers have taken center stage, allowing individuals to sculpt their appearance like never before. These non-surgical procedures are not just about vanity; they represent a unique blend of science and artistry, redefining beauty standards and empowering individuals to feel confident in their skin.

The Aesthetics of Expression

Botox and dermal fillers are not merely tools to combat the signs of aging. They offer a canvas upon which skilled practitioners can paint. The art of administering these treatments lies in understanding the intricacies of facial anatomy, as every face is unique. Practitioners assess the nuances of each client's expressions and features, creating a personalized plan that enhances natural beauty rather than masking it.

The Magic of Botox

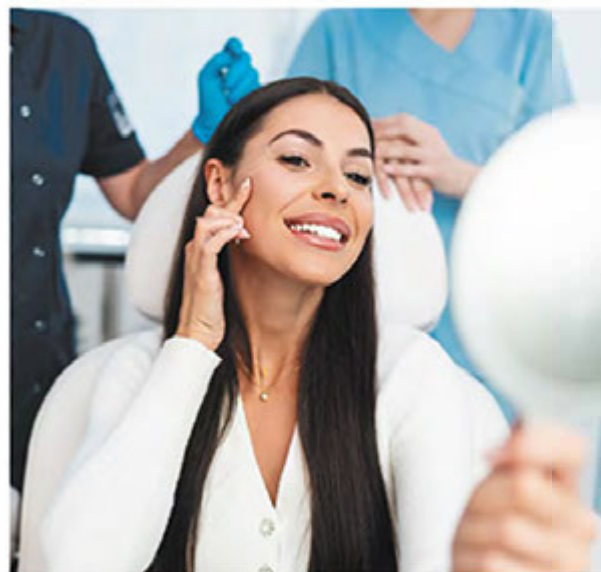
Botox, often referred to as the "miracle toxin," is a neurotoxin derived from *Clostridium botulinum*. It temporarily relaxes facial muscles, softening lines and wrinkles. This technique is akin to a sculptor strategically chiseling away at a block of marble to reveal a masterpiece. Expert injectors carefully target specific muscles, preserving a client's natural expressiveness while eliminating unwanted furrows or crow's feet.

The Sculpting Artistry of Dermal Fillers

Dermal fillers, on the other hand, act as the sculptor's clay, adding volume, contour, and symmetry to the face. These fillers can be composed of various materials, such as hyaluronic acid or calcium hydroxylapatite, each offering a unique texture and malleability. Injectors utilize their artistic sensibilities to strategically place these fillers, enhancing cheekbones, plumping lips, and restoring youthful fullness.

Understanding the Balance

The artistry of Botox and dermal fillers lies in achieving balance and harmony. Overzealous treatment can lead to an unnatural, 'frozen' appearance, which is far from the ideal outcome. Practitioners



skilled in aesthetics understand that less can often be more. They focus on the concept of facial proportion, ensuring that every enhancement complements the client's unique features, resulting in a look that's both youthful and natural.

Preserving Individuality

A skilled injector understands the importance of preserving individuality. While the media may promote certain beauty ideals, true artistry in aesthetics celebrates diversity. Botox and dermal fillers should enhance what's already there, not create a cookie-cutter image. The goal is to empower clients to look and feel like the best version of themselves, rather than someone else entirely.

The Psychological Impact

The artistry of aesthetics isn't just about external transformations; it also has a profound psychological impact. When individuals feel good about their appearance, it boosts their self-esteem and confidence. This newfound confidence can be transformative, influencing various aspects of their lives.

The Intersection of Art and Science

Botox and dermal fillers represent the intersection of art and science in the field of aesthetics. Skilled practitioners seamlessly blend medical knowledge, precise technique, and a discerning artistic eye. This fusion has given rise to a new breed of healthcare professionals who are not just practitioners but artists, shaping the way we perceive beauty.

The Evolution of Aesthetics

The field of aesthetics has come a long way from its early days when surgical procedures were the norm. Botox and dermal fillers have revolutionized the industry, making it more accessible and less intimidating. Clients are no longer required to go under the knife for subtle enhancements, thanks to these noninvasive options.

Empowering Self-Expression

Aesthetics is about more than just vanity; it's about self-expression. Individuals have the freedom to define and redefine their beauty on their terms. Botox and dermal fillers, in the hands of skilled practitioners, offer the power of transformation without compromising authenticity.

The artistry of Botox and dermal fillers is a testament to the evolution of aesthetics. It's a field where science and creativity converge, enabling individuals to become the authors of their own beauty narratives. This art form goes beyond skin-deep changes; it fosters self-confidence, empowerment, and the celebration of individuality. As the world of aesthetics continues to evolve, so too does our understanding of beauty and self-expression.

For more information on this and other aesthetic treatments, contact the office of John Devine 941-457-7700 to set up a free consultation with Dr. John Devine or our new physician's assistant *Christine King, PA-C*.



Devine Aesthetics

941-457-7700

www.johndevinemd.com

375 Commercial Court, Ste. E

Venice, FL 34292

All-In-One Dental Visit with CEREC

By Dr. Joseph Farag

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

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

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

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



Here's how it works.

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

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

The perfect-fit restoration is completed and placed in your mouth with the whole process only taking around an hour!

CEREC fillings are natural looking, smooth, white and hard-wearing, just like the enamel surface of the rest of our teeth. The ceramic material is biocompatible and is not effected by hot or cold.

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



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



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Movember is Prostate Cancer Awareness Month

Early Detection of Prostate Cancer Saves Lives

Prostate cancer is a fairly serious blip on the male health radar as the second leading cause of cancer death in American men. Chances are you know someone who has battled prostate cancer because statistically speaking; one in seven men will be diagnosed with prostate cancer during his lifetime. The average age of diagnosis is 65, in fact 60% of those diagnosed are 65 and older.

Prostate cancer – and other prostate issues – can cause considerable discomfort, pain and even death, if they are left undiagnosed and untreated. No man looks forward to the annual prostate exam; but if you're smart, you'll bite the bullet and go anyway because early detection can save your life.

Regular screenings cannot only save you a lot of pain and discomfort – they may just save your life.

What is the prostate – and why does it need to be examined?

The prostate gland is a doughnut-shaped organ that is part of the male reproductive system. A healthy prostate in a younger man is only about the size of a walnut. The prostate sits just under the bladder and is wrapped around the beginning of the urethra. It is surrounded by nerves that control erections and its primary function is to produce a liquid that enriches and protects sperm.

Unfortunately, as men get older this little organ tends to act up. At times, some of the symptoms are simply a sign of aging; however, in many cases prostate trouble is an indication of a more serious problem. Prostate cancer is a primary concern, but other prostate disorders can be just as uncomfortable and a serious concern for male health.

So if you are experiencing symptoms like difficulty or discomfort while urinating, reduced ability to get an erection, blood in your urine or semen, or painful ejaculation, it's important to have your prostate checked out. Even if you aren't experiencing any symptoms, it's still wise to be screened from time to time, as you can pre-empt and prevent problems before they crop up.

Regular screenings ensure that problems are caught quickly. Catching a prostate problem right at the start, means that it can be treated and cleared up with far less difficulty.



So men, don't wait around till you run into trouble. A little momentary discomfort is a worthwhile trade for a long, happy, healthy life surrounded by your family and friends. Do yourself a favor and get your prostate checked out.

If there is concern as a result from the routine annual prostate exam, diagnostic imaging will be ordered. There are different imaging screenings available, the 3T wide bore MRI provides that best image quality in a non-invasive way.

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What is a 3T MRI?

The term "3T" stands for "3 Tesla." Tesla is the name given to a measurement unit that expresses the strength of the electromagnetic energy field that MRI devices use for generating images. Standard MRI scanners operate in the range of about 1.5 Tesla. This means that our 3T MRI operates at approximately twice the electromagnetic energy level of a standard MRI.

Benefits of 3T MRI

Our wide bore 3T MRI scanner combines the superb diagnostic image quality gained through a stronger electromagnetic field with the exceptional patient comfort of a wide-bore configuration—70 cm in diameter, a full 10 cm larger than standard MRI scanners. The scanner is also shorter in length than conventional MRI scanners. These factors make this scanner less confining to patients, reducing symptoms of claustrophobia. Additionally, large patients who have trouble fitting into conventional scanners can have their scans done in this machine, which can accommodate patients weighing up to 500 lbs.

The stronger magnetic field allows the machine to detect stronger signals from the patient during the imaging. This increased signal strength can be used to generate more detailed pictures or reduce the total imaging time. Often the imaging protocols are designed to generate better pictures while still saving time compared to other types of MRI scanners, giving patients the benefit of a shorter exam without sacrificing diagnostic quality.



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Unraveling the Intricate Connection Between Hearing Loss and Diabetes

By Dr. Noël Crosby, Au.D.

Hearing loss is a growing health concern that affects millions of people worldwide. Simultaneously, diabetes, a metabolic disorder, has reached epidemic proportions. What many may not realize is that these seemingly unrelated conditions share a significant link. In this article, we explore the intricate connection between hearing loss and diabetes.

The Prevalence of Diabetes and Hearing Loss

Diabetes, particularly Type 2 diabetes, has become alarmingly common. It is characterized by the body's inability to regulate blood sugar levels effectively. In recent years, research has illuminated a strong correlation between diabetes and hearing loss. Studies show that individuals with diabetes are more likely to experience hearing impairment compared to those without the condition.

The Role of Blood Sugar Control

One key factor in the relationship between diabetes and hearing loss is blood sugar control. High blood sugar levels can cause damage to blood vessels and nerves throughout the body, including those in the inner ear. The inner ear is responsible for translating sound vibrations into electrical signals that the brain can interpret. Damage to this delicate system can lead to hearing loss.

Inflammation and Oxidative Stress

Diabetes often triggers inflammation and oxidative stress throughout the body. These factors can have



a detrimental effect on the auditory system. Chronic inflammation and oxidative stress can damage the hair cells in the inner ear, which are vital for transmitting sound signals to the brain. As these cells deteriorate, hearing loss can occur.

Neuropathy and Hearing Loss

Diabetic neuropathy, a common complication of diabetes, can also contribute to hearing loss. This condition affects the nerves throughout the body, including those responsible for transmitting auditory information to the brain. When these nerves are damaged, it can lead to difficulty in hearing and understanding sounds.

Medications and Hearing Loss

Some medications used to manage diabetes may have side effects that affect hearing. While these cases are rare, it's essential to be aware of the potential risks. Individuals with diabetes should discuss their medication options with their healthcare providers, especially if they notice changes in their hearing.

Preventive Measures

Understanding the link between diabetes and hearing loss emphasizes the importance of diabetes management. Proper blood sugar control through diet, exercise, and medication can reduce the risk of hearing impairment. Regular hearing screenings are also advisable for individuals with diabetes to detect any issues early.

The connection between diabetes and hearing loss is a complex web of factors, including blood sugar control, inflammation, neuropathy, and medication side effects. Recognizing this link is crucial for individuals living with diabetes, as it highlights the importance of managing the condition effectively. Through proper diabetes management and regular hearing screenings, the risk of hearing loss can be minimized. Diabetes may impact various aspects of health, but with awareness and proactive care, its impact on hearing can be mitigated, ensuring a better quality of life for those affected.

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Revitalize Your Confidence and Wellness with Viora V-VR Radio Frequency:

A Solution for Urinary Incontinence and Vaginal Rejuvenation

Are you one of the countless individuals who struggle with urinary incontinence and are seeking to rejuvenate your pelvic health? Look no further than the revolutionary Viora V-VR Radio Frequency treatment. In this comprehensive article, we'll delve into how Viora V-VR is changing the landscape of pelvic floor tightening, addressing issues like urinary incontinence and offering a path to vaginal rejuvenation.

Understanding the Pelvic Floor

The pelvic floor, often referred to as the body's "suspension bridge," is a critical system of muscles, ligaments, and connective tissues that supports various organs, including the bladder and uterus. When this network becomes weakened or compromised, it can lead to a range of issues, including urinary incontinence and a decrease in vaginal tightness.

The Challenge of Urinary Incontinence

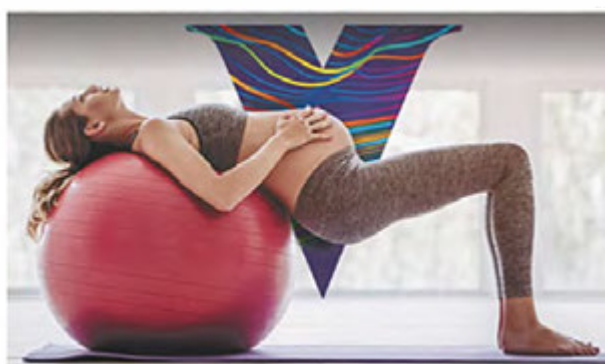
Urinary incontinence, a condition that affects millions of people worldwide, can be embarrassing and disruptive to daily life. Common causes include childbirth, aging, and hormonal changes. The good news is that modern medicine offers solutions beyond pads and lifestyle adjustments.

The Viora V-VR Advantage

Viora V-VR Radio Frequency is a state-of-the-art, non-invasive treatment designed to rejuvenate the pelvic floor. This innovative technology stimulates collagen production, tightens the tissues, and enhances overall pelvic health. Unlike traditional surgical procedures, V-VR offers a safer and more comfortable alternative.

How Viora V-VR Works

V-VR harnesses the power of radio frequency (RF) energy to target the deeper layers of the skin and underlying tissue. The RF energy gently heats the collagen-rich layers, stimulating collagen production and promoting tissue remodeling. This results in increased muscle tone and improved elasticity in the pelvic area.



V I O R *life*

Benefits of V-VR Treatment

- 1. Urinary Incontinence Improvement:** V-VR can significantly reduce or even eliminate urinary incontinence symptoms, allowing individuals to regain control of their bladder function.
- 2. Vaginal Rejuvenation:** Beyond addressing incontinence, V-VR also helps enhance vaginal tightness and sexual satisfaction, restoring self-confidence and comfort.
- 3. Non-Invasive and Painless:** V-VR is a non-surgical and virtually painless procedure with minimal downtime, making it a convenient choice for individuals with busy lifestyles.
- 4. Safe and Effective:** Backed by clinical research, V-VR offers a safe and effective solution for pelvic floor issues.

The Role of Yoga in Pelvic Health

To complement the benefits of Viora V-VR, we also offer yoga as an integral part of our holistic approach to pelvic health. Yoga is renowned for its ability to strengthen the pelvic floor, improve flexibility, and enhance overall well-being. Regular practice of specific yoga poses can help individuals manage urinary incontinence and maintain optimal pelvic health.

Viora V-VR Radio Frequency treatment is a game-changer for individuals looking to address urinary incontinence and achieve vaginal rejuvenation. With its non-invasive approach, safety, and proven effectiveness, V-VR offers a new lease on life for those struggling with pelvic floor issues. Additionally, our commitment to holistic wellness includes yoga, providing an all-encompassing solution to help you regain confidence and well-being.

Say goodbye to the discomfort of urinary incontinence and hello to a more vibrant and confident you with Viora V-VR.

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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CRYOSKIN REVOLUTION FACIAL

In the ever-changing world of aesthetic treatments, CryoSkin Revolution facials are a sought-after service for people who want to enhance their appearance with zero downtime without resorting to surgery. In this article, we will explore what a CryoSkin Revolution Facial is, what to expect during a treatment session, and why it has become so popular.

The Skin's Aging Process

As we age, the skin's metabolism slows down. Cells absorb fewer nutrients, and the collagen and elastin fibers begin to break down, causing the dermis to lose elasticity and the appearance of fine lines and wrinkles on the surface of the skin, called the epidermis. Additional environmental factors such as sun damage and pollution generally accelerate this process. Lifestyle habits such as diet, water intake, exercise, and sleep patterns also influence the aging process, causing the skin to lose its once vibrant and youthful appearance.



What is a CryoFacial by CryoSkin Revolution?

The CryoSkin Revolution machine is a cutting-edge technology that utilizes the power of cold temperatures to improve the quality of the

skin in a non-invasive manner on both the body and face. It is based on scientific evidence showing that reducing the skin's temperature is effective for stimulating a regenerative process. The CryoFacial is a safe, non-invasive, anti-aging solution targeting the face and neck. It is particularly effective for tightening

sagging or loose skin in that area, as well as stimulating a deeper biological response that increases the body's production of collagen and elastin for several days after each treatment session to reverse aging. Consequently, these results can also help to redefine the natural shape of the face which may have been lost due to the aging process and regenerates the appearance of the skin, smoothing fine lines and contributing to a more youthful, glowing appearance.

What Happens During a CryoFacial Session?

Our CryoSkin Specialist will gently cleanse the skin of the face and neck, then apply a layer of conduction gel on the area. The CryoSkin Revolution hand-piece is then passed over the neck and face from bottom to top in upsweeping motions for 10 minutes on each side of the face and neck. With each stroke, our certified CryoSkin specialist will apply a light massage stroke to the skin. The temperature of the machine will cool the skin to between 5-6 degrees Fahrenheit. The skin will feel cool and most clients find it to be a revitalizing, comfortable procedure. After each side is cooled, the CryoSkin specialist will gently provide a warming massage. The gel will be cleaned off and a customized serum will be applied to nourish the skin before a mineral-based sunscreen is applied to protect the skin. The entire session is comfortable



and takes less than an hour. It is recommended to do one session per week for optimal results, over a 5-week period, but many clients choose to try a single session to experience a "glow-up" for special occasions. Our clients leave with their skin hydrated and refreshed!

Popular Reasons to Choose the CryoSkin Facial

1. The treatment stimulates the production of collagen and elastin for a rejuvenating effect.
2. The skin is tightened and refreshed.
3. It is a safe procedure that is virtually painless.
4. It requires no downtime whatsoever.
5. It promotes the body's natural processes and results are gradual and look totally natural.
6. There are minimal to no side effects - some people may experience temporary minor itching or a pinkness for those with lighter skin tones, which our clients actually find desirable.

ABOUT US

Here at Cryotherapy of Charlotte County, we strive to bring a variety of innovative state-of-the-art therapy options to our local community. Whether you are looking to rejuvenate your appearance, recover from an injury, or increase your overall health and wellness, we have the latest technology to fit your needs.



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ADOPTED CHILDREN AND RIGHT TO HEIRSHIP

By James W. Mallonee

Do children born out of wedlock who are not adopted have standing to a decedent's estate? The answer is possibly, provided that an individual follow certain rules and procedures to prove such person has standing before requesting the courts for relief.

The primary statute that Florida law relies in these situations is Section 732.108, Fla. Stat. The statute provides a mechanism of defining what rights an adopted person has with regard to being considered kindred of the adopting parent(s). To receive recognition of being kindred, the adopting parent must acknowledge such adoption through the courts or by the person claiming paternity in writing including signing.

In the case of *White v. Marks*, a female (Ms. Marks) claimed to be the illegitimate daughter of Mr. Marks. Her basis for being such person was from a birth certificate and notation in his Will that nothing should be devised to her and some writings in his pocket planner regarding Miss Marks. Although Miss Marks birth certificate indicated that Mr. Marks was the father, the fact was he agreed to allow his name to be placed on the certificate because of the social stigma associated with being an illegitimate child.

When Mr. Marks died, Miss Marks attempted to show that she had standing to declare his Will (not



naming her as a beneficiary) was obtained by undue influence. The trial court granted judgment in favor of Miss Marks right to standing and the case was appealed to the 5th circuit court of appeals.

The 5th Circuit Court of Appeals reversed the findings by finding that the birth certificate was not signed by Mr. Marks. Florida statute 732.108 Fla Stat. requires acknowledgement in writing. The assumption here is that in writing includes being signed by the person claiming to be father. Although the birth certificate would seem to be an acknowledgment of such relationship, the statute requires it to be signed. In this case the birth certificate was not signed by Mr. Marks.

The other problem was that no court proceeding naming Miss Marks as the daughter of Mr. Marks ever occurred. Lastly, for Miss Marks to have

standing she had to make a declaration of her relationship to Mr. Marks within 4 years after becoming 18 years of age or she would be time barred from claiming to be his daughter. None of the above things occurred.

What is the take-away to be learned from this ruling? If you believe you are a child of a particular person, check your birth certificate and see if it is signed by the individual claiming to be the natural parent. If that does not exist, check to see if there was any court proceeding where the court declared you to be the kindred of a particular person. If that also fails, look to see if there is any writing of any kind by the alleged parent concerning an admission of kindred (signed) by the parent. Lastly, if all else fails, get a blood or DNA test. If any one of these actions is positive, make certain you make the claim within 4 years of turning 18 years of age. Failure to do so may cause you to lose your right to a person's estate.

If you believe you may be a descendant of an individual, seek out an attorney of your choice and ask for help in determining if you have a right to a person's estate. Do not wait until the alleged parent passes before taking action otherwise it may be too late.

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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What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living

longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.



McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.

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