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December 2023

Charlotte/South Sarasota Edition - Monthly

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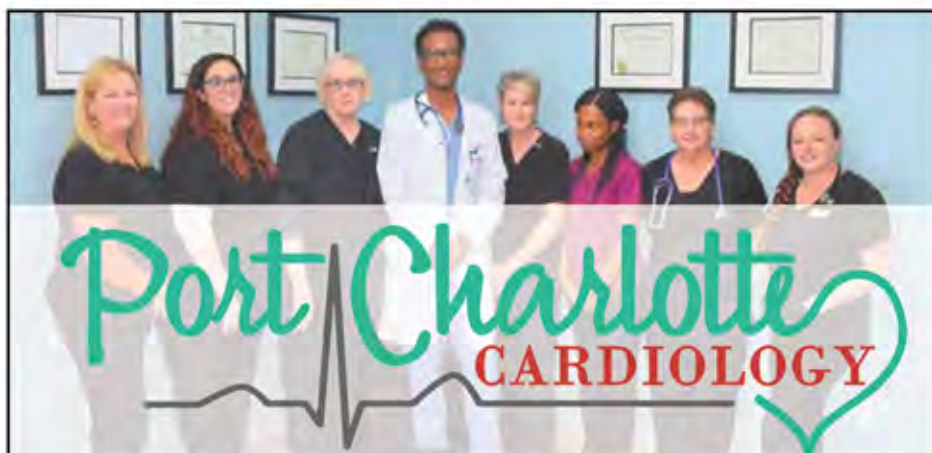
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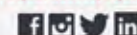
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TIS' THE SEASON TO SHINE

Ready or not – the holiday season is here and the countdown to Christmas is on. It's time to surprise and delight your friends and family with bath and body care gifts that will make them look and feel their best. Here's how:

Inner Calm & Peace:

A gift of self care is an excellent way to promote mindfulness and wellness. Self care gifts encourage loved ones to escape the hustle and bustle to enjoy a soothing moment to themselves. Simple ideas include bubbly bath bomb sets, aromatic essential oils with a diffuser, or soothing face masks.

Every Day Luxury:

High-quality skin care can promote the feeling of every day luxury without the high-ticket price. Gifting something as simple as a handmade soap, creamy body lotion or foaming body wash, can provide that feeling of indulgence and joy.

A Complete Set:

You can't go wrong with a carefully curated skin care set. These sets are often filled with complementary products so that the recipient can enjoy a simple self care routine from start to finish. Examples include a face wash, face mask, face toner and face moisturizer. Skin care sets feature mini indulgences that will be enjoyed well beyond the holidays.



Stocking Stuffers:

Fill your stockings with something they'll actually use. From hair clips to massagers to lip balms and butters, it's easy to affordably stuff your stockings with simple items that your friends and family will enjoy.

Hostess Gifts:

Humorous holiday tea towels, Santa-themed wine stoppers and colorful Christmas soaps, are always a hit with the holiday hostess.

Earth-Friendly Gifts:

From eco-friendly, super concentrated shampoo and conditioner bars, to plastic-free bar soaps, to laundry detergent sheets, go for gift ideas with high usage and minimal waste.

This holiday, it's time to glow with your gifting. Your thoughtful gifting will not only help your friends and family look their best but also remind them to indulge in a little self care this festive season.



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



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Silent Threats:

Understanding and Managing Aortic Aneurysms

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

Aortic aneurysms, a potentially life-threatening condition, silently jeopardize the health of thousands worldwide. This article delves into the intricacies of aortic aneurysms, exploring their origins, risk factors, symptoms, diagnostic methods, and the array of treatment options available. By unraveling the complexities of this condition, we aim to empower readers with knowledge that could potentially save lives.

Understanding Aortic Aneurysms

At its core, an aortic aneurysm is a ballooning or enlargement of the aorta, the main artery that carries oxygenated blood from the heart to the rest of the body. Often, these aneurysms develop slowly over time, going unnoticed until they reach a critical stage. The dilation weakens the walls of the aorta, and if left untreated, it can lead to severe complications, such as aortic rupture.

Risk Factors

Aortic aneurysms are not discriminatory; they can affect anyone. However, certain factors increase the likelihood of their occurrence. Genetics play a significant role, as a family history of aortic aneurysms can elevate an individual's risk. Smoking, high blood pressure, and age are also key contributors. Men over the age of 60, especially those with a history of smoking and hypertension, face a higher risk.

The Silent Threat

One of the most insidious aspects of aortic aneurysms is their ability to progress without displaying any symptoms. This silent progression often leads to a lack of awareness until a critical event occurs. As the aneurysm enlarges, it may exert pressure on surrounding tissues or organs, causing discomfort or pain. However, these symptoms are not specific to aortic aneurysms, making them easily misattributed or overlooked.

Diagnosis

Early detection is crucial for managing aortic aneurysms effectively. Advanced imaging techniques, including ultrasound, CT scans, and MRIs, enable healthcare professionals to visualize the structure and dimensions of the aorta. Routine screenings



are essential, especially for individuals with a family history of aortic aneurysms or those with known risk factors. Timely diagnosis can significantly improve outcomes.

Symptoms and Warning Signs

While aortic aneurysms often remain asymptomatic, certain signs may indicate their presence. Sudden, intense pain in the chest, abdomen, or back can be a red flag. Individuals experiencing such pain, especially those at higher risk, should seek immediate medical attention. Other symptoms may include shortness of breath, dizziness, and a pulsating sensation in the abdomen.

Treatment Options

The approach to treating aortic aneurysms depends on various factors, including the size of the aneurysm, its location, and the overall health of the patient. Smaller aneurysms may be monitored regularly, with lifestyle modifications and medication to manage risk factors. Surgical intervention becomes necessary for larger aneurysms, with two primary methods: open surgery and endovascular repair.

Open surgery involves replacing the weakened portion of the aorta with a graft, requiring a more extended recovery period. In contrast, endovascular repair is a less invasive procedure involving the placement of a stent-graft through small incisions. This method often results in a shorter recovery time and reduced postoperative risks.

Preventive Measures

Preventing aortic aneurysms involves addressing modifiable risk factors. Smoking cessation, maintaining a healthy blood pressure, and adopting a heart-healthy lifestyle can significantly reduce the likelihood of aneurysm development. Regular check-ups, especially for those with a family history or identified risk factors, aid in early detection and intervention.

Aortic aneurysms, though often symptomless, pose a substantial threat to cardiovascular health. By understanding the risk factors, recognizing potential symptoms, and embracing preventive measures, individuals can take control of their heart health. This comprehensive exploration serves as a guide, offering insights into the complexities of aortic aneurysms and emphasizing the importance of awareness, early detection, and proactive health management.



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

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

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DIABETIC FOOT INFECTIONS AND PREVENTING AMPUTATION

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

The prevalence of diabetes in the United States continues rising at an alarming rate. According to the CDC an estimated 30.3 million people have been diagnosed with diabetes with another 7.2 million adults undiagnosed in the United States. By 2030, the CDC expects there to be over half a billion diabetics in the U.S.* An increase in diabetic rates, unfortunately, leads to a rise in lower extremity amputations. The good news, the majority of lower extremity amputations are preventable if patients take the appropriate care.

The first step: diagnosis of diabetes. Once diagnosed with diabetes, routine follow up with your PCP is imperative to get your blood sugar under control. Next, find a podiatrist for routine care who can also educate you on preventative measures. Regular foot screenings can be lifesaving and limb saving for the diabetic population. Your Podiatrist will also screen for other risk factors that can contribute to the development of diabetic foot infections and/or amputations. If the proper health and lifestyles changes are made, many of the potential health risks are preventable or controllable. Some common risk factors include high blood sugars, high blood pressure, smoking, callouses/corns, foot deformity, poor blood flow, history of ulcers or previous amputations, vision loss, kidney disease and neuropathy. Working together with you, your PCP and other medical professionals, can significantly reduce your risk of amputation.

Ulcers are a primary cause of developing complicated foot infections, hospitalization, or amputation. Many ulcers start as a simple callous. As a diabetic with some degree of neuropathy, you may not feel a callous progressing into an open wound, missing the early signs of an infection. Without prompt treatment, this unnoticed wound or infection could quickly extend to the bone level or progress to a limb threatening infection that will likely require hospitalization and with the risk of amputation. This is why routine foot screenings are so important for the diabetic population.

In addition to routine foot screenings, self-inspection should be performed daily. Check your feet daily for blisters, cuts, sores, redness, swelling or any other abnormal changes. Make sure to also look between your toes. Many podiatrists recommend the use of white socks to their patients.



White socks make it easier to notice blood or drainage coming from the foot. Patients should wear socks that pull moisture away from the skin like cotton or special acrylic fibers, avoiding nylon. Avoid socks with seams that irritate your skin. If you can't reach your feet, ask someone for assistance or try using a foot mirror. Do not try to remove calluses or other foot lesion yourself and avoid walking barefoot. Other suggested recommendations include: avoiding worn down shoes, shoes that are too small or too narrow for your foot, and quit smoking. If you notice any abnormalities, contact your podiatrist or medical provider right away.

Together, we can change lives by saving limbs.

*<https://www.cdc.gov/diabetes/data/statistics-report/index.html>

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition.

Isin Mustafa, DPM, MSHS, DABPM, FACPM

Isin Mustafa, DPM, is a Podiatrist at Family Foot & Leg Centers in Port Charlotte, FL. She is a Fellow of the American College of Foot & Ankle Surgeons. Call 239-430-3668 or visit www.NaplesPodiatrist.com to make an appointment. Visit FootHealthFacts.org to learn more about foot and ankle conditions.



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Staying Smokefree During the Holidays

While the holidays are an exciting time of the year, they can also be stressful. With get-togethers to attend, food items to bake, gifts to shop for, and parties to host, the holidays can be quite overwhelming, especially for someone who has recently quit or is working to quit smoking.

If you have committed to smokefree living, managing that extra holiday stress can be a challenge; however, these helpful tips will help you manage the stress and remain smokefree:

- 1. Get enough sleep.** When we are tired or run-down, cravings feel stronger while we feel less able to manage them. Be sure to get plenty of sleep at night or, if possible, carve out some time during the day for power nap.¹
- 2. Replace caffeine with more water.** Many times, when we are feeling tired, we run to another cup of coffee for a quick energy boost. While this may help you to stay awake, too much caffeine can make you feel jittery and more stressed. Instead of reaching for another cup of coffee, grab a glass of water! Drinking water is great for lessening cravings and staying well-hydrated will make you feel better in general which will, in turn, help you manage the holiday stress more easily.¹
- 3. Go for a walk.** Walking not only reduces stress, but it also improves circulation and releases endorphins, the “feel good” hormones. Take a quick walk whenever you feel stressed; instead of caving in to the urge to smoke, you’ll come back feeling energized, refreshed, and relaxed.¹

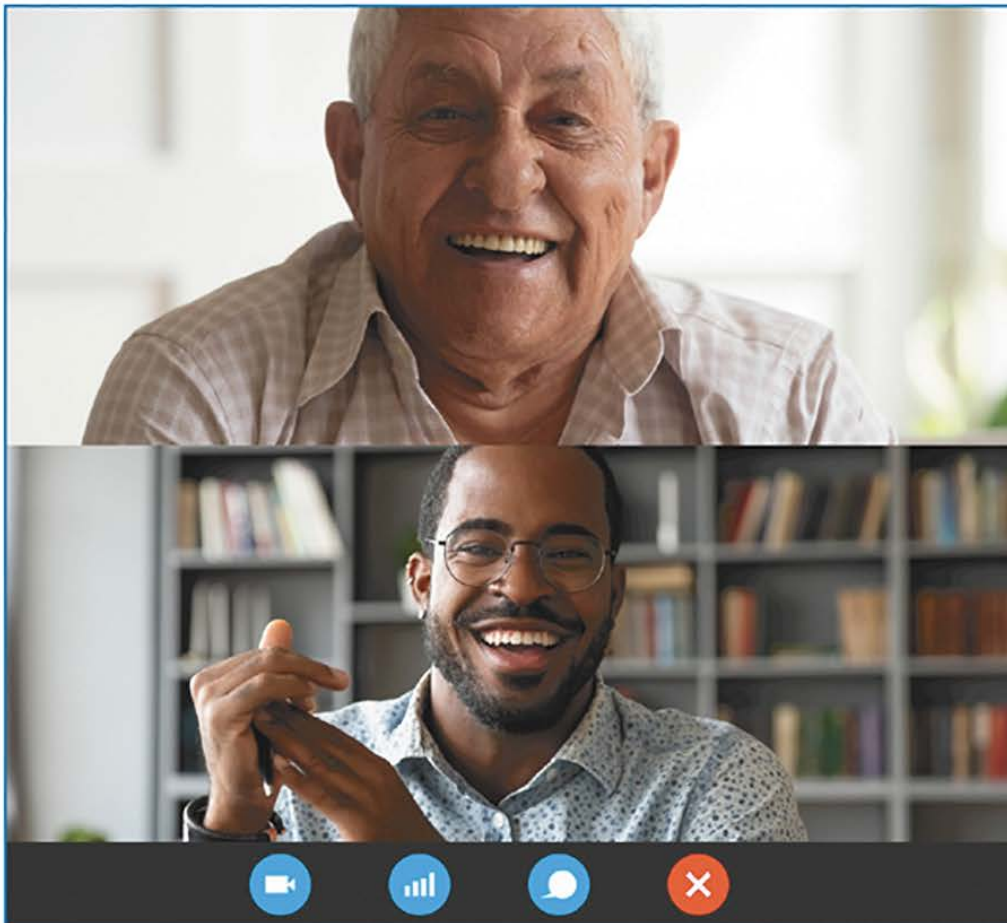
References:
1. <https://www.verywellmind.com/smoke-free-holidaytips-2824909>

4. Breathe deeply. Deep breathing is a quick way to reduce stress and release tension in your body.¹ Take a few moments to slowly inhale through your nose, then exhale through your mouth. You will start to feel the stress melt away after repeating this process just a few times.



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

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Complications of Vein Disease

By Dr. Lackey

Millions of people have varicose vein problems, yet only one half of 1 percent seek treatment. Vein disease goes undiagnosed and therefore undertreated. Patients tell us that their physicians have reassured them that the leg symptoms they experience are a part of aging and that it is “nothing to worry about.” Ignoring daily leg swelling, pain, cramping, leg heaviness, fatigue, itching, and discoloration can lead to permanent changes. Vein disease is progressive, meaning it will worsen at a rate of 4 percent every year. This article will discuss the other complications that can lead to serious problems including bleeding, swelling, phlebitis, cellulitis, blood clots, and skin ulcers.

Skin Changes

Chronic venous insufficiency (CVI) can cause skin changes resulting in discoloration of the lower legs, which is known as hyperpigmentation. It appears as a darkening of the skin often with a rusty-orange color. Stasis dermatitis is inflammation of the skin caused by damage to vein close to the skin's surface. This can appear as a red, violet, or brown rash between the ankle and the knee. Stasis dermatitis is a precursor for the development of cellulitis. Cellulitis is an infection of the skin caused by bacteria. Bacteria normally are present on the skin, but when injured, the bacteria can spread and grow beneath the surface which is made much worse by poor blood flow in the legs or feet. Cellulitis is treated with antibiotics.

Phlebitis

Thrombophlebitis, a blood clot in a superficial vein, is a common complication of varicose veins. This occurs because the dilated vein makes it easier to injure but can often occur without trauma. It presents as a hot, tender, thickened area along the length of the vein. It is very painful and associated with fever and fatigue. If phlebitis extends

Stages of Vein Disease



far enough up the leg it can cause a clot in the deep veins, which is a risk for pulmonary embolism, which can be fatal.

Bleeding

Bleeding from large varicosities is typically from a bump or scrape to the area. Many elderly people with thin-walled veins are at increased risk and may be completely unaware of a vein rupture until they see blood running down their legs or feel faint from blood loss. Bleeding can be life-threatening if unrecognized. If caught early, it can be controlled with leg elevation and compression. Repeated bleeding can occur in the same area until proper treatment of vein disease is performed.

Swelling

Vein disease causes swelling in the ankles and lower legs which appears worse after a day of standing. In advanced disease the swelling can be present all the time. Typically, just above the ankle is where the swelling begins. If left untreated, this can worsen to lymphedema which is more difficult to manage and treat.

Skin Ulcers

One of the most challenging vein complications is a skin ulcer. This is an open sore resulting from trauma to the skin. Trauma and chronic vein disease results in skin breakdown where the area around the open sore becomes red, swollen, tender, and painful. These ulcers typically occur on the inner side of the ankle. Patients are often frustrated by

these ulcers as they are frequently sent for lifelong wound care with multiple dressing changes for a wound that never seems to heal. Unless the root cause of the ulcer, vein disease, is treated, the ulcers will recur in under 2 years. Vein treatment involving ablation and sclerotherapy can help these chronic ulcers to heal.

Blood Clots

A study published by the Journal of American Medical Association suggests that the presence of varicose veins may significantly increase the risk of deep vein thrombosis (DVT), which is better known as blood clots. These can be life-threatening if they travel to the lungs or hearts. Some DVTs may not have any symptoms, but most cause dramatic pain, swelling, and warmth of the leg. Left untreated, people with extensive DVTs are at a higher risk of developing pulmonary embolism where a clot can break away and travel to the lungs where, it can be deadly.

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UNLOCKING RELIEF:

Botox Injections for Neck Tension in Easing TMJ, Tinnitus, and Headaches

By Dr. Jai Grewal

In today's fast-paced world, stress is often held in our bodies, particularly in the neck and shoulders. But what if there was a surprising solution to alleviate not just neck tension but also its ripple effects on common issues like TMJ, tinnitus, and headaches? Enter Botox, typically associated with cosmetic enhancements, now proving to be a game-changer in therapeutic relief.

The neck, a junction of intricate muscles, is a hotspot for tension accumulation. Stress, poor posture, or even physical injury can tighten these muscles, leading to chronic discomfort and triggering various related conditions. However, recent medical studies have uncovered the profound benefits of Botox injections in addressing these issues.

Botox, known for its ability to relax muscles by temporarily blocking nerve signals, has gained attention beyond its cosmetic realm. By strategically injecting Botox into specific points of the neck muscles, practitioners can alleviate tension and offer relief from conditions such as TMJ (temporomandibular joint disorder), tinnitus (ringing in the ears), and headaches, including migraines.

TMJ, often caused by jaw tension or misalignment, can be excruciating, affecting one's ability to chew, speak, or even open the mouth comfortably. Surprisingly, Botox injections into the neck muscles surrounding the jaw have shown promising results in easing TMJ symptoms by releasing the tension responsible for this discomfort, providing welcome relief for sufferers.

Moreover, tinnitus, characterized by persistent ringing or buzzing in the ears, can be associated with muscle tension in the neck. Botox injections, by relaxing these muscles, have displayed potential in reducing the severity or frequency of tinnitus symptoms, improving the overall quality of life for those affected.

The correlation between neck tension and headaches, particularly migraines, has long been acknowledged. Many migraine sufferers experience relief after receiving Botox injections targeted at the neck muscles. This treatment not



only alleviates existing pain but also diminishes the frequency and intensity of future migraines, offering a more sustainable solution than conventional medications.

However, as with any medical procedure, the efficacy and suitability of Botox injections for neck tension-related conditions should be discussed with a qualified healthcare professional. Individual responses to treatment may vary, and thorough evaluation by a specialist is crucial to determine the best approach for each patient.

It's essential to highlight that while Botox injections for neck tension-related issues show promise, they are not a cure-all. Lifestyle changes, physical therapy, and other complementary treatments may be recommended alongside or instead of Botox, depending on the individual's specific condition and needs.

In conclusion, the application of Botox beyond cosmetic enhancements has emerged as a beacon of hope for those battling neck tension-related ailments like TMJ, tinnitus, and headaches. Its ability to relax targeted muscles offers relief and improved quality of life for many, paving the way for a more holistic approach to addressing these common yet debilitating conditions. Consulting with healthcare professionals knowledgeable in this therapy can be a crucial step towards unlocking the relief and reclaiming comfort and well-being.

About Dr. Grewal

Dr. Jai Grewal is a board-certified neurologist specializing in the use of botulinum toxins (such as Botox®) for therapeutic and cosmetic uses. Dr. Grewal completed his neurology residency at the University of Texas, Southwestern in Dallas. He completed his fellowship in cancer neurology at the MD Anderson Cancer Center in Houston. As Dr. Grewal was training in therapeutic uses of Botox, he fell in love with the therapy because he noticed that it was helping patients with their mood and improving how patients felt about themselves. He has been using Botox for over 20 years for a range of FDA approved uses. He has administered over 250,000 units across various indications, and is considered one of the most experienced injectors in the area. He has experience with most botulinum toxins including Botox, Dysport®, Xeomin®, and Myobloc®. When appropriate, Dr. Grewal incorporates cutting edge technology such as infrared vein locators, ultrasound guidance, and EMG guidance to optimize patient outcomes and minimize side-effects and avoid bruising. Precision is at the core of Dr. Grewal's technique. Dr. Grewal also injects dermal filler (Juvederm and Restylane), Kybella for excess fat under the chin, as well as biostimulators (Sculptra and Radiesse). In addition to expertise in standard of care therapies, Dr. Grewal is an experienced researcher and has participated in over 40 clinical trials for various neurological conditions, and has authored over 50 publications. Dr. Grewal has held faculty appointments as an Assistant Professor of Neurology at Stony Brook University and at Hofstra University.

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REVOLUTIONIZING VISION:

Personalized Eye Care with Cutting-Edge Lens Technologies

By Dr. Steven Bovio

In the realm of eye care, advancements in lens technologies have not only transformed the way we see the world but have also played a pivotal role in enhancing the overall quality of life. This article delves into the profound impact of personalized eye care, particularly focusing on premium lens designs. The Optical at Gulf Coast Eye Center has embraced the art of Opticianry. We have adopted these lens advancements and recommend them when appropriate through our personal care. Some of the advancements are as follows:

Personalized Care with Premium Lens Designs:

1. NEUROLENS

Neurolens represents a paradigm shift in addressing visual discomfort and headaches related to digital device use. These lenses are crafted to provide personalized support, taking into account the individual's eye movements. By precisely aligning the optics with the patient's visual axis, Neurolens mitigates the strain caused by misalignment, offering a tailored solution for enhanced comfort and visual acuity. We test convergence on our patients and for those whose eyes are not aligned for near work the Neurolens have greatly improved their headaches caused by eyestrain. In many cases we have seen patients living with these symptoms of daily discomfort for years with undiagnosed convergence insufficiency.

2. ESSILOR XR AND ESSILOR XR TRACK

Essilor XR lenses are designed to correct vision at all distances, ensuring sharp and clear sight in various daily activities. The incorporation of advanced technologies, such as Extended Range (XR) and XR Track, allows wearers to seamlessly transition between near and far distances. The personalized nature of these lenses caters to the unique visual needs of each individual, promoting a more natural and comfortable visual experience.

3. AUTOGRAPH INTELLIGENCE

Autograph Intelligence represents the latest frontier in lens technology, offering a level of personalization that goes beyond traditional approaches. These lenses leverage artificial intelligence to analyze a multitude of visual parameters, including head and eye movement, to create a truly customized optical solution. The result is a lens that adapts to the wearer's unique visual behavior, providing unparalleled clarity and comfort in all situations.

4. SHAMIR DRIVERS

For those on the move, Shamir Drivers lenses are engineered to meet the specific visual demands of driving. With a focus on minimizing glare, enhancing contrast, and reducing visual fatigue, these lenses deliver a personalized driving experience. This is a new lens design tested by Formula 1 drivers.

5. SHAMIR SPORT ATTITUDE III SPORT

This is an excellent option for patients who need progressive glasses and play sports. This is great for tennis, pickleball, softball, etc. This allows you to see the ball that is further away yet has enough prescription change to allow the ball to stay in focus as it approaches.

6. SHAMIR WORKSPACE LENS AND SHAMIR COMPUTER LENS

These lenses are excellent for office work. If you are mostly at the computer all day the computer lens gives you a large area to view your computers with at the distance and eye level you prefer and still see printed text that is closer to you than the computer screen. The workspace lens allows you to see around the room yet still allows you to see your computer and near text clearly. Perfect for professions like teachers, hairdressers, Chefs and Nurses.

7. MYOPIA CONTROL

Due to the increased demand on us to focus up close to read our digital devices there has been a global increase in myopia. Eyezen lenses by Essilor provide extra support when focusing on digital devices and are thus a valuable tool in the effort to manage myopia progression. I would also add that the vast majority of the lenses we prescribe have blue light protection. This has shown to take away glare and fatigue as well.

At The Optical at Gulf Coast Eye Center we carry over 800 of carefully selected frames and sunglasses by the world's most fashion forward eyewear designers from Europe, Japan, and the U.S including: Maui Jim Sunglasses, renowned for their polarized lenses and vibrant lens colors. Tom Ford, made in Italy, exudes luxury and sophistication. Meticulous craftsmanship and attention to detail define Tom Ford eyewear. Gucci: Iconic Italian fashion house. Silhouette: Crafted with precision and innovation, offering lightweight and minimalist designs. Austrian quality and avant-garde aesthetics characterize Silhouette eyewear. Prada: Epitomizes modern elegance and chic style. Prada eyewear reflects the brand's fashion-forward approach. Miu Miu: Is the playful and whimsical sister brand of Prada; known for its unconventional designs and bold color choices. Tiffany:

Timeless elegance and sophistication. Signature Tiffany blue accents and classic designs. Ray-Ban: Timeless classics with iconic styles like the Aviator and Wayfarer. Persol: Italian craftsmanship known for its distinctive arrow detail. Oakley: Innovative sports eyewear with cutting-edge technology. Costa Del Mar: Specializing in high-performance sunglasses for water activities. Wiley X: A favorite among veterans, designed for extreme conditions; known for durability, impact resistance, and military-grade protection. Modo: Fusion of New York style and Japanese precision. Socially responsible approach with a "buy one, donate one" philosophy. Lilly Pulitzer: Vibrant and playful designs with a touch of resort style. Max Mara: Timeless elegance and sophistication. Coach: Is modern and versatile styles with a focus on craftsmanship. Pomellato: Exclusive and luxurious eyewear with Italian flair.

Our knowledgeable Opticians have over 40 years of combined experience. They will assist you in choosing a frame shape and color that compliments your facial features and is appropriate to your prescription. In addition, we use tools such as Spark 4 and Eye Ruler 2, to take otherwise unobtainable measurements to ensure your lenses are custom fit to your frame while properly positioned on your face. This is vital to ensure your optimal vision.

Gulf Coast Eye Center has proudly served the Sarasota community since 1999. Dr. Steven Bovio and Dr. Cameron Jones are optometric physicians and provide primary eye care for all ages. You can learn them and our practice at our website: www.gulfcoasteyecenter.com. You can even virtually try on our frames through our website.

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Caring for Your Skin During Cancer Treatment

By Nancy Gardner, Ph.D., Board Certified Nurse Practitioner at South Osprey Dermatology, Sarasota, Florida

Cancer treatments can take a toll on the skin, causing skin-related side effects such as dryness, itchiness, rashes, and sun sensitivity. Taking care of your skin can help you feel better and more comfortable during cancer treatment.

Chemotherapy, Immunotherapy, and Hormonal therapy can cause skin-related side effects due to the slowing down of cellular turnover in the skin and exposure to drugs, alterations in immune response to irritants, or endocrine imbalance. It is usually mild dryness and sensitivity. It can be easily managed with proper skin care, limited sun exposure, hydration, rest, and good nutritional status before and throughout cancer treatment.

Radiation treatment causes redness, irritation, swelling, and skin breakdown if not cared for properly. Avoid using any products in the area being treated that are potentially irritants. Every day, use your radiation skincare routine at least three, but preferably four times a day. Moisturize the treated area and apply a hydrating barrier such as Aquaphor. The exception is on the day of treatment; wait to use moisturizers until after the radiation treatment that day is completed; then apply your skin care.

Hand and Foot Syndrome is a unique side effect that can cause redness, swelling, and pain in the palms of the hands and soles of the feet. The side effects can become severe, and if left untreated, it can even result in the delay of scheduled treatment. Your oncology team can prescribe dose adjustments, creams, and ointments to manage serious side effects.

Skin color changes such as yellowing, bluish, or becoming pale can be serious indicators and you will need to notify your oncology team as soon as possible. This can represent other health problems.

Nail and cuticle changes are associated with cancer treatment. Your cuticles may become tender; nails may discolor or have white or dark lines across your nails. They can also become dry, cracked, and brittle and grow more slowly. Use topical cuticle removers and massage cuticle oils or cream to prevent hangnails, splitting, and

dryness. Wear gloves when exposing your hands to water other than washing them. Excessive exposure to water can increase the risk of nail fungal infections.

HERE IS WHAT YOU CAN DO TO KEEP YOUR SKIN FEELING AND LOOKING HEALTHY:

Cleansers you should choose one for dry and sensitive skin and hypoallergenic and gentle. Over-the-counter brands of facial and body cleansers we recommend are *Cetaphil*, *Lubriderm*, *Eucerin*, and *CeraVe*. Your dermatologist may recommend a high-quality facial cleanser like *SkinCeuticals*, *Gentle Cleanser*.

Body and Facial Moisturizers help repair dry-dehydrated skin, damaged skin, and promote healing. They are gentle and hypoallergenic, with no additional additives like parabens, fragrance, or alcohol. All moisturizers should be applied when the skin is damp. Some commonly recommended include *Cetaphil Intensive Healing Lotion with ceramides for dry, flaky, rough skin*, *Eucerin Intensive Repair Body Lotion or Eucerin Calming lotion for dry, itchy skin*, *CeraVe Moisturizing Lotion, or cream for Dry to Very Dry Skin with Hyaluronic Acid and three essential Ceramides*, *Aveeno Calm and Restorative Oat Repair Body Lotion Therapy*.

Chemotherapy and Radiation therapy-specific lotions and creams that may be recommended by your oncology team include *Bog Balm Moisturizing Hand and Foot Lotion* is free of irritants. It is for Low-grade Hand and Foot Syndrome and severely dry and chafed hand and foot skin. It is free of skin irritants. *Recovery Skin Relief Radiation Ultimate Soothing Cream* is for sensitive skin. It has additional ingredients such as mineral oil, lanolin, and salicylic acid to help rehydrate the dry, cracked, or itchy skin due to radiation or chemotherapy. *OncoDerm chemotherapy cream* with urea helps hold onto moisture and glycolic acid, which helps increase cellular turnover. It contains ceramides, which protect the moisture in the skin. It can provide hydration for severely cracked and dry skin. However, some of its ingredients could irritate due to alcohol and fragrance.



Sun Protection, such as Mineral sunscreen for sensitive skin with an SPF of 30 or greater, is recommended. Reapply every two hours when you're outside, and always wear sun protection gear such as a brimmed hat, sunglasses, and protective clothing from the sun. Chemotherapy, immunotherapy, and radiation can interact with solar radiation. Your dermatologist may recommend a high-quality sunscreen, for example, *ELTA MD*.

Helpful Tips –

- Avoid harsh detergents; try those for allergy-prone use, such as Tide Free and Clear.
- Avoid bathing or showering using warm or tepid temperatures.
- Avoid products with alcohol or perfumes.
- Avoid shaving with a blade; use an electric razor to avoid nicks and cuts that could become infected.
- A good rule is to avoid products that make your skin more itchy, dry, sensitive, or red.

A Dermatologist can be helpful if you have a pre-existing skin condition that has become worse on treatment or if skin changes during and after treatment are challenging.



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TBS: Osteo – Because Bone Structure Matters

Osteoporosis is a condition characterized by the weakening of bones, leading to an increased risk of fractures. Early detection and management of osteoporosis are crucial for preventing fractures and maintaining bone health. One innovative technology that has been integrated into imaging services for the diagnosis and management of osteoporosis is TBS iNsight™.

TBS iNsight™ is a software solution designed to assess bone microarchitecture, providing valuable insights into bone quality beyond what traditional bone density measurements can offer. TBS stands for Trabecular Bone Score, which refers to the evaluation of the microarchitecture of trabecular bone, the spongy bone tissue that makes up the interior of bones.

This technology enhances the screening process for osteoporosis and fracture risk by offering a more comprehensive understanding of bone health. Traditional methods, such as Dual-Energy X-ray Absorptiometry (DEXA) scans, primarily focus on bone mineral density. While bone mineral density is important in assessing bone strength, it doesn't provide a complete picture of bone quality.

TBS iNsight™ works by analyzing the texture and pattern of trabecular bone in the spine. Trabecular bone is vital for maintaining bone strength, and changes in its microarchitecture can indicate osteoporosis-related issues. The software generates a TBS score, which is then used with bone mineral density measurements to assess overall bone health.

The integration of TBS iNsight™ into imaging services brings several advantages to the table:

- 1. Improved Fracture Risk Prediction:** By assessing trabecular bone microarchitecture, TBS iNsight™ enhances the fracture risk prediction beyond what traditional methods can achieve. This additional information is valuable for healthcare providers in identifying individuals at a higher risk of fractures.
- 2. Personalized Treatment Approaches:** Understanding bone mineral density and trabecular bone quality allows for more personalized approaches to osteoporosis management. Healthcare providers can tailor interventions based on a more comprehensive patient bone health assessment.



**Ask your medical provider
about Advanced Bone
Densitometry with TBS!**



50% of patients at risk of fracture are potentially missed by bone densitometry alone! You need additional information about your bone quality! This can be assessed by TBS.

3. Early Detection: TBS iNsight™ contributes to the early detection of changes in bone microarchitecture, enabling proactive measures to be taken before significant bone loss occurs. Early intervention is crucial in preventing fractures and maintaining overall bone health.

In addition to the exciting integration of TBS iNsight™ into our imaging services for osteoporosis diagnosis and management, some key points enhance the overall patient experience and accessibility to this advanced technology:

- **Availability Across Locations:** TBS iNsight™ will be available at all three of our locations by mid-December. This widespread implementation ensures that patients can conveniently access this innovative screening technology, making it a seamless part of their healthcare journey.
- **Patient Empowerment:** To maximize the benefits of TBS iNsight™, we encourage patients to proactively ask for TBS when scheduling their annual Bone Density/DEXA exams. This prompts a discussion between patients and healthcare providers about the relevance of TBS in their specific bone health assessment.
- **Insurance Coverage:** Good news for patients—insurance is covering the cost of TBS iNsight™. While we have taken steps to facilitate insurance coverage, we still encourage patients to inquire with their insurance providers to ensure a clear understanding of the coverage details.
- **Efficiency and Safety:** Integrating TBS iNsight™ into the screening process comes with no additional time requirements for the exam. Patients can expect the same efficiency level during their Bone Density/DEXA scans while gaining the added benefits of TBS iNsight™. Importantly, there is no increase in radiation exposure associated with the inclusion of TBS iNsight™, ensuring the safety of the screening process.

By disseminating this information, we aim to empower patients to participate in their bone health actively. The ease of access across our locations,

insurance coverage, and the seamless integration of TBS iNsight™ into existing screening procedures underscores our commitment to providing comprehensive and patient-friendly healthcare services.

As always, readers are encouraged to discuss the inclusion of TBS iNsight™ in their screenings with their healthcare providers. This collaborative approach ensures individuals receive personalized guidance based on their unique health needs and circumstances.

RAVE is a radiology practice that has been active for over thirty years. We currently consist of 14 board-certified radiologists, many of whom have postgraduate fellowships with subspecialty training. All of whom have years of full-time experience. Over 120 healthcare professionals are working with us to provide the best possible radiologic services in Sarasota County. In addition to our personnel, we have some of the best radiologic imaging devices available. Superior visualization helps us make your diagnoses accurate and timely, preventing potentially dangerous delays in initiating your therapy. At RAVE, you can have confidence you're getting top-notch professional assistance in your diagnosis and care.



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Navigating Life with Crohn's: A Comprehensive Guide to Medications and Management

Living with Crohn's Disease demands a nuanced and individualized approach to management. In this comprehensive guide, we will explore the specifics of managing Crohn's Disease with a focus on prominent medications, including Cimzia, Delzicol, Entyvio, Humira, Pentasa, and Skyrizi.

Understanding Crohn's Disease

Crohn's Disease is a chronic inflammatory condition that primarily affects the digestive system. It can lead to a range of symptoms, from abdominal pain and diarrhea to fatigue and weight loss. While the exact cause is unclear, a combination of genetic, environmental, and immune system factors is believed to contribute to its development.

MEDICATION SPOTLIGHT

1. Cimzia (Certolizumab Pegol)

Cimzia, belonging to the class of biologics, specifically targets tumor necrosis factor alpha (TNF-alpha) to reduce inflammation. Administered via injection, it has shown efficacy in inducing and maintaining remission for some individuals with moderate to severe Crohn's Disease.

2. Delzicol (Mesalamine)

Delzicol, an aminosalicylate, works as an anti-inflammatory agent, primarily used for treating mild to moderate symptoms of Crohn's Disease. Typically administered orally, it releases mesalamine in the colon to reduce inflammation and maintain remission.

3. Entyvio (Vedolizumab)

Entyvio, a gut-selective biologic, targets the alpha-4 beta-7 integrin to modulate the immune response specifically within the gastrointestinal tract. This makes it a valuable option for individuals who have not responded well to other treatments or those with concerns about systemic effects.

4. Humira (Adalimumab)

As one of the most widely prescribed biologics, Humira inhibits TNF-alpha, reducing inflammation and providing relief for those with moderate to severe Crohn's Disease. Administered via injection, it has demonstrated effectiveness in inducing and sustaining remission.



5. Pentasa (Mesalamine)

Similar to Delzicol, Pentasa is an aminosalicylate used to treat mild to moderate cases of Crohn's Disease. Administered orally, Pentasa releases mesalamine throughout the entire gastrointestinal tract, targeting inflammation in various parts of the digestive system.

6. Skyrizi (Risankizumab)

Skyrizi, originally developed for psoriasis, is being explored as a potential treatment for Crohn's Disease. It works by targeting interleukin-23 (IL-23), a cytokine involved in the inflammatory process. Research on its efficacy and safety in Crohn's Disease is ongoing.

NAVIGATING TREATMENT PLANS

Effectively managing Crohn's Disease involves collaboration between patients and healthcare providers to create personalized treatment plans. Factors such as the location and severity of inflammation, previous treatment responses, and potential side effects guide the decision-making process.

Regular communication with healthcare professionals is crucial to monitor treatment efficacy and adjust plans as needed. In some cases, a combination of medications or a switch to a different treatment may be recommended to optimize outcomes.

CHALLENGES AND CONSIDERATIONS

While these medications offer significant relief for many individuals, challenges may arise. Possible side effects, the need for regular monitoring, and

the potential for developing antibodies to certain biologics are factors that necessitate careful consideration and ongoing dialogue between patients and healthcare providers.

In the realm of Crohn's Disease management, a tailored and informed approach is key. By understanding the nuances of medications like Cimzia, Delzicol, Entyvio, Humira, Pentasa, and Skyrizi, individuals living with Crohn's can actively engage in their healthcare journey. Regular communication with healthcare professionals, a commitment to treatment adherence, and a holistic approach to well-being empower individuals to navigate the challenges of Crohn's Disease with resilience and hope.

Prescription Hope is a national prescription drug benefit program that offers 1,500 Brand-Name medications at \$60 per medication per month no matter the retail cost.

CHRON'S			
DRUG NAME	Retail Cost	Prescription Hope	Total Savings
Cimzia	\$5,193.00	\$60.00	\$5,133.00
Delzicol	\$192.00	\$60.00	\$132.00
Entyvio	\$7,854.00	\$60.00	\$7,794.00
Humira	\$6,654.00	\$60.00	\$6,594.00
Pentasa	\$103.00	\$60.00	\$43.00
Skyrizi	\$18,953.00	\$60.00	\$18,893.00

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WEIGHT LOSS MAKES YOUR BONES AND JOINTS HAPPY

By Physicians Rehabilitation

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

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

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

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

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



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

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

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

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

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

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



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

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

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

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Navigating Holiday Travel with Hearing Loss: Tips for a Seamless Journey

By Dr. Noël Crosby, Au.D.

The holiday season is a time of joy and togetherness, often involving travel to be with loved ones. However, for individuals with hearing loss, navigating the hustle and bustle of holiday trips can present unique challenges. From bustling airports to family gatherings, here are some strategies to ensure a smooth and enjoyable travel experience:

1. Plan Ahead: Before embarking on your journey, plan meticulously. Research your travel routes, accommodations, and any hearing-impaired services available. Notify airlines or transport services in advance about your needs; many provide accommodations for passengers with hearing loss.

2. Pack Essentials: Bring spare hearing aid batteries, a cleaning kit, and any other necessary accessories. Having extras on hand can prevent disruptions caused by equipment failure.

3. Utilize Technology: Embrace technology to enhance your travel experience. Apps offering real-time captioning or speech-to-text services can assist during conversations or announcements, ensuring you catch every detail.

4. Inform Travel Companions: Educate your travel companions about your hearing loss and effective communication techniques. Encourage them to face you directly when speaking and to speak clearly without shouting.

5. Prep for Security Checks: Inform security personnel about your hearing devices before going through screenings. Request visual cues if necessary during security procedures.

6. Stay Connected: Stay connected with loved ones during the journey. Utilize texting or messaging apps to communicate important details or changes in plans.

7. Choose Accommodating Destinations: Opt for destinations and accommodations that prioritize accessibility and cater to individuals with hearing impairments. Many hotels and venues offer hearing-impaired services or facilities.

8. Advocate for Yourself: Don't hesitate to advocate for your needs. Whether it's requesting captioning for in-flight entertainment or asking for an assistive listening device at a venue, advocating ensures a more inclusive experience.

9. Be Mindful of Noise Levels: Holiday gatherings can be noisy affairs. Position yourself in quieter areas or wear noise-canceling headphones to manage overwhelming noise levels.

10. Enjoy the Moment: Amidst all the planning and precautions, remember to relax and enjoy the holiday moments. Embrace the spirit of the season and cherish the time spent with friends and family.



By preparing in advance, leveraging technology, and advocating for your needs, individuals with hearing loss can make holiday travel a smoother and more enjoyable experience. The key is to plan, communicate effectively, and make use of available resources to ensure a memorable and stress-free holiday season.

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Restoration Bar: Unwrapping the Gift of Feeling Amazing Through IV Fluids, Vitamins, Hydration, and Oxygenation

In a world where wellness is a priceless treasure, Restoration Bar emerges as a beacon of rejuvenation, offering a unique gift: the art of feeling amazing. Tucked away in its haven, this establishment isn't just about luxurious experiences; it's about the transformational power of IV fluids, vitamins, hydration, and oxygenation.

Picture this: a sanctuary where fatigue and stress dissipate, and a revitalized version of oneself emerges. Restoration Bar doesn't just deliver gifts; it crafts personalized experiences that unwrap the potential for feeling extraordinary.

At the heart of Restoration Bar's offerings are IV fluids—delivering a direct infusion of nutrients, electrolytes, and hydration into the bloodstream. This precise method ensures a rapid and efficient revitalization, surpassing the limitations of traditional ingestion.

But it's not just about the fluids; it's about the orchestration of a symphony of wellness. Vitamins, essential to bodily functions, are meticulously blended to tailor-fit individual needs, amplifying energy, immunity, and mental clarity.

Hydration isn't a mere glass of water; it's a tailored elixir, carefully balanced to restore equilibrium and invigorate the body from within. This emphasis on hydration isn't solely about replenishing fluids but about resetting, rejuvenating, and reinvigorating.

Oxygenation—a gift often taken for granted—is celebrated at Restoration Bar. Beyond just breathing, the establishment offers enriched oxygen sessions, infusing the body with an extra dose of life force, stimulating vitality, and heightening mental acuity.

The experience at Restoration Bar isn't confined to physical rejuvenation; it's an immersive journey for the mind, body, and soul. It's about unlocking the potential within each person, gifting them the essence of feeling truly amazing.

Walking into this haven, patrons shed the burdens of the everyday world. The atmosphere—a blend of tranquility and sophistication—sets the stage for a holistic renewal, where stress surrenders to serenity.



The team at Restoration Bar isn't just staff; they are maestros orchestrating a symphony of wellness. Their expertise and empathy transform a visit into a personalized ritual, where each recipient feels cherished and understood.

Amidst the hustle and bustle of modern life, the act of gifting can often be a challenge. What better present than the gift of feeling incredible? Restoration Bar doesn't just offer services; it's a haven that curates experiences—a thoughtful gesture that surpasses material gifts.

The impact of Restoration Bar's gift extends far beyond the confines of the establishment. It's a ripple effect—a rejuvenated individual becomes a beacon of positivity, radiating wellness into their surroundings.

In a world where wellness is synonymous with luxury, Restoration Bar redefines it as an essential investment. The value lies not just in the services but in the transformational potential they carry.

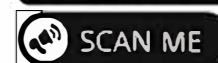
For those seeking an extraordinary gift—one that transcends the material and embraces the essence of well-being—Restoration Bar stands as an unparalleled destination. It's a place where the gift of feeling amazing isn't just given; it's an experience meticulously crafted to bestow rejuvenation, vitality, and an enduring sense of well-being.

In the end, it's not merely about what Restoration Bar offers—it's about the profound impact it gifts: the feeling of amazingness that lingers long after leaving its sanctuary.

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, including services from our medspa and beauty treatments. 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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Numerous researchers consider this to a natural antidepressant, since it can reduce anxiety and depression. Research suggests that if you struggle with mental illness, you're likely to have reduced BDNF. There are ways to boost your level by using infrared heat to increase the expression of BDNF.

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Exploring the Vital Role of Urgent Care Services in Modern Healthcare

By Alfonso L. Espinel, MD

In today's fast-paced world, urgent care services have emerged as a crucial component of the healthcare landscape, catering to immediate medical needs without the wait times often associated with traditional hospitals. These facilities offer a wide array of services, from rapid swab testing for ailments like flu and strep throat to comprehensive diagnostic tools like X-rays and EKGs, providing quick and efficient solutions for a spectrum of medical concerns.

Rapid swab testing has become a hallmark of urgent care centers, enabling individuals to receive prompt diagnoses for various infectious diseases. With the ability to swiftly detect flu, strep throat, and other viral or bacterial infections, these tests facilitate early treatment and prevent the spread of illness within communities.

Moreover, urgent care centers have evolved to encompass advanced diagnostic capabilities, including X-rays and EKGs. These services allow for immediate assessments of injuries, such as fractures or sprains, as well as rapid evaluation of cardiac conditions, ensuring timely interventions and appropriate treatment plans.

Beyond diagnostics, urgent care facilities specialize in providing urgent medical procedures. From minor injuries requiring stitches to more complex wound care, these centers are equipped with skilled medical professionals who can promptly attend to injuries, minimizing the risk of complications and expediting the healing process.

One of the primary advantages of urgent care services is their accessibility and convenience. With extended operating hours, including evenings and weekends, they offer flexibility for individuals who require medical attention outside of typical office hours. This accessibility reduces the burden on emergency rooms, alleviating congestion and enabling hospitals to focus on critical cases.

The efficiency and effectiveness of urgent care services have significantly impacted healthcare delivery, especially in managing non-life-threatening emergencies. Patients appreciate the streamlined experience, avoiding lengthy waits while receiving quality care for their immediate medical needs.

Urgent care services play a pivotal role in modern healthcare by providing rapid swab testing, diagnostic tools like X-rays and EKGs, and timely procedures such as stitches. Their accessibility, efficiency, and focus on immediate medical needs contribute significantly to the healthcare ecosystem, offering convenience and swift solutions to patients seeking prompt attention for non-life-threatening conditions.

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Alfonso L. Espinel, MD

Dr. Espinel is certified by the American Board of Family Medicine. He attended the Catholic University in Ecuador and the University of Miami - Jackson Memorial Hospital followed by a preliminary General Surgery residency at Mount Sinai Medical Center in New York City, NY and Yale New Haven Hospital in New Haven, CT. Dr. Espinel completed his Family Medicine residency in Montgomery, AL and has practiced emergency medicine for over 10 years.

Dr. Espinel is a member of the American Academy of Family Physicians, American Medical Association, Florida Medical Association, Florida Academy of Family Physicians, Manatee County Medical Society, Parrish Civic Association, Manatee Chamber of Commerce and Gulf Coast Latin Chamber of Commerce. He also holds certifications in Advanced Trauma Life Support, Advanced Cardiovascular Life Support, Pediatric Advanced Life Support and Basic Life Support.

Dr. Espinel has served as a physician for Turning Points - a non-profit organization dedicated to providing free medical care to the homeless in Manatee County. Dr. Espinel and his staff are committed to providing the most compassionate and quality healthcare to people of all ages.

APPOINTMENT OF PERSONAL REPRESENTATIVE - RULES

By James W. Mallonee

Florida is liberal when it comes to who can serve as the personal representative of an individual's estate following their death. The law concerning the appointment is initially based on whether a Will exists or does not (intestate). A decedent's Will takes precedence, but if there is no Will (intestate) then Florida's statutes are the driving force that assist in selecting a personal representative to manage a decedent's estate.

NO WILL: If the decedent dies without a Last Will and Testament, the court will look to see who has preference in appointment when selecting a personal representative. Preference in appointment simply means that class of persons who has the legal right to serve as personal representative. The first person to receive preference in appointment is the surviving spouse (if any). If there is no surviving spouse, then the next person with preference is a person who is selected by a majority of the persons who have an interest in the estate. Those persons making the selection are usually beneficiaries of the estate who have consanguinity with the decedent. In addition, a guardian may also serve provided the Ward selected is an heir of the estate. In the unique situation where there is no heir requesting appointment, the court may appoint a person who is capable of handling the estate and is a citizen of Florida.

A WILL EXISTS: Naturally, the person nominated in a decedent's Will has preference in appointment and if such person is not alive or refuses to serve, then in such event, the secondary person nominated



in the Will can serve. If all of the nominated personal representatives refuse to serve, then in such event, the person selected by a majority of the beneficiaries of the estate may serve in such role. Should the decedent not have named a personal representative, the court may select one of the devisee's who in its opinion is best qualified to serve in such role.

NOT QUALIFIED: In some cases, a personal representative may not be qualified to serve who has been nominated as personal representative. Examples might be a person with no relationship to the decedent at the time of death and/or is not a Florida resident. In addition, those persons who were convicted of a felony, are mentally or physically unable to perform or is under the age of 18 years of age may not serve. The law does differentiate between a person who has been charged with a felony and those convicted. It specifically uses the word convicted, thus you may be charged with a crime, but until it results in conviction, the individual can continue to serve.

In the case of ARAGUEL v. BRYAN, the decedent's Will appointed Jerry D. Sanders as personal representative. The decedent's son, Lesley Ladon Bryan, objected which resulted in a hearing on who would be appointed personal representative. The Court after listening to the parties arguments determined that Mr. Saunders was eligible to serve using the factors listed above. Mr. Saunders was appointed personal Representative; the court noted the distinctions between a testate and intestate estate with regard to the rules when appointing a personal representative.

In the present case, the court fell back on the words of the statute and not on the emotions of the beneficiaries. Mr. Saunders was a Florida resident; it did not matter what his relationship was to the decedent as-long-as he was not a felon and was alive, he could serve as personal representative.

The message to learn is to read the decedent's Last Will and Testament and see if it fits in the above paragraphs, and if not, then seek out the attorney of your choice to discuss alternatives.

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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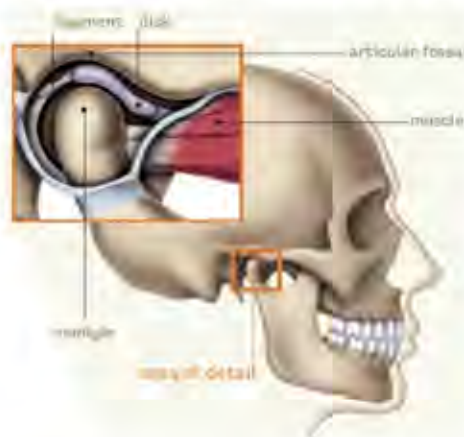
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The Daily "Grind"

By Dr. Joseph Farag

Too much stress can contribute to a wide range of health problems. From a dental perspective, stress often plays a role in the development of Temporomandibular Disorders, or TMD. Grinding of teeth which causes headaches, jaw soreness and pain, among many other symptoms can be exacerbated during times of high stress. The temporomandibular joint (TMJ) is the hinge joint that connects the lower jaw to the temporal bone of the skull, which is immediately in front of the ear on the side of your head. The cause of TMD is not clear, but dentists believe that symptoms arise from problems with the muscles of the jaw. Severe cases can be caused by injury to the jaw. In more common cases, grinding or clenching of the teeth puts a lot of pressure on the TMJ and people feel tooth sensitivity, earaches, and neck tension and pain.



Treatment Options

If stress is causing you to grind your teeth, ask your doctor or dentist about options to reduce your stress. Also, avoid foods and drinks that contain caffeine, alcohol, and do not chew gum. Relax your jaw muscles at night by holding a warm washcloth against your cheek. When these

options do not relieve your pain, your dentist can offer a variety of treatment modalities for your specific case. An occlusal guard, often called a nightguard, can be fabricated by your dentist to allow your muscles to rest and protect your teeth from further wear.

Patients who present with TMD should also have an occlusal analysis

This helps determine if there are any bite discrepancies that may be corrected with a simple procedure to reshape how the teeth come together when you bite. Medications such as over the counter ibuprofen are helpful because they reduce inflammation to aid in the healing process. Occasionally, a mild muscle relaxant may be prescribed for a few days or weeks to help relieve pain. Surgery for TMD should only be considered after all other treatment options have been tried and you are still experiencing severe, persistent pain.

Relaxation Techniques May Help Alleviate TMJ Symptoms

Simply becoming more aware of tension-related habits — clenching your jaw or grinding your teeth — will help you reduce their frequency. Because stress can contribute to TMJ disorders, relaxation techniques like yoga, meditation and deep breathing may also help alleviate TMJ symptoms.

This season, survive the holiday grind with a little planning, prioritizing and perhaps a trip to your dentist. To learn more about TMD or to schedule an appointment, please call Dr. Joseph Farag at Port Charlotte Dentalcare, 941-764-9555.



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It's A Wonderful Life

By Pastor Timothy Neptune

Every year around this time the old classic Christmas movies start coming on television. It is easy to start a conversation at work by simply asking, "So, what's your favorite Christmas movie?" Mine is Frank Capra's *It's A Wonderful Life*.

Some of you might be able to relate to George Bailey this holiday season—lost, confused, stressed out, or at the end of your rope. Perhaps you are even thinking that it would be much easier to die than to go on living as you are.

Perhaps for you life isn't a joy right now. Maybe the debts are high and funds are low. It might even be difficult for you to even enjoy your family as you know you should. You may be wondering, "Is it really possible to live a wonderful life?"

I think the idea of a wonderful life is not that you can attain a wonderful life, but that it is an attitude that results from having certain issues settled in your life.

Truthfully, no one's life is wonderful—even Christ's life was filled with pain, hurt, loneliness, rejection, and sorrow. It is your attitude that determines how you "feel" about your life. You are the one responsible for settling the issues in your life and having an attitude of wonderment. So, what are the issues that need to be settled?

The first issue is to determine **what you are going to love**. To have a wonderful life, you start by having an attitude of love toward God and others. I say this first because where you choose to direct your love is going to affect every other area of your life. Love is a decision we make to place a high value on someone or something.

God loved us so much that He sent His Son Jesus to die for us. Jesus died to prove how much He loved us. God desires more than anything else to have a loving relationship with His creation. We were created to love God and other people. Maybe this Christmas it would be good for you to find a person or family in need and help them by buying some food or gifts. If you want to feel loved... start by loving others.

The second issue to settle is... **how am I going to live?** To have a wonderful life, you need an attitude of joy. This attitude deals with how you look at life. Are you a positive person or a negative person? If you are a person with joy, it simply means that you are cheerful. Over 350 times the Bible talks about us having a spirit of joy or rejoicing.

Joy isn't a feeling that is produced only when good things happen. Joy is the attitude by which we look at the things that happen to us and then respond in a way that lets everyone know we are trusting in God's grace in spite of our circumstances. Remember the disciples in the Bible... they had many negative things happen to them, yet in spite of it all, they had joy.

I've heard it said that you don't feel your way into an action but rather act your way into a feeling. If you want to be a joyful person... start acting joyful around others and you will most likely begin to genuinely feel joyful.



The third issue to settle is...**who are you going to help?** If you want to have a wonderful life, you've got to get beyond serving yourself, and start serving others. Isn't that the lesson that George Bailey learned? His life was wonderful because of all the people he was able to help in his lifetime.

When Clarence showed him what life would have been like had he never been born he realized that he really was making a difference in the world! His life did have purpose! Mr. Potter only cared about making money. Violet only cared about pleasure. But George understood a greater truth: life is better when you are working to make other people's lives better.

Understanding these things can make all the difference in the world. You are not here to fall in love with money and things—you're here to love God. You're not here to point out all the things that are wrong with the world—you're here to spread the joy that God has placed in your heart. You're not here to serve yourself—you're here to serve God and others—thus making a huge difference in the world.



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