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August 2024

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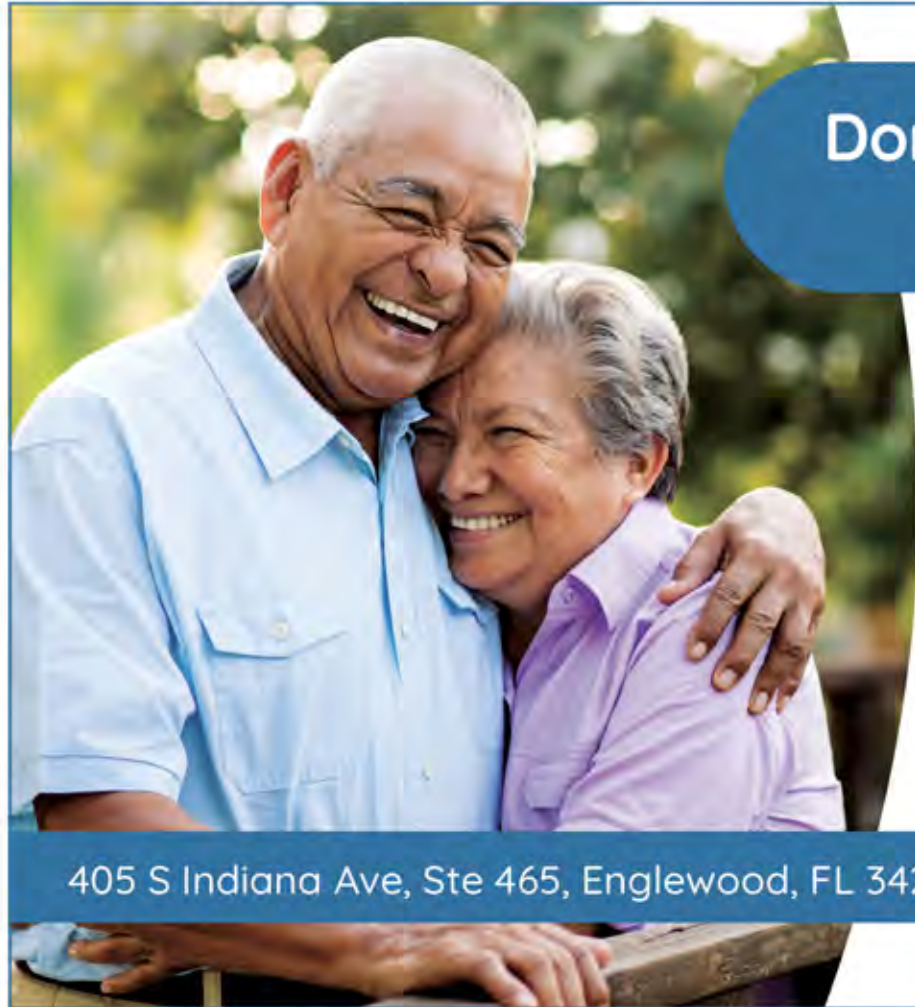
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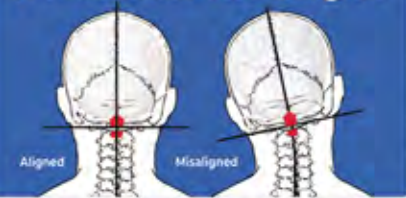
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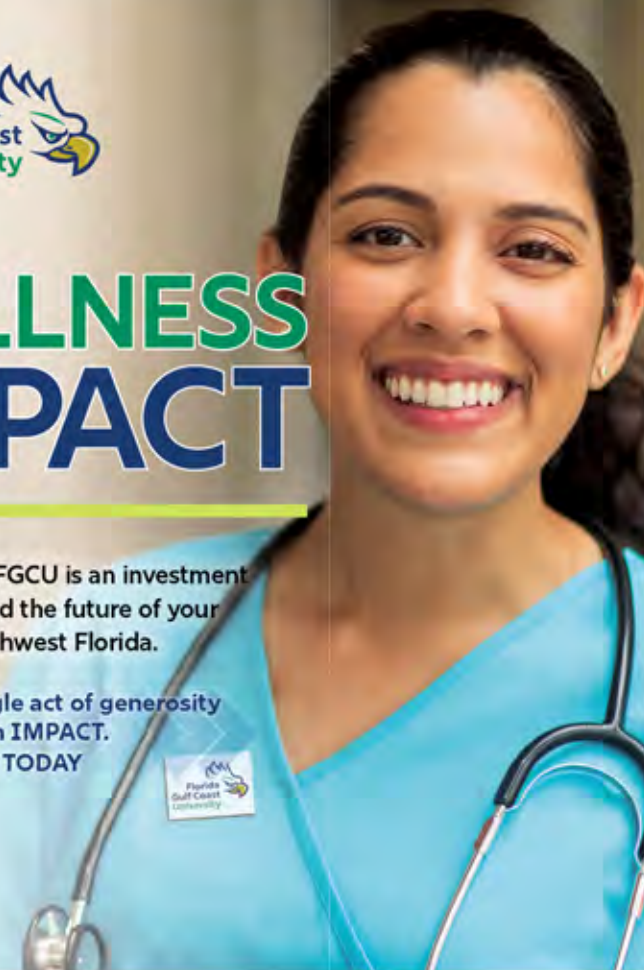
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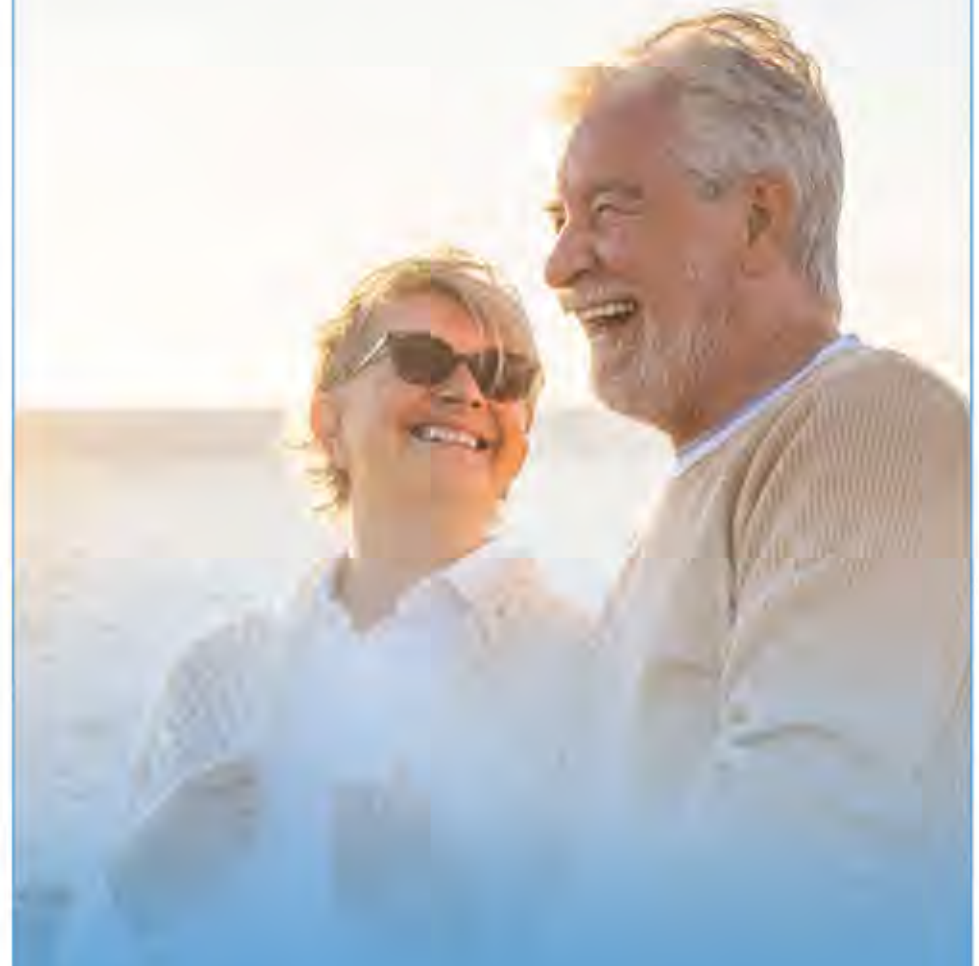
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Varicose Veins vs. Spider Veins

By Dr. Lackey

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

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

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

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

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

However, when veins don't function properly, it can cause blood to collect inside your veins. When this happens, the blood pushes



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up against the walls within your vein, creating pressure weakening the vessel wall. Ultimately, this pressure is what causes veins to twist and bulge.

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

Treatment Options for Vein Disease

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

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

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

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

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

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



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MEMORY MATTERS

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

There are many reasons to live in southwest Florida. The wonderful weather, beautiful beaches, no state income tax, and many activities to enjoy. And while the weather may be a big draw, we know in the dog days of summer, like August, it is extremely hot and humid. One of the things that can impact our quality of life is becoming dehydrated in the summer heat. As we age, we are at higher risk for dehydration. Our brain can be impacted by dehydration, so we want to ensure we are staying hydrated because a hydrated brain is a happier brain. Let's look at some of the reasons for this, and also identify some tips to stay hydrated.

So how do you know if you are dehydrated? There are a number of ways, but one of the easiest ways to identify if you may be dehydrated is noting the number of times you go to the bathroom. According to Dr. Dana Cohen, the co-author of *Quench*, a book about the science behind hydration, going to the bathroom every two to three hours is an indicator of adequate hydration. Simply stated, if you are not urinating, you are not drinking enough.

That begs the question, well if I drink when I am thirsty, I should be hydrated, right? Unfortunately, that is not the case. Particularly as we get older, not only does our body composition change, but by the time we feel thirsty, we may already be in the early stages of dehydration. Those of us over the age of 65 have less water in our bodies than younger adults or children. Many of us simply do not drink enough fluid, for a variety of reasons.

Water is important and necessary for almost every bodily function. Lubrication of joints, pumping blood through our body and regulating body temperature all need adequate water. According to a report by the National Institute of Health, it's estimated that between 17% and 28% of older adults are hospitalized due to dehydration! Signs of dehydration can go unrecognized, or may be attributed to another condition. A few symptoms of dehydration include fatigue and weakness; dizziness and/or loss of coordination; dry mouth and/or dry cough; headache and muscle cramps and chills or heat intolerance.



Another area of concern is that in some cases, dehydration can cause confusion, memory loss and anxiety. Some studies have shown that dehydration can have an impact on one's ability to perform complex cognitive tasks, as well as challenges with attention, executive function, and coordination. Women tend to be more sensitive to the impact of dehydration, and older women are particularly vulnerable. When our bodies lose more water than is replaced, dehydration will occur, and optimal brain function is affected.

Having a healthy brain is one of the things we care about at NPRC. Here are some tips to help you stay hydrated. Please note if you have other health conditions, be sure you are discussing fluid intake with your health care provider.

- **Keep track of what you are consuming.** 8 – 10 servings of 8 ounces of fluid a day is a good guideline. There are a number of apps you can add to your phone to help you. Keeping track manually works as well.
- **If water is not your favorite beverage, look at other options.** Perhaps water is more palatable with some fresh fruit added in. Or you can add a splash of juice to your water. Be mindful that some fruit juices contain added sugar, which can be a concern if you are pre-diabetic or have diabetes.
- **Enjoy beverages with caffeine in moderation** as they can have a mild diuretic effect.

- **You don't have to just drink, you can eat foods high in water content.** Some examples include watermelon, cucumbers, lettuce, celery, tomatoes, zucchini, strawberries, melon, and bell peppers are all good choices.

Be mindful of your fluid intake here in beautiful and hot southwest Florida to keep your brain in tip top shape. Do you have concerns about your memory or cognitive functioning? 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 innovative clinical studies that are focused on addressing memory issues. Take charge of your brain health and schedule your free memory screen today! **#Memoriesmatter**

References:

Brainadvance.org: Water and the Brain
nia.nih.gov
ncoa.org



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PSORIASIS AND YOUR FEET

By Eileen Rivero, DPM, ABPM

Psoriasis is a skin condition that makes skin cells turn over faster than normal. Because of the increased cell death, the dead cells buildup on the surface and form red and dry patches of skin topped with silvery scales. These plaques can occur on the elbows, knees, and bottoms of the feet. Psoriasis can also affect the nails and joints. Psoriasis is an autoimmune disease and can also be more severe in people with a weakened immune system.

Foot problems that can be caused by psoriasis include:

Skin changes

Most commonly, psoriasis on the foot looks similar to plaque psoriasis in other locations on the body. The plaques are thick and scaly skin areas that can be painful and bleed if cracks appear. They can also be red and itchy.

Psoriasis can mimic severe athlete's foot or contact dermatitis. A podiatrist can help determine the cause of the reddened and itchy feet. Treatment of these conditions may differ.

Another skin variant, occurring in 5% of patients with psoriasis, causes pustules to appear on the palms and soles. They look like yellow or white blisters measuring 2-3mm in diameter. These are not infectious, although they may look like they are. The fluid inside of them is sterile and contains no bacteria. Antibiotics will not affect them. The pustules can be painful due to the fluid buildup. They are seen more in women than men. About 10-25% of people with this type of psoriasis have a family history.

Nail changes

Nail psoriasis is quite common, however, not everyone with psoriasis will have their nails involved. The nails that are affected with psoriasis may look like they are lifting off from the nailbed. They also may have small indentations in the surface called pitting. Psoriatic nail changes sometimes will look like nail fungus. The thickening, ridging, pitting, lifting and discoloration of the nail comes from abnormalities in the growth of the tissue within the nail bed and not the surface of the nail. If nails are involved, keeping them trimmed does help to visually make them look better.



Joint changes

Approximately 30% of people that have psoriasis will develop psoriatic arthritis. This is a chronic inflammatory disease of the joints as well as places where tendons and ligaments connect to the bone. Typically, people with psoriatic arthritis will develop psoriasis first and then later the arthritis develops in the joints. The main signs of psoriatic arthritis are like any other type of arthritis including joint pain, stiffness, and swelling. In the feet, psoriatic arthritis typically will affect smaller toe joints rather than larger joints. Sometimes, the toes will get swollen and painful which gives it a sausage-like appearance resulting in "sausage toes". When this occurs, the smaller joints in the toe and the surrounding tendons become inflamed, resulting in the swollen appearance of the toes. The arthritis flares from psoriasis can alternate with periods of remission and no pain. However, the swelling of the toes will often persist. The shoes worn must accommodate for the swollen toes. Shoe gear must have a high and wide toe box so the toes do not become further irritated.

Psoriatic arthritis can also affect areas where the tendons and ligaments attached to the bones. In the feet, this can present as Achilles tendinitis or plantar fasciitis. In these cases, the underlying cause is psoriatic arthritis.

Treatment

Both psoriatic arthritis and psoriasis are chronic diseases that worsen over time. A podiatrist is part of the care team, including a primary care physician, dermatologist, and a rheumatologist, in treating psoriasis. Treatment depends on the severity of the disease.

Mild cases of psoriasis may be treated with topical steroid creams. More severe cases of psoriasis may need more advanced treatment with medications that help diminish inflammation and others that depress the immune system.

Currently, there is no cure for psoriatic arthritis. Treatment is aimed at controlling symptoms and trying to prevent further joint damage. Occasionally, a cortisone injection can be performed if symptoms are isolated to a single joint.

Lifestyle changes are also beneficial, including losing weight and remaining physically active. It is best to choose activities that are less stressful on the joints in your feet, such as elliptical machine exercises, stationary biking, swimming and water aerobics. It is also recommended to stretch regularly, ice after exercise and wear supportive shoes at all times.

Prevention

Psoriasis cannot be prevented. With all types of psoriasis, infection and stress are suspected trigger factors. Some patients will identify their own triggers that will make it worse. Additional stress can make psoriasis worse. Stress management techniques may help. For other people avoiding alcohol, dry air or too much/too little sunlight. If identified, avoiding these triggers may help diminish symptoms.

The most important action is to seek medical advice and help when you notice any changes in your feet.

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

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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5 Vaccines Recommended for Adults Age 65 and Older

Robert Hummer, M.D.

As we begin to wind down on summer, it's the perfect time to schedule your seasonal flu vaccine and make sure you're up to date on other vaccines that help to protect you against respiratory illnesses, such as COVID-19 or pneumonia. These conditions tend to be more common during the fall and winter months, so you want to be sure you take the necessary preventative measures ahead of time.

August is National Immunization Awareness Month (NIAM), an annual observance that highlights the importance of vaccination for people of all ages, especially those 65 and older. During NIAM, take a moment to ensure you're current on all recommended vaccines for your age group.

Recommended Vaccines for Older Adults

Vaccines are an important preventative measure that helps to protect yourself and those around you. As we get older, our immune system undergoes dramatic age-related changes. It becomes slower to respond and is much more easily compromised if and when exposed to disease, resulting in slower recovery from injuries, infection, and illness. This is because your body produces fewer immune cells, including white blood cells, with age.

For this very reason, it is vital that you are current on all recommended vaccines. There are five vaccines adults age 65 and older should consider to prevent certain diseases:

Influenza (Flu)

The flu shot is recommended for everyone six months or older. They usually become available in September, so you're protected during the critical months, typically fall and winter, when influenza is usually common and highly contagious. Influenza is a respiratory virus. For adults over the age of 65, a high-dose flu vaccine is available, which helps create a strong immune response.

Pneumonia

The CDC recommends pneumococcal vaccination for all adults 65 years or older. The pneumonia vaccine is considered a one-time vaccine that offers protection against over 15 types of pneumococcal



bacteria that commonly cause severe infections in adults. The vaccine is 60 to 70 percent effective in preventing serious disease complications and is expected to last throughout your lifetime.

Shingles

Older adults should receive two doses of the shingles vaccine, two to six months apart, to help protect against the viral infection. Shingles is a reactivation of chickenpox that develops on the body as a painful rash with blisters. The shingles vaccine is the only way to protect yourself against shingles and postherpetic neuralgia (PHN), the most common complication of shingles.

Tetanus, Diphtheria, and Pertussis

The Tdap vaccine can prevent tetanus, diphtheria, and pertussis. Tetanus enters the body through cuts and wounds, and diphtheria and pertussis spread from person to person. These three diseases can lead to very serious health problems and can even become life-threatening.

Tetanus causes stiffening in the muscles and can result in difficulty swallowing or breathing. Diphtheria can also cause trouble breathing, in addition to heart failure and paralysis. Pertussis, also known as whooping cough, can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Adults should receive a booster Tdap vaccine every 10 years.

COVID-19

The older population remains more vulnerable to severe symptoms from COVID-19. There are currently several vaccines available to protect yourself from the virus, including updated booster shots to address new variants. Some vaccines require two doses, while others are single-dose options. You are considered fully vaccinated two weeks after completing the required doses.

Maintain Your Health With Vaccines

Take a proactive role in your health and get the necessary vaccines to ensure your safety. Vaccines are a small price to pay for Better Health. It's important to discuss your vaccine options with your healthcare provider. At VIPcare, we offer all recommended vaccines for adults 65 and older. Your health and safety are important to us. Learn more about vaccines and what preventative measures you can take by scheduling an appointment with a VIPcare provider today! Call 941-541-4812



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FGCU Graduates Are Your Physician Assistants

Marieb College Master's Program Prescribes Rigorous Training

As part of Marieb College of Health & Human Services at Florida Gulf Coast University, the master of physician assistant studies program prepares medical professionals to provide evidence-based patient-centered care as part of a collaborative healthcare team.

The program's curriculum begins with 15 months of instruction in physiology, pharmacology, anatomy, clinical medicine, clinical integration and clinical skills on campus. The remaining 12 months are dedicated to four-week supervised clinical rotations at healthcare sites off campus. Core clinical rotations are in primary-care medicine, internal medicine, pediatrics, behavioral health, women's health, general surgery and emergency medicine.

Marieb College's rigorous program ensures top-quality professionals enter the workforce to provide comprehensive, compassionate care to patients in many settings. They work in hospitals, medical offices, community health centers, nursing homes, retail and workplace clinics, educational facilities and more.

Physician assistants' duties vary depending on where they work, their level of experience and their specialty. They may be the people in your doctor's office or urgent-care clinic entrusted to work with you in some of these ways:

- Taking medical histories
- Conduct physical exams
- Diagnosing and treating illness
- Ordering and interpreting tests
- Developing treatment plans
- Counseling on preventive care
- Performing procedures or assisting in surgery

Demand for physician assistants like those graduating from FGCU is expected to grow 27% by 2032, much faster than the average for all occupations, according to the U.S. Bureau of Labor Statistics. With hands-on learning in state-of-the-art facilities and the individualized attention of dedicated faculty, Marieb College graduates are poised to lead this growing field.

Marieb College a top draw for PAs

When the time came for Allayna Vanderheid to consider physician assistant graduate programs, FGCU topped the list of possibilities. Vanderheid



gained a favorable impression of the program long before she enrolled. Her sister, Zoe, earned her master's degree in physician assistant studies at FGCU in 2021.

"Zoe really loved her program at FGCU," said Vanderheid, who completed her master's in physician assistant studies in December 2023. "It was an easy decision for me to add it to my applications. When I had an admissions interview, they liked me, and I liked them, and it worked out perfectly."

Indeed, her educational journey culminated in the best possible way, by her landing a position at an orthopedics practice in Naples — her hometown.

Smaller class sizes, accessible faculty

At FGCU, students like Vanderheid experience the benefits of close peer cohorts and personal interaction with faculty. Classes of just 20 students are the norm.

Professors are accessible in person and online for questions from class or about homework, research or career paths. As a result, they observe the personalities and learning styles of each student and how they will best absorb and learn the information they are teaching.

Marieb College's students also benefit from the varied teaching methods faculty use. These range from lectures to a mentor-mentee scheme in which

younger students interact with more senior ones on assignments. Professor-led reviews helped students focus on what they should know for their exams.

Many of the professors worked or still work as PAs in addition to teaching. This means they can often illustrate concepts by drawing on their own professional experiences. They may show images of CT scans or chest X-rays of ER patients to classes. After learning a patient's history, the students ask questions and then spell out a course of treatment.

Marieb graduates prepared to excel

Marieb College's PA program has a proven record of success, with all graduating cohorts attaining first-time board certification pass rates above the national average and overall pass rates of 100%.

Our PA graduates enjoy successful careers in a variety of healthcare disciplines, including primary care, emergency medicine, critical care and surgical specialties. Based on alumni communication, most graduates opt to remain in Florida after graduation to practice in their local communities, with many staying here in Southwest Florida. In part, this is due to the experience garnered and connections made during their clinical rotations within FGCU's dedicated community provider network.

Building on the success of the first five graduating cohorts of the master of physician assistant studies, Marieb College of Health & Human Services looks forward to expanding the program to meeting growing demand for healthcare professionals in Southwest Florida and beyond.

For more information about Marieb College's master of physician assistant studies program, go to fgcu.edu/mariebcollege, email paprogram@fgcu.edu or call 239-745-4477.



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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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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.

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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.

Focusing on Eye Health: Essential Tips for a Visually Vibrant School Year

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

As the new school year approaches, parents and students alike are bustling with preparations. While much attention is given to new backpacks, supplies, and clothes, it's crucial not to overlook one of the most important aspects of academic success: eye health. Good vision is fundamental to learning, and with the increasing use of digital devices in education, protecting and maintaining eye health has never been more critical.

The digital age has transformed classrooms, with computers, tablets, and smartphones becoming integral to the learning process. While these tools offer numerous educational benefits, they also present challenges to eye health. Extended screen time can lead to digital eye strain, characterized by symptoms such as dry eyes, headaches, and blurred vision. To combat this, students should practice the 20-20-20 rule: every 20 minutes, take a 20-second break to look at something 20 feet away. This simple habit can significantly reduce eye strain and fatigue.

Proper lighting is another key factor in maintaining eye health during study sessions. Ensure that your child's workspace is well-lit, with a balance of natural and artificial light. Avoid glare on screens by positioning light sources to the side rather than directly in front of or behind the display. If necessary, consider using anti-glare screens or adjusting the display settings to reduce eye strain.

Regular eye exams are essential for students of all ages. Vision problems can often go unnoticed, especially in younger children who may not realize they're experiencing difficulties. An annual comprehensive eye exam can detect issues early, allowing for timely intervention. These exams are particularly important before the school year begins, as undiagnosed vision problems can significantly impact a student's academic performance and overall well-being.

For students who wear glasses or contact lenses, the start of the school year is an ideal time to ensure prescriptions are up-to-date. Outdated prescriptions can lead to eye strain, headaches, and difficulty focusing, all of which can hinder learning. Additionally, parents should consider investing in glasses with blue light filtering technology, which can help reduce the harmful effects of prolonged exposure to digital screens.

Nutrition plays a vital role in eye health. Encourage a diet rich in vitamins A, C, and E, as well as omega-3 fatty acids and zinc. Foods such as carrots, sweet potatoes, citrus fruits, leafy greens, fish, and nuts can contribute to better eye health. Staying hydrated is also crucial, as it helps prevent dry eyes, a common issue exacerbated by air conditioning in classrooms and extended screen time.

Physical activity isn't just good for overall health; it's beneficial for eyes too. Regular exercise improves blood circulation, which is essential for eye health. Encourage outdoor activities during breaks and after school, as natural light exposure has been linked to reduced risk of nearsightedness in children.

For students involved in sports, proper eye protection is paramount. Sports-related eye injuries are common but often preventable. Ensure your child wears appropriate protective eyewear during physical activities, especially for high-risk sports like basketball, baseball, and racquet sports.

As the academic workload increases, many students find themselves studying late into the night. However, adequate sleep is crucial for eye health and overall well-being. Lack of sleep can lead to dry eyes, eye strain, and difficulty focusing. Encourage a consistent sleep schedule that allows for 8-10 hours of rest per night.

Lastly, educate your children about the importance of eye health and good habits. Teaching them to be aware of their visual comfort and to take breaks when needed can instill lifelong habits that protect their vision.

By prioritizing eye health as part of back-to-school preparations, parents can set their children up for a successful and visually comfortable academic year. Regular eye exams, proper nutrition, balanced screen time, and good study habits all contribute to maintaining healthy eyes and clear vision. Remember, good eyesight is a key tool for learning, and taking care of it should be at the top of every student's priority list.



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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Our IOP is specifically designed to cater to individuals like you who want comprehensive care while maintaining their daily routine. Our evidence-based therapies, individual and group counseling, relapse prevention strategies, and holistic approaches address the physical, emotional, and spiritual aspects of recovery. Our experienced and compassionate team in Fort Myers will collaborate closely with you to create a personalized treatment plan tailored to your unique needs.

Our comprehensive treatment approach goes beyond traditional methods, incorporating two innovative therapies that yield remarkable results: Transcranial Magnetic Stimulation (TMS) therapy and Neurofeedback Brain Mapping. With our state-of-the-art facilities and expert team, we deliver these cutting-edge therapies right here in Fort Myers. Take the first step towards a successful recovery journey today!

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Heart Disease is Still the Number One Killer of Americans. What are you doing about it?

By Max MacCloud, DO, ND, PhD

H Heart disease is also called the Silent Killer. Why is that? Because, in 50% of deaths from heart attacks, the FIRST symptom is DEATH. No years of chest pain and diminished physical capacity as a warning, just BAM you're dead.

Unfortunately, most people aren't as afraid of heart disease or a heart attack as cancer or Alzheimer's disease, but guess what? The same underlying mechanism causes ALL of them, as well as every other chronic condition!

Yes, You read that right. The same underlying mechanism(s) cause ALL chronic diseases.

Of course, most doctors have NO IDEA about any of this, although the 'science' is well established. Way back in 1931, Dr. Otto Warburg was awarded the Nobel Prize in Medicine or Physiology for his discovery of, and work on, the enzymes responsible for oxidative phosphorylation that make ATP. Of course, ATP is the energy currency of the body that allows cells to do their jobs. Damage to these enzyme pathways is the result of damaged mitochondria which is now known to be the root cause of all chronic disease. No, your doctor has no idea about this as it is not taught in any medical school. Sadly, medical school is an indoctrination program (brain-washing/polluting) that programs doctors to think in terms of disease entities and drug or surgical interventions to manage the condition. A careful analysis will reveal that 'Modern Medicine' has cures for exactly ZERO chronic conditions.

Many people in 'Progressive medical circles' believe that chronic inflammation is the root cause of all chronic disease, but inflammation is simply a by-product or symptom of damaged mitochondria. Mitochondria are the tiny subcellular organelles that perform many vital functions including being the power houses of our cells (responsible for 90-95% of all cellular energy).

What does that have to do with Heart disease? Heart muscle has one of the highest concentrations of mitochondria in the body. Other top areas are the brain and our muscles. Damaged mitochondria have a disproportionate negative impact on our heart, brain, nervous, and muscular systems.

What can you do about damaged mitochondria to improve the health of your heart (and other organs like the brain)? I've developed a systematic approach to help your body repair, rebuild, and restore mitochondria, it's called the Wolverine Healing Protocol featuring the 4Ms.

The details are more than we can get into here, so if you're interested give us a call to schedule a consultation to learn more. For now, I'd like to share an example of one of our patient's results.

Lou is a dear friend of 40+ years. He's a big guy and he had a heart attack several years ago and developed Congestive Heart Failure. His ejection fraction was down to 17% and declining, it should be 50-70%. This is a measure of how efficiently the left ventricle is pumping blood to the rest of the body.

He has one of the top cardiologists in the world out of San Francisco who told Lou that he likely had just a couple of years to live at the rate of decline he was experiencing. Lou kept asking him if stem cells would help him. His 'expert' said no, they won't help. Lou came to town for a visit to see what I might be able to do to help him. He knew I was working with stem cell therapy and we had discussed the potential benefits for his condition. We gave him a round of stem cells and exosomes intravenously along with some of the additional nutrients I recommend as part of the Wolverine Healing Protocol.

Just 5 weeks later, Lou called me with some exciting news. He had gone in for his 6-month echocardiogram to monitor his condition and his ejection fraction had jumped up to 55% from 17%! This is unheard of. There were no changes in medications or his lifestyle, only the stem cells and new nutrients. His cardiologist didn't believe the results and made them redo the test only to get the same results. CHF simply doesn't reverse itself yet somehow Lou's did!

It has been over a year and a half since that first session, Lou has had two follow up sessions and he just called last week to report that his ejection fraction is now 65%! That's in the upper end of normal! Needless to say, he is ecstatic and has a completely new lease on life.



There are many cases like Lou's that are well documented and available. Lou's testimonial is on our website. We cannot make any claims or promises other than that we will do our best to support your body in healing itself with the Wolverine Healing Protocol. Not everyone needs or can afford stem cells, they are not covered by Medicare or health insurance, however, they are one of the top investments a person can make to enhance their health and increase their healthspan.

People need to break free from the 'Medicare Mentality' that so many people have. This is where they will not do anything to invest in health promotion and only do what Medicare (and supplemental insurance) will pay for. Medicare specifically states that they will not pay for anything that is considered to be 'Regenerative.' They will only pay for things that are considered to be 'Medically necessary.' They will pay to amputate a foot but not to regenerate the blood supply to the foot to prevent the need for an amputation. Crazy stuff, we can't make this stuff up!

Is your health worth the cost of a golf cart or electric bike? What is another 3-5 years of being active worth to you? The medical-industrial complex (Big Pharma) isn't going to save you, it is up to you to do your own research and take action. We're here to help you if and when you decide to take your health into your own hands.

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Chronic Knee Pain – Now, No Surgery is Needed

Shoulder pain can significantly impact one's quality of life, often hindering daily activities and limiting overall mobility. Dr. Ken Carle, a Renewed Life Wellness Center chiropractor, has successfully treated shoulder pain caused by rotator cuff tears and arthritis for over 30 years without drugs or surgery. Dr. Carle says, "Understanding the cause of the shoulder pain is vitally important to treatment."

Understanding Shoulder Anatomy and Common Injuries

The shoulder is a complex joint that allows a wide range of motion. It consists of several key components, including the rotator cuff, a group of muscles and tendons that stabilize the shoulder and allow extensive movement. Injuries to this area, such as rotator cuff tears and SLAP (Superior Labrum Anterior and Posterior) tears, are common causes of shoulder pain.

Rotator Cuff Tears

Causes of rotator cuff tears include:

- **Acute Injury:** A sudden fall or lifting of heavy objects can lead to an immediate tear.
- **Chronic Overuse:** Repetitive motions, often seen in athletes or occupations requiring overhead activities, can wear down the tendons over time.
- **Degeneration:** The tendons naturally weaken as we age, making them more susceptible to tears.

SLAP Tears

A SLAP tear involves damage to the labrum, a ring of cartilage that surrounds the shoulder socket. This type of tear can occur due to:

- **Trauma:** A direct blow to the shoulder, such as a fall onto an outstretched arm.
- **Repetitive Motion:** Activities that involve repeated overhead actions, like throwing a baseball or swimming.
- **Aging:** Degenerative changes in the shoulder joint can also lead to SLAP tears.

Arthritis in the Shoulder

Shoulder arthritis is a condition characterized by the breakdown of cartilage within the shoulder joint. There are several forms of shoulder arthritis, with osteoarthritis being the most common. Causes and risk factors include:

- **Age:** Cartilage naturally wears down over time, leading to osteoarthritis.
- **Previous Injuries:** Past shoulder injuries can increase the likelihood of developing arthritis.
- **Inflammatory Conditions:** Rheumatoid arthritis and other inflammatory diseases can affect the shoulder joint.

Arthritis causes pain, stiffness, and a reduced range of motion in the shoulder, making everyday tasks challenging.

Effective Non-Drug, Non-Surgical Treatments for Chronic Shoulder Pain

Recent advancements offer viable alternatives for those seeking non-drug, non-surgical treatments to correct chronic shoulder pain. These innovative therapies aim to address the root causes and promote healing rather than drugs which merely alleviate symptoms.

This cutting-edge treatment is called regenerative medicine, specifically stem cell therapy. Stem cell therapy is an innovative treatment for chronic shoulder pain and other painful joints. It leverages the body's natural healing processes to repair damaged tissues, offering a non-surgical and non-drug alternative. Stem cells are unique cells that can develop into various types of cells in the body. These cells can regenerate damaged tissues, making them ideal for treating chronic shoulder pain.

How Stem Cell Therapy Works

1. Extraction

- **Source of Stem Cells:** Wharton's Jelly inside the umbilical cord. Usually taken from a C-section delivery of a healthy mother and baby.

2. Processing

- **Concentration:** The harvested stem cells are then processed in a laboratory to concentrate the cells. This ensures a higher number of stem cells are available for injection.
- **Preparation:** The concentrated stem cells are then frozen and shipped for the doctors use.

3. Injection:

- **Pain Relief:** Many patients experience substantial pain relief as the damaged tissues heal and the inflammation decreases.
- **Improved Mobility:** Stem cell therapy can enhance shoulder function and mobility by repairing damaged tissues and reducing pain.

- **Reduced Recovery Time:** Patients typically experience a shorter recovery time than surgical interventions, allowing for a quicker return to daily activities. **Targeted Delivery:** The concentrated stem cells are thawed and injected directly into the affected knee joint. This targeted delivery ensures the stem cells reach the damaged tissues that need repair.

Benefits of Stem Cell Therapy

- **Tissue Regeneration:** Stem cells promote the repair and regeneration of damaged tissues, including cartilage, tendons, and ligaments. This can lead to significant improvements in joint function and reduced pain.
- **Reduction in Inflammation:** Stem cells also have anti-inflammatory properties that help reduce inflammation in the shoulder joint, alleviating pain and swelling.
- **Pain Relief:** Many patients experience substantial pain relief as the damaged tissues heal and the inflammation decreases.
- **Improved Mobility:** Stem cell therapy can enhance shoulder function and mobility by repairing damaged tissues and reducing pain.
- **Reduced Recovery Time:** Patients typically experience a shorter recovery time than surgical interventions, allowing for a quicker return to daily activities.

Simple Steps to Regain Your Life

In most cases, stem cell therapy significantly improves the quality of life for chronic shoulder pain patients. This cutting-edge treatment offers long-lasting pain relief and enhances joint function by treating the cause of the problem with natural tissue regeneration and reducing inflammation. Patients often experience improved flexibility, allowing them to return to daily activities, sports, and hobbies they love without the limitations of shoulder pain. With its minimally invasive approach and shorter recovery time compared to surgical options, stem cell therapy provides a viable and effective solution for achieving a pain-free, active lifestyle. If shoulder pain has been holding you back, stem cell therapy might be the key to reclaiming your freedom and enjoying life to the fullest. Consult with a specialist to explore how this innovative treatment can help you.

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Presented by: Dr. Kenneth Carle
Chiropractic Physician

Understanding Symptoms and Treatment Options for Enlarged Prostate (Benign Prostatic Hyperplasia)

Enlarged prostate, clinically known as benign prostatic hyperplasia (BPH), is a common condition affecting older men. As the prostate gland grows, it can exert pressure on the urethra, leading to bothersome symptoms and impacting quality of life. In this article, we will explore the symptoms associated with an enlarged prostate and discuss the various treatment options available.

Symptoms of an Enlarged Prostate

An enlarged prostate can cause a range of symptoms, varying in severity from person to person. Some common signs to watch out for include increased urinary frequency, urgency to urinate, weak urine flow, difficulty initiating or stopping urination, and the sensation of incomplete bladder emptying. Nocturia (frequent nighttime urination) and urinary tract infections may also occur. It's important to note that these symptoms can be indicative of other conditions, so it's essential to consult a healthcare professional for an accurate diagnosis.

Diagnosis and Evaluation

To diagnose an enlarged prostate, a healthcare provider will evaluate a patient's medical history, perform a physical examination, and may order additional tests. These tests may include a prostate-specific antigen (PSA) blood test, urine flow rate assessment, ultrasound, or cystoscopy. These diagnostic tools help determine the size of the prostate, assess urinary function, and rule out other potential causes of the symptoms.

Treatment Options

The treatment approach for an enlarged prostate depends on the severity of symptoms, overall health, and personal preferences. In mild cases, a watchful waiting approach may be adopted, with regular monitoring and lifestyle modifications. Lifestyle changes can include avoiding caffeine and alcohol, managing fluid intake, and practicing pelvic floor exercises.



Medications can also be prescribed to alleviate symptoms. Alpha-blockers help relax the muscles around the prostate and bladder neck, improving urine flow. 5-alpha reductase inhibitors reduce the size of the prostate by blocking the conversion of testosterone to dihydrotestosterone, a hormone responsible for prostate growth.

For more severe cases, minimally invasive procedures or surgery may be recommended. Transurethral resection of the prostate (TURP) involves removing excess prostate tissue to relieve urinary obstruction. Other options include laser therapy, transurethral microwave therapy (TUMT), and prostate artery embolization (PAE).

An enlarged prostate, or benign prostatic hyperplasia, can significantly impact a man's quality of life. Recognizing the symptoms and seeking medical advice is crucial for accurate diagnosis and appropriate management. Treatment options range from lifestyle modifications and medication to minimally invasive procedures and surgery, depending on the severity of symptoms. If you or someone you know experiences symptoms associated with an enlarged prostate, consult a healthcare professional to discuss the best course of

action. With appropriate treatment and management, individuals with an enlarged prostate can improve their urinary function and enjoy a better quality of life.



Alejandro Miranda-Sousa, MD

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!

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CHRONIC HEADACHES AND CHRONIC MIGRAINES ARE OFTEN CAUSED BY A PRIOR NECK INJURY

By Dr. Drew Hall

The head neck junction is one of the most complex biomechanical regions of the body. We have all heard the phrase "structure dictates function". This phrase intimates that structural abnormalities in the spine can have a negative effect on the normal function of the body, especially in the upper cervical spine. In this article we will talk about the relationship between injuries to the upper cervical spine and how they can lead to not only chronic headaches and migraine but also can be at the root of many different chronic health problems. We will discuss how injury to the neck affects the structure and how it is at the root CAUSE of many who suffer with chronic headaches.

But first listen to what one of our patients experienced following Blair upper cervical care:

Tracy Shaw - Verified Google Review

I have suffered from migraines since the age of three. I have tried everything from acupuncture, massage therapy, general chiropractic, as well as taking prescription medications from the neurologist. Nothing I have just listed has worked as well as what Dr. Hall has done for me. I have been under his care for about the past 7 years and each time I see him my migraines seem to disappear within hours after his visit or never come at all. I am a true believer in upper cervical care, and I must say that Dr. Hall has given quality back to my life. With the help of Dr. Hall I can once again function in my daily life. I highly recommend anyone who suffers as I must please go see Dr. Hall. It will change your life.

Upper Cervical Spine Anatomy

The head on average weighs 10-12 pounds and sits on the top vertebra in the neck called the atlas, weighing only two ounces. To make the engineering more precarious, these two structures sit on the end of a "stick", your neck. Life is inherently traumatic. Few of us make it through this life without having a car accident, slip and fall, or sports injury. Blunt trauma can cause one or several joints in the neck to misalign tearing the fibrous ligament surrounding the joint called the joint capsule. Once Injury occurs to the soft tissue a cascade of postural and neurophysiological events follows and can set the stage for headaches and other chronic health problems.



Figure 1

Joint misalignment leads to muscle imbalances throughout the spine. Once a joint is injured it loses its normal range of motion which fires bad information from the joint receptors back into the spinal cord which can lead to dysfunction through many different neurological pathways.

The Myo-Dural Bridge - an underlying cause of headache and nervous system interference

A rather new anatomical finding in the past ten years explains how headaches can be caused by upper cervical spine joint misalignment. This new anatomical finding was coined "myo-dural bridge". Myo means muscle and dural refers to the thin sheath like covering over the spinal cord. About ten years ago anatomists found a muscle at the base of the skull named the rectus capitus posterior minor (RCPM) muscle that connects or "bridges" to the dura covering the spinal cord. This new finding opened a new bio mechanical mechanism that could explain tension headaches, migraine, and other chronic health issues related to abnormal nervous system function.

As we discussed earlier injury to the neck can cause spinal misalignment at the joint level. This injury causes loss of motion that then causes the muscles of the neck to become unbalanced and chronically tight. When the RCPM muscle becomes tight it "tugs" on dural sheath covering the brainstem (the most vital part of your nervous system located at the base of the skull). The myo-dural bridge has been implicated as the source of a large percentage of patients who suffer with chronic tension headaches and migraine.

If you have chronic headaches and other chronic health problems it is a wise to get to a Blair upper cervical chiropractor who is specially trained to locate, analyze, and correct any upper cervical spine misalignment to ensure the brainstem and central nervous system are working optimally.

How does a Blair Upper Cervical Chiropractor Locate Upper Neck Misalignments?

When you enter a Blair upper cervical office you will be assessed for upper cervical spine misalignment from a battery of tests that determine if you have a misalignment and what level of the spine. Once the patient shows evidence of structural misalignment, and nervous system interference, a precise 3-d image called cone beam computed tomography (CBCT) is taken. (Fig.1) This imaging allows the doctor to view the spinal joints to determine the direction and magnitude of misalignment. Once determined the patient is corrected with the data gleaned from the imaging. The Blair procedure uses precision and finesse not force to restore normal motion to the misaligned vertebrae. The correction involves no twisting, popping, or pulling and it's end goal is the restore normal function to the central nervous system so the body can return to normal function and health.

YOU CAN LEARN MORE ABOUT BLAIR UPPER CERVICAL CHIROPRACTIC AND DR. HALLS OFFICE BY GOING TO:

- Tik Tok - @drdrewhall
- Instagram drdrewhall
- Facebook - Sarasota Upper Cervical Chiropractic
- YouTube - Sarasota Upper Cervical Chiropractic Inc.



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ADVANCED URINARY INCONTINENCE PROCEDURES

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

There are several types of urinary incontinence:

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

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

Sacral Neuromodulation

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

Bulkamid—Urethral Bulking

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



What is urethral bulking?

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

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

Short procedure

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

No Incisions

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

Quick recovery

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

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

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

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

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

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

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

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

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

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

The Powerful Benefits of IV Hydration Therapy

In recent years, IV hydration therapy has gained popularity as a quick and effective way to combat dehydration, boost energy levels, and promote overall wellness. This innovative treatment, once reserved for hospital patients, is now widely available in specialized clinics and even offered as a mobile service. But what exactly is IV hydration, and why are so many people turning to it?

IV hydration therapy involves the direct infusion of fluids, electrolytes, vitamins, and sometimes medications into the bloodstream through an intravenous line. This method bypasses the digestive system, allowing for rapid absorption and immediate effects. While drinking water is still essential for daily hydration, IV therapy offers unique advantages that have made it a go-to solution for various situations.

One of the primary benefits of IV hydration is its speed and efficiency. When you drink water, it takes time for your body to process and distribute it to your cells. In contrast, IV hydration delivers fluids directly to your bloodstream, providing almost instant hydration. This rapid rehydration can be particularly beneficial for those suffering from severe dehydration due to illness, intense physical activity, or overindulgence in alcohol.

Athletes and fitness enthusiasts have embraced IV hydration as a recovery tool. After strenuous workouts or competitions, the body needs to replenish not only water but also electrolytes and nutrients lost through sweat. IV therapy can quickly restore these essential elements, potentially reducing recovery time and improving performance in subsequent training sessions or events.

For those battling hangovers, IV hydration has become a popular remedy. Alcohol is a diuretic that can lead to significant dehydration, contributing to many hangover symptoms. An IV drip can rapidly rehydrate the body, while also delivering vitamins and minerals that may have been depleted during alcohol consumption. Many users report feeling relief from headaches, nausea, and fatigue after receiving IV hydration treatment.

Beyond addressing acute conditions, IV hydration therapy is also used as a wellness and preventive measure. Some people receive regular treatments



to boost their immune system, increase energy levels, or improve skin health. The customizable nature of IV drips allows for the inclusion of various vitamins and nutrients tailored to individual needs, such as vitamin C for immune support or B vitamins for energy enhancement.

IV hydration may also benefit individuals with certain medical conditions. For example, those suffering from chronic fatigue syndrome, fibromyalgia, or migraines may find relief through specialized IV cocktails. However, it's crucial to consult with a healthcare provider before using IV therapy for any medical condition.

As with any medical treatment, it's essential to receive IV hydration from reputable providers who follow proper safety protocols. Potential users should also be aware that the effects of IV hydration can vary from person to person, and multiple sessions may be necessary to achieve desired results.

In conclusion, IV hydration therapy offers a range of potential benefits, from rapid rehydration to customized nutrient delivery. As research continues and

more people experience its effects, this innovative treatment is likely to become an increasingly common tool in the pursuit of health and wellness.

Vitality Infusions service Lee, Collier, and Charlotte County. We do take walk ins but encourage you to call ahead or schedule an appointment as our nurses go on mobile appointments as well.

Our mobile service is available daily. There is an additional fee for our mobile service depending on the GPS location from our office.

We are an intravenous hydration company that offers hydration at our infusion lounge in Downtown Fort Myers or at a location of your choice via our mobile service. Our IV treatments are integrative, holistic medical regimens that provide your body with the adequate hydration and nutrients it needs to thrive.



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Diagnostic Imaging Saves Lives

Medical imaging technology has revolutionized health care over the past 30 years, allowing doctors to find disease earlier and improve patient outcomes. Whether you are a young child with cancer or a grandmother who just wants to make sure she's in good health, medical imaging helps you detect and diagnose disease at its earliest, most treatable stages and guides physicians and patients in determining the most appropriate and effective care.

Radiology Associates physicians are board certified radiologists with training in all aspects of diagnostic imaging, including CT, Mammography, MRI, Ultrasound, X-ray, and Nuclear Medicine. Additionally, each has advanced subspecialty training in one or more areas of medical imaging or interventional radiology that we believe provides the basis for providing the highest level of patient care.

Our goal is to provide high quality patient care in a comfortable environment, using the latest imaging and interventional technology and working in close collaboration with referring physicians.

Radiology Associates of Venice and Englewood is pleased to offer the following diagnostic imaging services:

MRI Scan

Magnetic resonance imaging, commonly known as MRI is a medical test that aids physicians in diagnosis and treating medical conditions. This is a non-invasive and typically painless test.

Breast MRI

Breast MRI uses Magnetic Resonance Imaging (MRI) to look specifically at the breast. It is a non-invasive procedure that doctors can use to determine what the inside of the breast looks like without having to do surgery or flatten the breast (as in a mammogram).

MRA

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



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

CT Scan

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

Ultrasound

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

Nuclear Medicine

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

Digital X-Ray & Fluoroscopy

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

3D Mammography

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

Bone Density DEXA

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

PET Scan

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

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



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PREPARING FOR A HURRICANE

By Dr. Noël Crosby, Au.D.

Hurricanes are natural disasters that require thorough preparation to ensure the safety and well-being of individuals and their families. This becomes even more crucial for those with hearing loss, who face additional challenges during such emergencies. Moreover, individuals relying on rechargeable hearing aids need to take specific precautions to ensure uninterrupted hearing assistance throughout the hurricane's duration. This article aims to provide a comprehensive guide on preparing for a hurricane, with a particular focus on considerations for individuals with hearing loss and the proper care and management of rechargeable hearing aids.

1. Develop an Emergency Plan

When preparing for a hurricane, it's vital to have a well-thought-out emergency plan in place. Ensure that your plan accounts for the specific needs of individuals with hearing loss. Communication strategies should include visual cues, such as written or signed instructions, to compensate for potential hearing difficulties during high-noise or power outage situations.

2. Stock Up on Essential Supplies

Gather necessary supplies, including non-perishable food, water, medications, batteries, flashlights, and a battery-powered weather radio. Remember to include extra batteries for hearing aids, cochlear implants, or any other assistive devices that rely on battery power.

3. Secure Your Home

Take steps to protect your home and surroundings. Trim trees and secure loose objects that may become projectiles in high winds. Reinforce windows, doors, and other vulnerable areas to minimize damage. Consider installing a backup power generator to ensure continuous power supply for vital equipment.

4. Establish Communication Channels

Create a network of trusted individuals who can assist you during emergencies. Inform them about your hearing loss and the best methods of communication for you. Establish alternative means of contact, such as text messaging or social media, to stay connected when traditional communication methods are unavailable.

5. Safeguard Your Rechargeable Hearing Aids

If you use rechargeable hearing aids, ensure they are fully charged well before the hurricane's arrival. Consider purchasing a portable power bank or backup charger to keep your hearing aids powered during extended power outages. Store them in a waterproof and protective case to prevent damage from water, debris, or other hazards.

6. Maintain Proper Hearing Aid Care

Regularly clean and maintain your hearing aids to ensure optimal performance. Keep them away from excessive moisture and humidity, as these

conditions can impair their functionality. If water damage occurs, immediately seek professional assistance to prevent further complications.

7. Stay Informed

Stay updated with the latest weather reports, emergency alerts, and evacuation orders through accessible sources. Utilize closed captioning or visual notifications provided by local news channels or emergency management agencies.

Preparing for a hurricane is essential for everyone, but individuals with hearing loss and rechargeable hearing aids face unique challenges. By developing an emergency plan, stocking up on supplies, securing your environment, establishing communication channels, and taking care of your hearing aids, you can be better equipped to face the uncertainties of a hurricane while safeguarding your hearing needs.

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Using the latest and most sophisticated technology, we determine if you have hearing loss—and, if you do, we determine the degree and type of hearing loss. If your hearing loss requires medical or surgical intervention, we can refer you to a physician (otologist or neurologist) for appropriate treatment. If your type of hearing loss can best be treated with the use of hearing aids and/or other assistive listening devices (which is true in the great majority of cases), we can select any of a wide range of hearing devices and custom fit them to your ear, programmed to augment your hearing at those frequency levels where your hearing loss is greatest.

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CCTA + Cleerly Analysis – AI-assisted Cardio Imaging Innovation

Radiology Associates of Venice and Englewood (RAVE) has provided the highest level of patient care over the past 50 years. Being first to adopt advanced life saving imaging, RAVE were the first to use 3D mammography in the area, prostate MRI, lung and bone screenings, and much more.

We are excited to now offer Cleerly Analysis (Artificial Intelligence assisted analysis and reporting) in conjunction with your CTA to assist in characterization of plaque buildup in each of the heart arteries. DEXA scans with TBS can assess bone microarchitecture and works collaboratively with BMD measurements for fracture risk prediction.



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Noël Crosby
Doctor of Audiology



Karen Draper
Doctor of Audiology

Defeat Gum Disease

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

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

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

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



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

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

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

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

Benefits of LANAP™

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

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

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

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

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

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

Dr. Joseph Farag - Port Charlotte Dentalcare

941.764.9555

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IS FRIEND ENTITLED TO PROPERTY AS A GIFT

By James W. Mallonee

A recent case involved an individual who became friendly with an elderly person. The elderly person had all their faculties about them but was unable to walk or drive themselves due to physical problems limiting their mobility. The individual (named Billy) made himself available to assist the elderly person (we'll call the elderly person "Sam") who was not capable of performing all of the daily living events in their life. In essence, Sam's ability to manage his daily affairs was intact with the exception of mobility. Billy had only known Sam for about 2 years. Billy provided Sam with mobility such as a wheelchair pushing, but Sam managed all his money and appointments. Billy simply supplied the mobility.

Sam has no family he could depend on other than a sister with whom Sam has little to no contact. Sam's health is beginning to deteriorate, thus his reliance on Billy is beginning to become more pronounced. Sam decided that he needed to have a Will prepared which would give him the ability to transfer his estate to whomever he wished. In this case, his election was to pass it all to Billy. To accomplish this, Billy obtained a software program that would prepare a Will for Sam according to his wishes. Sam filled in the necessary information to the software program (without Billy's knowledge) giving all of his estate to Billy. Billy simply purchased the program that Sam used.

The Will was printed and signed with all the pomp and circumstance required in the State of Florida. Sam obtained the witnesses and notary for signing

his Will. Billy had no input as to the information entered into the program, he simply provided the application used by Sam. Three weeks later, Sam dies and the Will is filed with the Clerk of Court according to the laws of the State of Florida. The Will gave Sam's entire estate to Billy (which was quite substantial) and nothing to Sam's sister. There was no explanation in the Will or any other document as to why this occurred. Billy's sister (Maryann) was not happy with the turn of events and sued Billy for undue influence and to have the Will thrown out, thus giving her 100 percent of Sam's estate via Florida's intestate laws and nothing to Billy.

Maryann's claim is that Billy took advantage (undue influence) of Sam during his remaining life and convinced him to give his entire estate to him. Of course, Billy claims that no such thing occurred and that Sam disliked his sister and refused to give anything to her. Billy's claim is supported by friends who knew Sam and his dislike for his sister. The problem appears to be the unnatural distribution of Sam's assets to Billy and the preparation of the Will which was essentially made possible by Billy.

How could Sam have avoided his sister's claim of undue influence? The simple solution is for Billy to have taken Sam to an attorney and have his Will drawn up by the attorney. This would have given the attorney the ability to testify as to the preparation

and desires contained within Sam's Will. Although the courts are available to mete out a solution, the courts also look to a solution that will benefit everyone unless the evidence indicates that it truly is one sided.

Although Billy's side of the case has some problems, Maryann also has some issues with her case due to Sam's well known dislike for his sister. More importantly, Maryann's history of visiting (on a regular basis) Sam is non-existent leaving one to speculate that she was only interested in his estate and not her familial affection for her brother.

The major issue here will be resolved by the courts who (historically speaking) will likely find favorably with the familial argument as opposed to the short-term interaction that Sam had with Billy. The message contained in this article is to avoid being associated with the preparation (of any kind) of a testamentary document by the person who will be the major beneficiary. Have that done by a third party (attorney) who has no financial gain to be derived from the death of the testator.

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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Investing in Your Future:

The Power of Basic Financial Techniques for a Better Retirement

By Steve Schneider, MBA - CEO, Securenet Financial, LLC.

Retirement is a phase of life that many look forward to—a time to relax, explore new hobbies, travel, and spend quality time with loved ones. However, achieving a comfortable and secure retirement requires more than just wishful thinking. It necessitates careful planning, disciplined saving, and strategic investing. One of the most critical components to ensuring a successful retirement is obtaining a basic financial education. A fundamental understanding of financial principles, paired with the guidance of a reputable financial planner like Securenet Financial, LLC, can significantly enhance the quality of life in retirement.

The Importance of Basic Financial Techniques

Financial education doesn't need to be extensive to be effective. By focusing on a few key techniques, individuals can make substantial progress towards a secure retirement. Here are several simple yet powerful ways in which basic financial education can directly impact the quality of life in retirement:

- **Understanding Investment Options:** A basic grasp of investment options such as stocks, bonds, and mutual funds can go a long way. Knowing the basics allows investors to build a diversified portfolio that balances risk and return, ensuring steady growth of their retirement savings.
- **Effective Budgeting and Saving:** Knowing how to budget and save effectively is crucial for accumulating a sufficient retirement fund. Basic financial education teaches individuals how to prioritize expenses, reduce unnecessary spending, and set realistic savings goals. This disciplined approach to saving can lead to a more substantial nest egg upon retirement.
- **Tax Efficiency:** Taxes can significantly erode retirement savings if not managed properly. Basic knowledge of tax-efficient investment strategies, such as utilizing tax-advantaged accounts like IRAs and 401(k)s, can help retirees minimize their tax burden and maximize their income.
- **Risk Management:** All investments come with a degree of risk. Understanding simple concepts such as asset allocation and diversification can help retirees manage these risks effectively and protect their portfolios from significant losses during market downturns.

- **Income Strategies:** Generating a reliable income stream in retirement is essential for maintaining one's lifestyle. Basic financial education covers simple income strategies, including annuities and dividends, helping retirees create a sustainable income plan.

The Role of a Financial Planner

While a basic financial education is crucial, navigating the complexities of retirement planning can still be challenging. This is where the expertise of a professional financial planner becomes invaluable. Securenet Financial, LLC, for instance, provides personalized financial planning services that can make a significant difference in one's retirement journey. Here's how a financial planner can be instrumental in achieving retirement success:

- **Simplified Planning:** A financial planner from Securenet Financial, LLC, takes the time to understand your specific goals, needs, and circumstances. They simplify the planning process by breaking down complex financial concepts into easy-to-understand strategies, ensuring that every aspect of your financial life is addressed without overwhelming you.
- **Expert Guidance:** Financial planners possess extensive knowledge and experience in various areas of finance, including investments, taxes, and estate planning. Their expertise allows them to handle the complexities for you, providing sound advice and recommendations that align with your long-term objectives.
- **Continuous Monitoring and Adjustments:** Retirement planning is not a one-time event but an ongoing process. A financial planner regularly reviews your plan and makes necessary adjustments based on changes in your life, the economy, and financial markets. This proactive approach ensures that your retirement plan remains on track, regardless of external factors.
- **Emotional Support and Confidence:** Investing and financial planning can be emotionally challenging, especially during market volatility. A financial planner

offers emotional support and reassurance, helping you stay focused on your long-term goals. This peace of mind can reduce stress and anxiety, leading to a better overall quality of life in retirement.

- **Maximizing Opportunities:** Financial planners are adept at identifying opportunities that can enhance your retirement plan. Whether it's taking advantage of new investment products, tax-saving strategies, or government incentives, their insights can help you maximize your retirement savings and income.

Conclusion

Achieving a comfortable and fulfilling retirement doesn't require an extensive financial education. By mastering a few basic financial techniques and working with a reputable financial planner like Securenet Financial, LLC, individuals can significantly improve their quality of life in retirement. Basic financial education empowers you to make informed decisions, while a skilled financial planner simplifies the complexities and provides continuous support. Together, they form a powerful partnership that can help you navigate the intricacies of retirement planning and secure a bright and prosperous future. Investing in your financial education today, even at a basic level, can lead to a more secure, enjoyable, and stress-free retirement tomorrow.

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www.securenetfinancial.com

Dealing With Life's Painful Situations

By Pastor Timothy Neptune

On Father's Day in 2005 my dad came to my office to visit and talk about how things were going. In the course of our discussion he mentioned that he experienced a terrible night's sleep because his back was causing him so much pain. I told him that it was time to go to the ER and get checked out to find out what was causing all of his pain. He did, and that started a two-year battle with pancreatic cancer. My dad fought an incredible fight with this terrible cancer but passed away in August of 2007.

Many people have faced the pain of having to bury a loved one. The question is, "How do I deal with the pain?" We may have confidence that our loved one is in a better place, but do we do with the pain that we still feel?

As you read this, maybe your pain is not in the loss associated with death, but rather you have faced the end of a relationship, or perhaps have received bad news regarding your own health. The question still remains, "what are we to do with these painful situations?"

As we turn through the pages of Scripture, we find that the thoughts and writings of the Psalmist David bring comfort and hope to those in pain. David understood painful situations for he faced many of them in his own life. He too, buried many loved ones and faced enormous family problems. How did he get through these challenges? He turned to God for help.

David tells us in the book of Psalms, ¹⁸ *The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalms 34:18*

You are never closer to God than when you are hurting. David knew that from personal experience. David took his pain and his problems to the Lord and asked for His help. In Psalm 142:1-2 David wrote, *"I cry aloud to the LORD; I lift up my voice to the LORD for mercy. I pour out my complaint before him; before him I tell my trouble."*

Our natural tendency is to suffer in silence. We put on a smile and pretend that everything is fine in our lives. Yet in reality, we know that ignoring our pain does not bring relief. We hope that time will heal all wounds but we know it does not. In fact, time often makes matters even worse.

Pain is our body's way of letting us know that we need to deal with something. Whether it is physical, emotional, or relational, pain should not be ignored. And yet still, we try to run from it.

It is human nature to run from painful situations. By law, all doors in public buildings swing out. When people panic, they run. They try to escape. When we face pain, loss and hurt, we look for ways to escape. We dream



of running away from reality in hopes of finding peace and comfort over the next rainbow. Sometimes people try to escape by turning to alcohol, drugs, food, or even inappropriate relationships. Running from your problems never brings resolution.

David went on to say in Psalm 142:3 that ³ *"When my spirit grows faint within me, it is you who knows my way..."* God knows the pain we feel and He wants us to run to Him with our troubles.

As you read his Psalms, you will quickly notice that David was very open about what he was going through. And yet, through it all, he learned to trust and depend on God.

When dealing with the pressures and strains of life and the emotional challenges we face, we can learn much from David's example. Stop pretending that you can handle everything in your own strength and turn to God who loves you and cares about you. He specializes in mending broken hearts.

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When You Have to Pee All the Time: Overactive Bladder and Its Impact on Quality of Life

Overactive bladder (OAB) is a common condition that affects millions of people worldwide. It's characterized by frequent and urgent urges to urinate, often accompanied by involuntary urine leakage. While OAB is not life-threatening, it can significantly impact an individual's quality of life, causing discomfort, embarrassment, and disruption to daily activities.

Understanding Overactive Bladder

Overactive bladder occurs when the bladder muscle contracts involuntarily, even when the bladder isn't full. This results in sudden, intense urges to urinate that can be difficult to control. OAB is not a normal part of aging, although it becomes more common as people get older. It's important to distinguish OAB from other urinary conditions, such as urinary tract infections or prostate problems in men.

Prevalence of Overactive Bladder

OAB is more common than many people realize. It's estimated that about 16% of the adult population experiences symptoms of OAB. The prevalence increases with age, affecting up to 30% of older adults. Despite its prevalence, many individuals with OAB do not seek medical help due to embarrassment or the misconception that it's a normal part of aging.

Impact on Quality of Life

The effects of OAB on an individual's quality of life can be profound and far-reaching. People with OAB often experience:

- 1. Sleep disruption:** Frequent nighttime urination (nocturia) can lead to poor sleep quality and daytime fatigue.
- 2. Social isolation:** Fear of accidents or being far from a bathroom can cause individuals to avoid social situations.
- 3. Emotional distress:** Anxiety, depression, and low self-esteem are common among those with OAB.
- 4. Reduced productivity:** Frequent bathroom breaks can interfere with work and daily activities.
- 5. Relationship strain:** OAB can impact intimate relationships and cause embarrassment with partners.
- 6. Physical discomfort:** The constant urge to urinate can be physically uncomfortable and distracting.



Coping and Support

Living with OAB can be challenging, but there are ways to cope and find support:

- 1. Join support groups:** Connecting with others who have OAB can provide emotional support and practical tips.
- 2. Communicate openly:** Discuss your condition with family, friends, and colleagues to help them understand your needs.
- 3. Plan ahead:** Know the location of bathrooms when going out and consider using absorbent products for peace of mind.
- 4. Seek professional help:** Consult with a healthcare provider or urologist for proper diagnosis and treatment options.

Lifestyle Changes to Manage OAB Symptoms

While medical treatments are available, many people find relief through lifestyle modifications:

- 1. Bladder training:** Gradually increasing the time between bathroom visits can help improve bladder control.
- 2. Pelvic floor exercises:** Strengthening the pelvic floor muscles (Kegel exercises) can improve bladder control.
- 3. Dietary changes:** Avoiding bladder irritants such as caffeine, alcohol, and spicy foods can reduce symptoms.
- 4. Fluid management:** Maintaining proper hydration while avoiding excessive fluid intake, especially before bedtime.
- 5. Weight management:** Maintaining a healthy weight can reduce pressure on the bladder and improve symptoms.
- 6. Scheduled voiding:** Using the bathroom at regular intervals rather than waiting for the urge to urinate.

Educational Resources

Education is key to managing OAB effectively. Patients can benefit from:

- 1. Online resources:** Reputable websites offer information on OAB, its causes, and management strategies.
- 2. Healthcare provider education:** Urologists and continence specialists can provide personalized advice and treatment plans.
- 3. Workshops and seminars:** Many healthcare facilities offer educational sessions on bladder health and OAB management.
- 4. Self-help books:** There are numerous books available that provide in-depth information and coping strategies for OAB.

Solutions, Including Utiva Bladder Health Product

While lifestyle changes are often the first line of defense against OAB, some individuals may benefit from additional support. One such option is the Utiva Bladder Health Product. This natural supplement is designed to support bladder health and may help alleviate some symptoms of OAB.

Utiva Bladder Health Product contains ingredients that have been traditionally used to support urinary tract health. While it's not a cure for OAB, some users report improved bladder control and reduced urinary urgency with regular use. As with any supplement, it's important to consult with a healthcare provider before starting use, especially if you're taking other medications.

It's worth noting that while natural products like Utiva may offer benefits, they should be used as part of a comprehensive approach to managing OAB. This approach may include lifestyle changes, pelvic floor exercises, and medical treatments as recommended by a healthcare provider.

In conclusion, overactive bladder is a common condition that can significantly impact quality of life. However, with proper understanding, support, and management strategies, individuals with OAB can lead fulfilling lives. By combining lifestyle changes, education, and potentially beneficial products like Utiva Bladder Health, many people find relief from their OAB symptoms. Remember, if you're experiencing symptoms of OAB, it's important to seek professional medical advice for proper diagnosis and personalized treatment options.

Sources:

- <https://www.utivahealth.ca/blogs/resources/can-you-treat-overactive-bladder-naturally>
- <https://www.utivahealth.ca/blogs/resources/the-side-effects-of-oab-medication-and-how-they-impact-patient-compliance>

For more information, visit Utiva's webpage.

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