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June 2024

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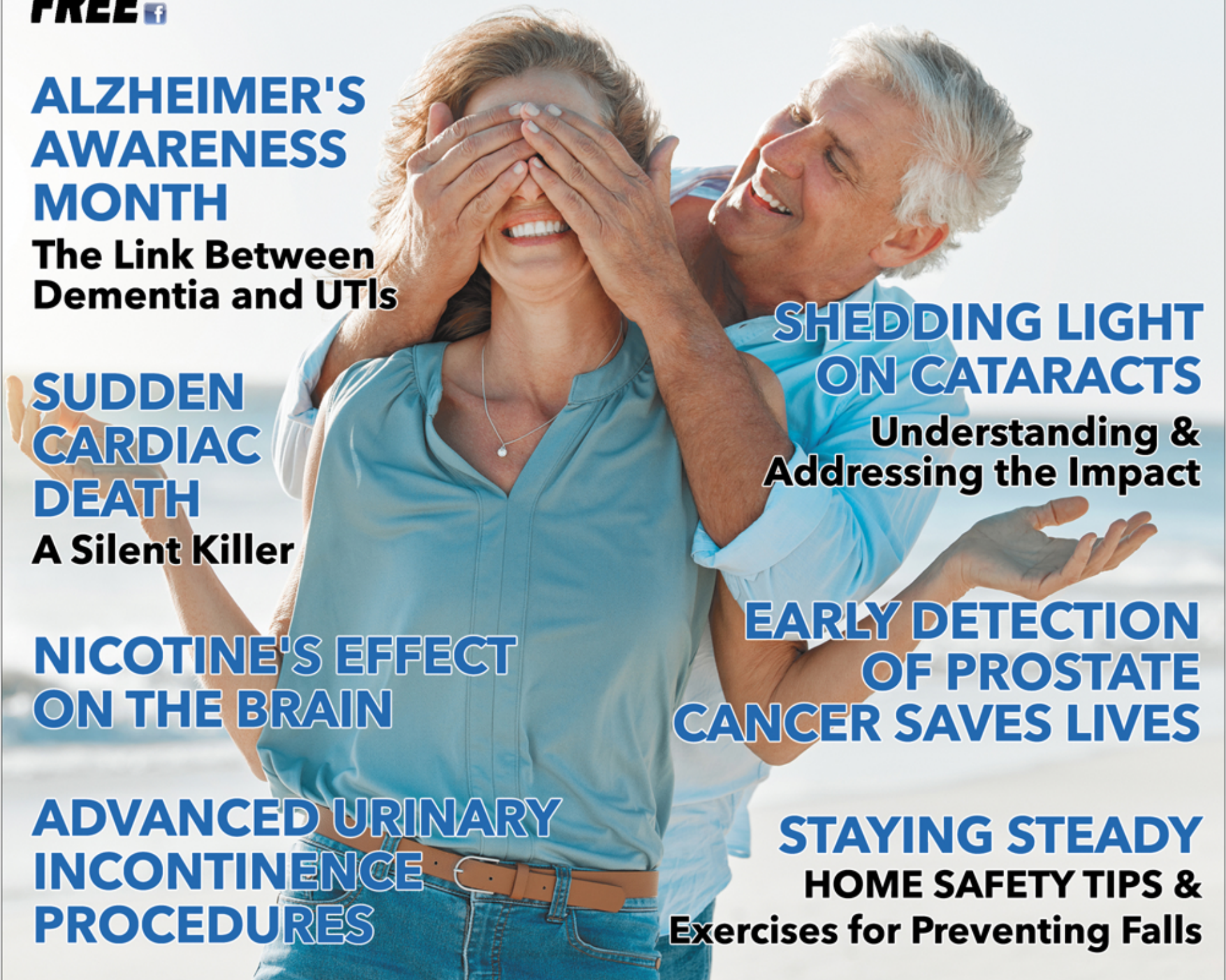
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CONTACT US

OWNER / ACCOUNT EXECUTIVE
Cristan Gensing
cristan@gwhizmarketing.com

OWNER / CREATIVE DIRECTOR
Sonny Gensing
sonnygensing@yahoo.com



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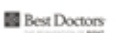
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NICOTINE'S EFFECT ON THE BRAIN

Mark Twain once said “quitting smoking is easy. I should know, I have done it a thousand times.” Many tobacco users may be able to relate to this statement as it often requires multiple attempts to kick the habit for good.

There are several reasons quitting smoking is challenging. First, it is legal for adults to use tobacco products; therefore, there is less legal risk with tobacco than with other illegal substances. Second, nicotine is available for purchase at many convenient locations. The third and most significant reason is due to nicotine's effect on the brain. In fact, research has shown that nicotine is as addictive as alcohol, heroin, and cocaine and is often more difficult to quit.¹

When an individual smokes a cigarette, nicotine is delivered to the brain within seven seconds. Once in the brain, nicotine activates seven different neurotransmitters – many of which are responsible for pleasure, appetite suppression, reduction of tension and anxiety and increased focus. These outcomes can be perceived as positive and rewarding which strengthens the addiction to nicotine. It is important that individuals find other ways to get these same benefits without the tobacco products when quitting. Quitting tobacco involves “retraining” the brain's reward pathway as nicotine levels are reduced during the quit process.

The addiction to nicotine itself accounts for the biological component of addiction; however, addiction can happen on the psychological and cultural level as well. Tobacco can be used as a coping mechanism during challenging situations and as self-medication. Developing a dependence on tobacco during the tough times can make quitting even harder. Tobacco may also be promoted as part of social activities and norms.

Although quitting tobacco can be challenging, it can be done! According to the Center for Disease Control and Prevention, more than three out of five adults who have ever smoked cigarettes have quit. It is important to seek out support when quitting tobacco as those that attempt to quit on their own have a success rate of about 5-7%. **Group sessions** through Gulfcoast South AHEC and Tobacco Free Florida address all aspects of nicotine addiction, in addition to helping you develop a quit plan and identify your quit date. Studies have shown that group sessions plus the use of Nicotine Replacement Therapy can more than double your chances of quitting and staying quit.²

Quitting tobacco for good comes with many benefits to your **physical** and **psychological** health. These benefits are numerous and will greatly improve the quality of life for individuals who quit for many years to come.



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

References:

1 https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/smoking-cessation-fast-facts/index.html

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



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Lymphedema and Vein Disease

By Dr. Lackey

What is Lymphedema?

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

What Causes Lymphedema?

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

How Can I Counteract Lymphedema?

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



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

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UNVEILING THE PLANTAR WART SOLUTION: A Podiatrist's Key to Clear, Pain-Free Feet

By Eileen Rivero, DPM, ABPM

Plantar warts, medically termed as verrucae plantaris, are a common condition that affects the soles of the feet. They are caused by the human papillomavirus (HPV), particularly types 1, 2, 4, and 63. These warts can be painful and often present a significant discomfort due to their location on the weight-bearing areas of the foot. As such, understanding their occurrence, etiology, and treatment is essential from a podiatry perspective.

Plantar warts are prevalent worldwide, affecting individuals of all ages, though they are most common in children and young adults. This is likely due to the higher rates of barefoot walking and communal activities such as swimming and gym use among these age groups, which increase the risk of exposure to the virus. The incidence of plantar warts is also higher in individuals with compromised immune systems, such as those with HIV/AIDS or those undergoing immunosuppressive therapy. Furthermore, conditions like atopic dermatitis, which compromise skin integrity, can facilitate HPV infection.

The etiology of plantar warts revolves around the HPV, which infects the skin through direct contact. The virus typically enters the body through tiny cuts or abrasions on the skin's surface. The environment plays a crucial role in the transmission of HPV. Warm, moist areas, such as communal showers, locker rooms, and swimming pools, are common breeding grounds for the virus.

Treatment of plantar warts can be challenging and varies based on the severity, duration, and response to previous treatments. A podiatrist considers multiple factors before recommending a treatment plan. The primary goals are to remove the wart, alleviate pain, and prevent recurrence.

Topical Treatments: Over-the-counter (OTC) treatments containing salicylic acid are often the first line of defense. Salicylic acid works by exfoliating the layers of the wart. Patients are advised to apply it regularly after soaking the foot in warm water and gently filing the wart with a pumice stone or emery board. This treatment can take several weeks to months and requires persistence.



Cryotherapy: This involves freezing the wart with liquid nitrogen. The extreme cold causes the wart tissue to die and eventually fall off. Cryotherapy sessions are typically performed every one to three weeks. While effective, this method can be painful and may require multiple sessions.

Laser Treatment: Pulsed-dye laser treatment targets the blood vessels within the wart, cutting off its blood supply and causing it to die. This method is often used for stubborn warts that do not respond to other treatments.

Surgical Removal: In cases where other treatments fail, surgical options may be considered. Curettage involves scraping the wart off under local anesthesia, but this carries a risk of scarring and recurrence. Electrosurgery, which uses electrical currents to burn the wart, is another option.

Preventing plantar warts is an essential aspect of management. Patients should be advised to wear protective footwear in communal areas, avoid direct contact with warts (their own or others'), and maintain good foot hygiene. Keeping the feet dry and treating any cuts or abrasions promptly can also reduce the risk of HPV infection.

Plantar warts are a common and often painful condition that podiatrists frequently encounter. Effective management requires a comprehensive approach tailored to the individual patient, considering the wart's characteristics and the patient's overall health. Through a combination of preventative measures, patient education, and a range of treatment options, your podiatrist can effectively manage and alleviate the burden of plantar warts.

Eileen Rivero, DPM, ABPM

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



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Staying Steady:

Home Safety Tips and Exercises for Preventing Falls

Robert Hummer, M.D.

Falling isn't just a stumble; it can have serious consequences, especially for older adults. According to the Centers for Disease Control and Prevention (CDC), falls are the leading cause of injury-related deaths among older adults and the most common cause of nonfatal injuries and hospital admissions for trauma. However, the good news is that many falls are preventable with some simple adjustments to your home environment and incorporating regular exercises to improve strength and balance. Here are some effective strategies for preventing falls in older adults and keeping you steady on your feet.

Understanding the Risks

As we age, our bodies undergo changes that can increase the risk of falling. Factors such as decreased muscle strength, changes in balance and gait, vision problems, medication side effects, and environmental hazards all contribute to the likelihood of falling. Acknowledging these risks is the first step in preventing falls in older adults and maintaining independence.

Creating a Safe Environment

Your home should be a sanctuary, not a hazard zone. To create a safe environment, start by conducting a thorough assessment of your living space to identify potential dangers:

- 1. Lighting:** Ensure that all areas of your home are well-lit, especially staircases, hallways, and entryways. Install night lights to illuminate pathways during the night. When you enter a room, turn the light on. Don't try to navigate in the dark.
- 2. Flooring:** Remove loose rugs or secure them with non-slip backing. Also, try to avoid rugs with tassels or strings that could easily catch your foot, causing you to trip and fall. Repair any uneven floor surfaces or loose floorboards to prevent tripping hazards.
- 3. Bathroom Safety:** Install grab bars near toilets and in showers or tubs to provide stability. For added safety, consider using a shower chair or bench.

4. Stair Safety: Install handrails on both sides of staircases and ensure they are securely anchored. Keep stairways clutter-free, and avoid wearing loose clothing or shoes with slippery soles when using stairs.

Exercise for Strength and Balance

In addition to making modifications in your home, regular exercise is crucial for maintaining strength, flexibility, and balance – all helping to prevent falls. Here are some exercises specifically designed to improve balance and reduce the risk of falling in older adults:

- 1. Tai Chi:** This ancient Chinese martial art emphasizes slow, controlled movements and shifting weight from one leg to the other. Tai Chi has been shown to improve balance, strength, and flexibility, making it an excellent choice for fall prevention.
- 2. Yoga:** Yoga combines gentle stretching, balance poses, and controlled breathing, all of which can help improve stability and reduce the risk of falls. Look for classes tailored to older adults, or try beginner-friendly poses at home. Need even more assistance? Try chair yoga!
- 3. Strength Training:** Incorporate exercises that target major muscle groups, such as squats, lunges, and leg lifts. Using resistance bands or light weights can further challenge your muscles and improve overall strength.
- 4. Balance Exercises:** Practice standing on one leg while holding onto a sturdy surface for support, then gradually try to increase the duration. Other balance exercises include heel-to-toe walking, standing on tiptoes, and side leg lifts.

Consistency is key when it comes to reaping the benefits of exercise. Aim for at least 30 minutes of moderate-intensity activity most days of the week, but remember to consult with your healthcare provider before starting any new exercise program, especially if you have pre-existing health conditions or mobility limitations and concerns.



Take a Proactive Approach to Preventing Falls

Preventing falls in older adults requires a multifaceted approach that includes both environmental modifications and regular exercise. By creating a safe home environment and incorporating exercises to improve strength and balance, you can reduce the risk of falls and maintain your independence as you age. Don't wait until a fall occurs to take action—start implementing these strategies today to stay steady on your feet and out of the hospital.

Ready to step up your home safety game and prevent falls? Take the first proactive step by scheduling an appointment with your local VIPcare provider by calling 941-541-4812. Let's ensure you're steady on your feet and equipped with the knowledge and tools to keep your home safe and secure. Don't wait for an accident to happen—prioritize your safety now!

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Shedding Light on Cataracts: Understanding and Addressing the Impact

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

Cataract Awareness Month: A Call to Action

Every June, a spotlight shines on one of the most prevalent yet often misunderstood eye conditions: cataracts. Cataract Awareness Month serves as a crucial reminder of the importance of vision health and the need for proactive measures to address this common ailment. With an aging population and increasing prevalence worldwide, understanding cataracts and promoting awareness about prevention and treatment options are more critical than ever.

Understanding Cataracts: Unveiling the Cloudiness

Cataracts occur when the clear lens of the eye becomes cloudy, leading to blurred vision, sensitivity to light, and difficulty seeing at night. While age-related changes are the primary cause of cataracts, other factors such as genetics, injury, and certain medications can also contribute to their development. Over time, untreated cataracts can significantly impair vision, impacting daily activities and diminishing quality of life.

The Global Impact: A Growing Concern

According to the World Health Organization (WHO), cataracts are the leading cause of blindness worldwide, responsible for approximately 51% of all cases. With the global population aging rapidly, the prevalence of cataracts is expected to rise significantly in the coming years. This increase underscores the urgent need for awareness campaigns, early detection, and access to affordable treatment options.

Prevention Is Key: Nurturing Vision Health

While cataracts cannot always be prevented, several lifestyle choices can help reduce the risk of developing them. Protecting the eyes from excessive sunlight by wearing sunglasses and hats, maintaining a healthy diet rich in antioxidants, and avoiding smoking are all beneficial practices for preserving vision health. Regular eye examinations, especially for individuals over the age of 40, can also aid in early detection and timely intervention.

Empowering Communities: Promoting Awareness and Education

Cataract Awareness Month provides an invaluable opportunity to engage communities, healthcare professionals, and policymakers in dialogue about vision health. Educational initiatives, outreach programs, and media campaigns play a vital role in dispelling myths, raising awareness about risk factors, and promoting the importance of regular eye exams. By empowering individuals with knowledge and resources, we can encourage proactive steps towards preserving vision and preventing avoidable blindness.

Breaking Barriers: Access to Care

Despite significant advancements in cataract treatment, access to care remains a challenge for many communities, particularly in low- and middle-income countries. Limited resources, inadequate infrastructure, and cultural barriers can hinder individuals from seeking timely diagnosis and treatment. Addressing these barriers requires a multi-faceted approach, including increased investment in healthcare infrastructure, training of local healthcare providers, and greater collaboration between government agencies, non-profit organizations, and the private sector.

Innovations in Treatment: Restoring Clarity

Fortunately, cataract surgery remains one of the most successful and cost-effective medical procedures, with a high rate of success in restoring vision. Technological advancements, such as phacoemulsification and intraocular lens implants, have revolutionized cataract surgery, making it safer, more efficient, and more accessible to a broader population. Moreover, initiatives aimed at reducing the cost of surgery and improving post-operative care are instrumental in ensuring equitable access to treatment for all individuals affected by cataracts.

Looking Ahead: A Vision for Change

As we observe Cataract Awareness Month, let us recommit ourselves to the fight against preventable blindness and vision impairment. By raising awareness, advocating for equitable access to care, and embracing innovation in treatment, we can make significant strides towards eliminating the burden of cataracts on individuals and communities worldwide. Together, let us work towards a future where everyone has the opportunity to enjoy clear vision and a brighter tomorrow.

Conclusion

Cataract Awareness Month serves as a poignant reminder of the importance of vision health and the need for concerted efforts to address cataracts. By understanding the impact of this common eye condition, promoting prevention strategies, and advocating for improved access to care, we can make meaningful progress towards eliminating preventable blindness and preserving vision for generations to come. Let us join hands in spreading awareness, fostering education, and championing innovation to ensure a world where clarity of vision is within reach for all.



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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Sudden Cardiac Death: A SILENT KILLER

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

Sudden cardiac death (SCD) is an unexpected, abrupt loss of heart function, breathing, and consciousness. It usually derives from an electrical disturbance that disrupts the heart's pumping action, causing the heart to stop beating effectively. SCD is a major public health crisis, accounting for half of all heart disease deaths.

While heart attacks are the most common cause of SCD, the two are not the same. A heart attack is caused by a blocked artery preventing blood flow to the heart muscle. SCD is triggered by an electrical malfunction in the heart that sends it into a chaotic rhythm known as ventricular fibrillation. Without an effective blood supply, a person quickly goes unconscious and suffers respiratory arrest.

SCD is often the first sign of heart disease, striking without any prior symptoms in over half of cases. It can happen to people of any age, though the risk increases as people get older. Other risk factors include a previous heart attack or heart failure, family history of SCD, obesity, smoking, high blood cholesterol, and diabetes.

The key risk factor is the presence of underlying coronary heart disease. Scarring from a prior heart attack can disrupt the heart's electrical pathways, leaving it susceptible to short-circuiting into a lethal heart rhythm. In other cases, the heart muscle is weakened by disease, stretching or thickening its walls in a way that promotes abnormal heart rhythms.

When SCD occurs, prompt CPR and defibrillation are crucial to restart the heart and restore breathing and consciousness. An automated external defibrillator (AED) can be a lifesaver, delivering an electrical shock to stop the chaotic heart rhythm and let the heart restart in a normal pattern.

The most effective prevention strategy is recognizing those at high risk and addressing underlying heart conditions. However, many victims have no clear warning signs or risk factors, making SCD a feared medical emergency. Experts recommend improving bystander CPR training and increasing public access to AEDs as ways to improve survival odds.



SIGNS OF SUDDEN CARDIAC DEATH:

- **Sudden collapse and loss of consciousness** - This is often the first and only sign of cardiac arrest before the heart stops beating entirely.
- **No pulse or breathing** - Check for a pulse at major arteries and look for rise/fall of the chest which could indicate breathing.
- **Bluish discoloration of lips/skin** - This can happen due to lack of oxygenated blood circulation during cardiac arrest.
- **Dizziness or weakness before collapse** - Some people experience these symptoms shortly before cardiac arrest strikes.
- **Chest discomfort or pain** - Preceding heart attack symptoms like chest pain or pressure can sometimes occur before sudden cardiac arrest.
- **Nausea or vomiting** - This can occasionally happen right before the heart stops in some cases of cardiac arrest.

For those with risk factors like heart disease, heart failure, or a family history of SCD, measuring risk through screening tests may be advised.

An electrocardiogram (ECG) can detect heart rhythm irregularities, while an echocardiogram provides structural imaging of the heart's chambers and muscularity. Implantable cardioverter defibrillator (ICD) devices may be recommended for high-risk patients, providing prompt defibrillation if a lethal arrhythmia occurs.

While medical and technological advances have helped understand and respond to SCD, it remains a pernicious threat. More research is still needed on risk factors, prediction models, and prevention strategies. Increasing awareness of SCD and preparedness to act when it strikes remain crucial for saving lives from this silent cardiovascular killer.

SCD can also be on initial presentation in young athletes during competitive sports. Certain underlying structural health diseases are identified as underlying causes of SCD in athletes. Screening by health professionals may be suggested for young athletes.

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

INVASIVE CARDIOLOGY AND ADVANCED HEART FAILURE MANAGEMENT

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

Board certifications

- Cardiology
- Advanced Heart Failure and Transplant
- Nuclear Cardiology
- Comprehensive Echocardiography
- Internal Medicine



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FGCU Unlocking Cognitive Health Through Innovative Technology

Marieb College of Health & Human Services is on the cutting edge

In the world of healthcare, staying at the forefront of innovation isn't just a choice; it's a responsibility. At Florida Gulf Coast University, Marieb College of Health & Human Services embraces this ethos wholeheartedly. Recently, the college made a significant investment in cutting-edge technology by acquiring five Cognivue units to transform cognitive assessment education at FGCU.

Early detection is paramount in healthcare. Regular health checkups and screenings — such as blood pressure checks, cholesterol tests, colonoscopies and mammograms — enable early detection of conditions like high blood pressure, high cholesterol and cancer. Identifying issues early allows for prompt intervention and management, potentially preventing more severe health complications.

Like those screening tools, cognitive health assessments can help identify symptoms of dementia. Cognivue evaluates four cognitive domains, leveraging a staggering 130,000 data points to provide customized assessments tailored to each patient's unique profile. This empowers individuals to recognize signs of cognitive decline early on, prompting them to seek guidance from their healthcare provider.

Such technology isn't just another assessment tool; it's a game-changer in the field of cognitive health. Traditional cognitive assessments can be susceptible to human bias and environmental distractions, potentially affecting the accuracy of results. Cognivue eliminates these concerns by offering a self-administered assessment using a computerized system with built-in safeguards to minimize distractions.

Patients are tested on memory retention, executive function or attention to detail, visuospatial awareness and their ability to identify letters, words, shapes and motions. The noninvasive, interactive assessment takes about 10 minutes and produces immediate results.



Addressing the healthcare needs of tomorrow

The significance of this investment by Marieb College extends beyond the university's campus. Through clinical internships, rotations and research opportunities, more than 2,500 Marieb College students annually are immersed in real-world experiences. FGCU students collaborate with healthcare providers at institutions like Naples Comprehensive Health (NCH), Lee Health and beyond. With this new cognitive assessment tool, FGCU students, under the guidance of experienced faculty, will administer tests at health clinics in Southwest Florida, reaching out to older adults who may be at risk of dementia.

The older adult population in Southwest Florida is increasing, creating opportunities for Marieb College to be at the forefront of innovation. In the five-county area FGCU serves, 30.1% of the population is 65 and older and population projections for Southwest Florida through 2050 predict the highest growth in this age group.

With an aging population and an ever-evolving technological landscape, staying ahead of the curve is essential. Faculty in Marieb College stay abreast of advancements and trends in health and human sciences. Spearheaded by Marieb College's

dean, Shawn Felton, the acquisition of Cognivue represents a proactive approach to addressing the healthcare needs of tomorrow.

A broad range of healthcare applications

The impact this new assessment tool provides doesn't stop with older adults. It opens doors for other populations, including athletes with traumatic brain injuries.

Graduates of FGCU's Marieb College pursue diverse paths in nursing, physical therapy, occupational therapy, exercise science, health sciences, social work and counseling. The curriculum exposes students to a spectrum of assessment tools, from standard practices to cutting-edge technologies, ensuring they're equipped to meet the evolving demands of the healthcare landscape. Students who learn to use the Cognivue units will have a leg up in any field where early detection of cognitive decline is important. Their exposure to cutting-edge technologies positions them as leaders in their respective fields.

By embracing innovation and fostering a culture of continuous learning, Marieb College isn't just a learning environment; it's a living laboratory where innovation thrives and the future of healthcare is shaped. With a commitment to excellence, Marieb College ensures that students are not just prepared for the challenges of today but are equipped with the skills and knowledge to navigate the complexities of healthcare in the future.



10501 FGCU Boulevard South
Fort Myers, FL 33965
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WHO SHOULD DO YOUR BOTOX?

By Diana De Lorenzo - Corresponded by Dr. Jai Grewal

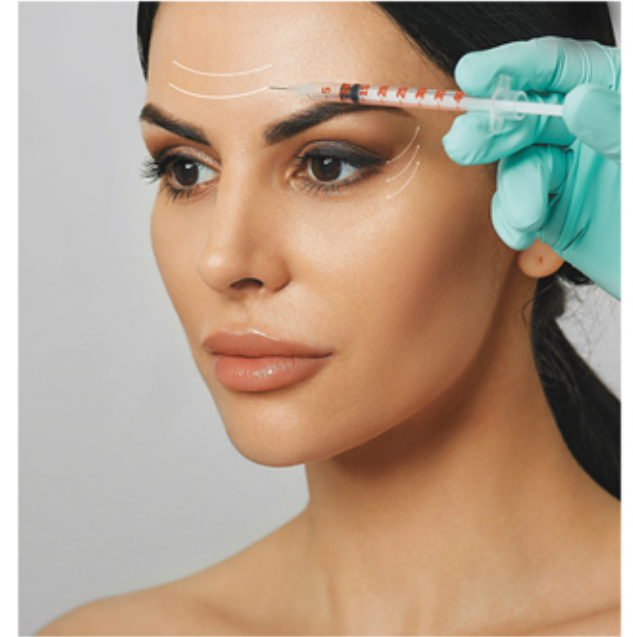
Botox is now done everywhere. No matter where you go you can find a place that does Botox. So how do you know who should do YOUR Botox? When considering Botox treatment, choosing an injector with extensive experience and expertise is crucial. Many med spas offer heavily discounted prices, but it's essential to remember that quality matters. Botox treatment involves the intricate movements of muscles, and it's highly recommended to seek out an injector with significant experience in the field. Neurologists have been utilizing Botox since 1989 to treat various neurological conditions, demonstrating a deep understanding of its therapeutic applications as well as cosmetic uses. This is because Botox and other botulinum toxins are considered neurotoxins, and Botox works at the interface between the nerve and the muscle (the neuromuscular junction), thereby reducing muscle contraction. The FDA approved this amazing medication for therapeutic use in neurological disorders, and since then, neurologists have been utilizing Botox to treat many neurological conditions such as cervical dystonia, blepharospasm, chronic migraines, and spasticity from stroke, trauma, cerebral palsy, or spinal cord injury. After about 10 years of neurological use, cosmetic uses were eventually discovered and FDA-approved such as Crow's feet, forehead lines, and glabellar (frown) lines.

Here at Clear Aesthetics, Dr. Jai Grewal is a board-certified neurologist experienced in the use of botulinum toxins (such as Botox®) for therapeutic and cosmetic uses. Dr. Grewal completed his neurology residency at the University of Texas, Southwestern in Dallas. He completed his fellowship at the MD Anderson Cancer Center in Houston. As Dr. Grewal was training in Botox he fell in love with the procedure because he noticed that it was helping patients in many ways, including their mood, and improving how patients felt about themselves. He has been using Botox for over 20 years for a range of FDA-approved uses (both therapeutic and cosmetic). He has administered over 250,000 units across various indications and is considered one of the most experienced injectors in the area. He has experience with a variety of products including Botox, Dysport®, Xeomin®, Daxxify®, and Myobloc®. When appropriate, Dr. Grewal incorporates cutting-edge technology such



as infrared vein locators, ultrasound guidance, and EMG guidance to optimize patient outcomes and minimize side effects. This takes the Botox injection to the next level. Dr. Grewal is known to address our client's needs through attentiveness, understanding, and carefully reviewing the medical history to ensure the best possible outcome for therapeutic or cosmetic uses.

In most cases, Botox treatments are safe and low-risk for clients. Many issues that occur with Botox are related to inexperience or poor medical judgment. Dr. Grewal is often asked to provide a second opinion and retreat patients who have had a poor outcome from other (often non-physician) injectors. You can minimize risks and optimize your outcome by doing some research and choosing a physician who has been thoroughly trained and has experience. Unlicensed non-physician injectors and black-market or over-diluted Botox can lead to serious harm and unsatisfactory results. By doing thorough research and selecting a professional with comprehensive training, you can minimize the risks and achieve the results you desire.



In conclusion, when considering Botox treatments, it's essential to prioritize safety and quality. Choosing a practitioner with extensive experience and expertise, such as a board-certified neurologist is crucial. This ensures that the procedure is performed with precision and care, minimizing the risk of complications and unsatisfactory results. By doing thorough research and selecting a professional with comprehensive training, you can achieve the desired results while prioritizing your safety and well-being.

Make an appointment today!

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Alzheimer's Awareness Month: The Link between dementia and UTIs

UTIs and Dementia: An Overlooked Connection

Urinary tract infections (UTIs) are a common yet often overlooked issue among individuals living with Alzheimer's disease and other forms of dementia. While UTIs can affect anyone, the risk is heightened in those with dementia due to various factors, including decreased personal hygiene and challenges in communicating symptoms.

At the root of this problem lies the reduced ability of people with dementia to maintain proper hygiene and personal care. As cognitive function declines, tasks such as regular cleaning and staying hydrated become increasingly difficult, creating an environment conducive to the growth of harmful bacteria that can lead to UTIs.

Compounding the issue is the challenge in detecting UTIs in individuals with dementia. Many individuals with dementia experience communication difficulties, making it challenging for them to express discomfort or symptoms clearly. Additionally, the symptoms of UTIs can overlap with those of dementia, further complicating the diagnosis.

The signs of a UTI in someone with dementia can be diverse and may include sleeping issues, anxiety, depression, confusion, aggression, delusions, hallucinations, and paranoia. Physical symptoms such as pain or a burning sensation when urinating, frequent urination, cloudy or bloody urine, lower abdominal pain, urinary incontinence, and mild fever may also be present.

The connection between UTIs and dementia is multifaceted, with symptoms from both conditions often intertwining. This overlap can lead to misdiagnosis or a delayed response, exacerbating the situation and potentially causing further complications.

Early detection and prompt treatment of UTIs are crucial for individuals with dementia, as untreated infections can worsen cognitive function and contribute to an overall decline in health. Caregivers and healthcare professionals play a vital role in recognizing the signs and advocating for appropriate medical attention.

IS IT A UTI OR IS IT ALZHEIMERS?

WHY IT CAN BE HARD TO TELL

Common Symptoms Shared by UTIs and Dementia

- Confusion
- Agitation
- Hallucinations
- Unusual behavior changes
- Dizziness
- Falling
- Frequent need to pee

Getting Help

When UTIs wreak havoc, we sometimes see message threads in which caregivers are in a state of panic about the symptoms. And for good reason — the symptoms are powerful and can actually mimic the end of life for some people. Getting a urine test may not be the first thing you think of when your loved one starts behaving so differently, but these changes often occur with a UTI due to fever and increased pain. When you see sudden behavioral changes, it is important to rule a UTI out and consult with a doctor.

How can people with dementia prevent UTIs?

Preventing UTIs in people with dementia is crucial for their overall well-being. Here are some tips to help reduce the risk:

- **Stay Hydrated:** Encourage regular fluid intake to promote proper urinary function.
- **Frequent Bathroom Breaks:** Prompt people with dementia to use the bathroom regularly to prevent urinary retention.
- **Proper Hygiene:** Do your best to help with maintaining personal hygiene, including wiping techniques. Women especially need to wipe front to back after using the bathroom to avoid bacteria spread.
- **Cranberry Pills:** Take a daily cranberry pill to prevent bacteria from sticking to the urinary tract lining.
- **UTI Test Strips:** Keep Utiva UTI Test Strips on hand to diagnose UTIs early and start treatment right away.

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.

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.alz.org/blog/alz/october_2011/sudden_change_in_behavior_urinary_tract_infection
- <https://www.utivahealth.ca/blogs/resources/the-link-between-dementia-and-utis-spotting-the-signs-and-preventing-infection#:~:text=People%20with%20dementia%20are%20twice,keep%20infections%20away%E2%80%9494for%20good>

For more information, visit Utiva's webpage.

<https://www.utivahealth.com> or call:

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ALZHEIMER'S AWARENESS MONTH

Who's Afraid of Alzheimer's Disease?

By Max MacCloud, DO, ND, PhD aka The Nutrition Ninja

Founder & Director of the Age Reversal Technology Center (ARTC.health) & MyBodySymphony.com

FEAR can be useful; in fact, it can be very useful if you use it to your advantage.

FEAR can and should be a major motivator. It mostly motivates us to avoid certain things; however, it can also be used to motivate us to do more positive things.

When it comes to health and disease, what scares you? What motivates you?

Two of the strongest fears when it comes to potential diseases are Cancer & Alzheimer's disease.

This article will hopefully help to educate and motivate you about several things you can do to proactively avoid both, as well as virtually every other chronic health condition. These are things that your doctor will likely never tell you about because they simply weren't taught about them.

The only way to avoid and prevent a disease process is to **BUILD** health. A 'disease' is just a name given to a set of signs & symptoms that show up to let you know that something is wrong. Think of it like the oil light on your car dashboard. When it turns on, you know your car needs oil. The body isn't quite as simple, and we don't have red flashing lights labeled with what we need.

Instead, when something isn't working properly, our body sends us a variety of messages like pain, inflammation, stiffness, fatigue, weakness, brain fog, weight gain or loss, etc. Modern medical care is more about pacifying and applying band-aids than getting to the route of the problem. Doctors are generally ill-equipped to determine what is wrong with you until things go very wrong. As a result, most people continue to mask the signs and symptoms of their health problems with medications that simply don't fix anything (and often make things worse in the long run).

I'm here to tell you that there is a new breed of doctors out there that are much better equipped to find and reverse the underlying problems before things degenerate too far. Generally, we are not appreciated by the 'powers that control' the so-called healthcare (actually disease care) system.

We use more progressive, functional tools to assess your health and innovative approaches to rebuild it. Sadly, most of what we do is not covered by conventional health insurance because it doesn't fit the current medical-industrial complex economic model. Don't shoot the messenger, that's just the way it is. If you truly want to be healthy, you're going to have to foot the bill and do the work.

"There is only one way of seeing things rightly, and that is to see the whole of them." - John Ruskin

We have to evaluate the whole person to properly understand the dysfunction. Conventional medicine is too disjointed with specialists who only look at one area or system of the body. It is similar to the story of several blind men examining an elephant and describing the part that they are touching. It is simply dysfunctional and inaccurate.

Once we properly evaluate the whole person, we can develop a comprehensive plan of action to reverse the damage and help the body heal. This is as true of various brain issues as it is for anything else.

The brain is part of the body and must be addressed as part of the body.

Alzheimer's disease is a progressive neurological disorder that leads to the degeneration and death of brain cells, causing memory loss, cognitive decline, and ultimately, the inability to carry out simple tasks. It is the most common cause of dementia among older adults.

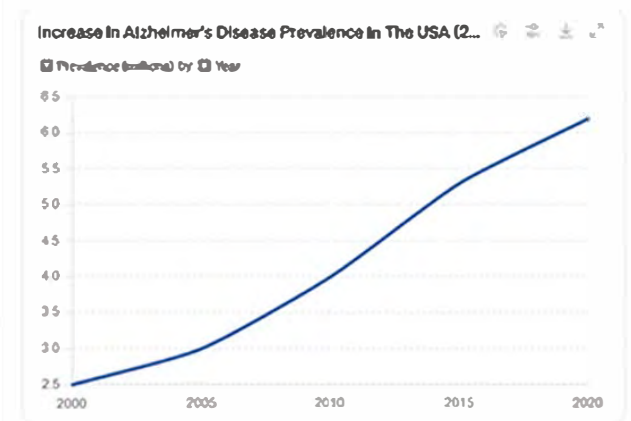
Prognosis: Alzheimer's disease progresses over several years and can vary greatly among individuals. The typical progression involves:

1. **Early Stage:** Minor memory loss and confusion.
2. **Moderate Stage:** Increased memory loss, confusion, difficulty recognizing people, and changes in behavior.
3. **Severe Stage:** Loss of ability to communicate, recognize loved ones, and perform basic activities of daily living.

The average life expectancy after diagnosis is 4 to 8 years, but some people can live up to 20 years with the condition.

The incidence of Alzheimer's disease has been skyrocketing over the last 20 years.

2000: 2.5 million; 2005: 3.0 million; 2010: 4.0 million; 2015: 5.3 million; 2020: 6.2 million



What causes it? They don't know... (but we have a really good idea).

Conventional medicine attributes it to some combination of the following:

- **Genetic Factors:** Family history and specific genes, such as the APOE-e4 gene, increase the risk.
- **Age:** The risk increases significantly after the age of 65.
- **Plaques and Tangles:** Alzheimer's is characterized by the accumulation of amyloid plaques and tau protein tangles in the brain, which disrupt cell function.
- **Lifestyle and Heart Health:** Factors such as poor diet, lack of exercise, and cardiovascular conditions may also contribute.

There is currently **NO EFFECTIVE** treatment or cure. Let that sink in a bit. Conventional medicine doesn't know what causes it, they have nothing effective to offer for treatment, yet they criticize those who have come up with logical, safe, progressive treatments that definitely appear to help.

The actual causes of the increased incidence of Alzheimer's Disease in my humble opinion include:

- **A Variety of lifestyle factors, including things like:**
 - **Consumption of a high-carbohydrate diet**, which activates strong insulin release and eventual insulin resistance and metabolic syndrome.
 - **Consumption of highly processed foods** that contain high amounts of refined carbohydrates/sugars, rancid oils, trans fats, and hundreds of toxic additives.
 - **High-stress levels** that likewise spike blood sugar and insulin independently of diet.
 - **Lack of consistent, effective exercise and activity.** This is why we lose muscle mass, strength, and endurance as we age. It can be prevented and reversed.
 - **Increased, regular exposure to a wide range of toxins** from our polluted air, water, food, and things like toxic electromagnetic radiation from screens, phones, cell towers, and improperly grounded wiring, etc. The list of probable toxins is huge.
 - **Mold, yeasts, fungi, and mycotoxins** are of particular concern for those living in Florida and other places where these microbes are known to thrive. Exposure could have been decades before, once they gain entry and overgrow these microbes and their mycotoxins can be with us for life without proper, aggressive treatment. They have absolutely been correlated with Alzheimer's disease as well as other neurodegenerative conditions.
- **These factors and others lead to the following:**
 - **Poor oxygenation and nourishment of the trillions of cells that make up the body due to damage to the microvascular system.** We lose 40-90% of our capillaries as we age due to the above-mentioned factors. This happens to everyone but can be prevented and reversed.
 - **Reduced mitochondria numbers and function.** These are the energy powerhouses of our cells in addition to several other vital functions. We lose 50-90% of our mitochondria as we age. This also happens to everyone but can be prevented and reversed.
 - **Reduced metabolic efficiency**, including insulin dysregulation, adrenal fatigue, thyroid damage, sex hormone and neurotransmitter imbalances for starters.
 - **Reduced metabolic reserves.** This includes reserve capacities of each and every organ and system of the body. Loss of muscle is a prime example.



- **Reduced stem cell numbers and viability.** Stem cells are what repair all damage in the body, they also decline dramatically as we age. That's why younger people heal faster and easier than older people. We can also boost stem cell numbers and activity, so even this is modifiable.

All of these things impact all the cells, tissues, organs, and systems of the body. That obviously includes the brain.

There is no simple medication that can, or ever will, fix all of these issues. However, all of them can be dramatically improved with the right plan and action.

Your brain is part of your body. Brain health is a function of your overall physical health. Neurofibrillary tangles and amyloid proteins don't happen for no reason. They are simply the manifestation of cumulative damage resulting from disruption of optimal physiology and biochemistry.

Alzheimer's disease has been referred to as Type III Diabetes. That assessment is right on point. Excess blood sugar causes disruption to optimum physiology which negatively impacts all the tissues of the body including the brain. To properly nourish the brain, you must properly nourish the body. High intake of refined, high carbohydrate, sugar, and damaged fats leads the way to metabolic dysfunction. A whole-body approach is needed, not a magic pill.

Diabetes and obesity are two of the most prominent metabolic dysfunctions there are. Heart disease and cancer are still the top two killers with Big Pharma running a close third. Premature death and debility are associated with all of these chronic conditions including Alzheimer's.

We spend more on our 'disease care' system than the next five countries combined, yet our health is among the worst in the world. What's wrong with this picture? Do you know the definition of insanity? Doing the same thing over and over and expecting a different outcome.

Please wake up, take responsibility for your own health, seek advice and coaching from a health expert rather than a disease expert.

That is exactly what we do; we use different tools to assess the damage to your microvascular system, your mitochondria, metabolism, and metabolic reserve. Then we design a program that includes a comprehensive approach to begin reversing the damage and enhancing your health.

Here are just a few of the innovative things that we can do to assist you in building health:

1. The **Glycocheck** assesses the health of your microvascular system.
2. The **Cell Wellbeing** test evaluates your epigenetic responses to your environment.
3. A variety of **blood tests** assess dozens of biomarkers of health or dysfunctions pertaining to your metabolism.
4. **Exercise with Oxygen Training** to open & reset the microvascular system.
5. The **Wolverine Healing Protocol** activates, stimulates, and supports your body's ability to heal and repair itself. This can be applied to virtually any problem; we especially use it with our non-surgical joint regeneration programs.
6. The **4M approach** supports the restoration of your microvascular, mitochondrial, metabolic, and metabolic reserves.
7. Our **Foundation Nutritional Support system** to support repair & healing.
8. **Stem Cell therapy** is also available when the Cavalry is needed.
9. **Joint Decompression** therapy.
10. **Regenerative Injection therapy & even Regenerative Aesthetics.**

It would take an entire book to provide sufficient details about these and the additional tools we use to help people and that goes way beyond what we can cover here. **If you find this information helpful and motivational, please reach out to let us know how we can assist you. Call 941-806-5511; learn more at www.ARTC.health**

Make an appointment today!
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3226 Clark Rd. Sarasota, FL 34231

ADVANCED URINARY INCONTINENCE PROCEDURES

Approximately 10 to 20 million people in the United States are suffering from urinary incontinence. If you have issues with leaking when coughing, jumping, or laughing, or if you have severe urgency to urinate day and night, you are not alone. Correct diagnosis of the type of incontinence is the first and most important step in developing an appropriate and effective treatment plan for incontinence.

There are several types of urinary incontinence:

- Stress incontinence
- Urge incontinence
- Mixed incontinence
- Overflow incontinence
- Functional incontinence

The good news is that you are not stuck with wearing pads or pull up for the rest of your life. There are viable treatment options from medications, Botox injections, nerve stimulators and implantable slings to name a few. Two of the more advanced innovative procedures that are noninvasive are sacral neuromodulation and urethral bulking.

Sacral Neuromodulation

Sacral neuromodulation is an advanced procedure that uses a tiny wire that is placed on the glut muscle with a quarter-size impulse device that sends messages to the brain to regulate urination. This procedure takes around 30 minutes to perform, and if the procedure does not work, or if a patient decides they want it removed, we can take it out quite easily. Other similar devices can also be placed on the sacral nerve to induce sacral neuromodulation to send small impulses to the bladder.

Bulkamid—Urethral Bulking

Bulkamid is a soft, smooth hydrogel that consists of 97.5% water and 2.5% polyacrylamide. Once injected, Bulkamid provides additional volume to the urethra and acts as a scaffold for cells to grow through helping to provide long lasting relief of stress urinary incontinence symptoms. Bulkamid is noninvasive and requires no surgery. It is injected directly into the closing mechanism of the urethra. More than 70,000 patients have been treated with Bulkamid.



What is urethral bulking?

Urethral bulking involves the injection of a soft hydrogel (the size of a pea) like Bulkamid, into 3 or 4 locations in the urethral wall using a small telescope. The total volume injected is around 2mls.

Bulkamid aims to restore the natural closing pressure of the urethra preventing urine from leaking out unintentionally during normal daily activities (e.g., when you cough, laugh, walk or exercise).

Short procedure

Urethral bulking takes around 10 – 15 minutes and is usually done in day surgery or out-patient clinic with a local anesthetic.

No Incisions

A series of small injections are used, you may feel a sting, however, no cuts are made.

Quick recovery

In most cases patients can get back to their normal activities within a day.

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.

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

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.

Center for Urogynecology and
Female Pelvic Health
John B Devine, MD
941.457.7700
www.johndevinemd.com

Early Detection of Prostate Cancer Saves Lives

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

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

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

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

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

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

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

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

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

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

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What is a 3T MRI?

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

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Urgent Care for Common Injuries During the Summer Months

In the realm of healthcare, understanding the appropriate time to seek urgent care versus heading to the emergency room (ER) can significantly impact the speed and effectiveness of receiving medical treatment. This is especially pertinent during the summer months, a time often filled with school activities, sports events, and outdoor adventures, all of which can lead to various injuries. Knowing the difference between urgent care and the ER, and recognizing the appropriate scenarios for each, can ensure prompt and suitable medical intervention.

Understanding the Basics: Urgent Care and Emergency Room

Before diving into specific situations, it's essential to distinguish between urgent care and the ER. Urgent care facilities are designed to manage non-life-threatening conditions that require immediate attention but do not qualify as emergencies. They are equipped to handle a wide range of injuries and illnesses quickly and efficiently. Conversely, emergency rooms are prepared for severe, life-threatening situations requiring immediate and comprehensive medical attention.

Routine Physical Examinations: Urgent Care's Domain

For routine physical examinations, such as those required for school or sports participation, urgent care centers are often the most practical choice. These facilities can provide quick and thorough exams, ensuring students and athletes meet the necessary health criteria for participation in their activities. The convenience and prompt service offered by urgent care centers eliminate the prolonged waits often associated with ER visits, making them ideal for such non-emergency needs.

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

Sports-related injuries are common during the summer, and the severity of the injury typically dictates where to seek medical attention. Urgent care centers are well-equipped to handle minor sports injuries, including sprains, strains, and contusions. These facilities can provide appropriate

treatments such as splints, braces, and basic wound care. However, if an injury involves severe pain, visible deformity, dislocations, or signs of a more serious condition (such as difficulty breathing or severe swelling), a visit to the ER is imperative. Immediate intervention in these cases can prevent further complications and ensure a smoother recovery process.

Addressing Deep Cuts and Stitches: Urgent Care Expertise

Deep cuts and the need for stitches are scenarios where urgent care centers excel. These facilities have the resources to assess and treat lacerations promptly, from cleaning and disinfecting wounds to administering stitches. Urgent care ensures a swift response, minimizing the risk of infection and promoting faster healing. Nevertheless, if a cut is excessively deep, affects vital structures, or is associated with severe bleeding, a trip to the ER is necessary. The ER provides comprehensive care for such serious injuries, including advanced imaging and potential surgical intervention if required.

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

Fractures and sprains often leave individuals pondering whether to visit urgent care or the ER. Urgent care facilities are proficient in diagnosing and managing minor fractures and sprains, offering necessary splints, braces, and advice for at-home care. However, if an injury involves a visible deformity, intense pain, or the potential for complications, the ER is the more appropriate choice. Emergency rooms can conduct comprehensive imaging studies, such as CT scans or MRIs, and provide immediate interventions for complex fractures, ensuring that all necessary steps are taken for proper healing.

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

One significant advantage of urgent care centers is their ability to perform X-rays and provide immediate results. This capability is particularly beneficial in cases of suspected fractures or other 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 plan. This efficiency can be crucial in managing injuries effectively and reducing patient anxiety by providing quick answers and a clear path to recovery.

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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 summary, understanding the appropriate context for visiting urgent care versus the ER can greatly enhance the treatment process during the busy summer months. For routine examinations, minor sports injuries, deep cuts needing stitches, and minor fractures, urgent care centers provide efficient and timely care. However, for severe injuries, visible deformities, or life-threatening conditions, the ER is the necessary destination. This knowledge helps ensure that individuals receive the right level of care promptly, aiding in quicker recoveries and better overall health outcomes.

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The Scoop on Oticon Intent:

A Premium Hearing Aid You May Not Find Everywhere

By Dr. Noël Crosby, Au.D.

If you've been researching hearing aids lately, you've likely come across the Oticon Intent, a premium device that promises exceptional sound quality and advanced features. However, you may have noticed that it's not readily available through all insurance plans or big box retailers. So, what's the deal with this elusive hearing aid, and why can't you easily get it through your Medicare Advantage plan or at your local big box store?

The Oticon Intent is a top-of-the-line hearing aid from Danish manufacturer Oticon, a company renowned for its innovative hearing solutions. This particular model incorporates cutting-edge technology, such as Oticon's BrainHearing™ technology, which is designed to support the way the brain naturally processes sound. It also features advanced noise reduction capabilities, making it easier to focus on speech and filter out background noise in challenging listening environments.

One of the reasons the Oticon Intent may not be readily available through certain insurance plans or big box stores is its premium positioning and pricing. As a high-end device packed with advanced features, the Oticon Intent typically carries a higher price tag than more basic or mid-range hearing aids. Many insurance plans, including Medicare Advantage plans, may not cover the full cost of such premium devices or may have limitations on their coverage.

Additionally, Oticon is a manufacturer that primarily sells its products through a network of independent audiology practices and hearing healthcare professionals. Unlike some other hearing aid brands that have established partnerships with big box retailers or mass merchandisers, Oticon tends to focus on distribution through specialized channels, such as audiologists' offices and hearing aid dispensers.

This distribution strategy allows Oticon to maintain better control over the fitting and programming processes for their advanced devices, ensuring that they are properly customized and adjusted by trained professionals. It also enables Oticon to provide more personalized support and follow-up care to users of their hearing aids, which can be crucial for achieving optimal performance and user satisfaction.

While the Oticon Intent may not be as easily accessible as some other hearing aid models, its cutting-edge technology and specialized distribution channel reflect Oticon's commitment to delivering high-quality, professionally fitted solutions. If you're interested in the Oticon Intent, your best bet is to consult with an independent audiologist or hearing aid dispenser who works with Oticon products. They can help you navigate the insurance

coverage and pricing options, as well as determine if the Oticon Intent is the right choice for your specific hearing needs.

In summary, the Oticon Intent is a premium hearing aid that may not be readily available through certain insurance plans or big box stores due to its advanced features, higher price point, and Oticon's distribution strategy of partnering with independent hearing healthcare professionals. While it may require a bit more effort to obtain, the Oticon Intent promises exceptional sound quality and cutting-edge technology for those seeking a top-tier hearing solution.

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Noël Crosby
Doctor of Audiology



Karen Draper
Doctor of Audiology



UNVEILING THE HIDDEN IMPACT OF PROCESSED FOODS

BY Kasey Cook, RN, Owner

In today's fast-paced world, convenience often outweighs consideration for nutritional value. Processed foods, with their allure of quick preparation and prolonged shelf life, have become staples in many diets. However, behind their convenience lies a hidden reality that often goes unnoticed: the depletion of essential minerals and the adverse impact on overall nutrition.

Minerals play a crucial role in maintaining various bodily functions, from bone health and immune system support to nerve function and energy production. Unfortunately, the processing of foods often strips them of these vital nutrients. The refining and manufacturing processes involved in creating processed foods remove or diminish minerals like magnesium, potassium, calcium, and zinc, which are essential for our well-being.

Take, for instance, the journey of grains. Whole grains, such as brown rice or whole wheat, contain valuable minerals in their natural form. However, the refining process to create white flour eliminates a significant portion of these minerals, leaving behind a product that lacks the nutritional punch of its unprocessed counterpart. Similar depletion occurs in the transformation of natural fruits and vegetables into sugary snacks or canned goods, where vital nutrients are lost in the processing stages.



This mineral depletion doesn't only affect the nutritional quality of processed foods; it also leads to potential health issues. Mineral deficiencies have been linked to various health problems, including weakened immune systems, bone disorders like osteoporosis, muscle cramps, fatigue, and even cardiovascular issues. These deficiencies, often exacerbated by diets high in processed foods, contribute to a growing public health concern.

What exacerbates this problem is the typical Western diet's reliance on processed foods. The convenience and ubiquity of these products make them difficult to avoid. However, as awareness grows about their nutritional shortcomings, there's a growing movement toward advocating for whole, unprocessed foods.

One way to counter mineral depletion and improve nutritional intake is to prioritize whole foods in our diets. Incorporating fruits, vegetables, whole grains, lean proteins, and healthy fats can significantly boost our mineral intake while providing a wide array of essential nutrients.

Furthermore, education plays a pivotal role in addressing this issue. Empowering individuals with knowledge about the impact of processed foods on mineral depletion and overall nutrition can drive informed dietary choices. Governments, health organizations, and communities can collaborate to promote nutritional literacy and emphasize the importance of whole foods in maintaining optimal health.

In conclusion, while processed foods offer convenience, their contribution to mineral depletion and compromised nutrition cannot be ignored. Understanding the hidden costs of these dietary choices empowers individuals to make informed decisions that prioritize health. By embracing whole, unprocessed foods and advocating for nutritional education, we can pave the way toward a healthier, mineral-rich future.

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DAUGHTER HAS TO PAY RENT

By James W. Mallonee

Suppose Mom dies and leaves her main house to her two children, whereupon one of the children moves into the house, but does not pay rent to the estate; is this legal? It's only legal if everyone agrees to the non-payment of rent.

This situation arose in the case of Kersey v Abraham. The facts are that Mom had placed the property in a trust and at her death, the trust would hold the property by and through the successor Trustee. The Trust did not distribute the real property evenly, with 2/3 to Becky (the daughter) and 1/3 to her brother Abraham. The Trustee selected by Mom was Becky. Upon the death of Mom, the subject property was to be split and divided as stated. Sadly, this did not happen and Becky moved into the home taking full control of the property and never paid rent or divided the property...after all it was the home that Becky grew-up in.

Naturally, the brother (Abraham) was not amused by this and sued Becky for breach of her fiduciary duty by engaging in self-dealing, squatting on trust property and Becky's failure to distribute trust property. What could Becky have done differently? The first thing is to pay a fair market rate of rent to the trust or (assuming Abraham is acceptable to this arrangement) pay Abraham 33% of the fair value of marketable rent or purchase the property outright.

Does Abraham have to accept a monthly rental payment? The answer is no, he could force the sale of the property and be done with Becky. Assuming

Abraham agrees, Becky could determine what the fair market value of the property is and pay off Abraham (buying his interest) to rid herself of his ownership. However, this requires Abraham to agree to the presumed fair market value or whatever he would accept.

To prevent the above from happening; when Mom was preparing her Will, she could have stated that the house was to go directly to Becky and provide compensation to Abraham for his share of the house, thus equalizing the distribution. That did not happen and because of that failure, litigation occurred which ultimately will leave a bad taste in the mouth of both siblings.

Eventually, the court ruled that Becky (who was living on the subject property) owed the Trust the amount of rent that should have been paid. The mother's trust read that Becky was to receive two thirds of the estate and one third to Abraham. Thus, for every \$100.00 due the estate and paid by Becky as rent, Becky would actually be paying \$66.00 due to her ownership interest.

So what is the message to be learned here? When preparing a Will or Trust instrument be aware of the desired outcome that you wish to have happen. You do not have to distribute your assets evenly, but if you do not, make certain you have a logical explanation for the distribution you select. If you elect to not provide any assets to one of the children, be sure to name the person outright and that you are not leaving anything to that individual. There is no need to explain why.

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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Compassionate Home Health: Excellence in Promoting, Maintaining, and Restoring Health

In the sphere of home health, a profound dedication to compassion intertwines seamlessly with the pursuit of excellence. It's not merely about administering care; it's a heartfelt commitment to promoting, maintaining, and restoring health for those entrusted to our care. Within this compassionate paradigm lies an unwavering passion for excellence, shaping the very essence of how we serve.

At the core of compassionate home health lies the understanding that each individual's journey toward wellness is unique. It's about recognizing the person beyond the ailment and establishing a profound connection built on empathy and understanding. This approach transcends the mere clinical routine; it cultivates a sense of trust, fostering an environment where individuals feel heard and cared for on a deeper level.

To promote health in the home setting requires a holistic view that extends beyond just physical wellness. It encompasses emotional support, mental resilience, and nurturing an environment that encourages overall well-being. It's about empowering individuals to take charge of their health while providing the necessary guidance and support to navigate the intricacies of their wellness journey.

Maintaining health within the confines of one's home demands a harmonious blend of expertise and personalized care. It involves meticulous planning, where every aspect of care is tailored to suit the unique needs of each individual. Whether it's managing medications, assisting with daily activities, or offering companionship, the goal remains unwavering – to maintain the highest standard of health and comfort.

However, the true essence of compassionate home health shines when restoration becomes imperative. It's during these challenging times that the dedication to excellence truly becomes palpable. Restoring health isn't just about addressing the physical symptoms; it's about instilling hope, inspiring resilience, and guiding individuals through the process of healing with unwavering support and encouragement.



A passion for excellence becomes the cornerstone in every facet of our service. It drives continuous improvement in the quality of care provided, propelling us to seek innovative approaches, staying abreast of the latest advancements in healthcare, and fostering an environment where learning and development are constant companions.

Moreover, this passion transcends individual roles; it becomes a collective commitment ingrained in the ethos of every caregiver, nurse, and therapist member. It's the unwavering dedication to going above and beyond, to not just meet but exceed expectations, ensuring that those we serve receive nothing short of exemplary care.

In the pursuit of excellence, compassion becomes the guiding light that illuminates every decision made and action taken. It's the willingness to listen intently, to hold hands during difficult times, and to celebrate victories – big or small. Excellence isn't just a standard; it's a way of life that echoes in every interaction, every treatment, and every smile shared.

Compassionate home health, driven by a passion for excellence, isn't merely a profession; it's a calling. It's a commitment to humanity, a dedication to making a tangible difference in the lives of those we serve. It's about transforming healthcare into an experience imbued with empathy, respect, and a relentless pursuit of the highest quality care.

In conclusion, the heart of compassionate home health beats in rhythm with the passion for excellence. It's a symphony where empathy, dedication, and expertise harmonize to create a melody of healing and hope. This compassionate pursuit of excellence defines our commitment to promoting, maintaining, and restoring health for those whose lives we touch, leaving an indelible mark of care and compassion.

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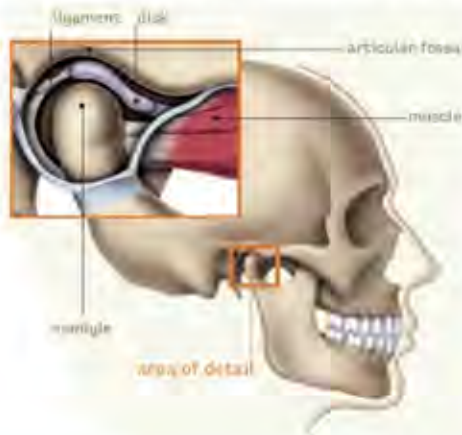
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The Daily "Grind"

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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UNRAVELING THE LINK BETWEEN ANXIETY AND ALCOHOL USE: A HOLISTIC PERSPECTIVE

In today's fast-paced world, where stress and pressure seem to be constant companions, many individuals turn to alcohol as a means of coping with their anxiety. However, what may initially seem like a solution to soothe their worries often spirals into a cycle of dependency, exacerbating both anxiety and alcohol use. Understanding the intricate connection between anxiety and alcohol consumption is crucial for developing effective interventions that promote holistic well-being and sustainable recovery.

Anxiety, a pervasive mental health condition characterized by excessive worry and fear, affects millions of people worldwide. It can manifest in various forms, including generalized anxiety disorder, panic disorder, social anxiety disorder, and phobias. Individuals with anxiety may experience intense physical and psychological symptoms, such as rapid heartbeat, sweating, trembling, and intrusive thoughts, which can significantly impair their daily functioning and quality of life.

In an attempt to alleviate their symptoms and escape from the grip of anxiety, many individuals turn to alcohol as a form of self-medication. Alcohol's sedative effects can provide temporary relief from feelings of tension and apprehension, offering a fleeting sense of relaxation and euphoria. However, this relief is short-lived, and the long-term consequences of excessive alcohol consumption can be devastating.

The relationship between anxiety and alcohol use is complex and multifaceted, involving both biological and psychological factors. Neurochemical imbalances in the brain, genetic predispositions, traumatic experiences, and environmental stressors can all contribute to the development of both anxiety disorders and alcohol use disorders. Moreover, individuals with anxiety may be more susceptible to the reinforcing effects of alcohol, as it provides a temporary escape from their distressing symptoms.

Furthermore, the cycle of anxiety and alcohol use can become self-perpetuating, as alcohol consumption can disrupt normal brain function and exacerbate anxiety symptoms. Chronic alcohol abuse can lead to tolerance, dependence, and withdrawal, further fueling feelings of anxiety and perpetuating a vicious cycle of substance use and mental health issues.

To effectively address the interconnected nature of anxiety and alcohol use, a holistic approach is essential. This approach acknowledges the interplay between biological, psychological, social, and environmental factors and recognizes that treating one aspect in isolation is unlikely to lead to lasting recovery. Instead, it emphasizes the importance of addressing both anxiety and alcohol use simultaneously through integrated interventions that target the root causes of these issues.

One key component of a holistic approach is comprehensive assessment and diagnosis, which involves evaluating the individual's physical health, mental health, substance use patterns, and psychosocial functioning. This enables healthcare professionals to tailor treatment plans to the unique needs and circumstances of each individual, ensuring a personalized and effective approach to recovery.

Psychotherapy, such as cognitive-behavioral therapy (CBT) and mindfulness-based interventions, can be particularly beneficial in treating co-occurring anxiety and alcohol use disorders. These approaches help individuals develop coping skills, manage stress, challenge negative thought patterns, and cultivate greater self-awareness, thereby reducing reliance on alcohol as a coping mechanism and promoting healthier ways of managing anxiety.

In addition to therapy, holistic treatment may also incorporate pharmacotherapy, peer support groups, lifestyle modifications, and complementary therapies such as yoga, acupuncture, and meditation. By addressing the underlying factors contributing to anxiety and alcohol use from multiple angles, individuals can achieve greater insight, resilience, and long-term recovery.

Moreover, holistic approaches recognize the importance of addressing the social determinants of health, such as socioeconomic status, access to healthcare, housing stability, and social support networks. Creating a supportive and nurturing environment that fosters connection, belonging, and purpose can significantly enhance recovery outcomes and reduce the risk of relapse.

In conclusion, understanding the intricate connection between anxiety and alcohol use is essential for developing effective interventions that promote holistic well-being and sustainable recovery. By adopting a comprehensive and integrated approach that considers the interconnectedness of mental health and substance use, individuals can break free from the cycle of anxiety and alcohol dependency and embark on a journey toward lasting health and happiness.

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Fort Myers, FL 39919

When You Are At Your Wits End

By Pastor Timothy Neptune

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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