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Transform Your Life with Medicare-Covered Lymphedema Therapy Compression Garments

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

If you or a loved one is grappling with the debilitating effects of lymphedema, you know how challenging it can be to find effective and affordable treatment options. At Functional Transformation Clinic, we understand the physical and emotional toll this condition can take, which is why we are dedicated to providing comprehensive lymphedema management solutions, including Medicare-covered compression garments from leading brands.

Lymphedema is a chronic condition characterized by the accumulation of lymphatic fluid in the body's tissues, often resulting in swelling, discomfort, and an increased risk of infections. This condition can significantly impact your quality of life, making everyday activities a struggle. However, with the right treatment approach, you can regain control and experience a remarkable transformation.

At our clinic, we believe in empowering our patients to take charge of their health and well-being. Our team of experienced lymphedema therapists is committed to delivering personalized care tailored to your unique needs. We understand that every individual's journey with lymphedema is different, and our approach reflects that.

One of the cornerstones of our lymphedema management program is the use of high-quality compression garments. These specialized garments apply gentle, consistent pressure to the affected areas, facilitating the movement of lymphatic fluid and reducing swelling. By promoting improved lymphatic drainage, compression garments can alleviate discomfort, reduce the risk of complications, and enhance your overall quality of life.

What sets us apart is our commitment to making advanced lymphedema therapy accessible to all. We proudly accept Medicare coverage for our compression garments, ensuring that you can access the top-of-the-line products you need without breaking the bank. Our clinic partners with renowned brands like Medi, Jobst, Sigvaris, Juzo, and Solaris, ensuring you receive the highest quality and most effective compression garments available.

Our dedicated team will work closely with you to select the most suitable compression garments based on your specific needs, body measurements, and lifestyle requirements. We understand that proper fit and comfort are crucial for optimal treatment

outcomes, which is why we take the time to ensure your garments are perfectly tailored to your unique circumstances.

In addition to compression garments, our comprehensive lymphedema management program may also incorporate other therapeutic interventions, such as manual lymphatic drainage, exercise guidance, and lifestyle recommendations. Our goal is to address all aspects of your condition, empowering you to take control and achieve lasting relief.

At Functional Transformation Clinic, we believe that living with lymphedema should not hold you back from embracing life to the fullest. With our Medicare-covered compression garments and personalized care, you can embark on a journey towards improved well-being, increased mobility, and a renewed sense of confidence.

Don't let lymphedema define your life. Take the first step towards transformation by scheduling a consultation with our lymphedema experts today. Discover how our Medicare-covered compression garments and comprehensive care approach can unlock a world of possibilities, allowing you to reclaim your vitality and embrace each day with renewed energy and optimism.

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Our experienced staff will guide you through a comprehensive fitting process, ensuring a customized and comfortable fit tailored to your unique needs. Achieve optimal compression and support for your lymphedema management.

Comprehensive Support

At Functional Transformation Clinic, we offer more than just compression garments. Our team of dedicated healthcare professionals is committed to providing you with comprehensive lymphedema therapy, education, and support every step of the way.

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Our compression garments are Medicare-approved, ensuring that you receive the financial assistance you need to manage your condition effectively. We handle the paperwork, so you can focus on your health.



Complications of Vein Disease

By Dr. Lackey

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

Skin Changes

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

Phlebitis

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

Stages of Vein Disease



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

Bleeding

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

Swelling

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

Skin Ulcers

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

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

Blood Clots

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

Florida Lakes Vein Center offers convenient appointments in our Lakewood Ranch office Tuesday & Thursday 8am-5pm, Friday 8am-3pm. Call 941.866.8989 to schedule your free vein screening.



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TREATING STUBBORN TOENAIL FUNGUS

By Eileen Rivero, DPM, ABPM

Toenail fungus, or onychomycosis, is a common and stubborn condition that affects many individuals. It can cause nails to become thick, discolored, brittle, and sometimes painful. While over-the-counter treatments are available, they often prove ineffective. For a more comprehensive and successful treatment, visiting a podiatrist is highly recommended. This article will explore the role of podiatrists in diagnosing and treating toenail fungus, offering insight into various treatment methods and preventative measures.

Understanding Toenail Fungus

Toenail fungus is caused by various types of fungi, including dermatophytes, yeasts, and molds. These fungi thrive in warm, moist environments, making feet an ideal breeding ground. Common risk factors for developing toenail fungus include:

- Wearing tight or non-breathable shoes
- Walking barefoot in public places like pools and gyms
- Having a history of athlete's foot
- Reduced blood circulation in the feet
- Compromised immune system

Symptoms of toenail fungus can include yellow or brown discoloration of the nail, thickening of the nail, brittle or crumbly nails, and sometimes a foul odor.

The Podiatrist's Role in Diagnosing Toenail Fungus

A podiatrist is a medical professional specializing in the diagnosis and treatment of foot and ankle conditions. When it comes to toenail fungus, their expertise is invaluable. Here's what you can expect during a visit to the podiatrist:

- 1. Comprehensive Examination:** The podiatrist will conduct a thorough examination of your nails and feet, looking for signs of infection and other potential issues.
- 2. Laboratory Testing:** To confirm the diagnosis, the podiatrist may take a sample of the nail for laboratory testing. This helps identify the specific type of fungus causing the infection, ensuring appropriate treatment.



3. Medical History Review: Understanding your medical history, including any underlying conditions or medications, allows the podiatrist to tailor the treatment to your specific needs.

Treatment Options for Toenail Fungus

Once the diagnosis is confirmed, the podiatrist will discuss various treatment options based on the severity of the infection and your overall health. Here are some common treatments:

- 1. Topical Antifungal Medications:** These are often prescribed for mild to moderate infections. Topical treatments include creams, ointments, and medicated nail lacquers. While they are convenient, they may take longer to show results and are generally less effective for severe infections.
- 2. Oral Antifungal Medications:** For more severe or persistent infections, oral antifungal medications may be prescribed. These medications, such as terbinafine (Lamisil) and itraconazole (Sporanox), are more effective because they reach the infection through the bloodstream. However, they can have side effects and may not be suitable for everyone.
- 3. Laser Treatment:** Laser therapy is a newer treatment option that uses focused light to destroy the fungus. It is non-invasive and generally well-tolerated, with minimal side effects. Multiple sessions may be required for optimal results.
- 4. Debridement:** In some cases, the podiatrist may need to remove the infected portion of the nail. This process, called debridement, can help reduce pain and improve the effectiveness of topical treatments.
- 5. Nail Removal:** For severe infections that do not respond to other treatments, the podiatrist may recommend removing the affected nail. This can be

done surgically or chemically. After removal, antifungal treatments can be applied directly to the nail bed to prevent recurrence.

Preventing Toenail Fungus Recurrence

Preventing toenail fungus from returning is crucial once treatment is complete. Here are some tips to keep your nails healthy:

- **Maintain Good Foot Hygiene:** Wash your feet daily, dry them thoroughly, and keep your nails trimmed and clean.
- **Wear Breathable Footwear:** Choose shoes made from breathable materials and avoid wearing tight or damp shoes for extended periods.
- **Use Antifungal Products:** Consider using antifungal sprays or powders on your feet and inside your shoes to prevent reinfection.
- **Protect Your Feet in Public Areas:** Wear sandals or flip-flops in public places like pools, gyms, and locker rooms to reduce the risk of exposure to fungi.
- **Regular Podiatrist Visits:** Regular check-ups with your podiatrist can help monitor your nail health and catch any signs of reinfection early.

Toenail fungus can be a persistent and uncomfortable condition, but with the expertise of a podiatrist, effective treatment is within reach. By understanding the available treatment options and adopting preventative measures, you can achieve healthy, fungus-free nails. If you suspect you have toenail fungus, don't hesitate to schedule an appointment with a podiatrist to start your journey toward better nail health.

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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Alzheimer's and Dementia:

What's the Difference

Robert Hummer, M.D.

In the realm of cognitive health, two terms often intermingle, causing confusion: Alzheimer's and dementia. While they are related, understanding their distinctions is crucial for proper diagnosis, treatment, and support. Grasping the contrast between Alzheimer's disease and dementia not only aids those living with these conditions but also offers invaluable guidance to caregivers. Read on to unravel this perplexity and shed light on the disparities between Alzheimer's disease and dementia.

What is Dementia?

Dementia isn't a specific disease but rather an umbrella term encompassing a range of symptoms affecting cognitive abilities such as memory, communication, and reasoning. Think of it as a collective noun under which various cognitive impairments reside. These impairments significantly interfere with daily life and function.

It's important to note that dementia is not a normal part of aging. It is caused by damage to brain cells and can stem from multiple underlying causes, including Alzheimer's disease, vascular dementia, Lewy body dementia, and frontotemporal dementia, among others. Each type presents distinct symptoms and progression trajectories.

Understanding Alzheimer's Disease

Alzheimer's disease is the most prevalent form of dementia, accounting for 60 to 80 percent of cases. It is a progressive neurodegenerative disorder characterized by the accumulation of abnormal protein deposits in the brain, namely beta-amyloid plaques and tau tangles. These neurobiological changes lead to the deterioration of brain cells and the subsequent decline in cognitive function.

Key Differences Between Alzheimer's and Dementia

Cause: Alzheimer's disease has a specific pathology involving the accumulation of beta-amyloid plaques and tau tangles, while dementia encompasses various conditions with diverse underlying causes, such as vascular issues or Lewy bodies.



Progression: Alzheimer's typically progresses gradually over several years, starting with mild memory loss and advancing to severe cognitive impairment and functional decline. Other types of dementia may have different progression patterns depending on their underlying causes.

Symptoms: While both Alzheimer's and dementia involve cognitive decline, Alzheimer's often presents with specific memory-related symptoms early in the disease process, whereas other forms of dementia may manifest with distinct symptoms such as visual hallucinations and tremors in Lewy body dementia or changes in behavior and language in frontotemporal dementia.

Treatments: While there is no cure for Alzheimer's or for most types of dementia, treatments and interventions may help manage symptoms and slow disease progression. However, specific treatments may vary depending on the type of dementia and its underlying cause.

Importance of Early Diagnosis and Intervention

Early detection of cognitive impairment is crucial for providing appropriate care and support to individuals affected by Alzheimer's or dementia. Diagnosis involves comprehensive evaluations of medical history, cognitive testing, neurological exams, and sometimes imaging studies. Timely intervention can enable access to treatments, support services, and lifestyle modifications that may improve quality of life and slow disease progression.

Support and Resources

Caring for someone with Alzheimer's or dementia can be challenging, both emotionally and practically.

Fortunately, numerous resources and support networks exist to assist caregivers and individuals living with these conditions. These include memory care facilities, support groups, respite care services, and educational programs aimed at enhancing understanding and coping strategies.

In the intricate landscape of cognitive disorders, Alzheimer's and dementia stand as prominent figures, each with its unique characteristics and challenges. By unraveling the differences between them, we empower ourselves to navigate this terrain with clarity and compassion. Through education, early intervention, and unwavering support, we can strive to enhance the lives of those affected by these conditions and advance our collective efforts toward finding effective treatments and, ultimately, a cure.

Empower yourself against Alzheimer's and Dementia

Take charge of your brain health today! Schedule an appointment with VIPcare and proactively assess your cognitive well-being. Call 941-541-4812. Let's tackle Alzheimer's and dementia together, starting with a proactive step towards a healthier future. Don't wait, act now!



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Prioritize Your Peepers: Four Essential Tips for Healthy Vision Month

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

July marks the annual Healthy Vision Month, serving as a timely reminder to prioritize our precious eyes. These remarkable organs, responsible for capturing the world's vibrant hues and intricate details, deserve our utmost care and attention. By adopting simple yet effective habits, we can safeguard our vision and maintain our ability to fully appreciate life's visual wonders. In this article, we'll explore four essential tips to celebrate Healthy Vision Month and protect your eyes for years to come.

1. Embrace the Power of Sunglasses

Ultraviolet (UV) radiation from the sun can be detrimental to our eyes, potentially leading to cataracts, macular degeneration, and other vision-related issues. Investing in high-quality sunglasses with 100% UV protection is a simple yet crucial step in shielding your eyes from harmful rays. Look for sunglasses that block both UVA and UVB rays, and opt for wraparound styles that provide comprehensive coverage. Remember, sun damage is cumulative, so make wearing sunglasses a habit, even on cloudy days.

2. Give Your Eyes a Break from Digital Screens

In our increasingly digital world, our eyes endure prolonged exposure to blue light emitted from computers, smartphones, and other electronic devices. This constant strain can lead to eye fatigue, headaches, and dry eye syndrome. To combat these issues, follow the 20-20-20 rule: every 20 minutes, take a 20-second break and focus your eyes on something at least 20 feet away.

Additionally, consider investing in blue light-blocking glasses or adjusting your device's settings to reduce blue light exposure.

3. Nourish Your Eyes with a Balanced Diet

Just like the rest of our body, our eyes require essential nutrients to function optimally. Incorporate eye-friendly foods into your diet, such as leafy green vegetables rich in lutein and zeaxanthin, fatty fish like salmon and tuna packed with omega-3 fatty acids, and citrus fruits brimming with vitamin C. These nutrients can help protect against age-related macular degeneration and other eye conditions, while also promoting overall eye health.

4. Stay Hydrated and Blink Frequently

Dry eyes can be uncomfortable and, if left untreated, can lead to more severe eye problems. Staying hydrated by drinking plenty of water and blinking frequently can help maintain healthy tear production and lubricate your eyes. Additionally, consider using over-the-counter eye drops or investing in a humidifier to combat dry air, which can exacerbate dry eye symptoms.

By incorporating these four essential tips into your daily routine, you'll be taking proactive steps to protect your vision and celebrate Healthy Vision Month in the best possible way. Remember, our eyes are precious windows to the world, and taking care of them should be a priority. Embrace these habits, and you'll be rewarded with a lifetime of clear, comfortable vision, allowing you to fully appreciate the beauty that surrounds you.



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

Retina Group of Florida

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

Please call (941) 743-3937 today to schedule your eye exam. When necessary same day appointments can often be accommodated.



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Filling the Need for Nurses

State funding fuels partnership with local healthcare systems

Florida Gulf Coast University, the state Legislature and the two largest healthcare systems in Southwest Florida are working together on a prescription to address the widespread nursing shortage.

For the past year, the School of Nursing in FGCU's Marieb College of Health & Human Services has benefited as a recipient of the Florida Legislature's Linking Industry to Nursing Education (LINE) funding program.

To qualify for the grants, the school has to secure a dollar-to-dollar match from a healthcare partner. For 2023-24, NCH Healthcare System in Collier County and Lee Health in Lee County stepped up to fulfill this requirement. By doing so, the area's two major hospital systems demonstrated their commitment to FGCU and the program poised to educate more nurses for Southwest Florida.

FGCU a pipeline for the workforce

The LINE grant isn't the only way FGCU is strengthening the healthcare workforce. With a three-year, \$22.9 million grant from the U.S. Department of Commerce-Economic Development Administration's Good Jobs Challenge, the university is offering workforce training programs designed to help unemployed and underemployed Southwest Floridians quickly obtain the qualifications for jobs in four of the region's primary industries – including healthcare.

According to the most recent Bureau of Labor Statistics' employment projections, the healthcare sector is projected to create 45% of all projected new jobs from 2022 to 2032. Nurse practitioners are among the top three occupations in that sector to expect increased employment and rapid growth through 2032. The current shortages affecting hospitals nationwide are felt locally and caused by a lack of qualified nurses. Another factor: The Florida Center for Nursing reports that more than 40% of the state's nurses are baby boomers and expecting to retire in the next 10 years.

By 2035, Florida is expected to face an overall shortage of 59,000 nurses, according to a Florida Hospital Association analysis. Labor market conditions are pushing hospitals to unusual measures to retain staff and fill vacancies, including salary modifications to reflect the value of labor in the current economy.

Teaching the next generation of nurses

One goal of the LINE funding program is to increase the number of nursing graduates to combat the shortfall in the state. In addition to the bachelor's degree in nursing, FGCU's nursing school offers graduate programs for nurse practitioners, nurse anesthetologists and nurse educators.

Marieb College's undergraduate nursing students spend four to five semesters immersed in clinical settings where they apply their learning in professional patient-centered environments, gain an understanding of health system practices and develop confidence as compassionate caregivers. Those pursuing graduate degrees experience intensive hands-on internships in a variety of acute and primary healthcare settings. All of this helps the school maintain 100% graduate employment rates and excellent first-time certification pass rates.

Another key asset of the program is Marieb Hall's laboratory facilities, which house high-fidelity simulation and assessment labs. This is where students enjoy low faculty-to-student ratios and the individualized attention of our nurse educators. By the time they graduate, they feel confident and fully prepared to do the important work of delivering superior care to the community.

Brenda Hage, FGCU's School of Nursing director, says the LINE funds are already making a difference in addressing the need for more nurses through scholarships for financially challenged students that help keep them in school and on track for careers.

"Our students are working while they're going to school, and when they're trying to juggle so many

things it can detract from their ability to be successful," says Hage. "These scholarships have been so essential because they're allowing our students to focus more fully on their education."

More than \$145,000 has been awarded in the past year.

Another goal for NCH and Lee Health's partnership is to keep nursing graduates in Florida. As part of the LINE scholarship, recipients participate in an 18-month residency at Lee Health after graduation, which further supports new graduates as they enter practice.

Helping expand programs to teach more nurses

In addition to supporting students, LINE funds are used to purchase simulation equipment, recruit additional faculty and cover other essential one-time expenses to facilitate the expansion of Marieb College's nursing program.

The partnership with Lee Health and NCH extends beyond funding, providing opportunities for clinical rotations and fostering a commitment to producing top-notch graduates to address the healthcare needs of Southwest Florida residents.

Shawn Felton, Marieb College's dean, believes such collaborative community partnerships are invaluable.

"I think we're all in the business of making Southwest Florida the best community we can. And we have an obligation, from the university's perspective, to align the workforce talent for our clinical partners. This is just another example of great partners working together for a common goal," says Felton.



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Pioneering the Future of Brain Health:

Cutting-Edge Therapies for Alzheimer's and Parkinson's Diseases



By Max MacCloud, DO, ND, PhD

Miguel Rivera, MD, Adult Psychiatrist

The Age Reversal Technology Center is proud to announce a new division in partnership with Dr. Miguel Rivera. The Rivera Brain-Body Institute is committed to exploring the frontiers of brain health and pushing the boundaries of what's possible to develop effective treatments and solutions for those dealing with neurodegenerative conditions like Alzheimer's disease and Parkinson's disease. We will not sit idly by and continue to wait for conventional medicine / big pharma to develop a wonder drug that will likely never come. We are compelled to take action and that is what we are doing.

Our multidisciplinary team of clinicians/researchers is dedicated to investigating and developing cutting-edge, progressive therapies that hold the potential to slow, halt, and even reverse the devastating effects of these conditions.

One of the most promising areas of research we are actively pursuing is the use of stem cells and their derived exosomes. These powerful cellular components have demonstrated remarkable potential in promoting neurogenesis, reducing inflammation, and facilitating the repair of damaged neural pathways. Our institute is at the forefront of exploring innovative techniques to harness the regenerative capabilities of stem cells and exosomes, paving the way for groundbreaking treatments. There are many studies showing benefits, however, the current medical-industrial model is largely ignoring this amazing modality because they can't patent it.

Another exciting avenue we are exploring is the synergistic combination of exercise and oxygen therapy, known as EWOT (Exercise with Oxygen Therapy). This approach leverages the benefits of physical activity and increased oxygen delivery to the brain, potentially enhancing cognitive function, improving cerebral blood flow, and promoting neuroplasticity. Our researchers are developing cutting-edge protocols to optimize EWOT to enhance its impact on brain health.

Photobiomodulation, or transcranial light therapy, is another innovative modality that has captured our attention and also has a great deal of scientific research to support it. By utilizing specific wavelengths of light, this non-invasive technique has shown promise in improving mitochondrial function, reducing inflammation, and potentially stimulating

neuronal repair mechanisms. Our institute is actively investigating the therapeutic potential of photobiomodulation for neurodegenerative conditions.

Transcranial electromagnetic stimulation is another groundbreaking approach we are actively researching. By applying precisely controlled electromagnetic fields to the brain, this non-invasive technique has the potential to modulate neural activity, enhance neuroplasticity, and potentially improve cognitive function. Our team is dedicated to exploring therapeutic applications of this cutting-edge technology.

In addition to these innovative therapies, we are also exploring the potential of ketamine, a dissociative anesthetic, in the treatment of neurodegenerative conditions. Emerging research suggests that ketamine may have neuroprotective and neurorestorative properties, in addition to enhancing neuroplasticity, making it a promising candidate for further investigation.

There are others around the world that are delving into each of these therapies but none that we know of are putting them together into a comprehensive, synergistic program. We believe that there is no 'magic bullet' to prevent and treat these neurodegenerative conditions. We believe that it will take a multipronged approach to properly support the brain to repair itself.

Recognizing the importance of a holistic approach, our institute is also at the forefront of research into microvascular repair, mitochondrial enhancement, balancing metabolism, building metabolic reserve (muscle mass), detoxification strategies, and cutting-edge nutritional support. Nutrition alone shows tremendous promise to help slow, prevent, and reverse virtually every chronic disease known. This involves a properly designed eating system and supplementation regimen geared to the individual's unique biochemistry and needs. How many doctors that treat these conditions are paying attention to real nutrition?

By addressing the underlying mechanisms contributing to neurodegeneration from multiple angles, we are working to develop and refine comprehensive and personalized treatment plans tailored to each individual's needs.

It is important to note that while these therapies hold immense promise, they are still in various stages of research and development, therefore, we cannot make any claims as to their effectiveness. Alternatively, we will not sit back and allow these neurodegenerative conditions to progress without doing everything in our power, based on sound logic and research, to help those suffering since conventional approaches are essentially non-existent.

Our institute is committed to conducting rigorous scientifically-sound, therapeutic trials and adhering to the highest ethical standards to ensure the safety and efficacy of these approaches. We receive no government or big pharma funding, so all of our research and therapeutic trials are paid for by our patients.

At the Age Reversal Technology's Rivera Brain-Body Institute, we are driven by a relentless pursuit of knowledge and a deep commitment to improving the lives of those affected by neurodegenerative conditions. Through our cutting-edge research and innovative therapies, we are paving the way for a future where Alzheimer's disease, Parkinson's disease, and other neurodegenerative conditions are no longer the devastating and debilitating conditions they are today.

We invite you to join us on this exciting journey, as we continue to push the boundaries of what's possible and pioneer the future of brain health. Together, we can unlock the secrets of the brain and unlock a world of hope and possibility for those affected by these challenging conditions. In addition to patient fees, research contributions are welcome and appreciated. There is always additional testing and treatment equipment needed. We have only begun to scratch the surface of what's possible and are extremely excited about the future, unobstructed by the limitations of the current medical industrial model.

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KIDNEY STONES

Alejandro Miranda-Sousa, MD

A kidney stone is a solid mass made up of tiny crystals. One or more stones can be in the kidney or ureter at the same time.

Causes, incidence, and risk factors

Kidney stones are common. Some types run in families. They often occur in premature infants.

There are different types of kidney stones. The exact cause depends on the type of stone.

Stones can form when urine contains too much of certain substances. These substances can create small crystals that become stones. The stones take weeks or months to form.

- Calcium stones are most common. They are more common in men between age 20 - 30. Calcium can combine with other substances, such as oxalate (the most common substance), phosphate, or carbonate, to form the stone. Oxalate is present in certain foods such as spinach. It's also found in vitamin C supplements. Diseases of the small intestine increase your risk of these stones.

- Cystine stones can form in people who have cystinuria. This disorder runs in families and affects both men and women.

- Struvite stones are mostly found in women who have a urinary tract infection. These stones can grow very large and can block the kidney, ureter, or bladder.

- Uric acid stones are more common in men than in women. They can occur with gout, diabetes, hypertension, obesity or chemotherapy.

- Other substances also can form stones, including the medications, acyclovir, and triamterene among others.

The biggest risk factor for kidney stones is not drinking enough fluids. Kidney stones are more likely to occur if you make less than 1 liter of urine a day. That's slightly more than a quart.

Symptoms

You may not have symptoms until the stones move down the tubes (ureters) through which urine empties into your bladder. When this happens, the stones can block the flow of urine out of the kidneys.

The main symptom is severe pain that starts suddenly and may go away suddenly:

- Pain may be felt in the belly area or side of the back
- Pain may move to groin area (groin pain) or testicles (testicle pain)

Other symptoms can include:

- Abnormal urine color
- Blood in the urine
- Chills
- Fever
- Nausea
- Vomiting

Signs and tests

The health care provider will perform a physical exam. The belly area (abdomen) or back might feel sore.

Tests that may be done include:

- Blood tests to check calcium, phosphorus, uric acid, and electrolyte levels
- Kidney function tests
- Urinalysis to see crystals and look for red blood cells in urine
- Examination of the stone to determine the type

Stones or a blockage can be seen on:

- Abdominal CT scan
- Abdominal/kidney MRI
- Abdominal x-rays
- Intravenous pyelogram (IVP)
- Kidney ultrasound
- Retrograde pyelogram

Treatment

Treatment depends on the type of stone and the severity of your symptoms.

Kidney stones that are small usually pass on their own. When the stone passes, the urine should be strained so the stone can be saved and tested.

Drink at least 6 - 8 glasses of water per day to produce a large amount of urine.

Pain can be severe enough to need narcotic pain relievers. Some people with severe pain from kidney stones need to stay in the hospital. You may need to get fluids through a vein (intravenous).

Depending on the type of stone, your doctor may prescribe medicine to decrease stone formation or help break down and remove the material that is causing the stone. Medications can include:

- Allopurinol (for uric acid stones)
- Antibiotics (for struvite stones)
- Diuretics
- Phosphate solutions
- Sodium bicarbonate or sodium citrate
- Water pills (thiazide diuretics)

Surgery is usually needed if:

- The stone is too large to pass on its own
- The stone is growing
- The stone is blocking urine flow and causing an infection or kidney damage
- The pain cannot be controlled

Today, most treatments are much less invasive than in the past, ie,

- Extracorporeal shock-wave lithotripsy is used to remove stones slightly smaller than a half an inch that are located near the kidney or ureter. It uses sound or shock waves to break up stones. Then, the stones leave the body in the urine.

- Percutaneous nephrolithotomy is used for large stones in or near the kidney, or when the kidneys or surrounding areas are incorrectly formed. The stone is removed with tube (endoscope) that is inserted into the kidney through a small surgical cut.

- Ureteroscopy, placing a very small camera inside the ureter to remove or break the stone. May be used for stones in the lower urinary tract.

Expectations (prognosis)

Kidney stones are painful but usually can be removed from the body without causing permanent damage.

Kidney stones often come back, especially if the cause is not found and treated.

If treatment is significantly delayed, damage to the kidney or other serious complications can occur.

Complications or Side Effects of urinary stones

- Decrease or loss of function in the affected kidney
- Kidney damage, scarring
- Obstruction of the ureter (acute unilateral obstructive uropathy)
- Recurrence of stones
- Urinary tract infection

Prevention

If you have a history of stones, drink plenty of fluids (6 - 8 glasses of water per day) to produce enough urine. Depending on the type of stone, you might need medications or diet changes to prevent the stones from coming back. It is important to find out why the person forms stones so, prevention could be started soon.

For more information, please visit our website www.UrologyExperts.com or call Urology Experts today at (239) 226-2727 or email info@UrologyExperts.com to schedule your consultation!



MEMORY MATTERS

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

Is it normal to have problems with our memory as we get older? Are you concerned that your memory seems to be getting worse? Do you just chalk it up to old age? Doesn't everyone have memory problems as they get older? Why is early detection so important?

These are some of the questions that are common around the topic of memory loss. According to the National Institute of Health (NIH), while age is a the most important known risk factor for the disease, old age does **not** cause Alzheimer's disease. Alzheimer's disease is the most common form of dementia, and it's estimated that 1/9 (one in nine people) aged 65 and older have Alzheimer's. That roughly translates to approximately 6.9 million people in the United States who have Alzheimer's disease, per the 2024 Alzheimer's Association facts and figures document. Here in Florida, it is estimated that around 580,000 people are living with Alzheimer's disease. That translates into 12.5% of the individuals who are over the age of 65. In addition, the number of people with Alzheimer's disease in Florida is greater than the population of Orlando and Tallahassee added together (based on the 2020 census).

It is quite common for people to get the terms Alzheimer's and dementia confused. The best way to describe dementia is that dementia is a syndrome, characterized by a decline in cognitive functioning. Thinking, remembering, and reasoning are all impacted, and these changes are typically not reversible. In addition, to have a diagnosis of dementia, these changes in cognition are significant enough to interfere with your daily life.

Alzheimer's disease is a type of dementia, and estimated to be between 60 – 80% of all cases of dementia. Alzheimer's disease is progressive (it continues to get worse), neurodegenerative (nerve cells in the brain, called neurons, become damaged and lose function and die), and while there are a number of early warning signs of Alzheimer's disease, decline in short term memory is common. There are many different types of dementia. Vascular dementia, Lewy body dementia, Frontotemporal dementia and mixed dementia are several of the most common types.



Why is early detection important? Currently, early detection and screening procedures are very common for a variety of illnesses. You may have already had one or more of these types of screening. Cholesterol screening, Pap tests, fecal occult blood testing, colonoscopy, mammography, diabetes screening tests and the PSA (prostate specific antigen) blood test are all examples of screening tests. Having a memory screen should be a part of an annual health checkup.

You may be wondering why you should have a memory screen. There are a variety of reasons that having a memory screen is important. One of the main reasons is to find out why someone is experiencing memory concerns. There are a variety of different conditions that can impact one's memory that are reversible and/or treatable. Conditions such as thyroid issues, vitamin B12 deficiency, sleep apnea, depression, medication interactions, excessive alcohol use, even significant stress and anxiety can cause memory issues. These causes can be addressed. Even if you are not currently concerned about your memory, you can be proactive with your brain health by having a baseline memory screen done.

Regular memory screening may be beneficial in the early detection of Alzheimer's disease and other forms of dementia. The risk of dementia increases with age. When diagnosed early enough, a combination of lifestyle changes and medical treatments can potentially delay the progression. The information obtained from the screening is not a diagnosis but will better enable you to take charge of your brain health.

Memory screening promotes healthier aging. It is important to do a brain health check up every year. Annual memory testing is highly recommended for adults ages fifty or older, or even earlier if you are experiencing memory problems that worry you. It is a positive, proactive step you can take right now to take charge of your brain health. You will get a free cognitive assessment, plus education about aging, memory, lifestyle factors and referrals to appropriate community resources.

To make it easy to get a memory screen, the Neuropsychiatric Research Center of Southwest Florida (NPRC) offers free memory screens at our office. To schedule your free memory screen, contact us at 239 939 7777. Please bring a list of your current medications to your appointment. The screening and all services provided at our center are at no cost to you and we do not ask for any insurance information. At the Neuropsychiatric Research center there are many cutting edge clinical studies that are focused on addressing memory issues. Take charge of your brain health and schedule your free memory screen today! #Memoriesmatter

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FINDING BALANCE

How Upper Cervical Chiropractic Can Alleviate Vertigo

By Dr. Drew Hall

Vertigo is a distressing condition that affects millions of people worldwide, causing dizziness, disorientation, and a spinning sensation. While there are various causes of vertigo, one alternative treatment approach that has shown promising results is upper cervical chiropractic. This specialized branch of chiropractic care focuses on the alignment of the uppermost bones in the neck, known as the upper cervical spine. In this article, we will explore how upper cervical chiropractic can help individuals suffering from vertigo and provide insights into its potential benefits.

Understanding Vertigo

Vertigo is characterized by a false sense of movement, where individuals may experience spinning, swaying, or tilting sensations even when they are stationary. It often occurs due to problems in the inner ear, specifically the vestibular system, which is responsible for our sense of balance. Conditions such as benign paroxysmal positional vertigo (BPPV), Meniere's disease, and vestibular migraine can lead to recurring episodes of vertigo. While traditional medical approaches focus on managing symptoms through medications or physical therapy, many individuals are seeking alternative treatments like upper cervical chiropractic to address the underlying cause.

Causes of Vertigo

Vertigo is often caused by an inner ear problem. Some of the most common causes include:

BPPV (benign paroxysmal positional vertigo) BPPV occurs when tiny calcium particles are dislodged from their normal location and collect in the inner ear. The inner ear sends signals to the brain about head and body movements relative to gravity. It helps you keep your balance. BPPV can occur for no known reason and may be associated with age.

Meniere's disease. This is an inner ear disorder thought to be caused by a buildup of fluid and changing pressure in the ear. It can cause episodes of vertigo along with ringing in the ears (tinnitus) and hearing loss.

Vestibular neuritis or labyrinthitis. This is an inner ear problem usually related to infection (usually



viral). The infection causes inflammation in the inner ear around nerves that are important for helping the body sense balance.

Vertigo may also be associated with:

- Head or neck injury
- Brain problems such as stroke or tumor
- Certain medications that cause ear damage
- Migraine headaches

The Upper Cervical Chiropractic Approach

Upper cervical chiropractic is a specialized branch of chiropractic care that emphasizes the correction of misalignments in the uppermost vertebrae of the neck, namely the atlas (C1) and axis (C2) bones. These two vertebrae play a crucial role in supporting the head's weight and facilitating the proper functioning of the nervous system. Misalignments or subluxations in this area can disrupt the communication between the brain and body, leading to various health issues, including vertigo.

By employing gentle and precise adjustments, upper cervical chiropractors aim to restore proper alignment and alleviate pressure on the nervous system. These adjustments are tailored to the individual's unique needs and involve no twisting or cracking of the neck. The goal is to facilitate the body's self-healing capabilities and promote overall well-being.



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Symptoms of Vertigo

People with vertigo typically describe it as feeling like they are:

- Spinning
- Tilting
- Swaying
- Unbalanced
- Pulled to one direction

Other symptoms that may accompany vertigo include:

- Feeling nauseated
- Vomiting
- Abnormal or jerking eye movements (nystagmus)
- Headache

Effectiveness in Managing Vertigo

Several studies have indicated the potential effectiveness of upper cervical chiropractic in managing vertigo symptoms. Misalignments in the upper cervical spine can affect the vestibular system's function, leading to vertigo. By realigning the vertebrae, upper cervical chiropractic may alleviate the pressure on the nerves and provide relief.

One case study published in the Journal of Upper Cervical Chiropractic Research reported a significant improvement in a patient suffering from chronic vertigo following upper cervical chiropractic care. The study highlighted the restoration of the normal function of the vestibular system after specific upper cervical adjustments.

Another study published in the Journal of Manipulative and Physiological Therapeutics examined the impact of chiropractic care, including upper cervical adjustments, on patients with chronic recurrent vertigo. The results showed a reduction in both the frequency and severity of vertigo episodes, suggesting the potential benefits of this treatment approach.

It is important to note that upper cervical chiropractic is not a one-size-fits-all solution, and individual responses may vary. A thorough examination and evaluation by a qualified upper cervical chiropractor are necessary to determine the suitability of this approach for each patient.

INTRAVENOUS NUTRIENT THERAPY FOR ALZHEIMER'S SYMPTOM REDUCTION: EXPLORING METHYLENE BLUE, CHELATION, PHOSPHATIDYLCHOLINE, AND CURCUMIN

Alzheimer's disease, a progressive neurodegenerative disorder, affects millions of people worldwide, leading to cognitive decline, memory loss, and changes in behavior. While there is no cure for Alzheimer's, various treatments aim to alleviate symptoms and slow disease progression. Intravenous (IV) nutrient therapy has emerged as a potential complementary approach for managing Alzheimer's symptoms.

Methylene Blue: A Promising Cognitive Enhancer
Methylene blue (MB) has garnered attention for its potential neuroprotective and cognitive-enhancing properties. Initially used as a dye and antiseptic, MB has shown promise in improving mitochondrial function and reducing oxidative stress, both critical factors in Alzheimer's pathology.

Mechanism of Action

MB enhances mitochondrial respiration and energy production, which are often impaired in Alzheimer's patients. It also acts as an antioxidant, reducing the accumulation of reactive oxygen species (ROS), which contribute to neuronal damage.

Clinical Evidence

Studies have demonstrated that MB can improve cognitive function and slow cognitive decline in Alzheimer's patients. A randomized, double-blind study published in the *Journal of Alzheimer's Disease* reported that low doses of MB improved memory retention and executive function in patients with mild to moderate Alzheimer's disease. Further research is ongoing to establish optimal dosing and long-term efficacy.

Chelation Therapy: Removing Harmful Metals

Chelation therapy involves the administration of agents that bind to heavy metals, facilitating their excretion from the body. This therapy has been explored for Alzheimer's disease due to the potential role of metal toxicity in neurodegeneration.

Mechanism of Action

Heavy metals such as aluminum, lead, and mercury can accumulate in the brain, contributing to oxidative stress, inflammation, and beta-amyloid plaque formation. Chelation agents like EDTA (ethylene diamine tetraacetic acid) can bind these metals, reducing their toxic effects.

Clinical Evidence

Research on chelation therapy for Alzheimer's is mixed. A study published in *JAMA Neurology* found that chelation therapy with EDTA did not significantly improve cognitive outcomes in Alzheimer's patients compared to placebo. However, some case reports suggest potential benefits in specific patient populations, indicating the need for further investigation.

Phosphatidylcholine: Supporting Brain Health

Phosphatidylcholine (PC) is a phospholipid that plays a vital role in cell membrane integrity and function, particularly in the brain. It is a precursor to acetylcholine, a neurotransmitter essential for memory and learning.

Mechanism of Action

PC maintains neuronal cell membranes, enhances synaptic function, and supports neuroplasticity. By increasing acetylcholine levels, PC can help mitigate the cholinergic deficits observed in Alzheimer's disease.

Clinical Evidence

Clinical studies suggest that PC supplementation may improve cognitive function in Alzheimer's patients. A study in the *American Journal of Clinical Nutrition* reported that PC administration improved memory and cognitive performance in older adults with mild cognitive impairment, a precursor to Alzheimer's disease. IV administration of PC provides a direct and efficient means of delivering this nutrient to the brain, potentially offering greater benefits.

Curcumin: An Anti-Inflammatory Agent

Curcumin, the active compound in turmeric, has potent anti-inflammatory and antioxidant properties. It has been extensively studied for its potential therapeutic effects in various neurological disorders, including Alzheimer's disease.

Mechanism of Action

Curcumin can cross the blood-brain barrier and reduce inflammation and oxidative stress in the brain. It inhibits the formation of beta-amyloid plaques and tau tangles, which are hallmark features of Alzheimer's pathology.

Clinical Evidence

Several studies have explored the effects of curcumin on cognitive function in Alzheimer's patients. A clinical trial published in the *Journal of Alzheimer's Disease* found that curcumin supplementation improved cognitive function and reduced beta-amyloid plaques in patients with mild to moderate Alzheimer's disease. IV administration of curcumin can enhance its bioavailability, potentially offering more significant therapeutic benefits compared to oral supplementation.

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Doreen DeStefano, PhD, APRN, DNP

Dr. DeStefano is also a lifelong student. She holds a bachelor's degree in nursing and another in exercise physiology. She has a Master's (ABT) in criminology, a master's in public business administration, and a master's in nursing. She holds a doctorate in natural health and is a licensed Advanced Practice Registered Nurse. She holds numerous licenses and certifications from advanced practice training. She attends educational seminars in integrative and functional medicine twice yearly to stay abreast of the most recent, cutting-edge therapies available.

Her practice is centered on naturopathic principles, including healing the whole person on various levels and avoiding pharmaceutical intervention unless necessary. She believes your health is within your control and wants to help you achieve maximum health.

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The Relationship Between COVID-19 And Hair Loss

By Dr. Melissa (Mel) Irvine, DNP - Clinical Sexologist
Specializes in Sexual Medicine and Beauty

C OVID-19 sent out shockwaves through all aspects of society, many of which we still feel today. We all remember the toilet paper shortages and the social distancing requirements, but less known are the long-term effects that can come from those who had this virus, some of which we're still trying to understand.

Among these conversations about COVID-19's lasting impact is an increasing number of reports of hair loss, which many people notice only after they have had the virus. By logical reasoning, the question then arises of whether COVID-19 can cause hair loss and how to reverse it in the case that it does.

Hair Loss from COVID-19

COVID-19 is a virus most notably known for its effects on the respiratory system, where it likes to invade the lungs and interfere with breathing. This begs the question, though, of how this virus that prefers the lungs can result in hair loss. However, this hair loss might not be as central to COVID-19 as we expect.

Hair loss is normal after having any high fever or illness, and fever is a common symptom in those who have COVID-19 because of the body's desire to attack and rid itself of this outside contagion. So, hair loss has less to do with COVID-19 itself, and more to do with it being a virus that causes illness and fever in the body.

Furthermore, while many people may consider it hair loss, it's actually hair shedding, with the medical name of telogen effluvium. Still, the term hair loss is commonly used to depict the scenario.

A 2022 study into telogen effluvium found that of the 198 patients included in the study, 48 showed hair loss after having COVID-19, making it a prominent comorbidity, or lasting health complication, for those who had this virus.

Telogen effluvium (TE) is one of the most popular types of alopecia in women and can be provoked by:

- trauma
- stressful events
- hormonal imbalance
- malnutrition
- drugs



This condition occurs when more hairs than usual enter the shedding, or telogen, phase of the hair growth lifecycle at the same time.

So, while COVID-19 is not the only cause of TE, as a viral infection it is a possible culprit.

Why Does COVID-19 Trigger Hair Loss?

It can be a distressing situation to have undergone COVID-19 infection, something with aftereffects that are still largely unknown, only to begin experiencing hair loss. Furthermore, since hair shedding due to COVID does not occur immediately following infection, it can often be hard to narrow down if the cause is COVID, genetics, or something else entirely.

There are a few reasons why COVID-19 may cause hair loss, and they all primarily stem from stress. As for the type of stress, it can be physical stress on the body, or mental stress of the mind.

For physical stressors, those with COVID-19 often have a high fever, which is often associated with hair shedding following infection. While this stressor is mild, more serious physical stressors can also lead to

hair loss, such as being placed on a ventilator because of respiratory complications. Both of these complications place the body under physical stress, which may trigger TE.

COVID-19 also increases mental stress as you deal with the infection and how you feel because of it.

When you look at it this way, it is clear that COVID-19 infection can place tremendous stress on the body through various means, which is resulting in more cases of TE following infection.

Still, the severity of hair loss does not always relate to how severe the illness was. For instance, some people with severe COVID symptoms may not have any hair loss, while those with mild symptoms experience severe hair loss.

How Long Can It Last?

If you suffer from hair shedding due to COVID-19, or any other illness, it becomes most noticeable about two to three months after having the fever or infection. As for how long it lasts, it may take six to nine months before shedding stops and your hair begins to look normal again. However, some

studies on COVID-19-related hair shedding have seen that it stops sooner than this, sometimes in only two to three months instead of the six-month average.

Is COVID-19 Hair Loss Permanent?

The good news about TE from COVID-19 is that it is not permanent. The hair phase shifts to telogen more quickly than it should, but once the new strand begins growing in, the hair can return to normal.

This is because TE does not cause someone to lose their hair follicles, which is what occurs in the case of hair loss. While there might be a bit of time when the hair does not grow, since the hair follicle is still there, the hair will eventually regrow.

Still, as with most things, there is an exception. In less than 10% of cases, those experiencing hair shedding may suffer from chronic TE, which is when the hair shedding persists beyond six months. While the exact cause of chronic TE is unknown, in cases linked to COVID-19, it's suspected to be from the significant amount of stress you underwent while infected and the fact that you might not yet be back to normal even after six months. Even in this case, though, TE is not permanent, only longer lasting.

Reversing COVID-19-Related Hair Loss

If you are experiencing hair shedding due to TE, you do not have to worry about losing all of your hair, as the proportion of telogen hairs never exceeds 50%. Still, this is something that you likely want to avoid.

So, what can be done if you are suffering from hair loss? The following are some great steps:

Check For Other Causes of Hair Loss

Since TE is delayed from your COVID-19 infection, it can be hard to know if your hair loss is from COVID or something else. To be sure, you can check other possible causes of hair loss.

Nutritional deficiencies are one such possibility. Hair relies on a balanced amount of nutrients, and in some cases, your hair loss might be because you're suffering from a deficiency in one type.

A blood test can be used to check for any nutritional deficiencies that might be affecting your hair growth. Furthermore, focusing on a more well-rounded and healthy diet can increase your chances of getting all the nutrients your body needs from the food you eat.

Your hormones might also be the culprit, with thyroids that are unbalanced possibly being the cause of your hair loss. A laboratory test can check your thyroid hormones, and if they are unbalanced, medication can be prescribed to address the low or high levels.

Check Your Stress

If tests for nutrient deficiencies and unbalanced hormones show no problems in these areas, and TE is determined to be the cause of your hair shedding, the only thing that you can really do is wait it out.

However, it's easier said than done to give your hair months to hopefully regrow, but one very important thing that you can do in this time is focus on your stress levels and keep them as minimal as possible.

TE most often results from stress, whether the stress of your environment or stress placed on your body from the illness. To ensure that TE runs its course and does not stick around longer than you want, you want to ensure that your stress levels do not remain high.

If you experience stress in your life, whether from your work, home life, or even thoughts of your hair loss, you want to work hard to address these concerns to lower your stress. Finding a healthy way to work through your worries, such as meditation, exercise, or counseling, can also be influential.

As for stress due to illness, this involves providing your body with all it needs to properly care for itself and recover from illness. For instance, your body may require more sleep as it heals or a more balanced diet rich in vitamins and nutrients it can use to repair and damage.

Stress can keep TE around longer, so by actively working to reduce stress in all forms, you can increase the odds of your hair finally beginning the regrowth cycle.

Medication

Medication is not always the right choice, but sometimes it can be.

For those with acute TE, hair growth will recover spontaneously, and their hair will begin growing again. Because of this, and since it can be hard to know when to stop medication once it has been started, it's not often recommended for those with acute TE. However, once you have been experiencing hair shedding for four to six months, and it does not appear to be getting better, it might be time to look into medication.

Remember: It's Not Permanent

In most cases, hair shedding results because of stress. While it is usually from stress sustained by the body due to illness, any stress you experience from the current state of the world can also influence your hair's growth phase.

However, it's also common for hair shedding to then cause increasing stress, perpetuating the problem.

In these cases, it's important to remember that any hair loss due to TE is not permanent, and your hair will recover. Even chronic cases of TE, which last longer than 6 months, are still not cases of permanent hair loss. Once the body returns to balance, hair will begin regrowing again.

So, the best thing you can do to reverse hair loss is to remain calm, both in your mindset about any hair you have lost and in all other aspects of your life.

COVID-19 Hair Loss: Key Takeaways

Because of the increasing amount of physical and mental stress COVID-19 infection places on the body, more and more people are suffering from hair loss months after their infection.

Unfortunately, there's not much that can be done to reverse hair loss from COVID-19 beyond waiting for everything to sort itself out. If you find yourself at this point, remember that your hair will grow back, and this is only a temporary process.

Still, while COVID-19 can cause hair shedding, it may not be the cause of your hair loss, which is why it is best to reach out to a doctor to look into your health profile to determine if something else is to blame for your hair loss.

Remember, while hair is often considered only for its influence on physical appearance, it can provide a lot of information about your internal health. If your hair is shedding more than before, it may be wise to listen to your body and look into why this is happening with your doctor.

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Alzheimer's PET Imaging: A Window into Brain Changes

Alzheimer's disease is a progressive neurodegenerative disorder characterized by cognitive decline, memory loss, and changes in behavior. PET scans play a crucial role in understanding the underlying brain alterations associated with Alzheimer's. Let's delve into the studies that RAVE Imaging can provide:

1. Amyloid PET Scans:

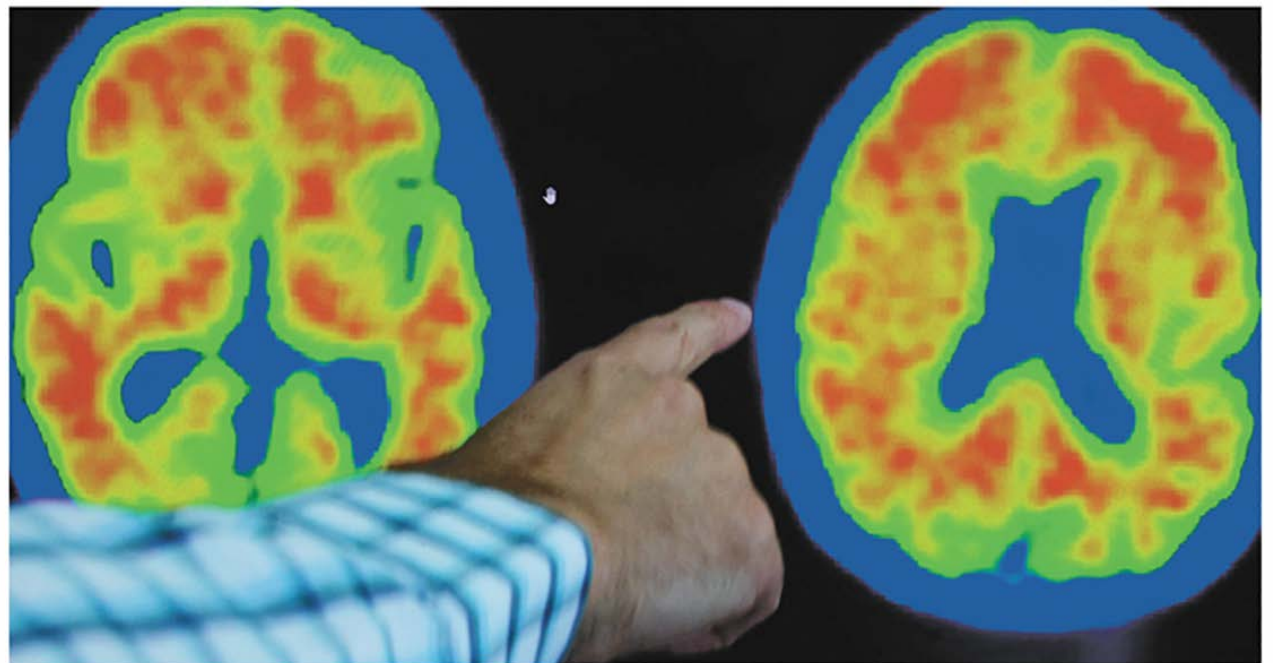
- **Purpose:** Detect amyloid plaques, which are abnormal protein aggregates in the brain.
- **How It Works:** A radiotracer (usually florbetapir or flutemetamol) binds to beta-amyloid plaques. The PET scanner captures signals emitted by the radiotracer, creating images.
- **Clinical Use:** Used to confirm or rule out Alzheimer's and assess disease severity.
- **Limitations:** Cannot differentiate between Alzheimer's and other forms of dementia.

2. FDG PET Scans:

- **Purpose:** Assess brain metabolism.
- **How It Works:** Measures glucose uptake in brain cells. Reduced uptake indicates impaired metabolism.
- **Clinical Utility:** Helps differentiate Alzheimer's from other dementias (e.g., frontotemporal dementia).
- **Advantages:** Widely available and less expensive than amyloid or tau PET scans.

3. Combining Information:

- **Multimodal Imaging:** Often, doctors combine PET scans with other imaging (MRI or CT) for a comprehensive view.
- **Clinical Decision-Making:** PET results guide treatment decisions and prognosis.



4. Challenges and Future Directions:

- **Early Detection:** PET scans may detect Alzheimer's-related changes before symptoms appear.
- **Standardization:** Efforts are ongoing to standardize protocols and improve accuracy.
- **Research:** Ongoing research explores new radiotracers and targets.

In summary, RAVE Imaging is able to provide our community with Alzheimer's PET scans to provide valuable insights into the disease process, aiding diagnosis and research. However, they are part of a broader diagnostic approach that includes clinical evaluation and other tests. If you or someone you know shows signs of cognitive decline, seek medical advice promptly.

Call us today if you have any questions about PET and how it may assist you or your loved ones in assessing whether you/they are struggling with Alzheimer's or dementia. And as always, we encourage you to discuss this with your physician as well to determine what course is best for you.



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Summer Travel and Hearing Loss: What You Need to Know

By Dr. Noël Crosby, Au.D.

Summer is prime travel season, with many people taking vacations to explore new destinations. However, certain aspects of travel can potentially impact your hearing health. Whether you're hitting the road, taking to the skies, or embarking on a cruise adventure, it's crucial to be mindful of potential risks to your hearing and take preventative measures. Here's what you need to know about summer travel and hearing loss.

1. Air Travel and Ear Pressure

Air travel can be particularly challenging for your ears due to changes in air pressure during take-off and landing. These pressure fluctuations can cause discomfort, pain, and even temporary hearing loss if not managed properly. To alleviate this issue, try chewing gum, sucking on hard candies, or using ear plugs or noise-canceling headphones specifically designed for air travel. These simple steps can help equalize the pressure in your ears and prevent discomfort.

2. Loud Noises and Hearing Damage

Summer travel often involves exposure to various loud noises, such as airplane engines, concerts, fireworks displays, and crowded venues. Prolonged exposure to these loud sounds can lead to noise-induced hearing loss (NIHL), which is cumulative and irreversible. To protect your hearing, consider using earplugs or noise-canceling headphones when in

loud environments. Additionally, try to take breaks from loud noises by stepping away from the source periodically.

3. Water Activities and Ear Infections

Swimming, water sports, and other water-based activities are popular during summer travel. However, water exposure can increase the risk of ear infections, which can lead to temporary hearing loss if left untreated. To prevent ear infections, use earplugs or custom-fitted swim molds when engaging in water activities. Additionally, be sure to dry your ears thoroughly after swimming or showering to remove any excess moisture.

4. Heat and Humidity

Extreme heat and humidity can cause swelling in the ear canal, leading to discomfort, itching, and potential hearing issues. Additionally, excessive sweating can introduce moisture into the ear canal, increasing the risk of infection. To mitigate these risks, use a hat or headband to keep sweat from entering your ears, and consider using a portable fan or air conditioning when possible to stay cool and dry.

5. Travel Fatigue and Stress

Travel can be physically and mentally exhausting, leading to fatigue and stress. These factors can

contribute to temporary hearing loss or tinnitus (ringing in the ears). To combat travel fatigue and stress, make sure to get enough rest, stay hydrated, and practice relaxation techniques such as deep breathing or meditation.

By being aware of these potential risks and taking the necessary precautions, you can enjoy your summer travels while protecting your hearing health. Don't hesitate to consult a hearing health-care professional if you have any concerns or experience any hearing-related issues during your travels.

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Noël Crosby
Doctor of Audiology



Karen Draper
Doctor of Audiology

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Dental Visit with CEREC

By Dr. Joseph Farag

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

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

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

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



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

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

The perfect-fit restoration is completed and placed in your mouth with the whole process only taking around an hour! CEREC fillings are natural looking, smooth, white and hard-wearing, just like the enamel surface of the rest of our teeth. The ceramic material is biocompatible and is not effected by hot or cold.

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



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



IRA SECURE ACT 2.0

By James W. Mallonee

In 2019, the SECURE ACT regarding IRA's (Traditional and Roth) were updated to increase the age barrier and allowing catchup for specific qualified plans. The SECURE ACT has once again been updated to 2.0. Below are the highlights of the changes.

Increase in age for required minimum distributions (RMD). Under the SECURE ACT 2.0, the age commencing RMD's increased from 72 to 73 effective January 1, 2023. That age limitation will increase again to 75 as of January 1, 2033. Thus, taxpayers born between 1951 and 1959 will need to begin their minimum distributions at age 73. Taxpayers born in 1960 or later will need to begin taking the minimum distributions at age 75, unless congress changes the dates again.

Can I continue to make regular annual contributions? Taxpayers aged 50+ in age may make regular annual contributions of up to \$22,500 to their Employer-sponsored 401K, 403b or 457b plan along with an additional annual "catch-up" contribution up to \$7,500.00. As of January 1, 2025 individuals aged 60 to 63 may make an additional bonus catch up contribution of up to \$10,000.00 per year to their employer plans.

IRA owners who use an employer plan and who are over the age of 50 may make regular annual contributions up to \$6,500.00 to their IRA account as well



as an additional catch-up contribution of up to \$1,000.00 per year. This amount will be indexed for inflation beginning in January, 2024.

Effective January 1, 2023, if you fail to take the required minimum distribution, the excise tax on your required minimum distribution is 25% which can be reduced to 10% provided a timely correction is instituted. In order to meet the timely correction, the remaining RMD amount not taken must be distributed before the earlier of (1) the mailing date of a notice of deficiency, (2) the date the 25% excise tax is assessed, or (3) the end of the second taxable year after the tax was imposed.

What if I contribute to much while trying to catchup? The excise tax that typically would be appointed is eliminated in 2024 provided the contributor corrects the amount deposited into the IRA account. This correction is usually in the form of a withdrawal of the amount exceeded.

What if I need to withdraw an amount for an emergency? Effective January 1, 2024, you may withdraw from a tradition IRA account (e.g. 401K, 403B and 457 plan) for a personal or family emergency without causing the 10% early withdrawal penalty. There is no requirement for certification of the emergency; administrators can rely on the taxpayer's self-certification. The amount withdrawn can be replaced within 3 years as opposed to 60 days.

As you can see there have been some significant changes to your IRA plans. There have also been updates to your ROTH plans. If you have a ROTH plan check with your financial institution or planner to inform you of those changes. Bear in mind that these are some the significant changes to the law regarding employer retirement plans. You should note that these changes are trying to encourage you to save for your retirement years and not be totally dependent on social security.

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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Navigating Urinary Tract Infections in Postmenopausal Women

By Christine King, PA-C

Urinary tract infections (UTIs) are a common concern among postmenopausal women, often posing significant discomfort and potential complications. The shift in hormone levels during menopause alters the urinary tract's environment, making women more susceptible to these infections. However, several preventive measures and treatment strategies can help manage and alleviate UTIs in this demographic.

Understanding UTIs in Postmenopausal Women

Postmenopausal hormonal changes result in reduced estrogen levels, impacting the urinary tract's defense mechanisms. The decline in estrogen compromises the lining of the urinary tract, weakening its ability to ward off bacteria. As a consequence, bacteria, primarily *E. coli*, can thrive and cause UTIs more easily in postmenopausal women.

PREVENTIVE MEASURES

- 1. Hydration:** Encouraging adequate water intake helps flush out bacteria from the urinary system, reducing the risk of infection.
- 2. Cranberry Products:** While controversial, some evidence suggests that cranberry products may prevent bacteria from adhering to the urinary tract lining, potentially reducing UTI occurrences.
- 3. Maintaining Good Hygiene:** Proper genital hygiene, including wiping from front to back after using the restroom, helps prevent the spread of bacteria to the urinary tract.
- 4. Avoidance of Irritants:** Limiting consumption of caffeine, alcohol, and spicy foods can help minimize irritation to the bladder and urinary tract.
- 5. Regular Urination and Emptying Bladder Completely:** Postmenopausal women should ensure regular, complete emptying of the bladder to minimize the chance of bacterial growth.

TREATMENT APPROACHES

- 1. Antibiotics:** Most UTIs in postmenopausal women are treated with a course of antibiotics. However, antibiotic resistance is a concern, necessitating proper diagnosis and prescription by a healthcare professional.



- 2. Estrogen Therapy:** Topical estrogen therapy can help restore the lining of the urinary tract, enhancing its defense against bacteria. It's an option worth discussing with a healthcare provider for some women.

- 3. Natural Remedies:** Probiotics, D-mannose, and herbal supplements are being explored for their potential in preventing and treating UTIs. While further research is needed, some women find relief through these alternatives.

- 4. Home Remedies for Comfort:** Applying a heating pad to the abdomen or using over-the-counter pain relievers can alleviate discomfort while waiting for medical treatment.

UTIs in postmenopausal women can significantly impact their quality of life, but preventive measures and effective treatment approaches exist to manage and reduce the frequency of these infections. It's crucial for women experiencing UTI symptoms to seek prompt medical attention to avoid complications and receive appropriate treatment tailored to their individual needs.

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Under the care of John Devine, MD, a fellowship-trained urogynecologist, along with practitioner, Christine King, the practice specializes in women's pelvic health and urogynecology, providing care for women of all ages, from adolescents to adults.

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 and Christine King offers consultations and surgical treatment for women experiencing complications from mesh.

Please call 941-457-7700 to schedule your appointment today.

Navigating Solo Aging

Advocating for Yourself and Preparing for the Future

By Cynthia Perthuis, CDP, CADDCT, CSA

As our population ages, an increasing number of older adults find themselves making decisions about their future independently, without the support of adult children or close relatives. This experience, known as solo aging, is becoming more prevalent in society. With projections indicating that one in five Americans will be retirement age by 2030, it is crucial for solo agers to understand the unique challenges they may face and take proactive steps to advocate for themselves and prepare for the future.

What is Solo Aging?

Solo agers are older adults who are navigating the aging process without immediate family support. This group includes individuals or couples without children, those who never married or had children, individuals living alone due to divorce or the death of a partner, and those whose children or relatives live far away or are not involved in their lives. Many solo agers associate living alone as they age with positive feelings such as independence, satisfaction, and happiness. However, they may also experience a sense of lacking companionship, feeling left out, and isolation compared to the general population aged 50 and above.

Challenges Faced by Solo Agers

While solo agers may have a positive outlook on their aging journey, they face unique concerns and challenges. Solo agers are more likely to fear dying alone, being moved somewhere against their will, and having someone appointed by the court to make decisions for them. Additionally, this group

tends to worry about losing their independence, being alone without family or friends around, and not being able to stay in their homes.

Lack of Preparedness

One of the significant issues faced by solo agers is a lack of preparedness for the future. Only about one-third of solo agers report having someone who could assist in managing their household or handle day-to-day expenses if they were no longer able to do so. Furthermore, a considerable number of solo agers have postponed making their end-of-life wishes known. Approximately half have an advanced medical directive, and even among those who have one, only a fraction have shared it with their primary care doctor. Additionally, a significant percentage of solo agers have not created a will or trust, nor made arrangements for their funeral or burial. Many have done little or no planning for living assistance as they age.

Empowering Solo Agers Through Advocacy and Preparation

Solo agers must be proactive in advocating for themselves and planning for their future. Here are some steps they can take to navigate solo aging successfully:

- 1. Building a Supportive Network:** Engage with community organizations, social groups, and online communities that cater to the needs of solo agers. These connections can provide companionship, support, and assistance when needed.
- 2. Communicating End-of-Life Wishes:** Create advanced medical directives, such as a living will or health care proxy, to ensure your medical preferences

are known and respected. Share these documents with your primary-care doctor and trusted individuals who may be involved in your care.

3. Legal and Financial Planning: Consult with an attorney to create a comprehensive estate plan that includes a will or trust, power of attorney, and other relevant legal documents. Regularly review and update these documents to reflect any changes in circumstances.

4. Long-Term Care Options: Educate yourself about various living options available for aging adults, such as assisted living, independent living communities, or home care services. Understand the costs, benefits, and eligibility criteria associated with each option.

5. Caregiver Support: Consider building a network of trusted individuals, such as friends, neighbors, or professional caregivers, who can provide assistance with day-to-day tasks, manage household responsibilities, and offer emotional support.

Solo aging presents unique opportunities and challenges for older adults. By embracing independence, building supportive networks, and taking proactive steps to plan for the future, solo agers can advocate for themselves and ensure a fulfilling and secure retirement journey. It is essential to address concerns, communicate end-of-life wishes, and make informed decisions about long-term care to enjoy a life that is meaningful, connected, and prepared for the years to come.

Senior Care Authority takes pride in understanding and supporting the solo aging process. Our advisors are trained to provide the tools you need to surround yourself with the right support and make a plan for the future. To contact us call (239) 330-2133, or visit our website at www.scanyfl.com.

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Navigating the Healthcare Landscape: A Comprehensive Guide

By Ulla-Undine Merritt (Dee) National Producer Number (NPN) 8853366

In today's intricate societal fabric, healthcare often presents itself as a labyrinth. The common tendency is to focus on the cost and the additional services a health plan might offer. However, the real focus should be on access to care - the 'what if's'. What if you are diagnosed with cancer or a heart condition? The importance of a robust network cannot be overstated, as it ensures you receive the best care from the hospital and specialist you need.

Unfortunately, many individuals overlook their potential future needs, focusing solely on their current health status and the financial implications. It's crucial to understand that in Individual, Group, and Medicare Advantage insurance, a doctor or hospital can exit the network or be asked to leave, and this does not constitute grounds for changing plans.

The upcoming 2025 Medicare season will bring significant changes. It's imperative to conduct a thorough review and work with a broker who represents multiple companies in your area. You can review plans starting October 1-14 and enroll from October 15 to December 7, 2024, for 2025. Ensure you review doctors, hospitals, and other medical services to verify they are in-network. Remember, just because they are in-network now doesn't guarantee they will be in 2025.

Prescription medications will undergo substantial changes in 2025 due to the Inflation Reduction Act, which caps the annual out-of-pocket expenses at \$2,000 for Part D Medications. We anticipate an increase in Part D premiums and changes in the formularies. The cap ONLY applies to in-formulary medications. This also affects Advantage Plans.

If your insurance company has recently dropped your doctor, we may still have options. Contact us or a professional specializing in Medicare. As insurance agents, we are not notified when your doctor is no longer in the network. It's your responsibility to reach out to us so we can assist you before it's too late.



Under the new Biden administration rules for short-term health plans, plans issued or sold on or after September 1, 2024, will be limited to total durations of no more than four months, including renewals.

Short Term and Tri-Term Health Insurance plans are affordable options for many. The Affordable Care Act/Market Place/Obama Care is available to all residents at the regular price. Affordability comes into play if you receive a subsidy to help pay for a portion of your healthcare, based on your household income and if you have qualified group coverage that the government considers affordable to you.

Health insurance is complex, but you don't have to navigate it alone. We suggest you seek help from a professional. We don't charge for our services and neither do most in our industry.

Travel Insurance – Summer is a time when many of us are traveling within the USA, on a cruise, or abroad. Check to make sure your insurance has you covered. Travel Medical Insurance is not that expensive and if you were to need it, it's a very small investment in peace of mind.

Life Insurance – You are never too young, and you can never have enough. Life insurance also has living benefits. The younger you start, the more affordable it is. Your insurability is not guaranteed so the younger and healthier, the better.

Logical Insurance Solutions is a SWFL Insurance Broker that works with most of the carriers. We are happy to help you navigate the maze. This is what we do daily; it is second nature to us. We offer virtual seminars, one-on-one virtual via screen sharing, phone, and in-person appointments.

To learn more about your options, schedule an appointment with Logical Insurance Solutions for all your insurance needs. I am licensed in most states. Visit www.Logicalinsurance.com or call 239-362-0855. You can also reach us at info@Logicalinsurance.com.

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Failure is a Part of Growth

By Pastor Timothy L. Neptune

The Apostle Peter was a bold man. He stepped up when others stepped back. He was often the first to speak in a group setting. Because of his faith, he was able to walk on water. And, like most risk takers, he experienced his share of failures.

Faith involves risk. Failure is a possibility. But that's okay. Step out of the boat anyway. I love a small part of a speech given by President Teddy Roosevelt back in 1910. He said,

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

I would rather die on the playing field engaged in the battle than rot in the grandstands as a spectator.

Did Peter fail when he started to sink? Yes, he failed. But I think there were 11 bigger failures sitting in the boat afraid to even try to walk on water.

We need men and women of courage today. High-impact people who are willing to take risks and trust God with the results.

Failure is an indispensable part of growth.

The greatest lessons I've learned in life are from the many mistakes I've made along the way.

If you want to be a high-impact person, you too, will make some mistakes and need God to bail you out.

Peter took his eyes off of Jesus and his faith began to waver. But give Peter some credit... he was in the middle of a really big storm, he was outside of his boat in the darkest part of the night. Can you imagine how scary that must have been? I get nervous just standing at the back of cruise ship at night looking out at the sea!

Nevertheless, if we keep our eyes on Christ, what do we really have to fear?

As followers of Jesus Christ, we've been called to live a life of adventure that requires great risk and great faith.



Perhaps you've tried before but failed. That's okay. Admit your lack of faith and move on.

Whatever you do, don't give up, give in, or quit.

You lose more often than you win in life. There are more bad days than good days. You fail more often than you achieve. Remember that God is sovereign and always in control. Nothing can happen to you except by divine permission or divine directive.

Don't live with regrets and second guesses. Learn from your mistakes and then move on. It does no good to dwell on the past and wish you could do it over. Just keep moving forward... that's how your faith grows.

Tim Neptune is the lead pastor of Venture Church Naples, a new church located on the campus of Florida SouthWestern State College in Naples, FL.

For church times and other information, visit www.venturenaples.com.

Transform Your Life with Medicare-Covered Lymphedema Therapy Compression Garments at Functional Transformation Clinic

Unlock Superior Comfort and Support with Our Lymphedema Therapy Compression Garments

At Functional Transformation Clinic, we understand the challenges of living with lymphedema. Our mission is to provide effective, high-quality compression garments that are covered by Medicare, making advanced lymphedema management accessible and affordable for you.

Why Choose Our Compression Garments?

Exceptional Quality

Crafted with the finest materials and precise measurements, our compression garments deliver superior comfort, durability, and therapeutic benefits. Experience relief from swelling, discomfort, and the risk of complications. We carry Medi, Jobst, Sigvaris, Juzo and Solaris.

Personalized Fitting

Our experienced staff will guide you through a comprehensive fitting process, ensuring a customized and comfortable fit tailored to your unique needs. Achieve optimal compression and support for your lymphedema management.

Comprehensive Support

At Functional Transformation Clinic, we offer more than just compression garments. Our team of dedicated healthcare professionals is committed to providing you with comprehensive lymphedema therapy, education, and support every step of the way.

Medicare-Covered:

Our compression garments are Medicare-approved, ensuring that you receive the financial assistance you need to manage your condition effectively. We handle the paperwork, so you can focus on your health.

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James Ferrara

Occupational Therapist and
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