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Health & Wellness[®] MAGAZINE

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What You Need to Know

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Understanding the Impact on Vision

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CLEARLY ANALYSIS

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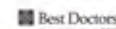
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PSYCHOLOGICAL BENEFITS OF QUITTING

Quitting tobacco is the single most important thing you can do to improve your health.⁴ As soon as an individual quits, the body begins to heal³ however, the benefits of quitting are not limited to improvements in physical health – there are numerous psychological benefits as well.

According to the British Medical Journal, smoking cessation is associated with reduced depression, anxiety, and stress and improved positive mood and quality of life compared with continuing to smoke.¹ There may be some initial feelings of stress and anxiety as an individual adjusts to a tobacco free life, however, research supports that those feelings are a temporary result of changing habits and adjusting to new behaviors.

Tobacco cessation services provided during addictions treatment enhances rather than compromises long-term sobriety. In fact, participation in smoking cessation efforts while engaged in other substance abuse treatment has been associated with a 25% greater likelihood of long-term abstinence from alcohol and other drugs.²

Smoking is associated with suicide risk, and the heaviest smokers have the highest risk. Quitting smoking improves overall quality of life which positively impacts mental health, including suicide risk.⁵

In addition to improvements in mental health, there are numerous benefits to physical health that accompany quitting tobacco. Quit tobacco today and join many other ex-tobacco users as they savor these benefits for years to come!

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The Role of Alcohol and Kidney Health: What You Need to Know

Alcohol consumption has been a part of human civilization for centuries, serving various cultural, social, and even medicinal purposes. However, while moderate alcohol consumption may have some potential health benefits, excessive or chronic use can wreak havoc on several organ systems, including the kidneys. The kidneys play a crucial role in filtering waste products from the blood and maintaining fluid balance in the body, thus making understanding the relationship between alcohol and kidney health so paramount for maintaining overall well-being.

The Basics of Kidney Function

Before going into the effects of alcohol on kidney health, it's essential to understand the basic functions of these vital organs. The kidneys are responsible for filtering waste products and excess fluids from the bloodstream, which are then excreted as urine. Additionally, they help regulate electrolyte levels, blood pressure, and the production of red blood cells. The part of the kidneys that does the work is called the nephron. It is a complex structure consisting of a glomerulus and a tubule, where filtration, reabsorption, and secretion processes occur.

Alcohol Consumption and Kidney Function

The impact of alcohol on kidney function depends largely on the amount and duration of consumption. Moderate alcohol consumption, defined as up to one drink per day for women and up to two drinks per day for men, may not significantly affect kidney health in healthy individuals. In fact, some studies suggest that moderate alcohol intake, particularly red wine, may have protective effects on the cardiovascular system due to its antioxidant properties.

However, excessive alcohol consumption, or binge drinking, can lead to acute and chronic kidney injury. One of the primary ways alcohol harms the kidneys is through dehydration. Alcohol is a diuretic, meaning it increases urine production and can lead to dehydration if not counteracted by adequate fluid intake. Dehydration reduces blood flow to the kidneys, impeding their ability to filter waste products effectively.



Chronic alcohol abuse can also cause structural and functional changes in the kidneys, leading to conditions such as alcoholic nephropathy. This condition is characterized by inflammation, fibrosis, and impaired kidney function, ultimately increasing the risk of kidney failure. Additionally, alcohol abuse is a leading cause of hypertension (high blood pressure), which is a significant risk factor for chronic kidney disease (CKD).

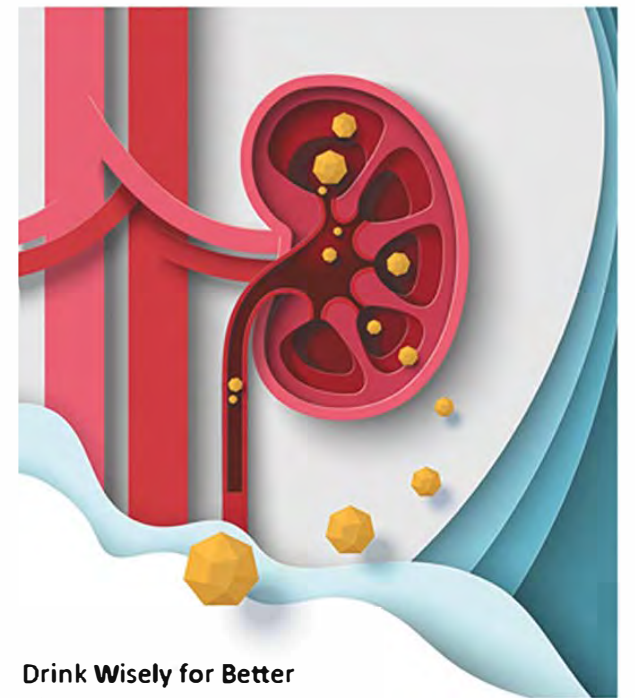
Other Risk Factors for Kidney Disease

It's essential to recognize that alcohol consumption rarely occurs in isolation and often coexists with other risk factors for kidney disease. For example, heavy drinkers are more likely to smoke, have poor dietary habits, and engage in sedentary lifestyles, all of which contribute to poor kidney health. It's also important to note that alcohol interacts with various medications, including those used to treat hypertension and other comorbidities, potentially exacerbating kidney damage.

Protecting Your Kidneys

If you choose to consume alcohol, it's crucial to do so in moderation and with consideration for your overall health. Here are some tips for protecting kidney health while consuming alcohol:

- Stick to recommended guidelines for alcohol consumption to minimize the risk of kidney damage.
- Drink plenty of water before, during, and after consuming alcohol to counteract its diuretic effects and maintain adequate hydration.
- Maintain a balanced diet, engage in regular physical activity, and avoid smoking to reduce the burden on your kidneys.
- If you have risk factors for kidney disease or a history of heavy alcohol consumption, consider regular check-ups with your healthcare provider to monitor kidney function.



Drink Wisely for Better Kidney Health

While moderate alcohol consumption may not pose significant risks to kidney health in healthy individuals, excessive or chronic use can lead to several side effects, including kidney disease. Understanding the relationship between alcohol and kidney health is essential for making informed choices about alcohol consumption and prioritizing kidney health. By practicing moderation and following the other precautionary tips, you can mitigate the potential adverse effects of alcohol on your kidneys and overall well-being.

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GOUT GOT YOUR FEET?

Here's What You Need to Know

By Eileen Rivero, DPM, ABPM

Gout, often considered a disease of antiquity, persists into the modern era, afflicting individuals with intense pain and discomfort, particularly in the foot. Characterized by sudden and severe attacks of pain, swelling, redness, and tenderness, gout of the foot can significantly impair mobility and diminish quality of life. Let's delve into the etiology, symptoms, treatment, and prevention strategies for gout, particularly as it manifests in the foot.

Etiology

Gout primarily stems from the buildup of uric acid crystals in the joints, leading to inflammation and intense pain. Uric acid is a natural byproduct of the breakdown of purines, substances found in certain foods and produced by the body. Typically, the kidneys filter uric acid out of the bloodstream and excrete it through urine. However, if the body produces excess uric acid or if the kidneys fail to eliminate it efficiently, urate crystals can accumulate in the joints, triggering gout attacks.

Several factors contribute to the development of gout, including genetics, lifestyle choices, and underlying health conditions. Men are more prone to gout than women, with the risk increasing with age. Obesity, high alcohol consumption, a diet rich in purine-containing foods (such as red meat, seafood, and organ meats), and certain medications (like diuretics and aspirin) can also elevate uric acid levels and predispose individuals to gout.

Symptoms

Gout attacks often strike suddenly, typically at night, and can be excruciatingly painful. The affected joint, frequently the big toe, becomes swollen, tender, red, and warm to the touch. The pain may intensify within hours, making even the slightest movement unbearable. Some individuals may experience fever and chills during an attack, further complicating the ordeal. Gout attacks can last anywhere from a few days to weeks, subsiding gradually without treatment but often recurring unless managed effectively.

Recognition of these symptoms is paramount for timely intervention. Podiatrists are adept at diagnosing and managing gout of the foot. Through a combination of clinical assessment and diagnostic



tests, including joint aspiration to confirm the presence of urate crystals, podiatrists can formulate tailored treatment plans to alleviate pain and prevent recurrent attacks.

Treatment

Effective management of gout requires a multifaceted approach aimed at both alleviating acute symptoms and addressing underlying metabolic imbalances. Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen, are commonly prescribed to reduce pain and inflammation during acute attacks. Colchicine, a medication with anti-inflammatory properties, may also be used to alleviate symptoms, particularly in cases of intolerance or contraindications to NSAIDs.

For individuals with recurrent or chronic gout, urate-lowering therapies (ULTs) are indispensable. These medications, including allopurinol and febuxostat, work by inhibiting the production of uric acid or enhancing its excretion. Podiatrists play a crucial role in monitoring the efficacy and safety of ULTs, adjusting doses as needed to achieve therapeutic goals while minimizing adverse effects.

In cases of severe pain or joint inflammation, podiatrists may recommend corticosteroid injections directly into the affected joint to provide rapid relief. However, caution must be exercised to avoid overuse of corticosteroids, which can exacerbate long-term joint damage and complications.

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.

Prevention

Preventing gout involves adopting a multifaceted approach aimed at reducing uric acid levels and minimizing triggers. Here are some key strategies to prevent gout attacks:

1. Dietary Modifications - Limit intake of high-purine foods, such as red meat, organ meats, shellfish, and certain types of fish like anchovies and sardines. Instead, focus on consuming plenty of fruits, vegetables, whole grains, and low-fat dairy products.

2. Hydration - Stay well-hydrated by drinking plenty of water throughout the day. Adequate hydration helps dilute uric acid in the bloodstream and promotes its excretion through urine.

3. Maintain Healthy Weight - Obesity is a significant risk factor for gout. By achieving and maintaining a healthy weight through regular exercise and a balanced diet, individuals can reduce their risk of developing gout and experiencing gout attacks.

4. Limit Alcohol Consumption - Alcohol, particularly beer and spirits, can raise uric acid levels and trigger gout attacks. Limit alcohol intake, especially during gout flare-ups, to minimize symptoms and prevent recurrence.

5. Medication Adherence - Take prescribed medications as directed by a healthcare professional, especially urate-lowering drugs, to manage uric acid levels effectively and prevent gout attacks.

By incorporating these preventive measures into daily life, individuals can reduce the frequency and severity of gout attacks, enhance joint health, and improve overall well-being.

Gout poses a formidable challenge, characterized by acute pain, inflammation, and impaired mobility. Podiatrists are uniquely positioned to provide compassionate and effective care to individuals living with gout. By embracing a holistic approach that addresses both the acute manifestations and underlying metabolic disturbances, podiatrists can empower their patients to reclaim their mobility and quality of life, one step at a time.



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AESTHETIC TREATMENTS: How Science and Philosophy Combine to Rejuvenate the Human Body

By Diana De Lorenzo - Corresponded by Dr. Jai Grewal

The Covid-19 pandemic has brought about significant changes in our daily lives, including increased stress and accelerated aging. As we all strive to comfort ourselves and achieve recovery from all these stressors, it's best to make sure we have good self-esteem. One way to achieve this is by presenting ourselves the best way we can. We have new styles of clothing, more gym memberships to keep us healthy, and many cosmetic products to enhance our natural beauty. This era is more appreciative of what we have. But that doesn't mean we all want to accept the aging process that COVID-19 has sped up for many of us. There are ways now to turn back time with aging without surgical procedures or even changing the look of who we are. What are these magical procedures? Well, its neurotoxins (aka Botox, Dysport, Xeomin, and Daxxify), dermal fillers (Restylane, Juvederm), biostimulators (Sculptra, Radiesse) and Microneedling (SkinPen, SkinPen with Platelet-Rich Plasma). These products give consumers control of their aging process without changing their identity.

Aesthetics is a branch of philosophy that is concerned with the principles of beauty, art, and taste. With advances in science and technology, the field of aesthetics has developed state-of-the-art techniques that enable the rejuvenation of the human body, while maintaining a natural appearance. This approach is critical in restoring balance, movement, and proportion to the body without altering one's identity.

The goal of aesthetics is beauty, art, and taste. Combined, they produce a philosophy of capturing what is essential to aesthetics. Aesthetics has a history that goes back to Ancient Greece and is considered one of the main branches of philosophy. This has been held throughout time. We as humans have enjoyed and preserved many things such as art and traditional costumes without changing the true value of the subject. This is also true in today's world.

With the science that we have today, it empowers us to have more control over so many things. The science that has gone into aesthetics is state-of-the-art. We now can rejuvenate an already established art of the human body and make the effects look natural, just as "Mother Nature"



intended. The need to look natural and feel like ourselves is essential for bringing back proportion, movement, and balance to what was already once there. The effects that this can have on us emotionally can bring dramatic improvement to our self-esteem and confidence.

The injection of neurotoxins, such as Botox, Dysport, Xeomin, and Daxxify, relaxes specific muscles in the body to create a smooth appearance on the skin. Originally developed for therapeutic medical use, these products have been approved for aesthetic purposes, including the treatment of moderate to severe frown lines. Dermal fillers, such as Restylane and Juvederm, are made from hyaluronic acid, a natural substance that occurs in the skin. They are used to restore volume, fill in lines, and lift areas to create a youthful and natural appearance.

While some may argue that these injections alter one's appearance, the majority of patients seek to restore their youthful appearance, rather than change it. The use of these products requires skilled injectors who can analyze and compare form and style to achieve the desired results. The primary objective is to achieve a natural look that restores youthfulness without changing one's identity.

Injectors today are very skilled in analyzing and comparing form and style so patients can be themselves. This form of non-surgical rejuvenation has become increasingly popular, as it can achieve significant improvements with minimal downtime and less risk than surgical procedures. Patients who seek aesthetic treatments are no longer limited to celebrities or those with significant financial resources. Advances in technology and techniques have made these treatments more accessible and affordable to the general public. More importantly, the increasing demand for these treatments is driven by the desire to improve one's self-esteem, confidence, and overall well-being.

However, it is essential to note that these treatments are not a substitute for a healthy lifestyle. Proper nutrition, exercise, and stress management are critical for maintaining overall health and well-being. Aesthetic treatments can enhance one's natural beauty, but they cannot replace good health habits.

In conclusion, aesthetic treatments have become an essential part of our daily lives, especially during the Covid-19 pandemic. They offer a non-surgical approach to rejuvenating the human body, restoring balance, movement, and proportion, and enhancing one's natural beauty. With advances in technology and techniques, these treatments have become more accessible and affordable to the general public. However, it is crucial to seek out skilled injectors and prioritize good health habits to achieve the best results and overall well-being. By combining science and philosophy, aesthetic treatments have revolutionized the way we approach aging and beauty, empowering us to take control of our appearance and feel confident in our own skin.

As we continue to navigate the challenges of the pandemic, it's essential to prioritize our mental health and well-being. Aesthetic treatments can play a significant role in this by improving our self-image and confidence. By embracing the philosophy of aesthetics and the science of modern technology, we can achieve a natural and youthful appearance that reflects our inner beauty and vitality. With proper care and attention to our health, we can maintain this appearance for years to come, living our best lives with confidence and grace.

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The Connection Between Anxiety and Eye Health: Understanding the Impact on Vision

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

In the fast-paced world we live in, stress and anxiety have become almost commonplace. From work deadlines to personal responsibilities, it's easy to become overwhelmed by the demands of daily life. While the effects of stress and anxiety on mental health are well-documented, their impact on physical health, particularly eye health, is often overlooked.

Anxiety, a feeling of worry or nervousness, can manifest in various physical symptoms, including changes in blood flow to the eyes. This alteration in blood flow can lead to a range of eye-related issues, such as blurred vision, eye strain, and dry eyes. For individuals already prone to eye problems, such as glaucoma or dry eye syndrome, prolonged stress and anxiety can exacerbate these conditions, worsening their symptoms and potentially leading to further complications.

One of the most common symptoms of stress and anxiety-related eye issues is blurred vision. This occurs when the muscles in the eyes become tense due to heightened stress levels, affecting their ability to focus properly. As a result, objects may appear blurry or out of focus, making tasks such as reading or driving challenging and uncomfortable.

Eye strain is another prevalent issue associated with stress and anxiety. When we feel anxious or stressed, we tend to tense our muscles, including those in the eyes, leading to fatigue and strain. Staring at screens for extended periods, a common occurrence in today's digital age, can exacerbate this strain, causing discomfort, headaches, and difficulty concentrating.

Dry eyes are also a common complaint among individuals experiencing heightened levels of stress and anxiety. Stress can disrupt the natural balance of tear production and drainage in the eyes, resulting in inadequate lubrication and discomfort. Without sufficient moisture, the eyes may feel gritty, irritated, or excessively watery, impacting both comfort and vision quality.

Moreover, for individuals already dealing with underlying eye conditions such as glaucoma or dry eye syndrome, stress and anxiety can pose additional challenges. Glaucoma, a group of eye diseases characterized by damage to the optic nerve, can be exacerbated by elevated intraocular pressure, which may occur during periods of stress. Similarly, stress-related changes in tear production can worsen the symptoms of dry eye syndrome, leading to increased discomfort and potential damage to the cornea.

Given the significant impact of stress and anxiety on eye health, it is essential to prioritize self-care and stress management strategies. Incorporating relaxation techniques such as deep breathing, meditation, or yoga into your daily routine can help alleviate stress and promote overall well-being. Additionally, taking regular breaks from screen time, practicing good eye hygiene, and staying hydrated can support optimal eye health and minimize the impact of stress-related symptoms.

Furthermore, seeking professional help and support is crucial for managing anxiety and its associated effects on both mental and physical health. Whether through therapy, medication, or holistic approaches, there are various resources available to help individuals cope with stress and anxiety effectively.

In conclusion, the relationship between stress, anxiety, and eye health is undeniable. From blurred vision and eye strain to dry eyes and exacerbation of existing conditions, prolonged stress can take a toll on our eyesight and overall well-being. By prioritizing stress management techniques and seeking appropriate support, we can protect our vision and cultivate a healthier, more balanced lifestyle. Let's raise awareness about the importance of mental health in preserving our precious sense of sight.



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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Understanding the Heart's Toll: ALCOHOL-INDUCED CARDIOMYOPATHY AND HOLIDAY HEART SYNDROME

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

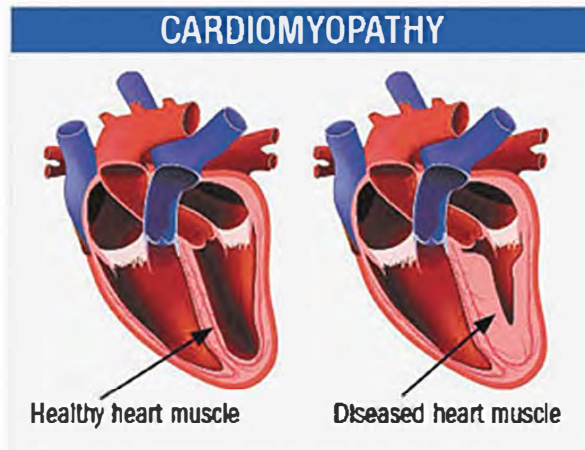
Alcohol Awareness Month serves as a poignant reminder of the significant impact alcohol consumption can have on our health, particularly on the heart. Among the myriad of health concerns associated with excessive alcohol intake, alcohol-induced cardiomyopathy and holiday heart syndrome stand out as particularly concerning conditions. Understanding the intricacies of these conditions is essential for fostering awareness and promoting healthier choices.

Alcohol-induced cardiomyopathy is a condition characterized by the weakening of the heart muscle, leading to impaired heart function. Chronic and excessive alcohol consumption is the primary culprit behind this condition, as alcohol can directly damage heart muscle cells and interfere with the heart's ability to pump blood effectively. Over time, this damage can progress, ultimately leading to heart failure—a serious and potentially life-threatening condition.

One of the insidious aspects of alcohol-induced cardiomyopathy is its silent progression. In the early stages, individuals may not experience any noticeable symptoms, allowing the condition to worsen unchecked. As the heart muscle weakens further, symptoms such as fatigue, shortness of breath, swelling in the legs, and irregular heartbeat (arrhythmia) may manifest. If left untreated, alcohol-induced cardiomyopathy can significantly reduce life expectancy and dramatically impact quality of life.

Holiday Heart Syndrome, a term coined in the late 1970s, refers to an acute form of arrhythmia typically seen in individuals who binge drink during holidays or other celebratory occasions. The hallmark of this syndrome is atrial fibrillation (Afib), a type of irregular heartbeat characterized by rapid and chaotic electrical activity in the heart's upper chambers. While the exact mechanism underlying holiday heart syndrome is not fully understood, it is believed that excessive alcohol consumption can disrupt the heart's electrical system, leading to the development of Afib.

Unlike alcohol-induced cardiomyopathy, holiday heart syndrome often presents suddenly and acutely. Individuals may experience palpitations, chest discomfort, dizziness, and shortness of breath—symptoms that can be alarming and frightening. While Afib associated



with holiday heart syndrome is typically temporary and resolves once alcohol consumption ceases, repeated episodes can increase the risk of developing chronic Afib and other cardiovascular complications over time.

The link between alcohol and heart health is undeniable, yet it is a complex relationship influenced by various factors, including the amount and frequency of alcohol consumption, genetic predisposition, and overall lifestyle choices. While moderate alcohol consumption has been associated with certain cardiovascular benefits, such as a reduced risk of coronary artery disease, excessive or binge drinking can have detrimental effects on the heart and outweigh any potential benefits.

Promoting alcohol awareness involves educating individuals about the risks associated with alcohol consumption and empowering them to make informed decisions about their health. For individuals who choose to drink, moderation is key. The Centers for Disease Control and Prevention (CDC) defines moderate drinking as up to one drink per day for women and up to two drinks per day for men. It's important to note that these guidelines are not a recommendation to start drinking if you do not already consume alcohol.

For those struggling with alcohol dependence or addiction, seeking professional help and support is crucial. Treatment options may include counseling, medication, support groups, and rehabilitation

programs tailored to individual needs. By addressing the root causes of alcohol misuse and providing access to comprehensive care, individuals can take steps towards recovery and improved heart health.

Alcohol Awareness Month serves as an opportunity to shine a spotlight on the impact of alcohol on our health and well-being. By raising awareness about alcohol-induced cardiomyopathy, holiday heart syndrome, and other alcohol-related health concerns, we can foster a culture of moderation, responsibility, and informed decision-making. Together, we can work towards a healthier future for ourselves and our communities.

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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Understanding Anxiety: Navigating the Spectrum from Generalized Anxiety to Panic Attacks

By Steven Stein, MD - Board-certified Psychiatrist

Anxiety, often misunderstood and underestimated, is a prevalent mental health issue affecting millions worldwide. While it's normal to experience occasional worry or stress, persistent and excessive anxiety can disrupt daily life and overall well-being. Understanding the various types of anxiety disorders is crucial for proper recognition, management, and support.

Generalized Anxiety Disorder (GAD) is characterized by excessive, uncontrollable worry about various aspects of life, such as work, health, and relationships. Individuals with GAD often anticipate disaster and may struggle to relax, even when there's no apparent reason for concern. Physical symptoms like muscle tension, restlessness, and difficulty concentrating are common manifestations of GAD.

Situational Anxiety is triggered by specific events or situations, such as public speaking, exams, or job interviews. While many people experience nervousness in such circumstances, situational anxiety can be debilitating, causing intense fear and avoidance behaviors. With proper coping strategies and support, individuals can manage situational anxiety effectively.

Social Anxiety Disorder (SAD), also known as social phobia, involves an intense fear of social situations and scrutiny by others. Individuals with SAD may avoid social gatherings, public speaking, or even everyday interactions out of fear of embarrassment or judgment. Physical symptoms like blushing, sweating, and trembling often accompany social anxiety, making it challenging to navigate social interactions.

Psychosomatic Symptoms refer to physical manifestations of psychological distress, often linked to anxiety. These symptoms can include headaches, stomachaches, fatigue, and insomnia, among others. While they may not have a clear physical cause, psychosomatic symptoms can significantly impact daily functioning and quality of life, underscoring the mind-body connection in anxiety disorders.

Panic Disorder is characterized by recurrent, unexpected panic attacks accompanied by intense physical sensations and overwhelming fear. Panic attacks can strike suddenly and peak within minutes, leading to feelings of impending doom or loss of control. Individuals with panic disorder may develop agoraphobia, avoiding places or situations where panic attacks have occurred in the past.



Panic Attacks are brief episodes of intense fear or discomfort, often accompanied by physical symptoms like rapid heartbeat, sweating, trembling, and shortness of breath. While panic attacks can occur in various anxiety disorders, they can also occur independently, triggered by stress, trauma, or even without an apparent cause. Understanding panic attacks and learning coping mechanisms can help individuals manage and reduce their frequency and intensity.

Recognizing the differences between these types of anxiety disorders is essential for accurate diagnosis and effective treatment. While each disorder has its unique characteristics, there's often overlap in symptoms, making diagnosis challenging. Consulting with a mental health professional is crucial for proper evaluation and personalized treatment planning.

Treatment for anxiety disorders typically involves a combination of therapy, medication, and lifestyle changes. Cognitive-behavioral therapy (CBT) is one of the most effective forms of therapy for anxiety, helping individuals identify and challenge negative thought patterns and develop coping strategies to manage anxiety symptoms. Medications such as selective serotonin reuptake inhibitors (SSRIs) or benzodiazepines may be prescribed to alleviate symptoms and facilitate therapy progress.

In addition to professional treatment, self-care strategies can play a significant role in managing anxiety. Regular exercise, adequate sleep, healthy eating, and stress management techniques like mindfulness meditation and deep breathing exercises can help reduce anxiety levels and improve overall well-being.

Raising awareness about anxiety disorders is crucial for reducing stigma and encouraging individuals to seek help. By understanding the various types of anxiety and their impact on daily life, we can foster empathy,

support, and effective interventions for those struggling with anxiety. Together, we can create a more compassionate and inclusive society where mental health is prioritized and supported.

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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Varicose Veins vs. Spider Veins

By Dr. Lackey

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

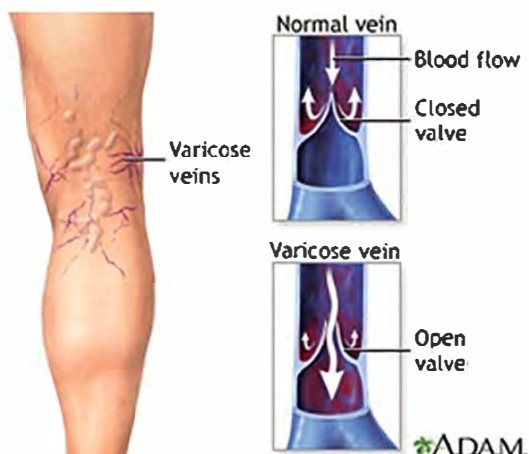
Several patients who suffer from varicose veins often complain of a cramping or aching sensation near the veins. Other typical symptoms include fatigue, itching, throbbing, cramping, burning, and tingling.

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

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

How Varicose and Spider Veins Develop

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



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

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

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

Treatment Options for Vein Disease

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

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

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

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

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

Florida Lakes Vein Center offers convenient appointments in our Lakewood Ranch office 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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Peripheral Neuropathy: A Breakdown in Communication

Our bodies possess a vital communication network called the peripheral nervous system which is necessary for daily living. Peripheral nerves enable the communication between the central nervous system (the brain and the spinal cord) and different areas of the body, as well as its systems. However, like other bodily systems, this communication network can become damaged and significantly affect our quality of life. This damage is referred to as peripheral neuropathy.

"The nerves and surrounding blood vessels of this communication highway are critical in maintaining a healthy, productive life, but like so many of our vital internal systems, they are susceptible to damage," explains Dr. Kenneth Carle, Chiropractic Physician, Renewed Life Wellness Center (RLWC). "This damage can be caused by traumatic injuries, metabolic conditions such as diabetes, genetic factors, and exposure to toxins such as chemotherapy or certain drugs, like statins. There are more than a hundred known causes of neuropathy but the common denominators in all neuropathies are ischemia, which is the lack of proper blood flow, and hypoxia, which is the lack of proper oxygen. As the blood vessels surrounding the nerves are deprived of blood and oxygen, they shrivel up and start to die, preventing the nerves from receiving and sending necessary information. This process results in a communication breakdown."

Symptoms of peripheral neuropathy can include but are not limited to:

- Loss of balance
- Pain in the feet or hands
- Numbness or tingling
- The feeling of pins and needles
- Burning sensation.

Pain, numbness, tingling, and burning sensations are frequently experienced in the feet, but can also occur in the hands. Symptoms can vary from mild to disabling, depending on the nerves affected and the severity of the damage. They may develop over days, weeks, or years.

More than 20 million people in the United States are estimated to have some form of peripheral neuropathy, but this figure may be significantly higher because not all people with symptoms are tested, and tests do not diagnose all forms of neuropathy.



"Like any other disease, without treatment peripheral neuropathy will get worse over time," explains Dr. Carle. "Simple activities like walking, sleeping, and wearing shoes can become difficult and eventually impossible. The neuropathy may become so severe that a person will experience issues with balance. When this happens, a person may start to fall and have to use a cane, and say "no" to things they really want to say "yes" to," like golf, dancing, or walking on the beach."

Gabapentin, Lyrica, and antidepressants are the commonly used medications to treat neuropathy. However, it is important to note these drugs only try to alleviate the symptoms and do not address the root cause - an insufficient supply of blood and oxygen to affected areas. Unfortunately, if left untreated, neuropathy can lead to severe complications such as amputation of the toes, feet, or legs.

"Neuropathy doesn't have to put an end to your enjoyment of life. At RLWC, our approach to treatment starts with knowledge, compassion, and understanding," expresses Dr. Carle. "We take the time to learn more about the patient, their symptoms, challenges, prior treatments, and then conduct a 24-point neuropathy examination with comprehensive testing. We are certified in addressing peripheral neuropathy, and over the past few years, have effectively treated this debilitating condition using a combination of cutting-edge therapies and supplements without resorting to drugs or surgery. This approach has resulted in 100% of our patients feeling better, with each patient usually experiencing a 30-70% improvement."

Advanced therapies for the treatment of peripheral neuropathy can have a dramatic impact on a person's life. Tim O'Melia, a patient of Dr. Carle, was excited the day he purchased a motorcycle he named "Black Betty." Tim's dream was to add mileage traveling on the bike, but after a whirlwind tour of Florida, Tim had trouble controlling the bike. He was diagnosed with peripheral neuropathy. Tim did not have any idea why he was inflicted with this condition. "All I know is that the pain and burning was just killing me," expressed O'Melia.

FREE LUNCH AND LEARN!

Join our free lunch and learn seminar to see if you are a candidate for our breakthrough neuropathy treatment. Renewed Life Wellness Center and Dr. Carle can help you manage and overcome peripheral neuropathy symptoms like numbness, tingling, pain, and balance issues through these breakthrough treatments.

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Lunch will be served.

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At first, Tim experienced mild symptoms that included numbness on the tip of his big toe and the second toe on his left foot. A month-and-a-half later Tim started to feel the burning and tingling common with peripheral neuropathy. He saw his physician and was prescribed medication, but the medication had no effect. It was at that point Tim decided to see Dr. Carle at the RLWC. "There are four stages to peripheral neuropathy with stage 4 being the most severe," explains Dr. Carle. "Tim was in stage 2 which allowed us to develop a treatment protocol utilizing a variety of breakthrough treatments that had a positive impact on Tim's condition."

"When I first went to Dr. Carle, I was waking up every morning feeling as if someone had lit a match and set my feet on fire," O'Melia states. "Now I wake up singing because it's like somebody came along and put the fire out. Dr. Carle gave me my life back."

The damage to this communication highway can sometimes be severe but effective treatments and therapies can stop further damage and start to reverse many of the symptoms, which will result in getting your life back.



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PARKINSON'S DISEASE:

Understanding Symptoms, Diagnosis, and Holistic Approaches to Management

Parkinson's disease is a complex neurodegenerative disorder that affects millions of individuals worldwide.

It is estimated by Parkinson's Foundation and the Centers for Disease Control and Prevention (CDC) that approximately one million people in the United States are living with Parkinson's disease. And on average, around 60,000 new cases of Parkinson's disease are diagnosed in the United States annually.

Characterized by the progressive loss of dopamine-producing neurons in the brain, Parkinson's disease can lead to a wide range of motor and non-motor symptoms that significantly impact quality of life.

Symptoms and Diagnosis

Parkinson's disease manifests through a combination of motor and non-motor symptoms.

Motor symptoms include tremor, slowness of movement, muscle rigidity, and postural instability. These symptoms can affect coordination, balance, and mobility, making everyday tasks challenging.

Individuals with Parkinson's disease may experience a range of non-motor symptoms that impact individuals with Parkinson's disease. These symptoms include cognition, mood, sleep, and autonomic nervous system function. These can result in slowness of thought processes, depression, anxiety, sleep disturbances, and autonomic dysfunction (such as orthostatic hypotension and constipation).

Diagnosing Parkinson's disease involves a comprehensive evaluation by a healthcare professional, typically a neurologist or movement disorder specialist. The diagnostic process includes a thorough medical history, physical examination, assessment of symptoms, neurological testing, and, in some cases, imaging studies. While there is no single definitive test for Parkinson's disease, diagnosis relies on the presence of characteristic symptoms, response to dopaminergic medication, and the exclusion of other conditions that may mimic Parkinson's disease.

Causes of Parkinson's Disease

While the exact cause of Parkinson's disease is not fully understood, several potential factors have been identified: Genetic Factors (about 10% from total amount of diagnosed individuals and seen more in cultures with inbreeding) which can be activated by the epigenetic factors such as environmental toxins and chemicals, such as pesticides, herbicides, and

heavy metals; oxidative stress; chronic inflammation in the brain and elsewhere in the body; impaired mitochondrial function; abnormal protein aggregates, such as alpha-synuclein, in the brain; gut dysbiosis; excess stress, leading to insomnia, depression and anxiety may speed the progression of the disease.

Allopathic Treatment of Parkinson's Disease

The main conventional medical treatments focus on managing symptoms and improving quality of life and include medications (Levodopa, Dopamine agonists, MAO-B inhibitors, COMT inhibitors, Anticholinergics, Neuroprotectors); Deep Brain Stimulation (Transcranial electromagnetic stimulation, Electrophoresis, Implanted neurostimulators)

Holistic Approaches to Parkinson's Disease Management

In addition to conventional medical treatments, many individuals with Parkinson's disease explore holistic approaches to manage their symptoms and improve overall well-being. These holistic modalities focus on finding and addressing underlying imbalances in the body, supporting natural healing processes, and promoting optimal health.

• Nutrition and Dietary Therapy

Avoid Sugar, Alcohol, Caffeine, Highly Processed Foods, aged cheeses and cured meats. Eat balanced diet rich in low glycemic fruits, vegetables, cooked whole grains, lean proteins, and healthy fats that can provide essential nutrients that support brain health and overall well-being.

It is beneficial to take dietary supplements such as Coenzyme Q10, Omega-3 fatty acids, Creatine, Curcumin, Antioxidants and Bioflavonoids, Vitamins B-6, B-12, E and D, Magnesium, N-Acetylcysteine (NAC), Green Tea Extract, Ashwagandha, Ginkgo biloba, Chinese Individualized Herbal Formulas, pro- and pre-biotics and regulatory peptides, which have been studied for their potential neuroprotective effects.

• Holistic Modalities

Oxygen Therapy, like CellGym, Molecular Hydrogen Therapy, SCENAR Therapy, Acupuncture, Bio-Informational Frequency Therapy, Massage Therapy can help alleviate pain and muscle stiffness, reduce inflammation, enhance lymphatic drainage, and promote healing by stimulating the body's natural self-regulatory mechanisms.

• Exercise and Movement Therapies

Regular exercise is essential for maintaining mobility, flexibility, and strength in individuals with Parkinson's

disease. Activities such as tai chi, yoga, qigong, and dance therapy can improve balance, coordination, and motor function while also promoting relaxation and stress reduction.

• Reduce Stress and Anxiety, Improve Sleep

Aromatherapy through Inhalation or nebulizing of following essential oils are beneficial for combating the fatigue and cognitive challenges, help reduce anxiety and promote relaxation: Lavender, Peppermint, Lemon, Bergamot, Frankincense.

Increasing dopamine levels naturally can help improve mood, motivation, and overall well-being. Sunlight exposure helps regulate dopamine levels by influencing the production of serotonin, a neurotransmitter precursor to dopamine. Aim to spend time outdoors in natural sunlight each day to support healthy dopamine levels.

Your Diagnosis isn't a Dead End. You are not a list of symptoms and our holistic, individualized approach allows us to identify and treat the true cause that's been eluding you for years so you can finally feel good again.



Galina Semyonova D.O.M., the founder of VitalGate Health, with over 45 years of combined expertise in western and natural medicine, including 33 years in the United States.

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Holistic multi-targeted therapeutic approach to management offer hope for improving quality of life and promoting overall well-being. By addressing underlying imbalances in the body, supporting natural healing processes, individuals with Parkinson's disease can optimize their treatment outcomes and enhance their quality of life.

I welcome you to the Vitalgate Health.



Cleerly Analysis - Using the Power of AI:

Revolutionizing Heart Disease Diagnosis to Lower the Risk of Heart Attack

Heat disease remains the leading cause of death globally, with millions of lives lost each year due to heart attacks and related complications. Despite advancements in medical technology, accurately diagnosing heart disease and assessing the risk of heart attacks remains a complex challenge. However, a promising solution has emerged in the form of Cleerly, a groundbreaking approach to heart disease diagnosis that aims to lower the risk of heart attacks through early detection and personalized risk assessment.

Cleerly represents a paradigm shift in cardiovascular imaging and risk assessment. Developed by a team of leading cardiologists, data scientists, and engineers, Cleerly harnesses the power of artificial intelligence (AI) and advanced imaging techniques to provide comprehensive insights into the heart's health. Unlike traditional methods that often rely on subjective interpretation and limited information, Cleerly utilizes state-of-the-art algorithms to analyze cardiac imaging data with unmatched precision and efficiency.

At the core of Cleerly's innovation is its ability to generate highly detailed 3D reconstructions of the heart and its blood vessels from standard cardiac imaging scans such as CT angiography. By employing advanced machine learning algorithms, Cleerly can accurately identify and quantify various aspects of heart disease, including plaque buildup, arterial blockages, and coronary artery disease. This comprehensive assessment allows healthcare providers to detect potential issues at an early stage, enabling timely interventions to prevent heart attacks and other cardiovascular events.

One of the key advantages of Cleerly is its ability to provide personalized risk assessment for each patient. Traditional risk scoring systems often rely on generalized population-based metrics, which may not accurately reflect an individual's unique risk profile. In contrast, Cleerly leverages AI to analyze multiple factors, including plaque composition, vessel geometry, and hemodynamic parameters, to generate personalized risk scores tailored to each patient's specific characteristics and medical history. This individualized approach enables healthcare providers to prioritize interventions and optimize treatment strategies based on each patient's unique risk profile, ultimately leading to better outcomes and reduced incidence of heart attacks.

TRACK YOUR HEART HEALTH.

Now, with Cleerly's compare feature, you and your doctor can see how the plaque in your heart has changed over multiple scans, empowering you to make decisions that truly transform your health.



Moreover, Cleerly's user-friendly interface and intuitive visualization tools empower healthcare providers to easily interpret complex cardiac imaging data and communicate findings effectively with patients. By enhancing communication and patient engagement, Cleerly fosters a collaborative approach to heart disease management, where patients are actively involved in their care and empowered to make informed decisions about their health.

The impact of Cleerly extends beyond diagnosis and risk assessment, as it also plays a crucial role in guiding treatment decisions and monitoring disease progression. By providing detailed insights into the underlying mechanisms of heart disease, Cleerly enables healthcare providers to tailor treatment plans to address specific pathophysiological processes and optimize therapeutic outcomes. Additionally, Cleerly's ability to track changes in cardiac morphology and function over time allows for early detection of disease progression and adjustment of treatment strategies as needed, further reducing the risk of adverse cardiovascular events.

In conclusion, Cleerly represents a transformative approach to heart disease diagnosis that has the potential to revolutionize cardiovascular care and lower the risk of heart attacks. By harnessing the power of AI and advanced imaging techniques, Cleerly provides comprehensive insights into the heart's health, enables personalized risk assessment, and facilitates informed decision-making for patients and healthcare providers alike. With its promise of early detection, personalized intervention, and improved patient outcomes, Cleerly offers new hope in the fight against heart disease and underscores the immense potential of technology to transform healthcare.

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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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Recurrent UTIs: Addressing the Risk of Antibiotic Resistance

Urinary tract infections (UTIs) are common bacterial infections that affect millions of individuals worldwide each year. While typically treated with antibiotics, the rising prevalence of antibiotic resistance poses a significant challenge in managing recurrent UTIs effectively. In this article, we'll explore the importance of addressing recurrent UTIs and strategies to mitigate the risk of antibiotic resistance, focusing on Utiva Cranberry PACs as a clinically effective prevention.

1. Overview of Urinary Tract Infections (UTIs):

Urinary tract infections (UTIs) occur when bacteria enter the urinary tract and multiply, leading to frequent urination, burning sensation during urination, and pelvic discomfort. UTIs can affect various parts of the urinary tract, including the bladder (cystitis), urethra (urethritis), and kidneys (pyelonephritis).

2. Importance of Addressing Recurrent UTIs:

Recurrent UTIs, defined as two or more infections within six months or three or more within one year, pose significant health risks and can profoundly impact quality of life. Individuals who experience recurrent UTIs often face frequent discomfort, disruption of daily activities, and an increased risk of complications such as kidney damage and sepsis.

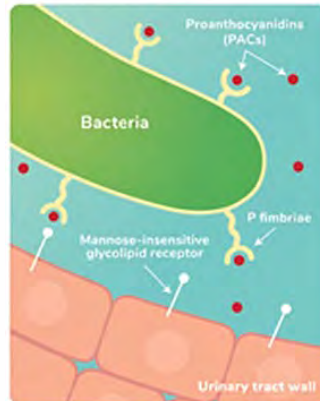
3. The Growing Concern of Antibiotic Resistance:

Antibiotic resistance has emerged as a global health threat, compromising the effectiveness of antibiotics in treating bacterial infections. Recurrent UTIs present a particularly challenging scenario, as they often result in repeated antibiotic courses, contributing to the development of antibiotic-resistant bacteria. A 2019 study published in the National Center for Biotechnology Information (NCBI) found alarming rates of antibiotic resistance among UTI-causing bacteria, with more than 92 percent resistant to at least one common antibiotic and almost 80 percent to at least two.

(Source: NCBI Study)

4. UTI Prevention: Strategies to Avoid Unnecessary Antibiotic Use:

Given the risks associated with antibiotic resistance, it's essential to explore preventive strategies to reduce the reliance on antibiotics for recurrent UTIs. Healthcare providers emphasize the importance of adopting lifestyle modifications and hygiene practices, such as staying hydrated, urinating after intercourse, and



5. Utiva Cranberry PACs: A Clinically Effective Prevention: Utiva Cranberry PACs offer a promising solution for UTI prevention without contributing to antibiotic resistance. Cranberry proanthocyanidins (PACs) have been extensively studied for their ability to inhibit bacterial adhesion to the urinary tract, preventing the colonization and proliferation of UTI-causing bacteria. A urogynecologist, Dr. Emily Rutledge emphasizes, "There is a lot of evidence that cranberry supplements are safe and effective. You can find all sorts of cranberry supplements but if they don't have that 36 mg PAC and are measured by DMAC/A2 then they are a waste of money." Utiva Cranberry PACs, with a standardized dose of 36 mg PACs measured by DMAC/A2, provide a clinically effective option for individuals seeking to reduce their risk of recurrent UTIs.

practicing proper genital hygiene to prevent UTIs. Additionally, avoiding unnecessary antibiotic use for non-severe UTIs and considering alternative approaches for prevention are crucial in combating antibiotic resistance.

Recurrent UTIs pose a significant health concern, exacerbated by the growing threat of antibiotic resistance. Healthcare providers and patients play a vital role in addressing this challenge by adopting preventive strategies and exploring alternative approaches to UTI management. Dr. Colleen McDermott, another urogynecologist, recommends,

"Antibiotics are the first-line treatment, but there are clinically proven options to help prevent. When considering cranberry supplements, I recommend my patients select a product with 36 mg of PACs." Utiva Cranberry PACs offer a safe, evidence-based option for UTI prevention, empowering individuals to take proactive steps towards better urinary health and reduced reliance on antibiotics.

Sources:

- https://www.utivahealth.ca/blogs/resources/antibiotics-resistance?_pos=1&_sid=51bf18b74&_ss=r
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6436442/>



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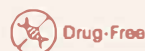
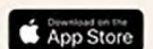
Recurrent UTIs can be a constant battle in the clinic. In an attempt to minimize the use of antibiotics, I always consider natural options to help reduce the frequency of UTIs in my patients. Utiva is a trusted brand which provides a great, clean cranberry product which has been very effective in preventing UTIs in many of my patients. ”

Dr. Yana Barbalet
Urologist, Lahey Health, Massachusetts



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Empowering Parkinson's Patients: Coastal Breeze Home Health's LSVT BIG Exercise Program

Parkinson's Awareness Month is a crucial time to shed light on innovative approaches to managing this neurodegenerative condition. Among the many interventions available, Coastal Breeze Home Health stands out for its dedication to providing comprehensive care, including the LSVT BIG exercise program. This specialized regimen offers hope and improved quality of life to individuals living with Parkinson's disease.

Parkinson's disease affects millions worldwide, causing tremors, stiffness, and impaired movement. While there's no cure, effective management strategies can alleviate symptoms and enhance mobility. LSVT BIG, an evidence-based program developed specifically for Parkinson's patients, focuses on enhancing movements, balance, and overall function.

Coastal Breeze Home Health recognizes the importance of personalized care for Parkinson's patients. Through the LSVT BIG program, their team of skilled therapists delivers tailored exercises designed to address each patient's unique needs. These exercises emphasize amplitude, encouraging patients to make bigger, more controlled movements to counteract the effects of Parkinson's rigidity and bradykinesia.

One of the hallmarks of LSVT BIG is its intensive nature. Patients undergo sessions multiple times a week for several weeks, allowing for concentrated practice and skill acquisition. Coastal Breeze Home Health's therapists guide patients through exercises that target everyday activities like walking, reaching, and getting up from a chair. By practicing these movements in therapy, patients can transfer their newfound skills to real-life situations, improving independence and confidence.

Moreover, the LSVT BIG program extends beyond physical exercises. It incorporates cognitive components to enhance attention, problem-solving, and multitasking abilities—skills often impaired in Parkinson's patients. Coastal Breeze Home Health's holistic approach ensures that patients receive comprehensive support to address both motor and non-motor symptoms of Parkinson's disease.

Parkinson's Awareness Month serves as an opportune time to highlight the transformative impact of the LSVT BIG program. By participating in this specialized exercise regimen, patients experience tangible improvements in their mobility and overall well-being. Enhanced movement capabilities translate to greater freedom and a higher quality of life for individuals living with Parkinson's disease.

Coastal Breeze Home Health's commitment to Parkinson's care extends beyond the therapy sessions. They provide education and support to patients and their families, empowering them with the knowledge and tools to navigate the challenges associated with Parkinson's disease. By fostering a collaborative and compassionate environment, Coastal Breeze Home Health ensures that patients feel supported every step of their journey.

Furthermore, Coastal Breeze Home Health leverages technology to enhance the delivery of LSVT BIG exercises. Through telehealth platforms, patients can access therapy sessions from the comfort of their homes, eliminating barriers to care and increasing accessibility for those with mobility limitations. This innovative approach ensures continuity of care and promotes adherence to the exercise program, ultimately leading to better outcomes for patients.

As Parkinson's Awareness Month unfolds, Coastal Breeze Home Health continues to advocate for the importance of early intervention and comprehensive care in managing Parkinson's disease. Through their dedication to the LSVT BIG program, they empower patients to reclaim control over their lives and pursue meaningful activities with confidence.

In conclusion, Parkinson's Awareness Month serves as a reminder of the resilience and determination of individuals living with Parkinson's disease. With programs like LSVT BIG offered by Coastal Breeze Home Health, there is hope for a brighter future. By prioritizing personalized care, education, and innovation, Coastal Breeze Home Health remains at the forefront of Parkinson's care, enriching the lives of patients and their families across communities.

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Anxiety Disorder: Can CBD Help?

Anxiety, phobia, fear, and PTSD (Post-traumatic stress disorder) are responses of our body to potential danger, promoting survival. It is a primary response to keep us safe from threats that could harm us. The problem arises when there is an imbalance between the sympathetic nervous system - responsible for preparing your body for a flight or fight response - and the parasympathetic nervous system, which is meant to calm the body. Your parasympathetic and sympathetic systems are subsystems of the autonomic nervous system. The autonomic nervous system is part of the central nervous system (CNS), constantly working; the unconscious system that controls breathing and digestion. The sympathetic nervous system overreacts when threats or danger are not present, triggering disorders like chronic anxiety, PTSD, as well as other phobias or psychoses. Modulators of these triggered responses are believed to be norepinephrine, serotonin, dopamine, and gamma-aminobutyric acid (GABA). The CNS plays a significant role in regulating the body's responses, and Cannabidiol, also known as CBD, helps regulate all the body's systems, including the autonomic nervous system (ANS), which controls the sympathetic and parasympathetic responses.

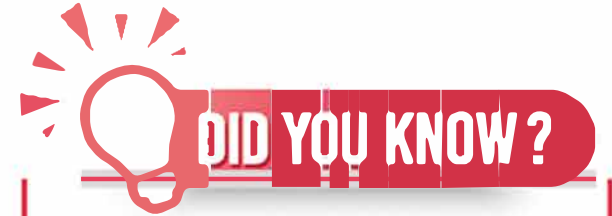
Another chemical, like serotonin and dopamine, that our body produces is called anandamide and is known as the "Bliss Molecule"; it also acts on the same reward center of the brain as serotonin and dopamine. CBD tells the body to produce more anandamide, which is why CBD has been so beneficial in helping individuals with symptoms of anxiety, PTSD, as well as depression. There are many forms of neuropsychiatric disorders; one study in 2015 states, "We found that existing preclinical evidence strongly supports CBD as a treatment for generalized anxiety disorder, panic disorder, social anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder when administered acutely." Anecdotal evidence, as well as clinical studies, support that CBD has a wide range of therapeutic benefits, including antipsychotic, anxiolytic, neuroprotective, antiemetic, analgesic, anti-inflammatory, antioxidant, antiarthritic, antineoplastic, immunomodulatory, and antiproliferative properties. In this study, it was noted that a review of potential side effects in humans found CBD to be well-tolerated up to 1500mg a day orally, with no reports of it slowing psychomotor function, negative mood effects, or abnormal vital signs. CBD was found to react with many of the receptors that regulate fear and anxiety-related behaviors. CBD is



anxiolytic, meaning anxiety-reducing, whereas some strains of THC, the psychoactive component of the cannabis plant, can be anxiogenic or anxiety-causing. Some people with paranoia and anxiety have been afraid to use cannabis because they have experienced what happens when they use the wrong product. Education and understanding of which cannabinoids to look for are crucial when seeking to use this natural plant medicine to combat the symptoms of many neuropsychiatric disorders. Elevated anandamide enhances fear extinction due to the acute anxiolytic effects. In layman's terms, CBD can be taken orally in an oil form, and it works fast, usually within about 10 to 15 minutes, to relieve the symptoms. Receptors in the brain that regulate mood, anxiety, reward, as well as fear extinction, are influenced and supported by the regulation of the central nervous system by binding to the CB1 receptors and inhibiting a range of neurotransmitters, including norepinephrine.

Norepinephrine is a neuromodulator that is responsible for arousal and vigilance, which is responsible for the symptoms of anxiety disorders. Low serotonin also plays a role in depression and anxiety, even mania, while too much serotonin can also cause anxiety, restlessness, and irritability. Finding balance in today's uncertain world is key to being happy and healthy. Stress, anxiety, as well as other neuropsychiatric disorders, can be debilitating and have a major impact on the quality of life, as well as lead to physiological health problems. CBD for yourself or someone you love can be life-changing.

Educate yourself on the benefits of CBD. Be kind and patient and love one another by speaking positive and encouraging words to yourself and others every day. As always, if you are on medications, talk to your doctor or pharmacist to see if CBD might be right for you or reach out to us with any questions or concerns.



There are many forms of Neuropsychiatric disorders:

Generalized Anxiety Disorder (GAD) - affects more women and is often associated with depression.

Panic Disorder (PD) - women are affected 2x more than men.

Social Anxiety Disorder - not gender discriminate and typically manifests around 13 years old.

Stress - affects everyone anxiety is a response to stress.

Obsessive-Compulsive Disorder (OCD) - affect women 3x more than men.

Post-traumatic Stress Disorder (PTSD) - affects women 5x more than men. War, rape, sexual abuse are some traumas associated with developing PTSD.

<https://adaa.org/understanding-anxiety/facts-statistics#Facts%20and%20Statistics>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3267552/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4604171/>

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<https://neuro.psychiatryonline.org/doi/10.1176/jnp.2009.21.2.iv>



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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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THE LINK BETWEEN PARKINSON'S DISEASE & HEARING LOSS

By Dr. Noël Crosby, Au.D.

Parkinson's disease is a neurodegenerative disorder that primarily affects movement, causing symptoms such as tremors, stiffness, and impaired balance. However, recent research suggests that Parkinson's may also be associated with other health conditions, including hearing loss. While the connection between these two conditions is still being investigated, understanding their relationship could lead to better management and treatment for individuals living with Parkinson's.

Hearing loss is not typically considered a primary symptom of Parkinson's disease. However, studies have shown a higher prevalence of hearing impairment among individuals with Parkinson's compared to the general population. One study published in the journal JAMA Neurology found that people with Parkinson's were more likely to experience hearing loss, particularly in higher frequencies, even after controlling for age-related factors.

The exact mechanism linking Parkinson's disease and hearing loss remains unclear, but several theories have been proposed. One possibility is that both conditions share underlying pathological processes, such as inflammation and oxidative stress, which can damage both the auditory and motor systems. Another theory suggests that certain neurotransmitter imbalances associated with Parkinson's may also affect auditory function.

Furthermore, some researchers believe that certain medications used to treat Parkinson's could contribute to hearing loss. For example, dopamine agonists, agonists, which are commonly prescribed to alleviate

motor symptoms, have been associated with auditory side effects in some cases. However, more research is needed to determine the extent of this potential association.

The impact of hearing loss on individuals with Parkinson's disease can be significant. Communication difficulties can exacerbate social isolation and decrease quality of life for those already coping with the challenges of a progressive neurological disorder. Additionally, hearing impairment may complicate the management of Parkinson's symptoms, as it can affect a person's ability to follow instructions from healthcare providers and participate in rehabilitation programs effectively.

Recognizing the potential link between Parkinson's disease and hearing loss underscores the importance of comprehensive healthcare for individuals with Parkinson's. Routine hearing screenings should be integrated into the standard care protocol for Parkinson's patients to detect any auditory issues early on. Moreover, healthcare providers should be vigilant in addressing hearing-related concerns and providing appropriate interventions, such as hearing aids or auditory rehabilitation, when necessary.

In addition to clinical implications, understanding the relationship between Parkinson's disease and hearing loss may also have broader implications for research and treatment development. Investigating common underlying mechanisms could lead to the

identification of novel therapeutic targets that address both motor and auditory symptoms simultaneously. Furthermore, insights gained from studying the intersection of these conditions could inform our understanding of neurodegenerative processes more broadly, potentially paving the way for innovative approaches to managing Parkinson's and related disorders.

In conclusion, while the connection between Parkinson's disease and hearing loss requires further investigation, emerging evidence suggests that there may be a meaningful association between these two conditions. By exploring this relationship, healthcare providers can better support individuals living with Parkinson's by addressing their auditory needs alongside their motor symptoms. Moreover, continued research in this area holds promise for advancing our understanding of both Parkinson's disease and hearing loss, ultimately improving outcomes for affected individuals.

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Noël Crosby
Doctor of Audiology



Karen Draper
Doctor of Audiology

Exploring the Role of Medical Marijuana in Enhancing Sleep Quality

In recent years, there has been a growing interest in the potential benefits of medical marijuana, particularly in its ability to improve sleep quality. As an alternative remedy for sleep-related issues, medical marijuana has sparked conversations within both the medical and wellness communities. This article delves into the relationship between medical marijuana and better sleep, exploring its potential advantages and considerations.

Understanding the Components: THC and CBD

Medical marijuana contains two primary components that play a crucial role in its effects on sleep—tetrahydrocannabinol (THC) and cannabidiol (CBD). THC is known for its psychoactive properties, inducing relaxation and sedation. On the other hand, CBD is non-psychoactive and is believed to have calming and anti-anxiety effects. The combination of these cannabinoids contributes to the potential sleep-improving properties of medical marijuana.

Addressing Insomnia and Sleep Disorders

One of the most prominent reasons individuals turn to medical marijuana for sleep is to address insomnia and other sleep disorders. Studies suggest that THC can help reduce the time it takes to fall asleep, particularly in cases of chronic insomnia. Moreover, the calming effects of CBD may alleviate symptoms of anxiety, a common contributor to sleep disturbances.

Pain Management for a Restful Night

Chronic pain can significantly impact sleep quality, leading many individuals to seek alternative pain management solutions. Medical marijuana, with its analgesic properties, has shown promise in providing relief from pain conditions such as arthritis or neuropathy. By alleviating pain, it not only improves overall well-being but also contributes to a more restful night's sleep.

Regulating Sleep Cycles: The Endocannabinoid System

The endocannabinoid system (ECS) plays a crucial role in regulating various physiological processes, including sleep. Both THC and CBD interact with the ECS, influencing its ability to maintain balance within the body. This modulation of the ECS may contribute to the regulation of sleep-wake cycles, potentially offering a natural remedy for those struggling with irregular sleep patterns.



Dosage and Timing: Key Considerations

While medical marijuana shows promise in promoting better sleep, finding the right dosage and timing is paramount. Individual responses to cannabinoids vary, and excessive THC intake may lead to adverse effects such as heightened anxiety or impaired cognitive function. Consulting with a healthcare professional experienced in medical marijuana is essential to determine the optimal dosage and administration method tailored to individual needs.

Potential Risks and Considerations

Despite its potential benefits, medical marijuana is not without risks. Side effects, such as dry mouth, increased heart rate, or short-term memory impairment, may occur. Additionally, long-term use of THC-rich strains may lead to dependency or impact cognitive function. It is crucial for individuals considering medical marijuana for sleep to weigh the potential benefits against these risks and make informed decisions.

Legal Landscape and Accessibility

The legal status of medical marijuana varies globally and within different regions. Some areas have embraced its medicinal use, allowing patients to access it with a prescription, while others maintain strict regulations or prohibit its use entirely. Understanding the legal landscape and accessibility in one's location is crucial for those considering medical marijuana as a sleep aid.

Conclusion: Navigating the Path to Better Sleep

As interest in medical marijuana for better sleep grows, it is essential to approach it with a nuanced understanding of its components, potential benefits, and associated risks. The interplay between THC and CBD, coupled with their impact on the endocannabinoid system, offers a unique avenue for addressing sleep-related issues. However, individuals should prioritize consultation with healthcare professionals to determine the most suitable approach for their specific circumstances.

In navigating the path to better sleep with medical marijuana, an informed and cautious approach ensures that individuals can explore its potential benefits while minimizing potential risks. As research in this field continues to evolve, the conversation surrounding medical marijuana's role in sleep improvement will likely gain further insights, providing individuals with additional tools to enhance their overall well-being.

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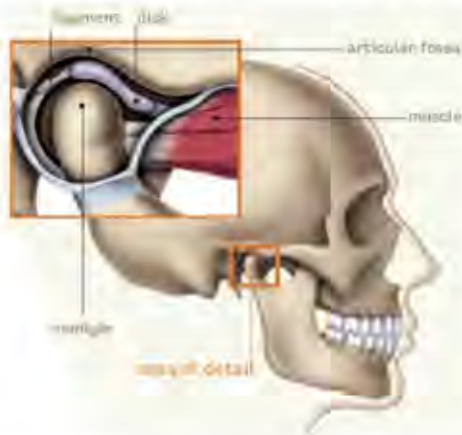
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The Daily “Grind”

By Dr. Joseph Farag

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



Treatment Options

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

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

Patients who present with TMD should also have an occlusal analysis

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

Relaxation Techniques May Help Alleviate TMJ Symptoms

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

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



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A PAINFUL BLADDER CONDITION

What You Need to Know About Interstitial Cystitis

Interstitial Cystitis (IC/BPS) is a bladder condition that often gets misdiagnosed as a urinary tract infection (UTI) in the early stages. Interstitial Cystitis lingers and unlike a UTI, there is no infection present; however, it is a very painful disorder that causes pressure, discomfort, frequency, and an urgency to urinate. IC/BPS inflames and irritates the bladder and can cause scarring and stiffness. This disorder can affect both men and women. With interstitial cystitis, these pelvic nerves miscommunicate with the brain, and patients may feel the need to urinate more often and with smaller volumes of urine than normal.

It is estimated that approximately 12 million people have IC/BPS. It disrupts daily living activities and sleep, and it is a relentless disorder that is often gets underdiagnosed.

The following is information provided by the Urology Foundation:

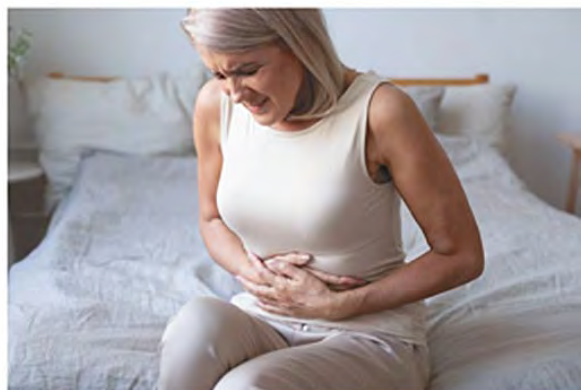
Causes of Interstitial Cystitis

Experts do not know exactly what causes IC/BPS, but there are many theories, such as:

- A defect in the bladder tissue, which may allow irritating substances in the urine to penetrate the bladder.
- A specific type of inflammatory cell, called a mast cell. This cell releases histamine and other chemicals that lead to IC/BPS symptoms.
- Something in the urine that damages the bladder.
- Changes in the nerves that carry bladder sensations, so pain is caused by events that are not normally painful (such as bladder filling).
- The body's immune system attacks the bladder. This is similar to other autoimmune conditions.

No specific behaviors (such as smoking) are known to increase your risk of IC. Having a family member with IC/BPS may increase your risk of getting IC/BPS. Patients with IC/BPS may have a substance in the urine that inhibits the growth of cells in the bladder tissue. So, some people may be more likely to get IC/BPS after an injury to the bladder, such as an infection.

There are ways to alleviate the pain, but the treatment options are done through phases to best treat the patient's individual symptoms and thresholds.



These phases of treatment include:

Lifestyle Changes

- Pelvic Floor Physical Therapy
- Diet and Exercise
- Stress Reduction

Medications

- Oral and intravesical drugs can be administered. Intravesical drugs are administered directly into the bladder via a catheter.

Neuromodulation, Ulcer Cauterization, and Injections

- Neuromodulation delivers safe and harmless electrical currents to the damaged areas and nerves.
- Ulcer Cauterization-If there is an ulcer present, a urologist can cauterize it to remove and alleviate the issue.
- Injections can include steroid injections to alleviate pain, pressure and urgency or Botox injections to paralyze the muscles temporarily, which helps with urgency.

Cyclosporine

- Cyclosporine is an immunosuppressant and is reserved for only advanced cases that are not responding to other treatment.

Surgery

- Most patients do not require surgery. If necessary, a urologist will perform surgery to try and repair or strengthen the functions of the bladder.

Source:

<https://www.urologyhealth.org/urology-a-z/i/interstitial-cystitis>

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

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

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

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

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

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

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

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GIVING YOUR ESTATE TO ANY LEVEL OF DESCENDANT'S REQUIRES A WILL

By James W. Mallonee

On occasion a person will pass without providing a Will as to whom the decedent wants to inherit his or her legacy. This creates an intestate estate and under normal conditions is acceptable provided you have heirs who can inherit. Under normal circumstances this is workable but sometimes it is not legal. Consider the case of the Estate of Bruening, D1867 (Fla 4th DCA Sept. 20, 2023) where Kyle Bruening died leaving a sizable estate; he had no spouse, children, siblings, parents, aunts, uncles, or cousins. He did have a second cousin from a common great grand-parent but no direct familial relation.

This seems very unusual in today's times but it does happen. What most people do not know is that Mr. Bruening's sizable estate will escheat to the State of Florida. This revelation came about when the second level nieces and nephews claimed to have an interest in the estate by filing for such intestate interest and were stopped by the State of Florida claiming that their interest was too remote. You may be wondering how can that have happened.

The State was relying on §732.103, Fla. Stat. which determined that second cousins who are related by great-grandparents in common with a decedent are not considered a class of persons identified by the controlling statute of a decedent's intestate estate. It is true that the law is extremely liberal in finding common lineage among families; however, if that were the law an estate could go on forever in order to find some common link among us all if allowed to do so.



The limitation on heirs is referred to as the laughing heir's rule where the descendant is so remote that the heir suffers no loss upon the death of the individual. In essence, the descendant claiming the interest in the estate has absolutely no interest or knowledge of the decedent. Had the decedent had a Will or some Testamentary devise prepared for him or her much of this would have been avoided. Florida law does not limit to whom your Will leaves your estate too. However, in this case, the lack of a testamentary device (e.g. Will) combined with the remoteness of the beneficiary's lineage now causes the decedent's estate to escheat to the State of Florida.

Thus, the message to be derived from this case is to employ the attorney of your choice to prepare some form of testamentary device where you direct to whom you want to give your estate to either a person(s), organization, charity or pet of your choice

as opposed to the State of Florida's choice. If you are unsure about what to do about your estate at your demise, seek the attorney of your choice and have that discussion.

James W. Mallonee (Jim Mallonee) is a graduate with a B.A. degree from the University of South Florida and a Master of Science degree from Rollins College in Winter Park, Florida. He obtained his Juris Doctorate from the University of the Pacific, McGeorge School of Law in Sacramento, California. Prior to returning to Florida to practice law, Mr. Mallonee was employed by Intel Corporation for 22 years in such locations as New Jersey, Florida and California.

In addition to being a member of the Florida Bar since 2003, Mr. Mallonee serves on the Charlotte Community Foundation Committee for asset allocation and teaches Business Law at State College of Florida. Mr. Mallonee is also on the Board of Directors for the Military Heritage Museum located in Charlotte County, Florida.

His firm practices law in the following areas: Probate, Wills & Trusts, Guardianships, and Litigation in the areas of Real Estate, Guardianships and Estates. The firm has two locations in Venice and Port Charlotte, Florida.

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

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HOW OSTEOPOROSIS CAN BE REVERSED NATURALLY

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Osteoporosis happens when bones become weak and are more susceptible to fractures. The symptoms of your osteoporosis are generally not visible unless you have a fracture. You may not even know that you have the disease until you break a bone, or a test shows that you have low bone mineral density (DXA Scan). And if you've had one broken bone due to osteoporosis, your risk for having another goes up significantly.

Bone weakening is a common problem associated with aging. In most people, sometime during their 30s, bone mass will begin to decline gradually. For women, that bone loss can significantly speed up during the first 10 years after menopause. Those with osteoporosis are at increased risk of height loss, fractures of the hips, wrists, and vertebrae and chronic pain.

Why OsteoStrong?

Recent research shows that standard exercise isn't nearly as effective as had been traditionally believed at developing muscles and bones. A peer-reviewed study in 2012 found that for a person to increase bone density faster than they are losing it requires high levels of osteogenic loading, which is resistance of at least 4.2 times one's body weight. This research sent shockwaves, because it has been believed for over a century that simply increasing weight on the skeletal system would increase bone strength. For those concerned with osteoporosis, now knowing that a 4.2 resistance of ones own body weight might seem daunting, but not with OsteoStrong.

Based on this research, in 2011, Dr. Jaquish designed devices that could create the ideal set of triggers to achieve bone growth and to strengthen muscle development simultaneously. His patented machines take less than 10 minutes per week to use, yet are powerful enough to stimulate new bone and muscle growth quickly.

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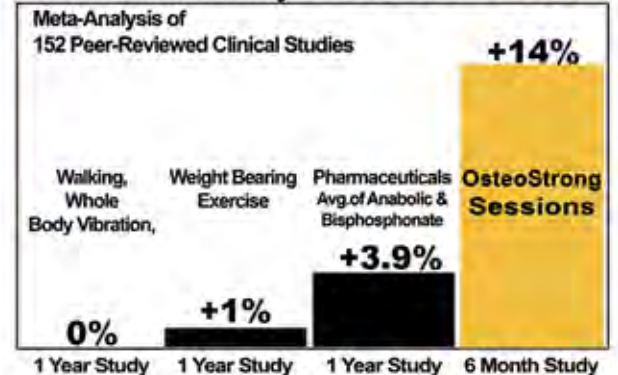
- Bone growth
- Muscle growth
- Improves Balance
- Reverses Osteopenia and osteoporosis

A Unique System For Developing Your Skeletal Strength known as OsteoStrong® is not a gym, diet, supplement, pharmaceutical, or a medical treatment.

Benefits of OsteoStrong:

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- Improved Posture
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BONE Density INCREASE



Subjects saw an average increase of 14% in bone density with osteogenic loading versus weight bearing exercise and pharmaceuticals. (supported by 152 Peer-Reviewed Clinical Studies)

Ten Minute Weekly sessions is all that it takes to build results. OsteoStrong® works for people at all ages and levels of activity to promote skeletal strength which impacts the entire body in many ways using a process known as Osteogenic Loading. Sessions are quick, painless, and results are measurable and happen quickly. There are a few things to know prior to coming in your first time so that you can make the best of the experience.

"OsteoStrong is especially beneficial for managing osteoporosis naturally, without drugs," says Clay Cannon, manager of OsteoStrong Sarasota. "And, once you are oriented to the machines, your session could take just 10 minutes. You can do the session in street clothes and continue on your day. No sweating required."

Clay Cannon added, "The four machines were specifically designed to work the whole body. You are always in control of how much you work. Our session coaches show you how to use each machine correctly and safely. One of the cool features of each machine is a computer readout that shows you in real time, how much load you're exerting, when you've reached the optimal load for bone growth, and tracks how your numbers improve over time."

If you or someone you know is suffering from a bone disorder or would like to find out more about OsteoStrong, please call 941-210-3832 to schedule your OsteoStrong consultation.

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When You Are At Your Wits End

Have you ever been at your wits' end? Have you ever been so confused that you didn't really know which way was up? Have you ever had the feeling, "I know I need to do something...but I don't know what 'something' to do."

The Bible tells the story of a group of sailors who went out to sea and encountered a huge storm that almost killed them:

²³Others went out on the sea in ships; they were merchants on the mighty waters. ²⁴They saw the works of the LORD, his wonderful deeds in the deep. ²⁵For he spoke and stirred up a tempest that lifted high the waves. ²⁶They mounted up to the heavens and went down to the depths; in their peril their courage melted away. ²⁷They reeled and staggered like drunken men; they were at their wits' end. ²⁸Then they cried out to the LORD in their trouble, and he brought them out of their distress. ²⁹He stilled the storm to a whisper; the waves of the sea were hushed. ³⁰They were glad when it grew calm, and he guided them to their desired haven. ³¹Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men. Psalm 107:23-31

Can you relate to this group of sailors? Maybe the circumstances in your life have caused your courage to melt away. Perhaps you are going through a storm of your own. You may find yourself at your wits' end without any clear direction as to what to do next. If so, follow the example of the sailors in the Bible.

The first thing they did was cry out to the LORD in their trouble. Don't underestimate the power of prayer. An old gospel song says, "when God is all you have, you'll find He's all you need." God responded to the sailor's prayer by bringing them out of their distress. In fact, it says he stilled the storm to a whisper and the waves of the sea were hushed. God can do that in your life and in your situation as well. Call out to him. His timing is not always as quick as we may like but He knows what is best for each of us.

When the storm was over, the text says that God guided the sailors to their desired haven. They found their place of rest and peace. Storms don't last forever... and neither will yours. Keep your faith in God. Cry out to Him in your pain. Trust that He knows what's best and keep praying and seeking your desired haven... it may be just around the corner.

And then, don't forget to thank God when He does bring you through the storm. The story concludes by saying, "Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men."

Storms, crises, pain and problems are an unfortunate reality of life. We grow through the pain and learn valuable lessons during these times. Don't give up, give in, or quit. When you find yourself at your wits' end...hang on, cry out to God, and look for His deliverance.



Tim Neptune is the lead pastor of Venture Church in Naples, Florida. Venture Church meets on the campus of FSW State College on Lely Cultural Blvd. in East Naples. For times and directions, visit www.venturenaples.com.



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