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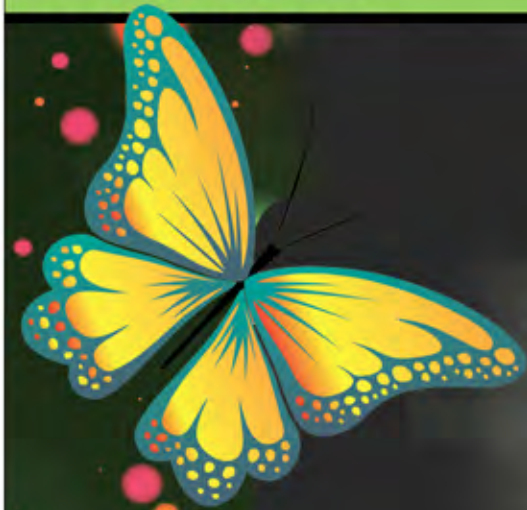
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March 2024

Charlotte/South Sarasota Edition - Monthly

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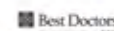
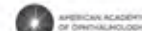
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2024 SWFL Parkinson's Disease Spring Symposium

**April: Parkinson's
Awareness Month**

Friday, April 5, 2024

**9am to 3pm • The Isles Yacht Club
1780 W. Marion Ave • Punta Gorda, Florida**

- 9:00 am to 9:45 amRegistration and Refreshments
- 9:45 am to 10:00 amOpening Remarks
- 10:00 am to 11:00 amHospitalizations and PD
Ramon Gil, M.D., Parkinson's Disease Treatment Center of SWFL
- 11:00 am to 12 noonSleep Apnea and REM Sleep Behavior Disorder in PD,
Ernesto Eusebio Morales, M.D., Sleep Medicine Dept., Lee Health
- 12 noon to 12:45 pmLunch Break
- 12:45 pm to 1:45 pmThe History of Treating PD
Jean Hubble, M.D., former Medical Director of the Parkinson's Disease Center of
Excellence & Movement Disorders Clinic, Ohio State University Medical Center
- 1:45 pm to 2:45 pmDeep Brain Stimulation: Who, Why and When?
Adolfo Ramirez Zamora, M.D., Movement Disorders Program, UF, Gainesville
- 2:45 pm to 3:00 pmRaffle and Closing Remarks

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For more details, please contact Jennifer Joherl
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contents. MARCH 2024

6 April: Parkinson's Disease Awareness Month

7 Dr. Robert Hummer: A Journey of Compassion and Dedication

8 Understanding Stress Fractures of the Foot

9 Understanding Heart Arrhythmias and Palpitations

10 Nurturing Eye Health During National Save Your Vision Month

11 Nourishing the Mind: The Crucial Role of Proper Nutrition in Mental Wellness

12 Unlocking Relief: Botox Injections for Neck Tension in Easing TMJ, Tinnitus, and Headaches

13 Complications of Vein Disease

14 Memory Matters

15 What You Need to Know About E-Cigarettes and Vaping as Smoking Cessation Tools

16 Urgent Care vs. Emergency Room for School and Sports-Related Injuries

17 Diagnostic Imaging Saves Lives

18 Navigating Nutritional Wellness

19 Revolutionizing Knee Pain Relief

20 The Healing Power of a Plant-Based Diet in Preventing and Treating Colorectal Cancer

21 Revolutionizing Hearing: Unveiling the Earlens Hearing Aid

22 Defeat Gum Disease

23 Holographic Wills Are Ineffective in Florida

24 The Power of Proper Hydration During National Kidney Month

25 Exploring the Efficacy of Acupuncture in Alleviating Endometriosis-Associated Pain

26 Spiritual Wellness: Maintaining Healthy Friendships

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APRIL: "PARKINSON'S DISEASE AWARENESS MONTH"

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

Dr. James Parkinson was born on April 11, 1765, in London, England. He was a highly educated man, who not only became a surgeon, but he was also a geologist, apothecary, paleontologist and a political activist. He was the author of "An Essay on the Shaking Palsy", published in 1817, describing the disease that many years ago received his name: "Parkinson's Disease". Honoring his birthday, we celebrate April as "Parkinson's Disease Awareness Month".

Back in the early 1990's, Dupont, makers of Sinemet and Sinemet CR, gave some of us a copy of its famous essay with a note that reads: "For those who search for ways to make life better for people living with Parkinson's Disease. A gift of appreciation". Those words continue to be a simple source of inspiration for many of us. Today, more than ever, we see the fruits of so many years of research leading to remarkable progress in this field, helping to enhance the quality of life of our PD patients and easing the load of the care partners.

Parkinson's Disease Treatment Center of SWFL, in association with the Charlotte County Medical Society proudly presents our 2024 Spring Symposium. It will be held on Friday, April 5th. Admission is FREE, but registration is strongly recommended, as seating is limited. Those attending the program will enjoy four interesting and educational presentations. I will open the program with a lecture to help you with the challenges of being hospitalized. Tips to help you how to survive your hospitalization will be shared with you and your care partners.

Sleep disturbances are part of PD. Sleep Apnea and REM Sleep Disorders (RBD) will be presented by Dr. Ernesto Eusebio, Sleep Medicine specialist from Lee Health. Untreated, Sleep Apnea will cause excessive daytime somnolence and tiredness, tends to worsen depression and most important it will accelerate cognitive decline leading to dementia. RBD (acting your dreams) is associated with injuries sometimes not just to you, but to your bedpartner.



We are delighted to have Dr. Jean Hubble with us. At this point she is a medical consultant, and she is a former medical director of the Parkinson's Disease Center of Excellence & Movement Disorders Clinic at the Ohio State University Medical Center. She has a vast experience in the pharmaceutical industry, since upon retirement from medical practice, she worked in the medical divisions of several companies, participating in the development of new drugs in the field of Neurology, particularly in movement disorders. She will review for us the history of treating PD, highlighting the great progress achieved over the past 5 decades.

Finally, Dr. Adolfo Ramirez Zamora, Associate Professor of Neurology, Program Director and Division Chief of Movement Disorders at the Norman Fixel Institute for Neurological Diseases at the University of Florida in Gainesville will present the surgical treatment of PD, illustrating who, why and when patients should consider surgery (deep brain stimulation) as part of the treatment of PD.

Let's celebrate the special birthday, let's all learn together. Let's quote Dr. Rana in our final line: "Those who fight Parkinson's with knowledge always find solutions."

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1780 W. Marion Ave., Punta Gorda, FL**



Ramon A. Gil, M.D.

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

AGENDA

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9:45 am to 10:00 am...Opening Remarks

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1:45 pm to 2:45 pm...Deep Brain Stimulation: Who, Why and When?
Adolfo Ramirez Zamora, M.D., Movement Disorders Program, UF, Gainesville

2:45 pm to 3:00 pm...Raffle and Closing Remarks



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**For more info or to register contact Jennifer at Dr. Gil's Office:
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Dr. Robert Hummer:

A Journey of Compassion and Dedication

Primarily care providers serve as crucial figures in the lives of their patients, embodying roles beyond those of mere doctors. They act as health advocates, attentive listeners, trusted confidantes, educators, and counselors. Dr. Robert Hummer epitomizes these multifaceted roles in his practice at VIPcare Englewood.

Dr. Hummer is an internal medicine specialist with over 28 years of experience. Each day, he strives to provide each patient with the time and care they deserve.

Who is Dr. Robert Hummer?

Dr. Hummer's path to becoming a primary care physician is marked by a deep-rooted passion for healing and a genuine connection to the communities he serves. Originally hailing from Virginia, Dr. Hummer's childhood in the foothills of Georgia instilled in him a love for the South that would shape his future endeavors.

His journey into medicine began with a fascination for emergency room physicians, sparked by his own experiences with injuries as a child.

"My first thoughts about being a doctor were after having several injuries as a kid," he said, "and having exposure to emergency room physicians and being fascinated and not afraid of what was going on."

Dr. Hummer's proficiency in science and his innate desire to assist and care for others propelled him toward a career in medicine, solidified by his tenure as a volunteer with a rescue squad during his college years.

After completing his medical education at Eastern Virginia Medical School and residency at Emory University in Atlanta, Dr. Hummer embarked on a 21-year-long career as a hospitalist across North-east Georgia. His experience treating a diverse range of patients with various ailments highlighted the critical need for accessible primary care, inspiring him to transition to a role as a primary care physician.



"They started calling me their primary doctor, even as a hospitalist," he said. "So, I decided that once I got to the other side, I would, as a primary care physician, try to make sure I was available for patients."

This dedication to patient-centered care led Dr. Hummer to VIPcare, where he found a supportive environment aligned with his values of compassion and accessibility in healthcare.

A desire for a change in climate brought Dr. Hummer and his wife, Robyn, to Florida after their youngest son graduated high school. Drawn by the allure of warmer temperatures and the beauty of Englewood, they embraced a new chapter of their lives in the Sunshine State.

Embracing the Florida lifestyle, Dr. Hummer and his wife enjoy boating and being on the water, savoring the tranquility and serenity it brings to their lives.

In Dr. Robert Hummer, VIPcare has not only a skilled physician but also a compassionate advocate for accessible and patient-centered healthcare, committed to making a positive impact on the lives of those he serves.

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With a steadfast focus on putting patients first, VIPcare ensures that every individual receives personalized attention and comprehensive care tailored to their unique needs. From the moment patients walk through the doors, they are greeted with compassion, respect, and a genuine dedication to their well-being.

VIPcare's team of healthcare professionals take the time to listen attentively, understand concerns, and collaboratively develop treatment plans that prioritize patient comfort and satisfaction. At VIPcare, we believe that empowering patients with knowledge and involving them in decision-making processes leads to Better Health and enhanced overall satisfaction with their healthcare experience.

Come Meet Dr. Robert Hummer at VIPcare Englewood

Visit Dr. Hummer at VIPcare Englewood, located at 465 S Indiana Ave, Englewood, FL, 34223, and see just how great he is. He is currently accepting new patients and can't wait to meet and join you on your journey to Better Health. Schedule an appointment with him today by calling 941-541-4812.



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UNDERSTANDING STRESS FRACTURES OF THE FOOT

By Eileen Rivero, DPM, ABPM

Stress fractures of the foot are a common yet often underestimated injury among athletes, runners, military personnel, and individuals engaged in high-impact activities. These fractures occur due to repetitive stress or overuse, leading to tiny cracks in the bones of the foot. While they might start as minor discomfort, if left untreated, they can escalate into significant injuries, hindering mobility and causing chronic pain. Recognizing the symptoms and seeking timely treatment is crucial for effective recovery and preventing long-term complications.

SYMPTOMS

Identifying stress fractures in the foot can be exceptionally challenging, as the symptoms often mimic those of other foot injuries or conditions, making it difficult to distinguish between them. However, there are several key indicators to watch out for:

Pain: Persistent pain is one of the primary symptoms of a stress fracture. It typically worsens during weight-bearing activities and improves with rest. Initially, the pain might be mild and easily dismissed, but it can intensify over time if the fracture goes untreated.

Swelling: Swelling around the affected area of the foot is another common symptom. This swelling may be accompanied by tenderness to touch.

Bruising: In some cases, bruising may develop around the site of the stress fracture. This discoloration occurs due to the leakage of blood from damaged blood vessels.

Difficulty bearing weight: Individuals with stress fractures may find it challenging to bear weight on the affected foot. Walking or standing for extended periods may exacerbate the pain and discomfort.

Changes in gait: As a result of the pain and discomfort, individuals may alter their gait or walking pattern to minimize pressure on the injured foot. This can lead to further strain on other parts of the body.

Increased pain with activity: Stress fractures typically cause pain that worsens with activity and improves with rest. However, in advanced stages, the pain may persist even at rest, indicating a more severe injury.



TREATMENT

Early diagnosis and appropriate treatment are essential for managing stress fractures of the foot and promoting optimal healing. The treatment approach may vary depending on the severity of the fracture, but commonly includes the following:

Rest: Rest is paramount in the initial stages of treatment to allow the bone to heal properly. Activities that exacerbate pain or put stress on the foot should be avoided until the fracture has fully healed.

Immobilization: Immobilizing the foot with a cast, walking boot, or rigid shoe may be necessary to stabilize the fracture and prevent further damage. This helps reduce movement in the affected area, facilitating the healing process.

Ice therapy: Applying ice packs to the injured foot can help alleviate pain and reduce swelling. Ice therapy should be done for 15-20 minutes several times a day, especially after activity or at the end of the day.

Pain management: Over-the-counter pain relievers such as ibuprofen or acetaminophen may be recommended to alleviate pain and discomfort associated with the fracture.

Physical therapy: Once the acute pain subsides, physical therapy exercises may be prescribed to restore strength, flexibility, and range of motion in the foot. These exercises help prevent muscle atrophy and improve overall foot function.

Gradual return to activity: It's crucial to ease back into physical activity gradually to avoid re-injury. A healthcare professional or physical therapist can provide guidance on the appropriate timeline for resuming activities and implementing preventive measures.

Orthotics or supportive footwear: Custom orthotic devices or supportive footwear may be prescribed to provide additional cushioning and support to the foot, reducing the risk of recurrence.

In some cases, particularly if the stress fracture fails to heal with conservative measures, surgical intervention may be necessary to realign the bones and promote proper healing. However, surgery is typically considered a last resort when other treatments have been unsuccessful.

Stress fractures of the foot can significantly impact an individual's quality of life and ability to engage in physical activities. Recognizing the symptoms and seeking prompt medical attention are crucial steps in managing these injuries effectively. With proper rest, immobilization, and rehabilitation, most stress fractures can heal successfully, allowing individuals to return to their normal activities with minimal complications. However, ignoring the signs or delaying treatment can lead to prolonged pain, delayed healing, and increased risk of more severe injuries.

If you suspect you have a stress fracture in your foot, it's important to consult a podiatrist. At Family Foot and Leg Center our in-office X-ray and physical therapy department can provide an accurate diagnosis and personalized treatment plan tailored to your specific needs.

Eileen Rivero, DPM, ABPM

Eileen Rivero, DPM, ABPM, 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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Understanding Heart Arrhythmias and Palpitations

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

The human heart, a remarkable organ that orchestrates the symphony of life, sometimes encounters irregularities that disrupt its harmonious beat. Heart arrhythmias and palpitations are common occurrences that can cause concern and warrant a closer examination of our cardiovascular health.

Understanding Heart Arrhythmias

Heart arrhythmias refer to abnormal heart rhythms, where the heart may beat too quickly, too slowly, or irregularly. These disruptions can be caused by various factors, including age, heart disease, high blood pressure, diabetes, smoking, excessive alcohol consumption, and certain medications.

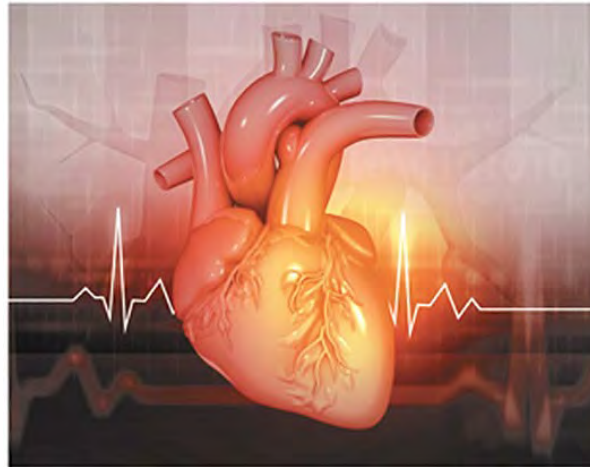
There are several types of arrhythmias, each with its unique characteristics. Atrial fibrillation, for example, is a prevalent form where the upper chambers of the heart (atria) quiver instead of contracting effectively. Ventricular fibrillation, on the other hand, affects the lower chambers (ventricles) and leads to sudden death unless defibrillation/shock is delivered to the heart right away.

The symptoms of arrhythmias can range from subtle to severe, including palpitations, dizziness, fainting, chest discomfort, and fatigue. Detecting and diagnosing arrhythmias often involves electrocardiograms (ECGs), Holter monitors, and other cardiac tests. Treatment options vary depending on the type and severity of the arrhythmia and may include medications, lifestyle changes, or medical procedures like ablation.

Palpitations: The Fluttering Heartbeat

Palpitations, commonly described as a fluttering, rapid, or irregular heartbeat, are sensations that may make individuals acutely aware of their heart's rhythm. While palpitations can be a benign response to stress, anxiety, or physical exertion, they can also be indicative of an underlying heart condition.

Causes of palpitations extend beyond heart-related issues and can include caffeine consumption, dehydration, anemia, hormonal changes, or even certain medications. Stress and anxiety can exacerbate palpitations, creating a feedback loop that amplifies the perception of an irregular heartbeat.



Understanding the triggers for palpitations is crucial for both prevention and management. Adopting stress-reducing techniques, maintaining a balanced diet, and staying hydrated can contribute to a healthier cardiovascular system.

The Intersection of Arrhythmias and Palpitations

Heart arrhythmias and palpitations often intersect, as one may be a symptom of the other. For instance, palpitations can be an indication of an underlying arrhythmia, prompting further investigation. Conversely, experiencing palpitations may trigger anxiety, leading to stress-related arrhythmias.

This intricate relationship highlights the importance of seeking medical attention when palpitations are persistent, severe, or accompanied by other concerning symptoms. A comprehensive evaluation can help identify the root cause and guide appropriate treatment strategies.

Living with Heart Arrhythmias and Palpitations

For individuals diagnosed with chronic arrhythmias, navigating daily life involves a combination of medical management and lifestyle adjustments. Adhering to prescribed medications, adopting heart-healthy habits, and attending regular check-ups are vital components of maintaining a balanced rhythm.

In some cases, living with arrhythmias requires a heightened awareness of triggers and early recognition of symptoms. This self-awareness empowers individuals to make informed decisions about their health and seek prompt medical attention when necessary.

Heart arrhythmias and palpitations are common phenomena that underscore the intricacies of cardiovascular health. Understanding the nuances of these irregularities, their causes, and potential intersections is essential for both prevention and management.

In the symphony of life, our hearts play a central role, and when the rhythm falters, it's a call to action. Regular cardiovascular check-ups, a healthy lifestyle, and an awareness of potential triggers can contribute to a harmonious heartbeat, ensuring that our hearts continue to play the music of life for years to come.

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

INVASIVE CARDIOLOGY AND ADVANCED HEART FAILURE MANAGEMENT

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

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Nurturing Eye Health During National Save Your Vision Month

Jesse T. McCann, M.D., Ph.D.

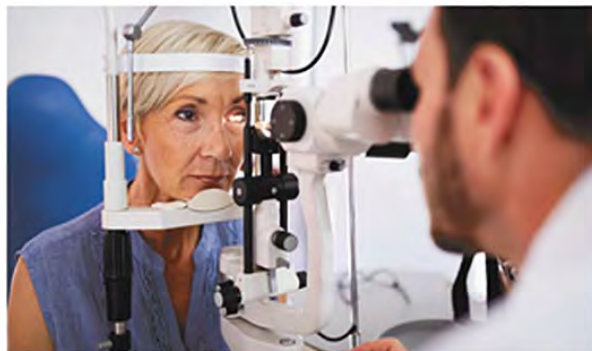
In March 2024, we embark on National Save Your Vision Month, a crucial annual observance that encourages individuals to prioritize eye health and adopt practices that safeguard their precious gift of sight. As we navigate the demands of the modern world, where screens dominate our daily lives and environmental stressors abound, taking proactive measures to maintain optimal vision becomes paramount.

Our eyes are the windows to the world, allowing us to witness its beauty, colors, and wonders. However, in the hustle and bustle of our fast-paced lives, it's easy to overlook the significance of eye health until problems arise. National Save Your Vision Month serves as a timely reminder to incorporate habits that promote and preserve visual well-being.

One of the key aspects of maintaining healthy eyes is regular eye examinations. Comprehensive eye exams not only assess vision acuity but also screen for a myriad of potential issues such as glaucoma, cataracts, and macular degeneration. In 2024, let's prioritize scheduling these examinations, ensuring that any underlying problems are detected early and addressed promptly.

Digital eye strain has become increasingly prevalent in our screen-centric society. With the majority of work, education, and entertainment occurring on digital devices, prolonged screen time can contribute to eye discomfort, fatigue, and headaches. This National Save Your Vision Month, consider implementing the 20-20-20 rule: every 20 minutes, take a 20-second break, and focus on something 20 feet away. This simple practice can alleviate strain and promote better eye health in the digital age.

The importance of proper nutrition in maintaining healthy eyes cannot be overstated. Nutrients like omega-3 fatty acids, lutein, zeaxanthin, and vitamins A, C, and E play crucial roles in supporting eye function. Include foods rich in these nutrients, such as leafy greens, fish, nuts, and colorful fruits, in your diet. Additionally, stay well-hydrated, as adequate water intake contributes to overall eye health.



In the spirit of National Save Your Vision Month, let's not forget the significance of protecting our eyes from harmful ultraviolet (UV) rays. Prolonged exposure to UV rays can lead to conditions like cataracts and macular degeneration. Invest in quality sunglasses that block both UVA and UVB rays, and make them a staple accessory when outdoors. This small yet impactful measure contributes to long-term eye health.

While physical well-being is crucial, mental health also plays a role in preserving vision. Stress and lack of sleep can contribute to eye strain and other visual issues. Prioritize self-care practices, including sufficient sleep and stress management techniques, to promote overall wellness and support your eyes in the process.

National Save Your Vision Month is an opportune time to reassess lifestyle choices that impact eye health. If you're a smoker, consider quitting, as smoking is a significant risk factor for various eye conditions, including macular degeneration and cataracts. By making positive lifestyle changes, you not only protect your vision but also enhance your overall health and well-being.

In conclusion, National Save Your Vision Month 2024 beckons us to embrace a holistic approach to eye health. From regular eye examinations to mindful digital habits, proper nutrition, UV protection, and overall well-being, the choices we make today can significantly impact our vision for years to come. Let's celebrate this observance by committing to the preservation of our sight, recognizing that the gift of vision is truly worth safeguarding.



Jesse T. McCann, M.D., Ph.D.

Originally from New York, Dr. McCann trained as a materials chemist with an undergraduate degree in chemistry from Dartmouth College followed by a Ph.D. from the University of Washington

in materials chemistry. In graduate school, he worked on designing advanced nanoscale materials used in the aerospace and biomedical fields. He completed his medical degree (Alpha Omega Alpha) from the Albert Einstein College of Medicine in the Bronx and residency training in ophthalmology at New York University. His interest in ophthalmology was cemented after volunteering to help prevent night blindness caused by Vitamin A insufficiency in the Thar Desert region of India.

Dr. McCann is currently an active member of the American Academy of Ophthalmology, the European Society of Retina Specialists, and the Alpha Omega Alpha Honor Medical Society.

Since becoming a retina specialist, Dr. McCann has volunteered internationally to expand eye care and diabetic retinopathy care in Bolivia with Retina Global. In his free time, Dr. McCann enjoys kayaking, swimming, rescuing parrots, and spending time outdoors in the Florida sunshine.

Education: Dartmouth College, University of Washington, Albert Einstein College of Medicine (Alpha Omega Alpha), Greenwich-Yale New Haven Health, New York University, Manhattan Eye, Ear, and Throat Hospitals, Columbia University

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If you are experiencing any changes in your eye health, whether it is blurry vision, pain, impaired vision, or any other visual irregularities, you should see an ophthalmologist right away. The earlier a disease is detected, the better the outcome and treatment options are for you. You will find a friendly and warm environment at Retina Group of Florida.

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Nourishing the Mind

The Crucial Role of Proper Nutrition in Mental Wellness

By Steven Stein, MD - Board-certified Psychiatrist

Proper nutrition can be an underemphasized but essential part of a balanced daily routine that improves, and even optimizes overall mental health. The foods we eat serve as fuel for our bodies and minds and can significantly impact our mood, cognition, and well-being. As we delve into the intricate connection between proper nutrition and mental well-being, it becomes evident that adopting a balanced and wholesome diet is a vital tool for nurturing a healthy and resilient mind and body.

The brain is the most complex organ we have that orchestrates our thoughts, emotions, and actions, and with that requires a constant supply of nutrients to function optimally. The standard American diet often is lacking essential nutrients and instead is high in processed foods, fats, and refined sugars, which unknowingly train the brain to crave more of these nutrient-poor foods. Key components of a well-rounded diet, such as omega-3 fatty acids, antioxidants, vitamins, and minerals, play crucial roles in supporting cognitive function and emotional stability. These are more often found in whole foods, fruits, vegetables, nuts, beans and legumes. For instance, omega-3 fatty acids found in fish, flaxseeds, and walnuts are known to enhance brain health, promoting better concentration and reducing the risk of mental health disorders.

Moreover, a balanced diet rich in antioxidants from fruits and vegetables helps protect the brain from inflammation, which can be damaging to the brain. These antioxidants neutralize free radicals, unstable molecules that can damage brain cells and contribute to cognitive decline. Incorporating a variety of colorful fruits and vegetables into your diet can fortify your mental resilience and promote long-term brain health. A 2019 study in *The American Journal of Clinical Nutrition* also identified that a diet rich in fruits and vegetables has an impact on reducing symptoms in those suffering with clinical depression.

Beyond specific nutrients, the overall composition of our diet can significantly impact mental wellness. Diets high in processed foods, saturated fats, and refined sugars have been linked to an increased risk of depression and anxiety. These dietary patterns not only lack essential nutrients, but also contribute to inflammation in the body, which has been associated with mental health disorders.



Conversely, adopting a Mediterranean-style diet characterized by an abundance of fruits, vegetables, whole grains, and lean proteins, has shown positive effects on mental well-being. The emphasis on these wholesome foods provides the body and brain with a diverse range of nutrients that support overall health, including mental health.

The gut-brain connection further underscores the importance of proper nutrition in mental wellness. The gut microbiome, a community of trillions of microorganisms residing in the digestive tract, plays a crucial role in regulating mood and cognitive function. A diet high in fiber, prebiotics, and probiotics supports a healthy gut microbiome, positively influencing neurotransmitter production and communication between the gut and brain.

Further education about the link between nutrition and mental health is paramount. Incorporating nutrition into mental health discussions can empower us to make informed choices that positively impact our overall well-being. Schools, workplaces, and health-care settings can play a crucial role in promoting nutrition education and creating environments that support healthy eating habits.

It's important to recognize that proper nutrition is not the universal remedy for mental health challenges, but rather one of many vital components included in a comprehensive approach, that when utilized synergistically, can empower individuals in their self-care, allowing for a more meaningful quality of life. Mental health involves a complex interplay of factors, including genetics, environment, and lifestyle that should not be discounted. Other important components of a well-balanced lifestyle include maintaining healthy and meaningful relationships, regular physical activity and exercise, sufficient sleep, healthy stress management practices, avoidance of illicit drugs and excessive alcohol, and in some individual cases, appropriate vitamins, supplements, talk therapy and psychotropic medications. While nutrition is a potent tool, it works synergistically with these and other aspects of self-care to realize the most meaningful state of overall health and well-being.

In conclusion, proper nutrition stands as a vital tool for mental wellness, which can influence cognitive function, emotional resilience, and improve or sometimes prevent

mental health problems. While proper diet is not enough, adopting a balanced and wholesome diet, rich in essential nutrients supports brain health, protects against oxidative stress, has the potential of reducing anxiety and depression and fosters a healthy gut-brain connection. Integrating nutrition education into various settings can empower individuals to make choices that positively impact their mental well-being. As we navigate the intricate relationship between food and the mind, it becomes clear that a holistic approach accomplished by nourishing the body, also nourishes the mind.

Steven Stein, MD

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

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

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

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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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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

Stages of Vein Disease



with fever and fatigue. If phlebitis extends 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.

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



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MEMORY MATTERS

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

March is Women's History Month! This tribute to the contributions of women actually began in the early 1980s as Women's History week and in 1987, Congress passed a resolution that March would be proclaimed Women's History Month. Women's history month celebrates the accomplishments of women in a variety of different fields that have positively impacted history. This month also serves as a celebration of women's efforts to continue to fight for equality, justice and opportunities in the world.

In the early 1900s, Dr. Alois Alzheimer identified the characteristic plaques and tangles in the brain of a 51 year old woman. He had followed her disease progression and when she died, he was able to provide analysis of her brain, where he was able to make the discovery of these histological alterations. Dr. Alzheimer's patient was a woman named Auguste Deter, who also has a place in the history of Alzheimer's disease.

Alzheimer's disease impacts women more than men. Approximately twice as many men have Alzheimer's disease than men. Why is this? Age is the number one risk factor for Alzheimer's disease. Women live longer than men. As noted in a recent JAMA article, the gap between men and women's life expectancy increased to 5.8 years. Life expectancy is one consideration, but are there other things at play?

One of the world's leading experts and researchers in the area of Alzheimer's disease. Dr. Reisa Sperling is working on trying to understand what other factors contribute to Alzheimer's disease in women. As highlighted in an Alzheimer's Association profile, Dr. Sperling, who is a professor at Harvard Medical school and the Director of Alzheimer's Research and Treatment at Brigham and Women's Hospital, is not only a pioneer in Alzheimer's disease research, she has mentored many women who are dedicated to dementia science. She is also the Director of Neuroimaging Core at the Massachusetts Alzheimer's Disease research center at Massachusetts General Hospital. Dr. Sperling was in medical school when her grandfather died with Alzheimer's disease. Her father was also diagnosed with the disease, which also fueled her focus on finding approaches to stopping the disease.



The Alzheimer's Association has also highlighted several other prominent female researchers. Dr. Marilyn Albert, the Director of the Division of Cognitive Neuroscience and the Director of the John's Hopkins Alzheimer's Research Center has focused on the lifestyle changes that may preserve cognitive abilities as we age. Her current research is focused on early identification and ways to monitor disease progression.

Another accomplished researcher, Dr. Malu Tansey has focused her research on the role of inflammation and the immune system in brain health and the development of Alzheimer's disease. Currently, Dr. Tansey is the Professor of Neuroscience and Neurology and the Director of the Parkinson's Foundation Research Center of Excellence at the University of Florida.

Several other prominent female scientists are leading the charge at the Alzheimer's Association. Dr. Maria Carillo is the Chief Science Officer and medical affairs lead who sets the strategic vision for global research in the area of Alzheimer's disease. Among her many leadership responsibilities, Dr. Carillo is a co-investigator for the Association led US Pointer Study, a lifestyle intervention trial to prevent cognitive decline. She has also received numerous awards and in 2020, she received the Lifetime Achievement Award in Alzheimer's Disease Therapeutic Research from the Clinical Trials on Alzheimer's Disease Conference.

Dr. Heather Snyder is the Vice President of Medical and Scientific Relations at the Association, and is recognized as an industry expert. Dr. Rebecca Edelmayer

has more than 20 years of experience as a scientist and an educator and serves as the senior Director of Scientific Engagement. These amazing women are at the forefront of Alzheimer's disease research, forging relationships and connections with global leaders in the Alzheimer's research space. The President and CEO of the Alzheimer's Association is Joanne Pike, DPH. Dr. Pike has an extensive background in social support and public health initiatives.

These are just a few of the many outstanding female scientists and leaders working with Alzheimer's disease with a commitment to finding a cure for the disease. Here at the Neuropsychiatric Research Center, we are also dedicated to finding a cure and improving the lives of people with neurological diseases, such as Alzheimer's disease, through research and education. We understand the impact of Alzheimer's disease on those who have been diagnosed, and their family and friends. If you haven't been formally diagnosed with a memory condition, yet have noticed changes please contact us at 239-939-7777.

Would you like to have a free baseline memory screen? We can help! Brain health is critical for all of us, and knowing your cognitive status via an easy and free memory screen is a service we provide to the community. Memories matter! NPRC 239-939-7777.



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What You Need to Know About E-Cigarettes and Vaping as Smoking Cessation Tools

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

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

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

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

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

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

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

Many e-cigarette users get even more nicotine than they would from a combustible tobacco product as many vaping devices offer extra-strength cartridges, which have a higher concentration of nicotine to get a greater hit of the substance.¹ This can be counterproductive to an individual's goal to quit as higher doses of nicotine result in a stronger nicotine addiction.

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

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



If you are a tobacco user looking to quit smoking, help is free! Gulfcoast South Area Health Education Center (GSAHEC), as part of the Tobacco Free Florida AHEC Cessation Program—offers free tobacco cessation sessions that are available to help someone quit all forms of tobacco. These group cessation sessions, held virtually and in-person, provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing your own customized quit plan. Free nicotine replacement therapy in the form of patches, gum, or lozenges (*if medically appropriate and while supplies last*) are provided with the session. Attendees will also receive a participant workbook, quit kit materials, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit www.tobaccofreeflorida.com/groupquitcalendar to schedule a class or learn more about the program!

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Urgent Care vs. Emergency Room for School and Sports-Related Injuries

By Alfonso L. Espinel, MD

In the realm of healthcare, understanding when to seek urgent care versus heading to the emergency room can make a significant difference in receiving prompt and appropriate treatment. This is particularly true when it comes to school and sports-related injuries, ranging from physical examinations to handling deep cuts, fractures, and more.

Understanding the Basics: Urgent Care and Emergency Room

Before delving into specific scenarios, it's crucial to distinguish between urgent care and the emergency room. Urgent care facilities are designed to handle non-life-threatening conditions that require immediate attention but fall short of being emergencies. On the other hand, emergency rooms are equipped to deal with severe, life-threatening situations.

Routine Physical Examinations: Urgent Care's Domain

For routine physical examinations, such as school or sports physicals, urgent care is often the more suitable option. These facilities are adept at providing quick and thorough exams, ensuring that students and athletes meet the necessary health criteria for participation. Urgent care offers convenience and timely service without the prolonged waits associated with emergency rooms.

Sports Injuries: Urgent Care First, Emergency Room for Severe Cases

In the case of sports injuries, the severity of the injury often dictates where to seek medical attention. Urgent care is well-equipped to handle common sports injuries like minor sprains, strains, and contusions. However, if the injury involves severe pain, dislocations, or signs of a more significant issue, heading to the emergency room is imperative. Prompt intervention in these cases can prevent further complications and expedite the recovery process.

Addressing Deep Cuts and Stitches: Urgent Care Expertise

When it comes to deep cuts and the need for stitches, urgent care is usually the optimal choice.



Urgent care centers have the resources to assess and treat lacerations promptly. From cleaning and disinfecting wounds to administering stitches, these facilities ensure a swift response. It's important to note that if the cut is excessively deep, affecting vital structures, or is associated with severe bleeding, heading to the emergency room becomes necessary for comprehensive care.

Fractures and Sprains: A Tale of Urgent Care and Emergency Room

Fractures and sprains often leave individuals grappling with the decision of where to seek medical attention. Urgent care is proficient in diagnosing and managing minor fractures and sprains, providing necessary splints or braces. However, if the injury involves a visible deformity, severe pain, or the potential for complications, the emergency room is the more appropriate choice. Emergency rooms can conduct comprehensive imaging studies and offer immediate interventions for complex fractures.

X-rays with Immediate Results: A Boon in Urgent Care

One notable advantage of urgent care facilities is their capability to conduct X-rays with immediate results. This proves invaluable in cases of suspected fractures or injuries requiring quick diagnostic confirmation. The swift availability of X-ray

results at urgent care centers facilitates prompt decision-making, allowing for timely initiation of the appropriate treatment.

EKG Testing: Emergency Room for Critical Cases

Electrocardiogram (EKG) testing is exclusively conducted in the emergency room for critical situations related to the heart. Nevertheless, our urgent care facilities offer this service for college athletes undergoing sports physicals and for individuals experiencing symptoms like chest discomfort, rapid heart rate, or other relevant physical issues where an EKG aids in accurate diagnosis. In cases of a suspected heart attack or true cardiac emergency, seeking care in an emergency room is the most appropriate course of action.

In conclusion, understanding when to opt for urgent care versus the emergency room is crucial for timely and effective healthcare. For routine physical examinations, sports injuries, and minor cuts or fractures, urgent care stands as a convenient and efficient choice. However, in cases of severe trauma, deep cuts, or suspected cardiac issues necessitating EKG testing, the emergency room is the definitive destination. Making informed decisions based on the nature and severity of the condition ensures that individuals receive the most appropriate care tailored to their specific needs.

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MRA

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



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

CT Scan

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

Ultrasound

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

Nuclear Medicine

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

Digital X-Ray & Fluoroscopy

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

3D Mammography

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

Bone Density/DEXA with TBS

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

PET Scan

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

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



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Navigating Nutritional Wellness:

A Guide for Individuals with Chronic Kidney Disease During National Nutrition Month

National Nutrition Month serves as a timely reminder for everyone to focus on their dietary choices and overall health. For individuals grappling with chronic kidney disease (CKD), this observance holds even greater significance. CKD necessitates a nuanced approach to nutrition, and understanding how to make informed dietary decisions is crucial for managing the condition effectively.

One of the primary considerations for those with CKD is controlling the intake of certain nutrients, especially phosphorus and potassium. High levels of these minerals can pose challenges for kidney function. National Nutrition Month provides an opportune moment to explore low-phosphorus and low-potassium food options, aiding individuals in crafting a kidney-friendly diet that promotes overall well-being.

Protein consumption is another critical aspect for those with CKD. Balancing protein intake is essential, as too little can lead to malnutrition, while excessive protein can strain the kidneys. National Nutrition Month offers a chance to spotlight lean protein sources such as fish, poultry, and plant-based proteins, empowering individuals with CKD to make informed choices that align with their health goals.

Hydration is paramount for kidney health. Adequate fluid intake helps flush out waste products from the body, easing the burden on the kidneys. During National Nutrition Month, individuals with CKD can focus on incorporating beverages like water, herbal teas, and limited amounts of juice into their daily routine, promoting optimal hydration and supporting kidney function.

The importance of portion control cannot be overstated for individuals managing CKD. National Nutrition Month encourages mindfulness about serving sizes, aiding those with CKD in preventing overconsumption of nutrients that may strain their kidneys. Emphasizing a balanced plate with a variety of colorful fruits and vegetables ensures a well-rounded diet that aligns with both the principles of National Nutrition Month and CKD management.



Educational resources play a vital role in empowering individuals with CKD to make informed dietary decisions. National Nutrition Month serves as a platform for raising awareness about the nutritional needs of those with CKD, fostering a community of support and providing access to reliable information that can enhance their well-being.

Moreover, adopting a personalized approach to nutrition is key for individuals with CKD. National Nutrition Month offers an ideal opportunity for healthcare professionals, dietitians, and individuals to collaborate in creating tailored dietary plans. This personalized guidance can address specific nutritional needs, ensuring that individuals with CKD receive the support necessary to navigate their dietary journey successfully.

In conclusion, National Nutrition Month serves as a timely and significant occasion for individuals with chronic kidney disease to prioritize their health through informed dietary choices. By focusing on low-phosphorus and low-potassium options, balancing protein intake, maintaining proper hydration, practicing portion control, and accessing educational resources, individuals with CKD can actively contribute to their overall well-being. This collaborative effort, involving healthcare professionals and the community, underscores the importance of National Nutrition Month as a catalyst for positive change in the lives of those managing chronic kidney disease.

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REVOLUTIONIZING KNEE PAIN RELIEF:

Exploring the Power of Regenerative Medicine and Non-Surgical Treatments

By Physicians Rehabilitation

In recent years, the field of regenerative medicine has emerged as a beacon of hope for those suffering from chronic knee pain, offering innovative alternatives to traditional surgical interventions. One such breakthrough in non-surgical treatments is the application of viscosupplementation and platelet-rich plasma (PRP) therapies.

Viscosupplementation involves injecting hyaluronic acid into the knee joint, aiming to enhance lubrication and reduce friction. Hyaluronic acid is a natural substance found in the synovial fluid, which acts as a lubricant and shock absorber in the joints. By supplementing the joint with this viscous fluid, patients experience improved mobility and diminished pain, often delaying or eliminating the need for surgery.

Platelet-rich plasma therapy, on the other hand, harnesses the body's own healing capabilities. This treatment involves drawing a small sample of the patient's blood, processing it to concentrate platelets, growth factors, and other bioactive components, and then injecting it into the affected knee. The concentrated platelets stimulate tissue regeneration and repair, promoting healing in the damaged joint. This non-invasive approach not only addresses knee pain but also accelerates the body's natural healing processes.

These regenerative therapies signify a paradigm shift in the approach to knee pain, providing patients with effective alternatives to surgery.



Unlike traditional treatments that often focus on symptom management, regenerative medicine aims to address the underlying causes of knee pain and promote long-term healing.

Beyond the medical realm, the economic and lifestyle benefits of non-surgical interventions cannot be overstated. Patients undergoing viscosupplementation and PRP treatments typically experience shorter recovery times, enabling them to return to their daily activities sooner than those opting for surgery. This not only reduces the financial burden associated with prolonged recovery but also enhances the overall quality of life for individuals grappling with knee pain.

Moreover, these non-surgical approaches carry fewer risks and complications compared to invasive procedures. The avoidance of surgery-related complications, such as infections or prolonged rehabilitation, contributes to a safer and more patient-friendly treatment landscape. This makes regenerative medicine an attractive option for those who may be hesitant to undergo surgical interventions or are not suitable candidates for such procedures.

As research in regenerative medicine advances, the synergy between viscosupplementation and PRP therapies continues to show promise in treating a spectrum of knee conditions, including osteoarthritis and ligament injuries. The personalized nature of these treatments, tailored to individual patient needs, underscores the versatility and adaptability of regenerative medicine in addressing diverse knee pain scenarios.

In conclusion, the integration of regenerative medicine, specifically viscosupplementation and platelet-rich plasma therapies, has ushered in a new era in the management of knee pain. By offering non-surgical alternatives that focus on promoting healing and addressing the root causes of pain, these treatments provide a beacon of hope for those seeking effective, safe, and patient-centric solutions. As we embrace the transformative potential of regenerative medicine, we pave the way for a future where knee pain can be managed with precision, compassion, and a commitment to enhancing the overall well-being of individuals.

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THE HEALING POWER OF A PLANT-BASED DIET IN PREVENTING AND TREATING COLORECTAL CANCER

By Lisa Brown, Plant-based Chef & Educator

In recent years, the impact of diet on overall health has become a focal point in medical research. One area of particular interest is the role of a plant-based diet in preventing and even treating various diseases, including colorectal cancer. Colorectal cancer, affecting the colon or rectum, is a widespread and potentially deadly condition. However, emerging evidence suggests that adopting a plant-based diet can play a crucial role in both preventing and healing colorectal cancer.

The Link between Diet and Colorectal Cancer:

Numerous studies have established a clear connection between dietary choices and the risk of developing colorectal cancer. A diet rich in red and processed meats, saturated fats, and low in fiber has been associated with an increased likelihood of developing colorectal cancer. On the contrary, a plant-based diet, centered around fruits, vegetables, whole grains, and legumes, has been linked to a lower risk of colorectal cancer.

Preventive Nature of Plant-Based Diets:

1. High Fiber Content: Plant-based diets are inherently rich in dietary fiber, a crucial component for maintaining digestive health. Fiber aids in the regular movement of bowels, preventing constipation and promoting a healthy gut environment. Moreover, fiber has been shown to have protective effects against colorectal cancer by binding to carcinogens, promoting their excretion, and reducing the time harmful substances spend in contact with the colon lining.

2. Antioxidant Properties: Fruits and vegetables, staples of a plant-based diet, are loaded with antioxidants that combat oxidative stress and inflammation in the body. Chronic inflammation has been linked to the development and progression of various cancers, including colorectal cancer. Antioxidants neutralize free radicals, reducing the risk of DNA damage and cellular mutations that can contribute to cancer formation.

3. Healthy Fats: Plant-based diets emphasize the consumption of healthy fats found in sources like avocados, nuts, and olive oil. These fats have anti-inflammatory properties and contribute to overall cardiovascular health. By maintaining heart health, plant-based diets indirectly support colorectal health, as cardiovascular issues are often linked to an increased risk of colorectal cancer.

Healing Potential of Plant-Based Diets:

1. Anti-Inflammatory Effects: Colorectal cancer often arises from chronic inflammation in the colon or rectum. Plant-based diets, with their abundance of anti-inflammatory compounds, can help mitigate inflammation and create an environment less conducive to cancer development. Incorporating foods like turmeric, ginger, and green leafy vegetables can specifically target inflammation, potentially aiding in the healing process.

2. Immune System Support: Plant-based diets provide essential vitamins, minerals, and phytonutrients that support a robust immune system. A strong immune response is crucial for recognizing and eliminating cancerous cells. Foods like citrus fruits, broccoli, and berries are rich in immune-boosting nutrients, enhancing the body's ability to fight off cancer cells and aiding in the recovery from colorectal cancer.

3. Gut Microbiome Balance: The health of the gut microbiome is increasingly recognized as a key factor in preventing and treating colorectal cancer. Plant-based diets promote the growth of beneficial bacteria in the gut, fostering a balanced microbiome. This balance is essential for a healthy immune system, efficient digestion, and protection against harmful pathogens, contributing to the overall healing process.

Specific Foods with Colorectal Cancer-Fighting Properties:

1. Cruciferous Vegetables: Cruciferous vegetables like broccoli, cauliflower, and Brussels sprouts contain compounds such as sulforaphane, known for their anti-cancer properties. These vegetables have demonstrated the ability to inhibit the growth of colorectal cancer cells and may play a role in both prevention and treatment.

2. Berries: Berries, particularly blueberries, raspberries, and strawberries, are rich in antioxidants, including anthocyanins and quercetin. These antioxidants have been associated with a reduced risk of colorectal cancer and may aid in the healing process by combating inflammation and oxidative stress.

3. Garlic and Onions: Allium vegetables, such as garlic and onions, contain sulfur compounds with anti-cancer effects. These compounds have been shown to inhibit the growth of colorectal cancer cells and may contribute to the healing process when incorporated into a plant-based diet.



Conclusion:

Adopting a plant-based diet can be a powerful strategy in preventing and healing colorectal cancer. By focusing on nutrient-rich foods that promote digestive health, reduce inflammation, and support the immune system, individuals may reduce their risk of developing colorectal cancer and enhance their body's ability to heal if diagnosed. While a plant-based diet is not a cure-all, it can serve as a valuable component of a comprehensive approach to colorectal cancer prevention and treatment. As always, it is crucial to consult with healthcare professionals for personalized advice and guidance based on individual health circumstances.

For those seeking a seamless integration of a plant-based lifestyle into their journey of colorectal cancer prevention or recovery, consider the added convenience and expertise of my in-home personal plant-based chef services, providing delicious and tailored culinary experiences for optimal well-being.



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REVOLUTIONIZING HEARING: Unveiling the Earlens Hearing Aid

By Dr. Noël Crosby, Au.D.

In the realm of hearing aid technology, a groundbreaking innovation has emerged – the Earlens hearing aid. This cutting-edge device has set a new standard for addressing hearing loss, offering a unique and sophisticated solution that goes beyond traditional hearing aids.

The Earlens hearing aid distinguishes itself with its innovative approach to sound transmission. Unlike conventional hearing aids that use air conduction, the Earlens device utilizes a small lens to transmit sound directly to the eardrum. This novel technology marks a significant departure from traditional methods, providing wearers with a more natural and enhanced listening experience.

The Earlens device utilizes a small lens and directly vibrate the eardrum resulting in the widest bandwidth of sound. The lens gently vibrates the eardrum, transmitting the auditory signals directly to the inner ear. This process mimics the natural hearing mechanism, resulting in clearer and more accurate sound perception.

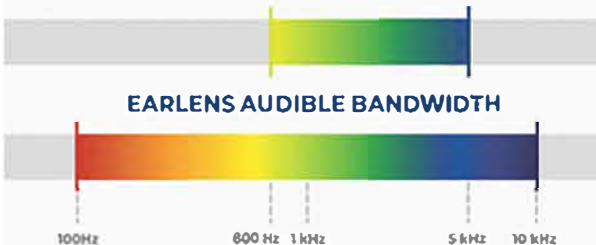
One of the key advantages of the Earlens hearing aid lies in its ability to deliver a broader frequency range. Traditional hearing aids may struggle to replicate low and high-frequency sounds, impacting the wearer's ability to comprehend speech or enjoy music fully. Earlens, with its direct delivery to the eardrum, overcomes these limitations, allowing wearers to experience a more comprehensive and nuanced auditory spectrum.



Moreover, the Earlens device offers improved feedback management. Many individuals using conventional hearing aids encounter issues such as whistling or squealing sounds caused by feedback loops. Earlens employs advanced technology to minimize these disturbances, ensuring a more comfortable and discreet hearing experience.

Furthermore, the Earlens hearing aid is customizable to individual hearing needs. The device undergoes a thorough fitting process, including mapping the wearer's ear and conducting precise measurements.

TRADITIONAL HEARING AID AUDIBLE BANDWIDTH



This personalized approach ensures optimal performance, tailoring the device to the wearer's unique hearing profile.

As technology continues to advance, the Earlens hearing aid stands as a testament to the possibilities within the realm of hearing assistance. Its innovative method of sound transmission, coupled with a commitment to individualized comfort and performance, positions Earlens as a game-changer in hearing aid technology. With the promise of a more natural listening experience, broader frequency range, and reduced feedback issues, the Earlens hearing aid is set to redefine the way we perceive and address hearing loss in the modern era.

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Noël Crosby
Doctor of Audiology

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Doctor of Audiology

Defeat Gum Disease

There is a silent oral disease affecting more than 80% of adults. Chances are you either have had or are currently battling periodontal (gum) disease. Unfortunately, in many cases, the disease goes undetected until painful symptoms begin occurring. At which time the disease and any adverse conditions have already set in. Because there are no early signs of periodontal disease, it often goes untreated until the physical symptoms surface and by then the concern is treatment not prevention. It is extremely important for everyone to have regular dental check ups at the recommended six month interval. Without these check ups and proper oral care, periodontal disease can silently cause not only oral health problems but can also contribute to other major health concerns.

Periodontal disease, also known as gum disease, is the chronic infection of the soft tissue around the teeth caused by plaque producing bacteria. The gums hold the teeth in place. As the gums become infected, they loosen their hold on the teeth and pockets are formed. These pockets collect debris and cause more infection and bone loss to the tooth. Gum disease is infectious and contagious. It can spread from tooth to tooth in the mouth and from one person's mouth to another through saliva.

As with other diseases, prevention is key to good oral health. It is important for everyone to practice diligent, thorough, and proper oral care by scheduling check ups every six months. At which time, your dentist will be able to detect and treat any signs of periodontal disease before symptoms begin to show and the damage is done. As mentioned earlier, most people do not know they have periodontal disease until they begin suffering from any combination of the following signs:

- Chronic bad breath
- Red or swollen gums
- Bleeding gums especially after tooth brushing
- Tender or sore gums
- Loose or shifting teeth
- Receding gums
- Sensitive teeth



If you have been diagnosed with periodontal disease, there are various treatment plans your dentist may recommend depending on the severity of your case. The most important action is meticulous at home daily oral care. Teeth must be brushed twice or more times each day for at least two minutes and flossed at least once per day. Other treatments include oral rinses, periodontal cleanings, and sometimes surgery.

Traditional periodontal surgery involves cutting and suturing of the gums and recovery time can be long and painful. With the advancement of modern laser technology, there is an alternative. Joseph H. Farag, DMD offers a better alternative for patients battling periodontal disease. Dr. Farag offers patients laser-assisted new attachment procedure (LANAP™) which is a no-cut, no-sew procedure to treat mild to advanced periodontal disease. The advancements in laser surgery techniques, have made treating periodontal faster and less painful. LANAP™ is much less invasive than traditional surgery, allowing patients to return to work the next day if desired.

Even with the benefits of LANAP™ it is obviously best to practice good oral care. The most important preventative measure to avoid the insidious gum disease is to take excellent care of your teeth. Proper cleaning at least twice a day is imperative. The goal is to keep the bacteria that cause the plaque at very low levels.

If your gums are painful, red, or swollen don't ignore the signs; make an appointment today that may save your teeth and gums. Treating periodontal disease sooner is always better than later.

Benefits of LANAP™

EASY – LANAP™ is about as EASY as erasing a blackboard – unlike older techniques, there is no cutting and no suturing of the gums.

MINIMAL DISCOMFORT – Both during and post procedure, the patient experiences very minimal discomfort with LANAP™ than with prior standard surgery techniques.

SHORTER PROCEDURE TIME – It takes less time to complete LANAP™ than traditional surgery. Typically it takes is two 2-hour visits to the office and two follow up visits. Traditional surgery requires four sessions of about one hour each, with subsequent visits for suture removal and additional check-ups.

LESS GUM LOSS – LANAP™ minimizes the loss of gum tissue, traditional surgery often involves removing a significant amount of gum tissue. This tissue loss can lead to sensitive teeth since your roots are exposed. Also, if the treatment needs to be performed again in the future, you have not removed the bone and gums during the first LANAP™ treatment. Typically with LANAP™, any gum tissue shrinkage is actually due to reduced swelling of the area that was previously diseased and inflamed.

SHORT RECOVERY – Many patients fully recover from LANAP™ within 24 hours. In most cases, patients feel just fine post surgery and daily activities are not interrupted. On the other hand, recovery after traditional surgery can take up to 4 weeks during which patients can experience considerable pain and swelling.

SAFE – LANAP™ with the PerioLase is SAFE for patients with health concerns such as diabetes, heart disease, high blood pressure or those taking medications such as Coumadin or Cyclosporine.

Dr. Joseph Farag - Port Charlotte Dentalcare

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HOLOGRAPHIC WILLS ARE INEFFECTIVE IN FLORIDA

By James W. Mallonee

Holographic Wills are Wills that are written, signed by the testator, but not witnessed. Remember, that to have a Valid Will in Florida, your Will must be signed by the person who drew it up and signed by at least two witnesses who are over the age of 18. Florida does not recognize Holographic Wills regardless if the State where it was drawn up accepts such Wills, Florida will not.

The situation involving a Holographic Will came up in the case of Caveglia and Caveglia v Estate of Rory Ernest Macdowell. The problem involving a decedent's Holographic Will and the problems it created originated in Louisiana by a Will dated May 15, 2014. The 2014 Will fulfilled all of the requirements for execution with two witnesses. In 2015, the decedent executed another Will (handwritten), but failed to have it witnessed (a holographic Will). In 2018, the decedent moved to Florida declaring it his homestead where he eventually died in 2019. The 2014 and 2015 Wills were discovered following the testator's death. The Wills were presented to the Court as the Last Will and Testament of the decedent.

Apparently, Louisiana recognizes Holographic Wills, which is fine in Louisiana, except the decedent was now a resident of Florida. The argument became whether the Holographic Will revoked the 2014 Will which would render the decedent's estate being intestate. Because Holographic Wills are not recognized in Florida, the estate reverted to the 2014 Will by ignoring the Holographic Will. Fortunately, the 2014 Will was not revoked or lost following the creation of the 2015



Holographic replacement. The 2014 Will was not lost and was now submitted as the Last Will and Testament of the decedent.

The argument became that if the Holographic Will is recognized in Louisiana can't the court recognize the Will under Louisiana law. The answer is that it may have been a possibility, but the maker of the Will was now a domiciliary resident of Florida with no ties to Louisiana other than children and relatives who continued to live in such State. Moreover, it is the time of death where the validity of a Will is determined. Thus, the 2015 Will was a nullity and invalid under Florida law even though it was signed in Louisiana.

The real determination in this case is at the time of a person's death. The decedent was no longer a resident of Louisiana. The fact that the decedent died in Florida and was domiciled in Florida at their death made the previous Wills executed in Louisiana subject to Florida law.

As a result, the 2015 Will was completely invalid and not recognized. Had the decedent continued to make Louisiana their primary residence the outcome in this case may have been different.

The end result in this case is that the 2014 Will carries the day in terms of distribution of the decedent's assets. Had the 2014 Will been revoked by tearing it up or not found it is likely that the estate would have been distributed according to Florida's intestate statutes.

This is a good case to remember when amending your Will with a new one, never throw away your old will just in case the State you move to has some quirky law that might revoke your newly prepared out of State will. In addition, it is always a good idea to have a licensed attorney review or prepare your Will in the State where you move to assure it is prepared and executed according to that State's law. If you have moved to Florida and made it your permanent residence, contact the attorney of your choice and have your out of State testamentary devices reviewed to be sure it remains valid under Florida law.

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

James W. Mallonee, P.A.

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THE POWER OF PROPER HYDRATION DURING NATIONAL KIDNEY MONTH

BY Kasey Cook, RN, Owner

March marks National Kidney Month, a time dedicated to raising awareness about kidney health and encouraging preventive measures to maintain these vital organs' well-being. In this article, we delve into the crucial role of proper hydration and the innovative approach of IV therapy in supporting kidney health.

Our kidneys play a pivotal role in filtering waste products from the blood, regulating electrolyte balance, and maintaining overall fluid balance in the body. With such critical functions, it is imperative to prioritize kidney health, and one of the simplest yet often overlooked ways to do so is by ensuring proper hydration.

Adequate water intake is the cornerstone of kidney health. Water helps the kidneys remove toxins and waste from the blood, preventing the formation of kidney stones and other complications. Insufficient hydration can lead to concentrated urine, making it harder for the kidneys to perform their filtering duties efficiently. National Kidney Month serves as a timely reminder to adopt habits that prioritize hydration.

Beyond traditional methods of staying hydrated, such as drinking water regularly, the emerging trend of intravenous (IV) therapy has gained attention for its potential benefits in supporting kidney health. IV therapy involves the direct infusion of fluids, electrolytes, and nutrients into the bloodstream, providing rapid and efficient hydration.

IV therapy can be particularly beneficial for individuals struggling with chronic dehydration, a common concern that can strain the kidneys over time. By bypassing the digestive system, IV therapy ensures a swift and direct delivery of fluids to the bloodstream, rehydrating the body at a faster rate than oral intake.

During National Kidney Month, it is essential to highlight the importance of consulting healthcare professionals before considering IV therapy for kidney health. While it can be a valuable tool, its application should be tailored to individual needs and medical conditions under the guidance of qualified healthcare providers.

In addition to IV therapy, adopting a well-balanced diet contributes significantly to kidney health. Foods rich in water content, such as fruits and vegetables, can complement hydration efforts and provide essential nutrients that support kidney function. Potassium-rich foods, like bananas and leafy greens, can help regulate blood pressure, reducing the risk of kidney damage.

Educational campaigns during National Kidney Month can focus on dispelling myths surrounding hydration and kidney health. One common misconception is that thirst is the only indicator of dehydration. In reality, by the time thirst sets in, the body may already be experiencing mild dehydration. Encouraging proactive hydration habits can prevent this and benefit overall kidney function.

Public awareness initiatives can also stress the impact of lifestyle choices on kidney health. Avoiding excessive consumption of sugary beverages and limiting sodium intake can contribute to maintaining healthy blood pressure levels, reducing the strain on the kidneys.

In conclusion, National Kidney Month serves as a timely platform to underscore the importance of proper hydration for kidney health. Embracing traditional methods like drinking water regularly, adopting a kidney-friendly diet, and considering innovative approaches such as IV therapy under professional guidance can collectively contribute to maintaining optimal kidney function. By nurturing our kidneys through awareness and proactive measures, we empower ourselves to lead healthier lives and reduce the risk of kidney-related complications.

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EXPLORING THE EFFICACY OF ACUPUNCTURE IN ALLEVIATING ENDOMETRIOSIS-ASSOCIATED PAIN

By Dr. Mary Lambert, AP, DOM

Endometriosis, a condition where tissue similar to the lining of the uterus grows outside the womb, affects millions of women worldwide, causing chronic pain and impacting their overall quality of life. While various treatment options exist, acupuncture has gained attention for its potential efficacy in managing endometriosis-associated pain.

Acupuncture is an ancient Chinese medical art that involves the insertion of fine filiform needles into specific points on the body. The acupuncturist carefully selects points based on the individual's conditions with the intention of restoring balance, stimulate energy flow (Qi), and enhancing overall wellbeing. Proponents argue that acupuncture can help regulate hormonal imbalances, reduce inflammation, and alleviate pain, making it a complementary therapy for conditions like endometriosis.

Several studies have explored the impact of acupuncture on endometriosis-related symptoms, particularly pain. A study published in the Journal of Obstetrics and Gynecology Research found that women receiving acupuncture reported significant reductions in pain compared to those who did not. The researchers suggested that acupuncture may influence pain perception and modulate inflammatory pathways, providing relief for endometriosis sufferers.



Furthermore, acupuncture is believed to have a positive impact on stress and anxiety, common factors exacerbating endometriosis symptoms. Acupuncture treatments release serotonin and norepinephrine (a neurotransmitter of the brain to regulate stress reduction) in order to calm the nervous system during treatments. Stress reduction can potentially contribute to better pain management and overall well-being for women dealing with this challenging condition.

Moreover, acupuncture is often considered a complementary therapy, meaning it works best when combined with conventional medical treatments. While acupuncture may help manage pain and improve quality of life, it is not a standalone cure for endometriosis. Women seeking relief from endometriosis-associated pain should consult with their healthcare providers to develop a comprehensive treatment plan tailored to their individual needs.

Understanding the potential benefits of acupuncture in managing endometriosis-associated pain requires acknowledging its holistic approach. Acupuncture doesn't merely target the symptoms; it aims to restore balance and harmony within the body.

This philosophy aligns with the traditional Chinese medicine perspective of Yin and Yang. This philosophy views health as a state of equilibrium between opposing forces to create a balanced whole.

In conclusion, the efficacy of acupuncture for endometriosis-associated pain remains a subject of ongoing research and debate within the medical community. While some studies suggest positive outcomes, others call for further investigation and standardization of acupuncture protocols. As with any medical intervention, individual responses may vary, and it's crucial for women with endometriosis to work closely with their healthcare providers to determine the most effective and personalized treatment approach.

Mary Lambert, AP DOM

Dr. Mary initially aspired to be a Doctor and chose a unique path, becoming a board-certified Acupuncture Physician after exploring skin care and massage therapy. Overcoming challenges, she embraced her journey, incorporating her skills to enhance her practice. Driven by a belief in holistic care, she combines acupuncture, herbs, and various modalities to improve individuals' overall well-being, emphasizing a personalized approach to healthcare. Her diverse expertise includes acupuncture, herbalism, injection therapy, pain management, and customized skin care.

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Maintaining Healthy Friendships

By Pastor Timothy Neptune

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

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Southwest Florida's Health & Wellness Magazine is the most effective and affordable way to reach customers. More than 30,000 copies are distributed every month at hospitals, health and wellness centers, shopping plazas, grocery stores and many other locations.

The screenshot shows the homepage of the Health & Wellness Magazine website. At the top, there's a navigation bar with links for Charlotte Edition, Collier Edition, Lee Edition, Advertise with Us, H&W Archives, and Contact Us. The main header features the magazine's title 'Health & Wellness' in a large, stylized font. Below the header, there's a featured article titled 'Skincancer' with a photo of a woman wearing a sun hat. To the right, there's a sidebar with a 'Sign Up for Our Newsletter' form and a list of 'In This Issue' topics including 'Living with Diabetes?', 'Why Wellness Works', 'Is it My MEMORY... or is it My HEARING?', 'Anesthetics: Are They Right for You?', 'How to Find the Right Specialist', 'ADDICTION', 'Tips for Looking Young', 'Fix Your Gut, Fix Your Problems', and 'Study Reveals Diabetes and Age'. Below the main article, there's a section for 'Read Our Flip Book Version' showing three magazine covers for Charlotte County, Collier County, and Lee County. At the bottom, there's a 'Featured Article' titled 'The Other Side of Parkinson's Disease' by Ramon A. Gil, M.D., with a photo of a man and a woman.

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