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November 2024

Charlotte/South Sarasota Edition - Monthly

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THE GREAT AMERICAN SMOKEOUT:

A Call for Quit Attempts

On November 21st of this year, Gulfcoast South Area Health Education Center (GSAHEC) will celebrate the **Great American Smokeout® (GASO)**, a national holiday hosted by the American Cancer Society that provides an opportunity for people who smoke to commit to healthy, smoke-free lives: not just for a day, but year-round. The Great American Smokeout® also provides an opportunity for individuals, community groups, businesses, healthcare providers, and others to encourage people to plan to quit on the GASO date or initiate a smoking cessation plan on the day of the event. **This event not only challenges people to stop smoking, but it also educates people about the many free tools they can use to help them quit and stay quit.**¹

Despite what some may say, it is never too late to quit smoking! In fact, you can experience several benefits of quitting smoking within hours of quitting and can enjoy the benefits of being tobacco free for years to come. As soon as a person quits, his or her body begins to heal.²

- *2 weeks to 3 months after quitting:* risk of heart attack begins to **drop**, and lung function begins to **improve**.
- *1 to 9 months after quitting:* coughing and shortness of breath **decrease**.
- *1 year after quitting:* heart attack risk **drops sharply**.
- *2 to 5 years after quitting:* stroke risk is **reduced to that of a non-smokers**.
- *5 years after quitting:* risk of cancer of the mouth, throat, esophagus, and bladder is **cut in half**.
- *10 years after quitting:* risk of dying from lung cancer is **about half of a smoker's**, and risk of cancer of the kidney and pancreas **decreases**.
- *15 years after quitting:* risk of coronary heart disease is back to **that of a non-smoker's**.



If you or a loved one are looking to quit smoking (or all forms of tobacco), or if you want to promote the Great American Smokeout® to your business, community groups, or patients, **there are many free resources available to help someone quit!** GSAHEC offers free virtual and in-person group quit sessions, which is part of the Florida Department of Health's Tobacco Free Florida program—that is available to help someone quit all forms of tobacco. These group quit sessions provide information about the effects of tobacco use, the benefits of quitting, and will assist you with developing *your own customized quit plan*. **Free** nicotine replacement therapy in the form of patches, gum or lozenges (if medically appropriate and while supplies last) are provided with session attendance. Attendees will also receive a participant workbook, quit kit items, and follow up support from a trained tobacco treatment specialist. Contact us today at **866-534-7909** or visit www.tobaccofreeflorida.com/groupquitcalendar to schedule a session or learn more about the program!

References:

¹ <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout/history-of-the-great-american-smokeout.html>

² <https://tobaccofreeflorida.com/cost-of-smoking/tobacco-effects-quitting-benefits/>



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The neoGEN-Series® system is a state-of-the-art, technically-innovative medical device for producing electric cell signaling energy waves (EST and ESI). The system is used to successfully treat circulatory issues, all types of acute and chronic pain, long-term (intractable) pain and drug-resistant pain. The neoGEN-Series® also offers specific-parameter signaling for efficacious neuro-muscular reeducation, muscle strengthening and relaxation of muscle spasm activity.

WHAT IT TREATS

- Tingling
- Numbness
- Pins & Needles
- Burning
- Aching
- Limb Weakness
- Difficulty with Balance
- Muscle Cramps or Spasms
- Increased or Decreased Sensitivity

Peripheral neuropathy is a neurological disorder characterized by damage to the peripheral nervous system, which connects the brain and spinal cord to the rest of the body. This condition can result in a range of symptoms, including numbness, tingling, burning sensations, and weakness, typically affecting the hands and feet. Common causes include diabetes, chemotherapy, autoimmune diseases, and certain medications. The chronic pain associated with peripheral neuropathy can significantly impact a patient's quality of life, often proving challenging to treat effectively with conventional methods.

In recent years, innovative technologies have emerged to address the limitations of traditional treatments for neuropathic pain. One such advancement is the neoGEN-series system, a cutting-edge approach to managing peripheral neuropathy symptoms. This technology utilizes a form of electrical stimulation that goes beyond conventional transcutaneous electrical nerve stimulation (TENS) or electrical muscle stimulation (EMS) methods.

Initial clinical studies and patient reports suggest that the neoGEN-series system may offer significant pain relief and improved sensation for many individuals suffering from peripheral neuropathy. Some users have reported reduced reliance on pain medications and enhanced overall function in daily activities. However, as with any medical treatment, results can vary among individuals, and the effectiveness of the neoGEN-series system may depend on factors such as the underlying cause and severity of the neuropathy.

While promising, it's important to note that more extensive research is needed to fully establish the long-term efficacy and safety profile of the neoGEN-series system. Patients considering this treatment option should consult with their healthcare providers to determine if it's appropriate for their specific condition and to develop a comprehensive management plan.

I have been a patient of Dr. Larry Johnson for over ten years for different low back and various joint pains. However, last year I started to suffer with pain and tingling in both of my legs and feet that would keep me from sleeping. Dr. Johnson explained to me that I was dealing with neuropathy and he could help to resolve my pain with a new technology called E-NERVESTIM. He has used this therapy on several patients with great success. After six treatments, my pain was starting to go away and was finally gone after a few more treatments. I have always relied on Dr. Johnson to help me for any problems I have encountered over the years and I have always recommended him to my family and friends. - Shirley W.

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Lymphedema and Vein Disease

By Dr. TC Lackey II

What is Lymphedema?

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

What Causes Lymphedema?

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

How Can I Counteract Lymphedema?

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



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

If you have any concerns of lymphedema or vein disease, it is important to be evaluated. Minimally invasive treatments are offered in our offices, and there's no downtime! **Start your healing at Florida Lakes Vein Center with a FREE vein screening.** Once the vein component is treated, we will recommend continued follow up or use of a lymphedema pump for best results with improved quality of life.



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Medicare Advantage: A POWERFUL ALLY IN MANAGING DIABETES

Robert Hummer, M.D.

Take Control of Your Diabetes with Medicare Advantage

Living with diabetes can be challenging, but you don't have to face it alone. Medicare Advantage plans offer comprehensive support designed to help you manage your diabetes and live a healthier, more fulfilling life.

Why Choose Medicare Advantage for Diabetes Care?

Medicare Advantage plans are packed with benefits that go beyond Original Medicare. These plans offer personalized care and resources tailored to meet your specific health needs, especially when it comes to managing chronic conditions like diabetes.

Key Benefits of Medicare Advantage for Diabetes:

1. Coordinated Care for Better Health Outcomes

Medicare Advantage plans focus on coordinated care, ensuring that your healthcare providers are all on the same page. Your primary care physician, specialists, and other healthcare professionals work together to create a personalized care plan that helps you manage your diabetes effectively.

2. Prescription Drug Coverage

Managing diabetes often requires medication, and Medicare Advantage plans typically include Part D prescription drug coverage. This means you'll have access to a wide range of diabetes medications at affordable prices, helping you maintain your health without breaking the bank.

3. Preventative Services at No Extra Cost

Preventing complications from diabetes is key to living a long and healthy life. Medicare Advantage plans cover essential preventative services like blood sugar testing, eye exams, foot exams, and more—often at no extra cost to you. Staying on top of these services can help you avoid serious health issues down the line.

4. Access to Diabetes Education and Support Programs

Knowledge is power when it comes to managing diabetes. Many Medicare Advantage plans offer access to diabetes education programs, where you



can learn about healthy eating, physical activity, and how to monitor your blood sugar. Some plans even include health coaching to provide you with personalized support and guidance.

5. Additional Benefits to Keep You Healthy

Beyond diabetes care, Medicare Advantage plans often include extra benefits that can help you stay healthy overall. These may include vision, dental, and hearing care, gym memberships, and wellness programs—all designed to support your health and well-being.

6. Convenience and Affordability

Medicare Advantage plans combine your Medicare Part A (Hospital Insurance), Part B (Medical Insurance), and Part D (Prescription Drug Coverage) into one convenient plan. Many plans offer lower out-of-pocket costs than Original Medicare, making it easier to manage your healthcare expenses.

Take the Next Step Toward Better Diabetes Management

If you're living with diabetes, a Medicare Advantage plan could be the right choice for you. With

comprehensive coverage and a focus on coordinated care, these plans provide the tools and support you need to manage your condition effectively. Contact your agent to discuss your options and find a plan that fits your needs.

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THE CRITICAL CONNECTION BETWEEN DIABETES AND HEALTHY FEET

By Ravnik Singh, DPM, AACFAS

November marks National Diabetes Month, a time dedicated to raising awareness about diabetes and its wide-reaching impact. One crucial, often-overlooked aspect of diabetes management is foot care. As podiatrists, we play a vital role in helping individuals with diabetes prevent serious complications related to their feet and overall well-being.

The Connection Between Diabetes and Foot Health For those living with diabetes, elevated blood sugar levels can lead to a number of foot-related problems, primarily by damaging the nerves and blood vessels. This damage often manifests in several ways:

- **Peripheral Neuropathy:** Reduced sensation in the feet can cause individuals to be unaware of injuries like cuts, blisters, or sores, increasing the risk of infections.
- **Poor Circulation:** Impaired blood flow makes it harder for wounds to heal, leaving patients more vulnerable to ulcers and other complications.
- **Foot Deformities:** Conditions such as bunions and hammertoes may develop, leading to discomfort, altered gait, and an increased risk of injury.

As podiatrists, it's essential to educate diabetic patients on the connection between diabetes and their foot health, emphasizing how closely these areas are intertwined.

The Role of Podiatry in Diabetes Management

Podiatric care is fundamental for diabetes management. Regular foot care, examinations, and prompt treatment of any arising issues can make a profound difference in a patient's quality of life. Here are the key ways podiatrists help manage diabetes-related foot complications:

- 1. Routine Foot Examinations:** As a podiatrist, I conduct thorough foot exams to catch early signs of trouble, such as neuropathy, wounds, or reduced circulation, allowing for timely intervention before these issues worsen.
- 2. Foot Care Education:** Educating patients about the importance of daily foot care routines is one of the most critical aspects of my role. Proper hygiene,

nail trimming techniques, and selecting appropriate footwear can help patients avoid injuries and infections.

3. Management of Foot Conditions: Many individuals with diabetes develop corns, calluses, or fungal infections. These issues can be more serious for diabetic patients and require careful treatment. I also provide custom orthotics to improve foot mechanics and alleviate pressure points.

4. Wound Care: Ulcers and sores are common in diabetic feet. My specialized wound care treatments focus on promoting healing and preventing infections or, in severe cases, the need for amputation.

5. Surgical Intervention: In advanced cases of foot deformities or infections, surgical procedures may be necessary. As a podiatrist, I can perform surgeries to correct issues such as hammertoes, bunions, or even address serious infections that threaten the foot's integrity.

Proactive Tips for Diabetic Foot Health

Beyond regular podiatric care, there are several steps I encourage my diabetic patients to take to protect their feet and maintain optimal foot health:

- **Daily Foot Inspections:** Patients should check their feet for any cuts, blisters, changes in color, or temperature every day.
- **Maintain Cleanliness:** Washing the feet with mild soap and water and drying them thoroughly, especially between the toes, is crucial to preventing infections.
- **Proper Footwear:** I always emphasize the importance of well-fitting shoes with proper support to help prevent injuries like blisters and sores.
- **Blood Sugar Management:** Keeping blood sugar levels within the target range not only supports overall health but also reduces the risk of foot complications.
- **Stay Active:** Regular physical activity improves circulation, which is essential for keeping the feet healthy.



The Importance of Podiatry in Diabetes Awareness Month

As we recognize American Diabetes Month, I want to highlight the essential role podiatry plays in diabetes care. Foot health is a critical component of diabetes management, and taking preventive measures can significantly reduce the risk of complications. By partnering with a podiatrist and incorporating proactive foot care into their routine, individuals with diabetes can safeguard their foot health, leading to a better quality of life.

In the end, healthy feet are a key part of overall well-being. Let's work together to ensure that proper foot care is a priority for every person managing diabetes!

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.

Ravnik Singh, DPM, AACFAS

Ravnik Singh, DPM, AACFAS, is a Podiatrist at Family Foot & Leg Centers in Port Charlotte, FL. He 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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Revolutionizing Bladder Health: How Emsella is Changing Lives

By Stéphane Calvino, MD

For millions of people worldwide, bladder control issues have been a source of discomfort, embarrassment, and limitations in daily life. However, a groundbreaking technology called Emsella is transforming the landscape of bladder health treatment, offering hope and remarkable results for those struggling with urinary incontinence and pelvic floor dysfunction.

Understanding Bladder Health Challenges

Urinary incontinence affects up to 25% of women aged 14-21, up to 45% of middle-aged and post-menopausal women, and a significant number of men, particularly after prostate surgery. The condition can stem from various factors, including pregnancy, childbirth, menopause, aging, and physical trauma. While often overlooked, bladder health significantly impacts quality of life, affecting everything from social interactions to exercise routines.

The Emsella Revolution

Emsella represents a major advancement in non-invasive bladder health treatment. This FDA-cleared technology utilizes High-Intensity Focused Electromagnetic (HIFEM) energy to deliver thousands of supramaximal pelvic floor muscle contractions in a single session. These contractions are far more powerful and numerous than what can be achieved through traditional Kegel exercises, effectively strengthening the pelvic floor muscles that support bladder control.

How Emsella Works

During an Emsella treatment, patients remain fully clothed while sitting on a specially designed chair that delivers electromagnetic stimulation to the pelvic floor region. A single 30-minute session can produce up to 11,200 supramaximal muscle contractions, equivalent to performing thousands of perfect Kegel exercises. This intensive muscle stimulation helps:

- Strengthen pelvic floor muscles
- Improve neuromuscular control
- Restore proper muscle function
- Enhance bladder control mechanisms

Benefits Beyond Bladder Control

While Emsella is primarily known for treating urinary incontinence, its benefits extend beyond bladder health. Patients often report:



BTL Emsella™

- Improved sexual function
- Enhanced core stability
- Better posture
- Increased confidence in daily activities
- Reduced lower back pain

The Treatment Experience

One of Emsella's most appealing aspects is its convenience and comfort. Treatment sessions are:

- Non-invasive and completely painless
- Performed while fully clothed
- Brief, typically lasting 30 minutes
- Scheduled twice weekly for three weeks
- Free of downtime or recovery periods

Results and Effectiveness

Clinical studies have shown impressive results with Emsella treatment. After completing the recommended course of six sessions:

- 95% of patients report improved quality of life
- 67% reduce or eliminate pad usage
- Significant improvement in bladder control is typically noticed after just 2-3 sessions

Who Can Benefit from Emsella?

Emsella is suitable for a wide range of individuals, including:

- Women experiencing stress, urge, or mixed incontinence
- Men with urinary control issues
- Postpartum women seeking to restore pelvic floor strength
- Athletes looking to enhance core stability
- Individuals wanting to prevent future bladder health issues

The Future of Bladder Health

As awareness of bladder health issues grows, technologies like Emsella are becoming increasingly important in providing effective, non-invasive solutions. The treatment represents a significant step forward in addressing what has historically been a challenging and sensitive health concern.

Taking Action

For those experiencing bladder control issues, consulting with a healthcare provider about Emsella could be the first step toward improved quality of life. With its proven effectiveness, comfortable treatment experience, and lack of downtime, Emsella is revolutionizing how we approach bladder health care.

Remember, bladder health issues are common but not normal, and seeking treatment is a sign of self-care rather than weakness. With advanced solutions like Emsella now available, there's no need to continue struggling with bladder control issues in silence. Call Dr. Calvino today to schedule your appointment.

Calvino Family Medicine & Wellness

Dr. Stéphane Calvino, originally from Switzerland, moved to the U.S. with his American wife, Stacy, after completing medical school. He finished his residency in St. Petersburg, Florida. The Calvino family have called Punta Gorda home since 2003 and are raising two children here. An enthusiast of photography, scuba diving and yoga, Dr. Calvino is eager to support your health journey through personalized patient centered care and innovative treatments that promote physical wellness.



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American Diabetes Month: Focusing on Eye Health

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

November marks American Diabetes Month, a time to raise awareness about diabetes and its impact on millions of lives. While many associate diabetes with blood sugar levels and insulin, its effects extend far beyond, particularly to eye health. This often-overlooked aspect of diabetes management deserves our attention, as diabetic eye diseases are leading causes of vision impairment and blindness among working-age adults.

Diabetes can significantly affect eye health through various conditions collectively known as diabetic eye disease. The most common of these is diabetic retinopathy, which occurs when high blood sugar levels damage the blood vessels in the retina. This can lead to vision problems and, if left untreated, blindness. Other diabetes-related eye conditions include diabetic macular edema, cataracts, and glaucoma.

The risk of developing these eye problems increases the longer a person has diabetes. However, the good news is that with proper management and regular check-ups, many of these issues can be prevented or their progression slowed. This is why American Diabetes Month serves as a crucial reminder for those with diabetes to prioritize their eye health.

For individuals living with diabetes, maintaining good eye health starts with managing blood sugar levels. Keeping glucose levels within the target range can significantly reduce the risk of developing diabetic eye diseases or slow their progression. This involves following a balanced diet, regular exercise, and taking medications as prescribed by healthcare providers.

Regular comprehensive dilated eye exams are another critical component of preserving vision for people with diabetes. The American Diabetes Association recommends that adults with type 1 diabetes should have a comprehensive eye exam within five years of diagnosis. Those with type 2 diabetes should have an exam at the time of diagnosis. After that, everyone with diabetes should have annual eye exams, or more frequently if recommended by an eye care professional.

During these exams, an eye care specialist can detect early signs of diabetic eye disease before noticeable symptoms occur. Early detection is crucial because many treatments are most effective when started in the early stages of the disease. These treatments may include laser therapy, injections of anti-VEGF drugs, or in some cases, surgery.

It's important to note that diabetic eye diseases often develop without early warning signs. When symptoms do appear, they may include blurry vision, dark or empty areas in your vision, difficulty perceiving colors, or vision loss. If you experience any of these symptoms, it's crucial to seek immediate medical attention.

Beyond medical interventions, lifestyle choices play a significant role in maintaining eye health for people with diabetes. Quitting smoking, controlling blood pressure, and maintaining a healthy weight can all contribute to better eye health and overall diabetes management. Additionally, protecting your eyes from UV rays by wearing sunglasses and maintaining good overall hygiene can help prevent eye infections.

Nutrition also plays a vital role in eye health for people with diabetes. Foods rich in vitamins C and E, zinc, lutein, zeaxanthin, and omega-3 fatty acids can support eye health. These nutrients are found in green leafy vegetables, fish, nuts, and citrus fruits.

This American Diabetes Month, let's shine a spotlight on the importance of eye health in diabetes care. By raising awareness about the link between diabetes and eye health, we can encourage more people to take proactive steps in preserving their vision. Whether you have diabetes or know someone who does, spread the word about the importance of regular eye exams and comprehensive diabetes management.

Remember, vision loss from diabetes is often preventable with early detection and proper care. By focusing on eye health this November, we can help ensure that those living with diabetes maintain clear vision for years to come.



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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Diabetic Wound Care:

Harnessing the Power of Amniotic Membrane Technology

The management of diabetic wounds remains one of the most challenging aspects of modern healthcare, with complications potentially leading to severe outcomes including amputation. However, innovative treatments like amniotic membrane therapy from RxWound are revolutionizing the approach to diabetic wound care, offering new hope for patients struggling with chronic wounds.

Understanding the Power of Amniotic Membrane Technology

Amniotic membrane grafts represent a groundbreaking advancement in wound care treatment. Derived from the innermost layer of human placenta, these grafts are ethically sourced from planned cesarean section donations, ensuring both moral integrity and clinical excellence. The procurement process involves rigorous screening and testing for communicable diseases, maintaining the highest standards of safety and quality.

The impressive 95% success rate of patients attaining full wound closure within a six-week period, along with a minimal risk of negative side effects, establishes amniotic membrane therapy as a transformative advancement in wound care. This natural approach not only accelerates healing but also aligns with sustainable medical practices, making it an ideal choice for advanced wound management.

The Five Pillars of Healing Process

Amniotic membrane technology works through five fundamental mechanisms that synergistically promote optimal wound healing:

1. Reduced Inflammation: The membrane's natural anti-inflammatory properties help control excessive inflammation, which is particularly crucial for diabetic patients who often experience prolonged inflammatory responses. This regulation creates an optimal environment for healing to begin.

2. Powerful Antibacterial Properties: The inherent antibacterial characteristics of amniotic membrane provide a natural defense against pathogens, reducing the risk of infection without relying solely on conventional antibiotics. This is especially valuable given the rising concerns about antibiotic resistance.



3. Enhanced Tissue Growth Support: Rich in growth factors and essential proteins, the membrane actively promotes tissue regeneration and cellular proliferation. This support is vital for diabetic wounds, which typically struggle with delayed healing due to compromised cellular function.

4. Creation of Optimal Wound Healing Environment: The membrane maintains ideal moisture levels and provides necessary nutrients, creating a perfectly balanced environment for wound healing. This microenvironment supports cellular migration and proliferation, essential components of the healing process.

5. Effective Biological Barrier: Acting as a natural protective shield, the membrane creates a physical barrier against external contaminants while maintaining the wound's optimal healing environment. This dual-action protection is crucial for preventing complications in diabetic wounds.

Clinical Impact and Future Implications

The implementation of RxWound's extensive array of amniotic membrane solutions marks a significant advancement in diabetic wound care. Traditional treatments often struggle with the complexity of diabetic wounds, but this innovative approach addresses multiple aspects of wound healing simultaneously. The therapy's success rate demonstrates its potential to reduce healing time, decrease the risk of complications, and improve patient outcomes.

Healthcare providers report that patients receiving amniotic treatment experience faster healing rates and reduced complications compared to conventional treatments. The therapy's natural composition and lack of adverse effects make it an attractive option for patients who may be sensitive to synthetic treatments or those with compromised immune systems.

The sustainable and ethical sourcing of amniotic membranes, combined with their remarkable healing properties, positions RxWound as a leader in modern wound care solutions. As the medical community continues to seek effective treatments for diabetic wounds, the role of amniotic membrane therapy grows increasingly significant, offering hope for improved outcomes in this challenging aspect of healthcare.

About RxWound

Founded in 2015, RxWound is a team of dedicated wound care professionals serving seniors with advanced care solutions across all 50 states.

The company mission is to improve the outcomes of wound healing and elevate the quality of life for each patient, while respecting the precious gift of donated human tissue. It is dedicated to upholding standards of excellence, integrity, and compassion, with the goal of setting new standards in care and promoting a healthier, more vibrant future.

RxWound looks forward to serving you and making a positive difference in your healthcare journey.

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TIS' THE SEASON FOR GIFTING

Often times it may not feel like the holiday season with Florida's toasty temperatures, but don't be fooled. The holidays are here! There's an undeniable sense of anticipation in the air, as many of us are looking forward to reconnecting with friends and family.

With Christmas 2024 just around the corner, the age-old tradition of exchanging gifts and spreading joy takes center stage. This year, however, there's a growing trend that savvy shoppers are embracing – the art of shopping early. Beyond the twinkling lights and bustling holiday markets, the wisdom of starting your Christmas shopping ahead of time becomes evident. As we navigate through a world of ever-changing dynamics, early holiday shopping not only ensures access to the finest gifts but also offers a respite from the last-minute chaos, allowing for a more thoughtful and enjoyable celebration.



2024 Gifting Trends

It seems many friends and family have been under a lot of stress from the recent hurricanes, the election season and the economy. So this year, give something they can really use that is around improving wellness and mindfulness. Think self care, aromatherapy, meditation, journaling and even fitness. The great thing about wellness gifts is that they are perfect for people of all ages and enjoyed by both men and women alike.

Young children will enjoy a set of fizzy bath bombs. Your best friend will appreciate a carefully curated bath set. You can't go wrong with an aromatic collection of soaps or essential oils for a coworker. And, your significant other will love a set of comfy pajamas or muscle massagers for after a workout at the gym.



Avoid the Sweets & Drinks

Traditionally, alcohol and sweets such as chocolate and cookies, have been the "go to" gifts for clients and family members. They're easy to give, but often times they're eaten and forgotten. Or, they're simply trashed when New Year's Day rolls around, and people are purging their kitchens of all the calorie-laden gift sets. Let's face it, many of us have put on some "lb's", so do everyone a favor and skip the sweets and choose health & wellness options.

Give Experiences

Another gift idea that is on trend for 2024 is experiential gifts. This could be a trip to the spa for a relaxing massage, a facial with your local esthetician, a sunset boat cruise or an art class. Experiential gifts are memorable, and they're perfect for the person in your life who already has one of everything.

Shop Local

Although it's tempting to knock-out your list by simply shopping online, consider visiting the locally-owned stores in your community. Many small



businesses and restaurants have struggled the past few years. By shopping local, you'll find truly unique gifts with a delightful shopping experience that you can't get online. Plus, you'll be supporting the fabric and diversity of your community by helping to keep local shops in business.



Skip the holiday hustle this year. Make your list. Check it twice. And get your holiday shopping done!



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UNDERSTANDING PERIPHERAL NEUROPATHY: Advanced Diagnostic Testing at Your Doorstep

By Dr. Scott Bradley PT, DPT, ECS

Peripheral neuropathy affects millions of Americans, causing numbness, tingling, and pain that can significantly impact quality of life. Accurate diagnosis is crucial for effective treatment, and two sophisticated tests - Nerve Conduction Studies (NCS) and Electromyography (EMG) - have become the gold standard in identifying and evaluating nerve disorders. Edge Diagnostics is revolutionizing access to these essential diagnostic tools by bringing them directly to patients and clinics.

The Science Behind Nerve Testing

Peripheral neuropathy can be challenging to diagnose without objective testing. EMG/NCS testing combines two complementary procedures that provide detailed information about nerve and muscle function. This comprehensive approach helps healthcare providers develop targeted treatment plans based on precise diagnostic data.

Nerve Conduction Studies (NCS)

NCS evaluates how well electrical signals travel through your nerves. During this test, mild electrical stimulation is applied to specific points on the skin above the nerve being tested. Electrodes placed on the skin's surface measure how quickly and strongly these signals travel along the nerve pathway. This information is crucial for:

- Identifying nerve compression or damage
- Determining the location of nerve dysfunction
- Assessing the severity of nerve damage
- Distinguishing between different types of neuropathy
- Monitoring treatment effectiveness

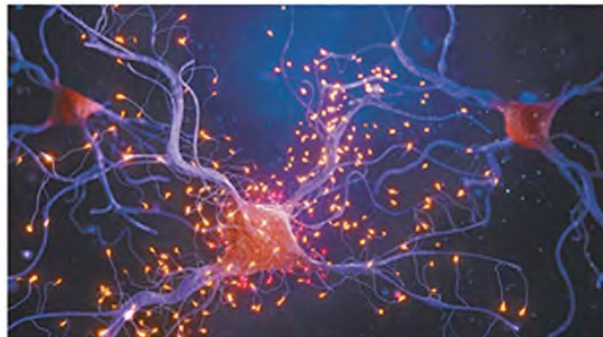
Electromyography (EMG)

The EMG portion of the testing uses a thin, sterile pin electrode to measure electrical activity within the muscles. This provides vital information about:

- Muscle response to nerve stimulation
- Muscle health and function
- Evidence of nerve root compression
- Signs of neuromuscular disorders
- Patterns of muscle activation and recruitment

Common Conditions Diagnosed

EMG/NCS testing is valuable in diagnosing numerous conditions, including:



- Carpal Tunnel Syndrome
- Diabetic Neuropathy
- Radiculopathy (pinched nerves)
- Guillain-Barré Syndrome
- Chronic Inflammatory Demyelinating Polyneuropathy (CIDP)
- Amyotrophic Lateral Sclerosis (ALS)
- Muscular Dystrophy
- Peripheral Nerve Injuries

The Edge Diagnostics Difference

What sets Edge Diagnostics apart is their commitment to making these sophisticated tests accessible while maintaining the highest standards of care. Their mobile diagnostic services offer several key advantages:

- 1. Convenience:** Testing is performed at your location, eliminating the need for travel to specialized facilities
- 2. Rapid Results:** Comprehensive reports are delivered within 24 hours/next business day
- 3. Professional Expertise:** Experienced technicians perform all tests using state-of-the-art equipment
- 4. Seamless Integration:** Direct coordination with your healthcare providers ensures continuity of care
- 5. Flexible Scheduling:** Appointments are arranged to accommodate patient and clinic schedules

The Testing Process

Patients can expect a professional and comfortable experience during their EMG/NCS testing. The entire procedure typically takes 45 minutes -1 hour and is performed in familiar surroundings - either at their regular clinic or in their home. While some mild discomfort may be experienced during the testing, most patients find it very tolerable.

Preparing for the Test

To ensure optimal results, patients should:

- Avoid using lotions or oils on the day of testing
- Wear comfortable, loose-fitting clothing
- Continue taking prescribed medications as normal
- Inform the technician about any medical devices or implants

The Impact on Treatment

Early and accurate diagnosis of peripheral neuropathy is crucial for optimal treatment outcomes. The detailed information provided by EMG/NCS testing helps healthcare providers:

- Develop targeted treatment plans
- Monitor disease progression
- Adjust interventions based on objective data/medications
- Improve patient outcomes
- Make informed decisions about surgical interventions when necessary

Insurance and Accessibility

Edge Diagnostics works with most major insurance providers and handles all billing procedures directly. This streamlined approach ensures that patients can focus on their health while minimizing administrative burden. Their team can verify insurance coverage prior to testing and discuss any potential out-of-pocket expenses.

Physical therapists are now qualified to perform these tests after completing the required board certification and fellowship.

Looking Forward

As healthcare continues to evolve toward more patient-centered models, Edge Diagnostics represents the future of diagnostic testing - bringing sophisticated medical procedures directly to patients while maintaining the highest standards of care. Their commitment to providing timely, accurate results helps healthcare providers make informed decisions and deliver optimal patient care. For more information about EMG/NCS testing or to schedule an evaluation, contact Edge Diagnostics. Their team of professionals is ready to bring these essential diagnostic services to your location, making advanced nerve testing more accessible than ever.



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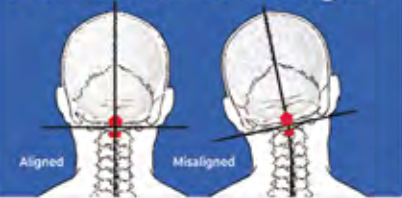
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- Dr. Drew Hall

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Innovative Teaching is Integral to FGCU's Mission

Marieb College of Health & Human Services Employs Cutting-Edge Educational Technology

Innovative teaching is one of the keys to preparing the next generation of highly skilled healthcare professionals. At Florida Gulf Coast University, Marieb College of Health & Human Services is pioneering a new era in healthcare education with immersive learning experiences and cutting-edge technology that ensure graduates are ready to excel in the rapidly evolving health professions.

Imagine stepping into a classroom where a holographic image isn't just Hollywood special effects but tangible reality. That's the vision realized by Marieb College, where seven state-of-the-art units from Proto Hologram have been integrated into the curriculum. The college has one EPIC Hologram, about 4.5 feet wide and a little over 7 feet tall, that can deliver a life-size holographic-style image. Using 2D images or video, the unit creates a 3D-like experience. The other six units in Marieb College are tabletop models, making them easy to transport from classroom to classroom.

All seven units have the same capabilities; each has a smart camera enabling two-way communication and projects 4k images and video. Eventually, the units will be housed in a new center planned for FGCU's next academic building. With the help of such advanced technology, students experience realistic scenarios and develop skills needed to provide better patient care.

With the click of a button, they are transported into a telepresence healthcare technology known as Dr. Hologram. This innovative tool allows students to engage with virtual patients in a safe and controlled environment, honing their diagnostic and empathetic skills.

The possibilities are endless. Whether it's presenting pre-recorded cases or beaming in standardized patients or guest speakers, Dr. Hologram bridges the gap between theory and practice. In healthcare simulations, the idea is to create realistic environments to increase the ability of the learner to suspend disbelief.

Putting theory through its paces

By immersing nursing, social work and health sciences students in lifelike scenarios, Marieb College is cultivating a new generation of healthcare professionals equipped to tackle real-world challenges with confidence. Nursing students perfect



their skills in labs that emulate operating rooms, intensive care units and other patient care environments that are equipped with state-of-the-art mannequins that talk, bleed and present like humans. Exercise science students get hands-on experience using anti-gravity technology and gold-standard equipment such as Bod Pod body composition analysis systems.

With such experiences complementing rigorous classroom instruction, Marieb College maintains 100% graduate employment rate within six months of degree completion.

But Marieb College's educational innovation doesn't stop there.

The "Nursing Escape Room" at FGCU was designed to reinforce nursing fundamentals in an adrenaline-fueled setting. Picture a hospital room transformed into a labyrinth of clues and puzzles, where students race against the clock to diagnose a simulated patient's condition.

In this high-stakes game, every decision matters. Guided by faculty, teams of nursing students embark on a quest to unravel the mystery of "Mr. Jones," a lifelike human patient simulator. With each clue discovered and problem solved, they inch closer to the correct diagnosis, reinforcing classroom learning along the way.

In the safe confines of simulation, students are empowered to make errors and learn from them, ensuring they're better prepared for the realities of patient care. These simulations not only sharpen clinical skills but also instill confidence and resilience

in Southwest Florida's future healthcare professionals. All of this contributes to FGCU's ranking among the top-10 registered nursing education programs in Florida.

But the Nursing Escape Room isn't just about solving puzzles. It's about fostering teamwork, communication and critical thinking skills essential for success in the field. In an era where healthcare delivery is increasingly team-based, students are encouraged to work alongside peers from diverse backgrounds, gaining invaluable insights into the interconnected nature of modern healthcare systems.



Marieb College fosters such collaboration and interdisciplinary learning through its innovative approach to education. With cutting-edge tools like hologram technology and immersive simulation, graduates of the college's seven bachelor's and 12 graduate programs are poised to embark on a transformative journey toward becoming the next generation of healthcare leaders.

Compassion. Skill. Discipline. Critical thinking. Professionalism. The healing professions require all in equal degrees. Marieb College creates well-rounded, 360-degree practitioners through hands-on learning, intensive clinical experience and personalized attention.

For more information about Marieb College's programs, go to fgcu.edu/mariebcollege.



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UNLOCKING RESTFUL SLEEP: UPPER CERVICAL CHIROPRACTIC SOLUTIONS FOR INSOMNIA

By Dr. Drew Hall

When it comes to battling insomnia, the solutions often discussed include medication, lifestyle changes, and relaxation techniques. However, one lesser-known approach that has been gaining attention is Upper Cervical Chiropractic care. This specialized branch of chiropractic medicine focuses on the relationship between the uppermost part of the spine and the nervous system, and how it can influence various health issues, including insomnia.

Insomnia is a widespread condition that affects millions of people worldwide. Characterized by difficulty falling asleep, staying asleep, or experiencing restful sleep, it can lead to a host of physical and mental health problems. Traditional treatments for insomnia may involve sleep medications, but these often come with unwanted side effects and can be habit-forming. That's where Upper Cervical Chiropractic care steps in, offering a natural and non-invasive alternative.

Understanding the Upper Cervical Region

The upper cervical region consists of the first two vertebrae in the spine, the atlas (C1) and axis (C2). These vertebrae are unique because they house the brainstem, which plays a vital role in regulating many of the body's functions, including sleep. Misalignments in this area can potentially interfere with the communication between the brain and the rest of the body, leading to various health issues, including insomnia.

Upper Cervical Chiropractors are highly trained in assessing and correcting these misalignments. By using gentle and precise adjustments, they aim to realign the atlas and axis, thereby optimizing the function of the nervous system. This may have a positive impact on sleep patterns and overall health.

The Connection Between Upper Cervical Chiropractic and Insomnia

So, how does Upper Cervical Chiropractic care relate to insomnia? Here are some key aspects to consider:

1. Balancing the Autonomic Nervous System: The autonomic nervous system is responsible for regulating various bodily functions, including sleep.



Misalignments in the upper cervical region can disrupt this balance. Upper Cervical Chiropractic adjustments seek to restore harmony within the autonomic nervous system, potentially leading to improved sleep quality.

2. Reducing Muscle Tension: Misalignments in the upper cervical spine can lead to muscle tension and discomfort, making it difficult to relax and fall asleep. Correcting these misalignments may help alleviate muscle tension, promoting a more restful sleep experience.

3. Enhancing Blood Flow: Proper alignment in the upper cervical region can contribute to improved blood flow to the brain. This can have a positive impact on the brain's ability to regulate sleep patterns and overall health.

4. Stress Reduction: Upper Cervical Chiropractic care can also reduce stress levels. Stress is a common contributor to insomnia. By helping individuals manage stress more effectively, this approach may help improve sleep quality.

Individualized Care

One of the strengths of Upper Cervical Chiropractic care is its emphasis on individualized treatment. Chiropractors assess each patient's specific needs and tailor their adjustments accordingly. This personalized approach ensures that the care provided aligns with the patient's unique requirements and health goals.

It's important to note that Upper Cervical Chiropractic care is not a guaranteed cure for insomnia, and individual results may vary. However, many patients have reported significant improvements in their sleep patterns and overall well-being after undergoing this form of chiropractic care.

Safety and Effectiveness


Upper Cervical Chiropractic care is generally considered a safe and well-tolerated approach. The adjustments are precise, gentle, and do not involve the cracking or popping often associated with traditional chiropractic care. However, it's essential to consult with a qualified Upper Cervical Chiropractor to determine if this treatment is appropriate for your specific case.

Research on the effectiveness of Upper Cervical Chiropractic care for insomnia is ongoing, and while there is anecdotal evidence of positive outcomes, more scientific studies are needed to provide a comprehensive understanding of its potential benefits.


In the quest for better sleep and insomnia relief, many individuals are exploring alternative therapies like Upper Cervical Chiropractic care. This approach offers a non-invasive, individualized, and holistic method to address the root causes of insomnia. While results may vary, it's clear that for some, upper cervical adjustments have been the key to unlocking a more restful night's sleep and a brighter, healthier tomorrow. If you're struggling with insomnia and looking for natural alternatives, it may be worth consulting with an Upper Cervical Chiropractor to see if this approach is the right fit for you.

Dr. Drew Hall

Dr. Drew Hall brings 20 years of practice experience and taking care of 10000 patients from Los Angeles to Sarasota Florida. Dr. Hall recovered from severe chronic health problems 30 years ago after being introduced to blair upper cervical technique. It's his lasting purpose to help as many people as possible live a life of health and happiness.



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November is Prostate Cancer Awareness Month

Early Detection of Prostate Cancer Saves Lives

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

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

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

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

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

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

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

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



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

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

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What is a 3T MRI?

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Benefits of 3T MRI

Our wide bore 3T MRI scanner combines the superb diagnostic image quality gained through a stronger electromagnetic field with the exceptional patient comfort of a wide-bore configuration—70 cm in diameter, a full 10 cm larger than standard MRI scanners. The scanner is also shorter in length than conventional MRI scanners. These factors make this scanner less confining to patients, reducing symptoms of claustrophobia. Additionally, large patients who have trouble fitting into conventional scanners can have their scans done in this machine, which can accommodate patients weighing up to 500 lbs.

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



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All-In-One Dental Visit with CEREC

By Dr. Joseph Farag

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

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

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

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



Here's how it works.

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

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

The perfect-fit restoration is completed and placed in your mouth with the whole process only taking around an hour!

CEREC fillings are natural looking, smooth, white and hard-wearing, just like the enamel surface of the rest of our teeth. The ceramic material is biocompatible and is not effected by hot or cold.

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



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



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HEARING THE CALL

By Dr. Noël Crosby, Au.D.

Imagine having no access to hearing healthcare. This is the case for 466 million people worldwide — of which 34 million are children. In the United States, untreated hearing loss may lead to isolation, depression, and lower earning potential. In many other countries, it may lead to ostracization, little or no education, and physical abuse. Now imagine promoting dignity, self-worth, and opportunity through the gift of hearing.

"Hearing the Call" is a nonprofit campaign bringing hope and healing to persons with hearing loss locally and globally. Through quality healthcare, we help people connect with family, education, and opportunities. We provide opportunities for audiologists, ENT doctors, students, and volunteers to travel to countries and areas such as Jordan, Palestine, Zambia, South Africa, Guatemala, Ecuador, and more. We also provide opportunities to help in our backyard through local organizations throughout the United States.

Help In Our Local Community

Hearing the Call Englewood is a project sponsored by Advanced Hearing Solutions that is designed to provide affordable hearing healthcare to qualified individuals in Sarasota and Charlotte Counties. Hearing loss can affect an individual physically, emotionally, socially, economically, and psychologically. We know that untreated hearing loss has a devastating impact on individuals, families, and communities and that is why we are here to help. Since 2006, Advanced Hearing Solutions has been improving the lives of residents by providing services that result in better communication. Now through affordable hearing solutions and our reduced cost/sliding scale fee hearing clinic, our campaign hopes to bring a better quality of life to qualified individuals with hearing loss.

Our Mission is to provide hearing healthcare to individuals in Sarasota and Charlotte counties and surrounding areas who cannot afford it on their own while providing them with opportunities to give back to the community through service to others. We also provide hearing healthcare globally to those in need.

Our vision is to improve the quality of life of low-income individuals in our community with hearing loss through affordable hearing healthcare and to create a "circle of giving" whereby the recipient of our services gives back to the community through service and gains a greater purpose while doing so.

We will do our best to enrich the lives of those in need of our services by having a meaningful impact on their quality of life and the culture of our community. We will provide hearing tests and fit and maintain hearing aids for those individuals in our community who need and qualify for our services.

1 in 5 Americans suffers from hearing loss to an extent that interferes with communication. We believe no one should miss out on participating fully in life because of hearing loss. Untreated hearing loss has a devastating impact on individuals, families, and communities. Sadly, even Medicare does not cover any of the costs of treating hearing loss, nor do many health insurance plans.)

Qualified participants will show proof of financial need, pay a small fee for their hearing devices, and give back volunteer hours in their community to say "Thank you" to the local companies, families, and friends that are donating to their care.

Should you feel led to help Hearing the Call: Project Englewood we will ensure that your donation stays right here in our local community. Your donation will go to Hearing the Call, a 501(c)(3) organization, and will be restricted to the Englewood project. The funds for this project will be used specifically to help promote hearing healthcare to qualified individuals in the Englewood area. Each donation, no matter the size, will help to get us one step closer to providing access to quality and affordable hearing healthcare to those who would otherwise go without. If you would like to donate you can visit our website at www.hearingthecall.org/englewood. Have a wonderful Holiday Season.



Advanced Hearing Solutions

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.

PROFESSIONAL BIO

Dr. Noël Crosby, Au.D., owner and audiologist at Advanced Hearing Solutions in Englewood, FL is a licensed professional whose 30-year career has been devoted to helping people of all ages hear and understand more clearly. Dr. Crosby received her BS and MS degrees from FSU and her Doctorate in Audiology from UF. Her credibility as an authority grew during her tenure as the Director of Audiology at the Silverstein Institute in Sarasota, FL from 1991-1998. Today, in addition to managing a successful audiology practice, Dr. Crosby is involved in creating hearing loss awareness through her jewelry and accessory company AuDBling.com. She has served and is serving on various professional boards and committees and was president of the Florida Academy of Audiology in 2000 and 2001.

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ADOPTED CHILDREN AND RIGHT TO HEIRSHIP

By James W. Mallonee

Do children born out of wedlock who are not adopted have standing to a decedent's estate? The answer is possibly, provided that an individual follow certain rules and procedures to prove such person has standing before requesting the courts for relief.

The primary statute that Florida law relies in these situations is Section 732.108, Fla. Stat. The statute provides a mechanism of defining what rights an adopted person has with regard to being considered kindred of the adopting parent(s). To receive recognition of being kindred, the adopting parent must acknowledge such adoption through the courts or by the person claiming paternity in writing including signing.

In the case of *White v. Marks*, a female (Ms. Marks) claimed to be the illegitimate daughter of Mr. Marks. Her basis for being such person was from a birth certificate and notation in his Will that nothing should be devised to her and some writings in his pocket planner regarding Miss Marks. Although Miss Marks birth certificate indicated that Mr. Marks was the father, the fact was he agreed to allow his name to be placed on the certificate because of the social stigma associated with being an illegitimate child.

When Mr. Marks died, Miss Marks attempted to show that she had standing to declare his Will (not



naming her as a beneficiary) was obtained by undue influence. The trial court granted judgment in favor of Miss Marks right to standing and the case was appealed to the 5th circuit court of appeals.

The 5th Circuit Court of Appeals reversed the findings by finding that the birth certificate was not signed by Mr. Marks. Florida statute 732.108 Fla Stat. requires acknowledgement in writing. The assumption here is that in writing includes being signed by the person claiming to be father. Although the birth certificate would seem to be an acknowledgment of such relationship, the statute requires it to be signed. In this case the birth certificate was not signed by Mr. Marks.

The other problem was that no court proceeding naming Miss Marks as the daughter of Mr. Marks ever occurred. Lastly, for Miss Marks to have

standing she had to make a declaration of her relationship to Mr. Marks within 4 years after becoming 18 years of age or she would be time barred from claiming to be his daughter. None of the above things occurred.

What is the take-away to be learned from this ruling? If you believe you are a child of a particular person, check your birth certificate and see if it is signed by the individual claiming to be the natural parent. If that does not exist, check to see if there was any court proceeding where the court declared you to be the kindred of a particular person. If that also fails, look to see if there is any writing of any kind by the alleged parent concerning an admission of kindred (signed) by the parent. Lastly, if all else fails, get a blood or DNA test. If any one of these actions is positive, make certain you make the claim within 4 years of turning 18 years of age. Failure to do so may cause you to lose your right to a person's estate.

If you believe you may be a descendant of an individual, seek out an attorney of your choice and ask for help in determining if you have a right to a person's estate. Do not wait until the alleged parent passes before taking action otherwise it may be too late.

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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INTIMACY: A Guide to Maintaining Sexual Wellness After Menopause

By John B. Devine, MD

As women transition through menopause, maintaining sexual wellness and intimacy becomes a vital aspect of overall well-being. Embracing this new phase involves understanding the physical and emotional changes while exploring strategies to keep the flames of intimacy alive.

Menopause brings hormonal shifts that can affect libido and vaginal health. To counteract these changes, prioritize communication with your partner. Openly discussing desires, concerns, and expectations fosters understanding and strengthens the emotional connection.

Regular exercise plays a crucial role in promoting sexual wellness post-menopause. Engaging in physical activity increases blood flow, enhances mood, and boosts confidence, all of which contribute to a satisfying intimate life. Aim for a mix of cardiovascular exercises and strength training to promote overall health.

Nutrition is another key factor. A balanced diet supports hormonal balance and overall well-being. Incorporate foods rich in antioxidants, omega-3 fatty acids, and vitamins that benefit sexual health. Staying hydrated is equally important for maintaining vaginal moisture.

Cultivate a positive mindset towards aging and embrace the changes your body undergoes. Self-acceptance and self-love play a significant role in boosting confidence and fostering a healthy body image, contributing to a fulfilling sexual life.

Educate yourself about menopause-related sexual issues. Understanding common concerns like vaginal dryness and loss of libido enables you to explore solutions. Consult with healthcare professionals to explore hormone therapy or other treatments that can address specific concerns and improve overall sexual health.

Experimentation in the bedroom can revitalize intimacy. Explore new forms of stimulation, engage in sensual activities, and prioritize emotional connection. Intimacy is not solely about physical satisfaction; emotional closeness enhances the overall experience.

Invest in sexual wellness products designed for menopausal women. Lubricants, moisturizers, and devices specifically created for this stage of life can

alleviate discomfort and enhance pleasure. Consult with a healthcare professional to find products suitable for your individual needs.

Regular health checkups are crucial during menopause. Addressing any underlying health issues contributes to overall well-being, including sexual health. Discuss your sexual concerns openly with your healthcare provider to explore tailored solutions.

Prioritize stress management. Chronic stress can negatively impact sexual desire and function. Incorporate relaxation techniques such as meditation, yoga, or deep breathing exercises into your routine to mitigate stress and promote a positive mindset.

Engage in open communication with your partner about changing desires and preferences. Both partners should be willing to adapt and explore new ways to connect intimately. This mutual understanding fosters a supportive and satisfying sexual relationship.

In conclusion, navigating sexual wellness after menopause involves a holistic approach that combines physical, emotional, and relational aspects.

By embracing open communication, prioritizing self-care, and seeking professional guidance, individuals can cultivate a fulfilling and satisfying intimate life.

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.

Center for Urogynecology and
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What's Your Diet?

By Pastor Roger P. Felipe

Weight-watchers. Nutrisystem. Mediterranean diet. Paleo. Living healthy has become a craze, although obesity in our country, rather legitimizes it. For many people it is about looking and feeling better, living longer, stronger and disease-free. These are all important reasons for eating clean, exercising, and learning to rest our bodies sufficiently.

For Christians, however, trying to maintain healthy habits finds its motivation in more than adopting diet fads to longevity and better quality of life. Taking care of our bodies is stewardship. That is, it is a reflection of our recognition of having been created by God, and how our lives can be instruments in his hands to serve and honor him on earth. Of course, God can use both the healthy and the unfit for his purposes, including the sick, feeble, and dying. Human worth and value is not in question.

The reality is that our earthly lives are only a speck in the sands of eternity. However, Christ followers understand that life doesn't belong to them. It is a gift from a Good Father who entrusted them with a brief span of years that should be invested in loving others and making our world a better place. For those who have believed in Christ and experienced God's forgiveness of sin, the reason for taking care of their bodies goes beyond living

longer and healthier. It's about honoring Jesus Christ with all of life, including the way they take care of their bodies.

In his book, *"The Unknown God: Searching for spiritual fulfillment,"* Oxford University professor, Alister McGrath, describes the parable of Plato's Cave, a story about people enslaved inside the cave oblivious to the reality that existed on the outside beyond the flickering shadows which they knew. That is, until the day someone was able to find their way out and discover a world beyond description, a world of beauty and splendor. McGrath writes, "Our desires have become attached to things that are little more than shadows, when they are meant to be attached to something which cannot decay or disappoint" (32).

How does this relate to healthy living? Focusing on living healthier and longer, like any other pursuit we might obsess about, really reveals a spiritual longing in our souls for something more: *eternity*. Whether is it longing for a "perfect" relationship that often disenchant, earthly riches that can quickly vanish, or a healthy and strong body that is suddenly brought to a standstill due to an unexpected medical report, our hearts are longing for something beyond what this world can provide.



McGrath probes us to consider this question: "Suppose our longing for fulfillment points to something we have yet to discover? What if our yearning is a clue to the meaning of the universe?" (10). Taking care of your body and staying healthy is a good thing, but it isn't everything. The truth of the matter is, whatever we pursue in life has a way to deceive us to think that by attaining "it" our lives will be complete. They're not. Deep inside a voice continues to remind us that our longings for fulfillment are like signposts in the sky pointing us to something beyond ourselves. Could that something (Someone) be our Creator?

May you achieve physical well-being and wholeness. But may you also discover the gift of eternal life which Jesus promises to all who believe and trust in him alone. "...I have come that they may have life, and have it in abundance" (John 10:10). I would enjoy exploring with you the meaning of life and God.



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Wound Care and Lymphedema: The Transformative Power of Compression Garments

By James Ferrara - Occupational Therapist and Certified Lymphedema Therapist

Navigating the complexities of wound care and lymphedema can be a daunting challenge, but the dedicated team at Functional Transformation Clinic is here to guide you through the process with compassion and expertise. By leveraging the power of compression garments, they are helping patients reclaim their quality of life and achieve remarkable results.

Wound care is a delicate and intricate process, requiring a personalized approach to address the unique needs of each patient. The experts at Functional Transformation Clinic understand that proper wound management involves more than just dressing the affected area. They take a holistic approach, considering the underlying factors that contribute to the development and healing of wounds. This includes evaluating factors such as circulation, nutrition, and overall skin health, which can all play a crucial role in the healing process.

One of the key tools in their arsenal is the strategic use of compression garments. These specialized garments apply targeted pressure to the affected limbs, promoting proper circulation and facilitating the efficient drainage of excess fluid. This, in turn, helps to reduce swelling, alleviate pain, and create an optimal environment for wound healing. Additionally, the compression provided by these garments can help to prevent the formation of new wounds by improving overall skin health and reducing the risk of further complications, such as skin breakdown and the development of pressure ulcers.

Lymphedema, a chronic condition characterized by the accumulation of fluid in the body's tissues, is another area where compression garments shine. Left untreated, lymphedema can lead to a host of complications, including increased risk of infection, reduced mobility, and a diminished quality of life. The clinicians at Functional Transformation Clinic understand the profound impact of this condition and are dedicated to providing comprehensive care.

Through a personalized assessment, the team at Functional Transformation Clinic works closely with each patient to identify the underlying causes of their lymphedema and develop a tailored treatment plan. By incorporating custom-fitted compression



garments into the regimen, they empower patients to take an active role in managing their condition and achieving long-term success. These garments not only help to reduce swelling and improve circulation, but they can also prevent further progression of the condition, minimizing the risk of infections and other complications. The team at Functional Transformation Clinic also educates patients on proper self-management techniques, ensuring they have the knowledge and tools to maintain their progress even after the initial treatment.

The transformative power of compression garments extends beyond just wound care and lymphedema management. These versatile tools can also be employed to address a wide range of other circulatory and vascular issues, such as deep vein thrombosis, chronic venous insufficiency, and even the prevention of further complications in individuals with diabetes. By promoting proper blood flow and reducing the buildup of fluid, compression garments can play a crucial role in managing these conditions and improving overall cardiovascular health. In some cases, the use of compression garments can even help to delay or prevent the need for more invasive interventions, such as surgery or the use of pharmaceutical medications.

At Functional Transformation Clinic, the patient's well-being is at the heart of everything they do. Their team of dedicated healthcare professionals collaborates seamlessly to ensure that each individual receives the personalized attention and

support they deserve. From registered nurses and physical therapists to certified lymphedema therapists and wound care specialists, the experts at Functional Transformation Clinic work together to develop a comprehensive treatment plan that addresses the unique needs of each patient.

By combining the latest advancements in compression therapy with a compassionate, patient-centered approach, the team at Functional Transformation Clinic is transforming the lives of those they serve. If you or a loved one are struggling with wound care, lymphedema, or any other circulatory or vascular condition, they are here to help. Schedule a consultation today and unlock the life-changing benefits of compression garments, where specialized care and compassion converge to empower you on your journey towards optimal health and wellness.



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Personalized Fitting

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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.

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